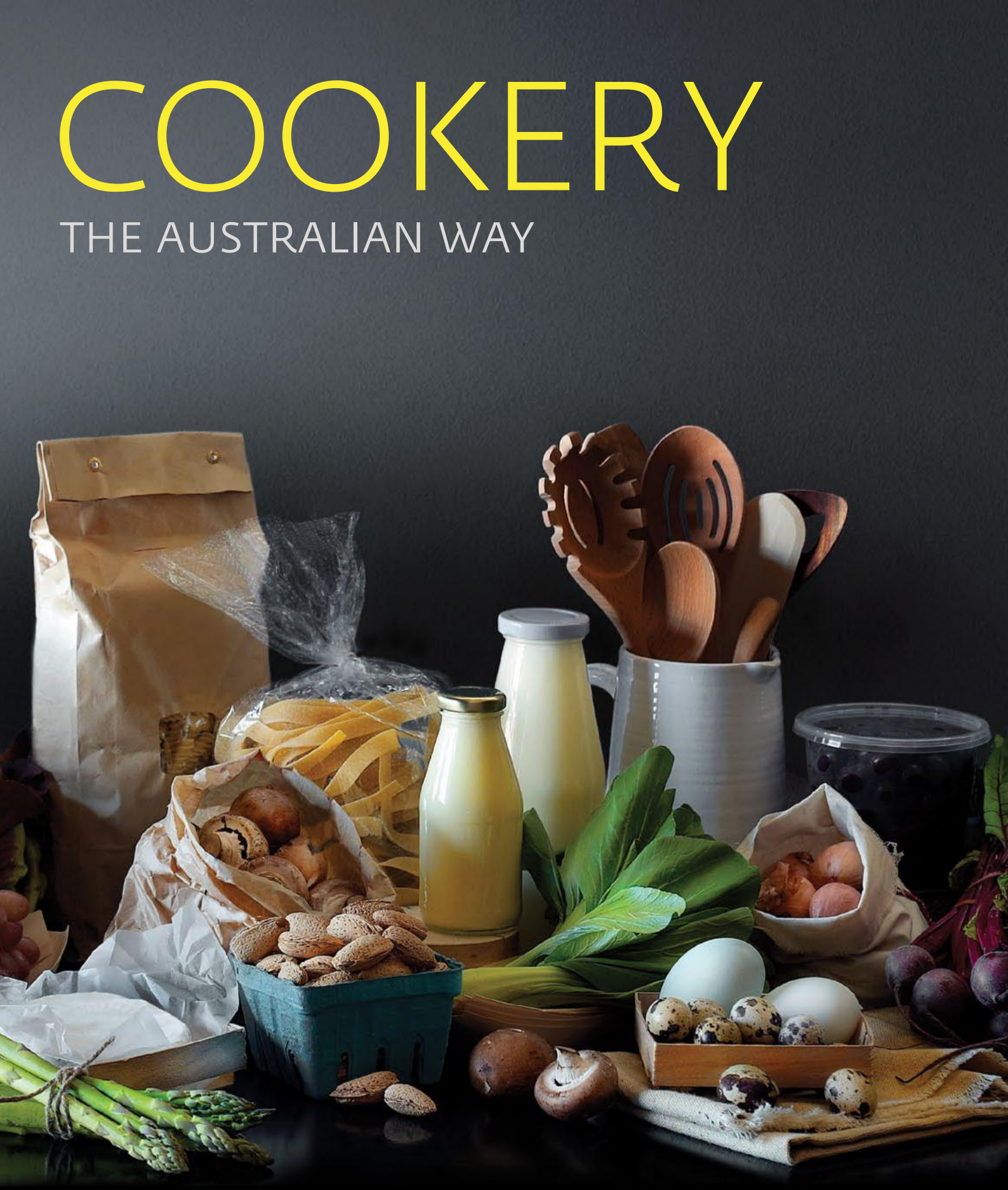
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THE AUSTRALIAN WAY



Shirley Cameron

EIGHTH EDITION


COOKERY
THE AUSTRALIAN WAY

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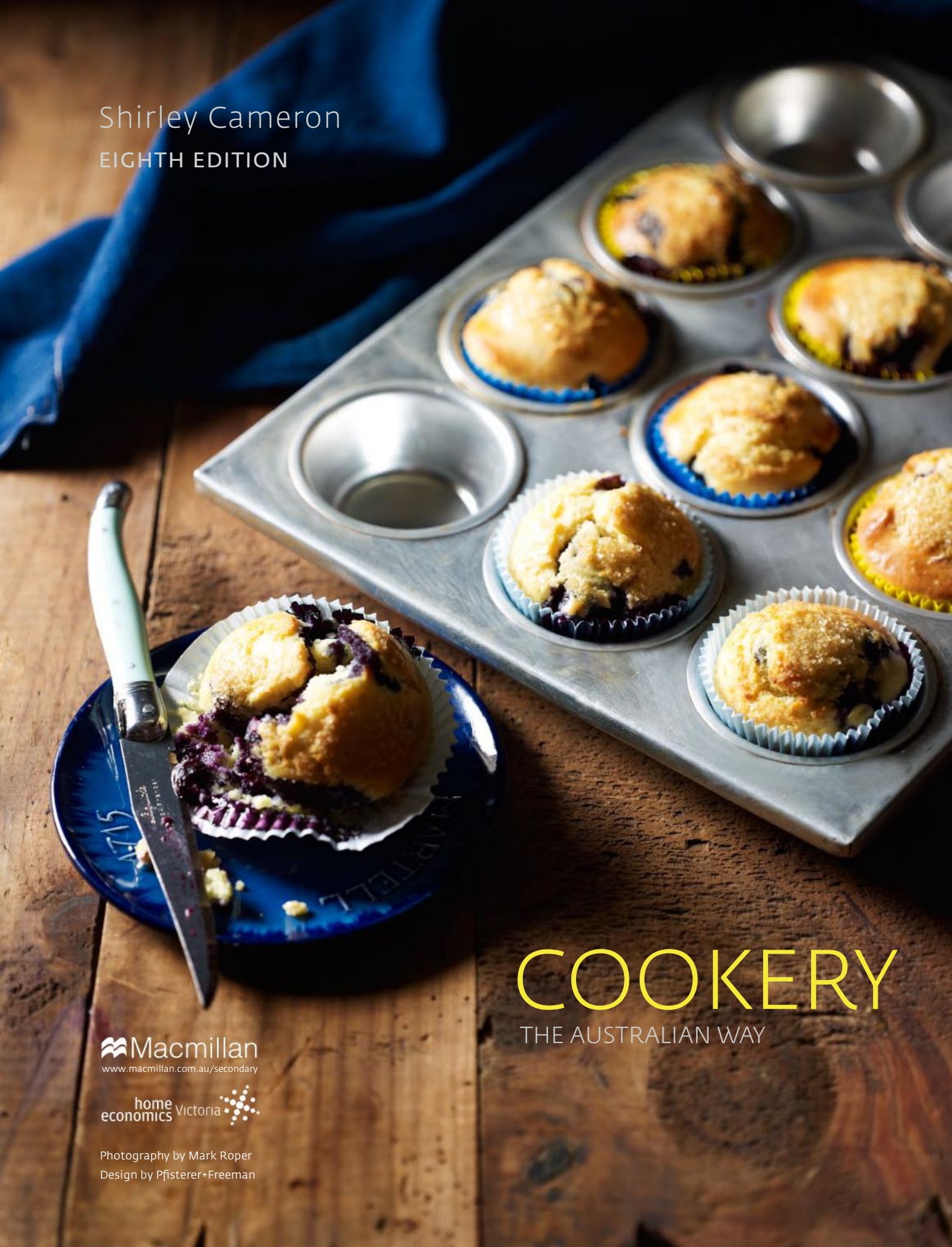
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Shirley Cameron

EIGHTH EDITION

COOKERY

THE AUSTRALIAN WAY

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Introduction

Welcome to the eighth edition of *Cookery the Australian Way*, a book that has been a trusted friend to generations of Australian school students and home cooks alike. This new edition coincides with a burgeoning of community interest in cooking and in fresh healthy food. Our role as home economics educators is as vital as ever.

With a bold new look and beautiful photographs this edition reflects the renewal of what *Cookery the Australian Way* has always stood for: people young and old taking charge of what they eat. As home economists, our goal is to communicate how to fuel and protect health and wellbeing. Accessing and preparing good food is a great start to this process. The content of these pages goes beyond the presentation of information and recipes: it is a key to building independent life skills, and to the pleasures of preparing and sharing food with family and friends.

You will find that there has been some reorganisation of the content of this edition. We now have a separate chapter for breakfast and lunch, as well as updated nutrition information and expanded ingredient descriptions. This makes the book easier than ever for use by schools and home cooks seeking answers to everyday questions.

We are very proud of *Cookery the Australian Way* – both its legacy as a textbook and its evolution into this colourful, sumptuous eighth edition. We hope that it continues to assist Australians to gain confidence with food and to enjoy their cooking.

Shirley Cameron & Home Economics Victoria



*1

Nutrition

'*We are what we eat.*' Food is defined as any substance that, when taken into the body, provides energy and promotes growth and the maintenance of health. All foods are composed of nutrients. These nutrients are proteins, carbohydrates (including dietary fibre), fats, minerals, vitamins and water; each with a specific role and chemical composition. Choosing a nutritionally balanced intake is important in assisting us to be fit, healthy and happy.

Changes in eating patterns

Cultural and social influences, including celebrations and traditions, play a major part in our eating habits. Australians traditionally eat three meals a day: breakfast, lunch and dinner. However, the types of foods Australians consume are influenced by many other factors, such as the following:

- **Our expanding multicultural community** continues to extend the range of foods available.
- **Technological developments** and improved techniques in commercial food processing, including the development of new packaging materials, increase the availability of a wide variety of prepared and packaged foods.
- **Temperature, time and atmosphere-controlled distribution systems** enable most foods to be readily accessible across Australia.
- **The application of scientific research** has not only increased the range of foods available, but also allowed the genetic and nutritional manipulation of the food supply.
- **Television, radio, print and other forms of advertising** make us aware of the many types of foods available, and influence our choices when purchasing foods.
- **The structure and social patterns of the family** have altered, resulting in changed attitudes to eating and entertaining. The increased number of family members who work means less time is available for the purchase and preparation of food and for formal entertaining. There is also an increased involvement of family members in the purchase and preparation of food. Our climate is conducive to spending time outdoors, and the barbecue is a popular way of eating and entertaining.
- **The popularity of takeaway food shops and family restaurants, and the increased use of processed convenience foods** have led to changed eating habits. Approximately 35% of meals in Australia are eaten away from the home.

A balanced food plan

Each day, the human body requires a minimum amount of the following food nutrients to function properly:

- **proteins**—to build and repair body tissue
- **carbohydrates**—to provide energy
- **dietary fibre** (the indigestible form of carbohydrate)—to assist the passage of food through the digestive system
- **fats and oils**—to provide energy
- **vitamins and minerals**—to regulate body processes
- **water**—to regulate body processes.

The food nutrients interact with one another in the body, and some are unable to function optimally unless they are in the presence of other nutrients.

The usual meal pattern of Australians is three meals a day, but when planning food intake we should also consider our activity level and remember drinks, fruit and other food consumed between meals. Some snack foods may be high in the energy-giving nutrients such as carbohydrate and fat, but provide little in the way of other nutrients. These are referred to as 'energy-dense foods'. However, with careful selection, snacks such as low-fat cheese on wholemeal toast with fresh fruit can make a nutritionally balanced contribution to our daily intake.

Food selection models

Food selection models, such as the Healthy Living Pyramid and the Australian Guide to Healthy Eating, should be used as guides for developing a balanced food plan that includes a variety of foods each day.

These food selection models reflect many of the recommendations of the Dietary Guidelines for Australians.

THE DIETARY GUIDELINES FOR AUSTRALIANS

The Dietary Guidelines for Australians have been developed by the Australian Department for Health and Ageing and the National Health and Medical Research Council (NHMRC) with the aim of improving the health of all Australians. The Dietary Guidelines for Australians are undergoing review by the NHMRC. Information on the new Dietary Guidelines will be available on the NHMRC website. The current Dietary Guidelines for Australian Adults are outlined below.

1. Enjoy a wide variety of nutritious foods:
   - eat plenty of vegetables, legumes and fruits
   - eat plenty of cereals (including breads, rice, pasta, noodles), preferably wholegrain
   - include lean meat, fish, poultry and/or alternatives
   - include milk, yoghurt, cheese and/or alternatives; reduced-fat varieties should be chosen where possible
   - drink plenty of water.
2. Take care to:
   - limit saturated fat intake and moderate total fat intake
   - choose foods low in salt
   - limit alcohol intake if you choose to drink
   - consume only moderate amounts of sugars and foods containing added sugars.
3. Prevent weight gain: be physically active and eat according to energy needs.
4. Care for your food: prepare and store it safely.
5. Encourage and support breastfeeding.

The Dietary Guidelines for Children and Adolescents show the different dietary requirements of those aged 18 years and under. These guidelines include the following:

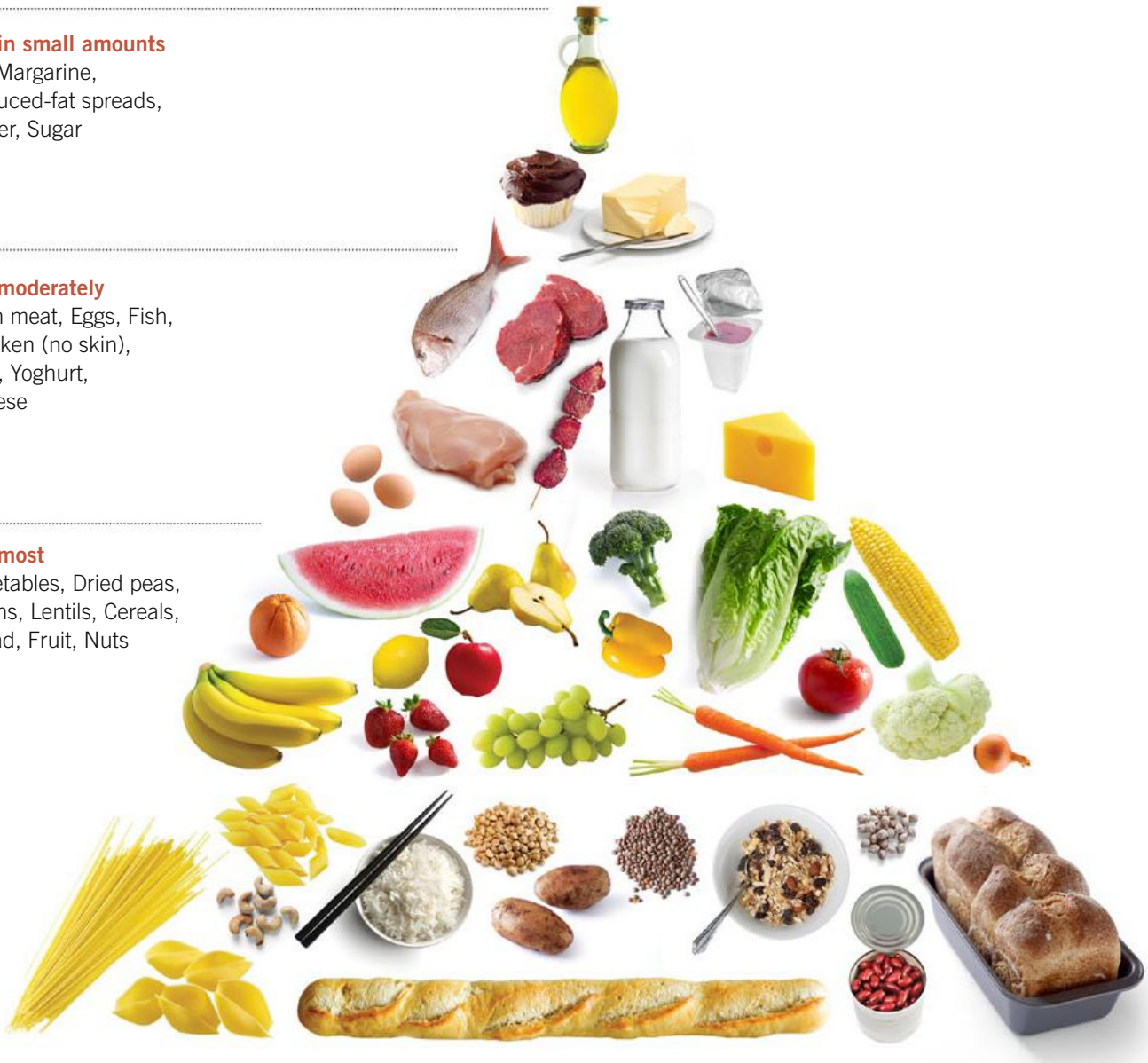
1. Encourage and support breastfeeding.
2. Children and adolescents need sufficient nutritious foods to grow and develop normally:
   - growth should be checked regularly for young children
   - physical activity is important for all children and adolescents.
3. Enjoy a variety of nutritious foods. Children and adolescents should be encouraged to:
   - eat plenty of vegetables, legumes and fruits
   - eat plenty of cereals (including breads, rice, pasta, noodles), preferably wholegrain
   - include lean meat, fish, poultry and/or alternatives
   - include milk, yoghurt, cheese and/or alternatives; reduced-fat milks are not suitable for young children under two years because of their high energy needs, but reduced-fat varieties should be encouraged for older children and adolescents
   - choose water as a drink; alcohol is not recommended for children.
4. Care should be taken to:
   - limit saturated fat and moderate total fat intake; however, low-fat diets are not suitable for infants
   - choose foods low in salt
   - consume only moderate amounts of sugars and foods containing added sugars.
5. Care for your child's food: prepare and store it safely.

Healthy Living Pyramid

Eat in small amounts
Oil, Margarine,
Reduced-fat spreads,
Butter, Sugar

Eat moderately
Lean meat, Eggs, Fish,
Chicken (no skin),
Milk, Yoghurt,
Cheese

Eat most
Vegetables, Dried peas,
Beans, Lentils, Cereals,
Bread, Fruit, Nuts



NO SALT

MOVE MORE

PLENTY OF WATER

THE HEALTHY LIVING PYRAMID

The Healthy Living Pyramid, developed by Nutrition Australia, demonstrates how foods can be grouped according to their energy density and graphically reflects the proportions in which they should be consumed.

The bottom layer contains the foods we should eat most: fruit and vegetables, legumes, breads and cereals (preferably wholegrain). These are rich in vitamins, minerals and complex carbohydrates (including fibre) and contain smaller amounts of protein and fats. They are nutrient-dense rather than energy-dense.

We should have a moderate amount of the foods from the middle section. These foods (milk, cheese, yoghurt, lean meat, poultry, fish, nuts and eggs) are rich in protein, vitamins and minerals (especially iron and calcium). These foods are also nutrient-dense, but many of them also contain moderate amounts of fat. Fat intake can be reduced by choosing the low-fat varieties of these foods, such as skim milk, low-fat modified milk, and low-fat yoghurt and cheeses.

The top layer indicates those foods that we should eat in small amounts: fats, oils and sugars. Butter, cream, table margarine, dairy blend and oils are included in this group as they contain 80% or more fat; however, they are also valuable sources of the fat-soluble vitamins A and D. Sugars and foods with high sugar content, such as honey, confectionery and soft drinks, are high in energy-producing nutrients but lack other nutrients. They are called energy-dense foods and contribute to dental cavities and obesity. Obesity can in turn lead to diabetes and cardiovascular disease.

The pyramid also reflects the recommendation that salt (sodium) should not be added to food and we should choose water as a drink.

The Healthy Living Pyramid incorporates the message 'Move more' to communicate the importance of balancing healthy eating with physical activity.

THE AUSTRALIAN GUIDE TO HEALTHY EATING

The Australian Guide to Healthy Eating was developed by the Australian Department of Health and Ageing and is based on both the Dietary Guidelines for Australians and the Recommended Dietary Intakes for use in Australia. It categorises food into five groups according to nutrient similarity and depicts this graphically in a pie chart. The size of the segment allocated to each group indicates the proportion in which the group should be consumed. The guide also advises to drink plenty of water. It recommends that Australians consume 'only sometimes or in small amounts' foods with high fat and high sugar content and low nutrient content. It emphasises the variety of foods to be eaten each day.

The Australian Guide to Healthy Eating includes recommended numbers of daily serves of each of the five food groups according to age and gender. Numbers of serves from each food group are listed for two types of healthy diet: one based on rice, pasta and noodles, and one based on a more varied diet. It also provides examples of the amount of food that constitutes one serve.

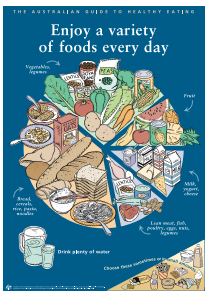
Healthy Living Pyramid

See p. 556 for full version



Australian Guide to Healthy Eating

See p. 557 for full version





Following are recommended serving sizes and numbers of serves for adults for each of the five food groups in the Australian Guide to Healthy Eating.

CORE FOOD GROUPS

Bread, cereals, rice, pasta, noodles

Age 19–60: men 5–7 serves; **women 4–6 serves**
(fewer serves if over 60 years)
Examples of serving size: 2 slices wholegrain bread, 1⅓ cups breakfast cereal, 1 cup cooked pasta, 1 cup cooked brown rice
(The recommended number of daily serves varies widely according to body size and composition, and amount of physical activity)

Fruit

Age 19–60: men 3–4 serves; women 2–3 serves
Examples of serving size: 1 medium piece (150g) of fruit (apple, orange, banana, pear), 1 cup canned fruit, 4 dried apricot halves

Vegetables, legumes

Age 19–60: men 6–8 serves; women 4–7 serves
Examples of serving size: ½ cup (75g) cooked vegetables, 1 cup salad

Meat, fish, poultry, eggs, nuts, legumes

Age 19–60: men 1½–2 serves; women 1–1½ serves
Examples of serving size: 65–100g lean meat or poultry, 80–120g fish, 2 eggs, ⅓ cup nuts, ¼ cup seeds, ¾ cup cooked beans or lentils

Milk, yoghurt, cheese

Age 19–60: men 2–4 serves; women 2–3 serves
Examples of serving size: 250mL (1 cup) milk, 40g cheese or small tub (200g) yoghurt

Extras

Foods that can be chosen sometimes, or eaten in small amounts. They contain high levels of fat, sugar and kilojoules and are low in nutrients. Examples include cakes, biscuits, chocolate, chips and alcohol.



Bread, cereals, rice, pasta, noodles



Fruit



Vegetables, legumes



Meat, fish poultry, eggs, nuts, legumes



Milk, yoghurt, cheese

Digestion and metabolism

Food is taken into the body through the mouth and passed along the gastrointestinal tract. Nutrients are digested as they pass along; that is, they are physically and chemically broken down into chemically simpler compounds. Each part of the gastrointestinal tract has digestive juices containing enzymes that act on specific nutrients. These chemically simpler compounds are then absorbed, mainly through the walls of the small intestine, into the lymphatic system or the blood-stream. Here, and in the cells, the compounds undergo the process of metabolism. Metabolism is the breaking up of the compounds into molecules and the oxidising of these to provide energy. Molecules may also be combined to form other compounds for storage or other uses. The residues and by-products are excreted from the body.

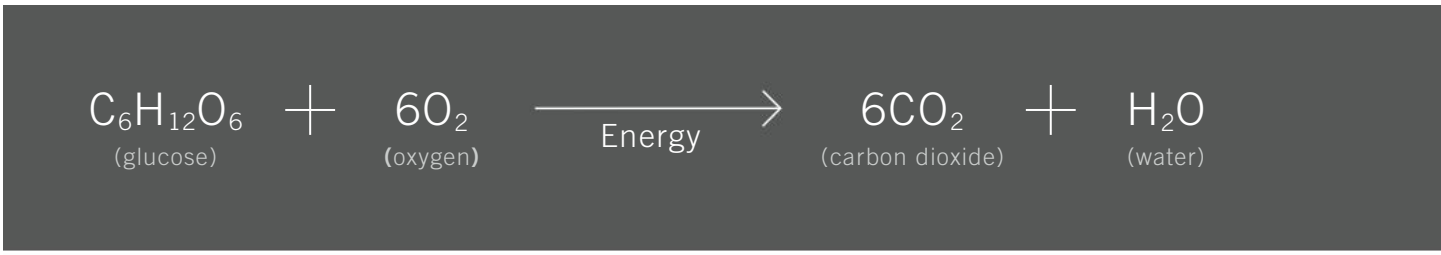
Digestion

Digestion is the physical and chemical breaking down of food into simpler compounds. The physical process begins in the mouth, where food is moistened by saliva and broken up by chewing. The smaller food particles enable the digestive juices to mix with it more easily. The tongue gathers the food into a ball, or bolus, and this is passed across the epiglottis (which covers the trachea, or windpipe), through the oesophagus to the stomach. The food is moved along and churned by peristalsis, a series of muscular contractions of the walls of the gastrointestinal tract.

The stomach churns food for one to two hours, enabling enzymes to mix with and act on the food, and then the food passes through the pylorus into the small intestine. The small intestine consists of the duodenum, where further digestion takes place, and the jejunum and ileum, where the last of the digestion takes place. The residue then moves into the large intestine, or colon.

CHEMICAL CHANGES DURING DIGESTION

Nutrient	Changes	Enzyme
Mouth—enzyme is in saliva		
Protein	No change	
Carbohydrate	Starches to maltose	Amylases
Fats	No change	
Stomach—enzymes are in gastric juice		
Protein	To peptides	Proteases
Carbohydrate	Completion of salivary action	
Fats	To emulsified fats	Lipases
Small intestine—enzymes are in pancreatic and intestinal juices and bile		
Peptides	To amino acids	Proteases
Carbohydrates	Maltose to glucose	Amylases
	Lactose to galactose and glucose	
	Sucrose to glucose and fructose	
Emulsified fats	To fatty acids and glycerol	Lipases



The chemical changes during digestion are brought about by the action of enzymes on the food. Proteins are broken down to peptides, then amino acids. Carbohydrates are converted to disaccharides, then monosaccharides (glucose, fructose and galactose). Fats pass through an emulsified stage to become fatty acids and glycerol.

Absorption

The less complex products of digestion are absorbed through the walls of the small intestine, mainly the jejunum and the ileum. Water is absorbed through the walls of the colon.

The glucose, galactose, fructose and amino acids are absorbed directly into the bloodstream. The fatty acids and glycerol pass into the lymphatic system, then into the bloodstream. From here they undergo the process of metabolism.

Metabolism

Metabolism is the process of breaking down the absorbed compounds into single molecules consisting of carbon, hydrogen, oxygen and nitrogen, and the rebuilding of these into new compounds. During this process they may be oxidised to provide energy, or combined to form new compounds for storage or formation and repair of tissue.

The process of breaking down the compounds is known as catabolism, and the process of building the molecules up to compounds is called anabolism. Vitamins, minerals and water all play a part in metabolism.

The oxidation process uses oxygen breathed in by the lungs to release energy, producing carbon dioxide and water as the end products. For example, if glucose is oxidised, the following reaction takes place.

Glucose, fructose and galactose are all broken down and oxidised in the same way. Some may be reconstituted to form glycogen and stored in the liver and muscles, to be quickly converted to glucose when blood sugar levels fall.

Fatty acids and glycerol are also broken down and oxidised. They may be rebuilt to form triglycerides and stored as fat.

Amino acids contain nitrogen in a form essential for the growth and repair of body tissue and the manufacture of hormones, enzymes and other secretions. As they are required by the body, they are removed from the bloodstream and rebuilt into the necessary compounds. Excess amino acids are broken down by enzymes as they pass through the liver. Urea is a by-product of this process and is excreted in the urine. Excess amino acids may also be oxidised to provide energy or stored as fat.

Excretion

Fibre and indigestible products remain after the process of digestion through the alimentary tract. They collect in the rectum and pass out of the body through the anus as faeces. During the process of metabolism, carbon dioxide is produced and passes out through the lungs. Excess minerals, water-soluble vitamins, water and nitrogen are excreted as urine.

Energy requirements

Just as a car needs petrol to run, our bodies require energy to function, and food is the source of this energy. Energy is required by the body in order to carry out its various functions and is measured in kilojoules (kJ).

If more food is eaten than the body requires for its activities, then we gain weight; if less food is eaten than required for activities, then we lose weight.

We do not all need the same amount of energy. There are many factors that influence the amount of energy each individual needs, including whether we are male or female, our age, body size, activity level, state of health, hereditary factors and growth rate.

The energy required by the body is used for:

- maintaining essential body processes, such as breathing, digestion, heartbeat, blood circulation, temperature regulation and muscle tone
- muscle action to enable physical activity, such as running, walking and sitting
- growth
- digesting, absorbing and utilising food (the thermic effect of food).

When sleeping, the body uses just enough energy for the essential body processes. This is called the 'basal metabolic rate'. It varies from person to person, but on average it is about 4 to 5 kilojoules per minute. Energy use rises to 12–15 kJ/m for slow walking, to 16–20 kJ/m for tennis, and to over 25–30 kJ/m for running.

Food is broken down to produce energy. The energy is used immediately or is converted to glycogen or fat and stored, then used to produce energy as required. Energy expenditure varies according to a person's body weight and the amount of effort put into daily activities.

Energy value of foods

As mentioned above, the energy value of foods is measured in kilojoules (kJ). The foods we eat are acted on—or metabolised—in the body to produce energy, with each type of nutrient yielding a different kilojoule or energy value. This can be expressed as kilojoules per gram, as follows:

- Fat = 37 kJ/g
- Alcohol = 29 kJ/g
- Protein = 17 kJ/g
- Carbohydrate = 17 kJ/g
- Unavailable carbohydrate (fibre) = 8 kJ/g (fermented by intestinal bacteria to yield some energy).

Water, minerals and vitamins have no kilojoule value, but are important in the metabolic processes and the utilisation of energy.

Foods are made up of different combinations of these nutrients to provide a certain amount of energy. Those lower in fats and higher in water, such as apples, contain less energy than those concentrated in fats and/or sugars, such as sausages and doughnuts.

ENERGY EXPENDITURE

Activity	Kilojoules per minute	
	Female	Male
Sleeping	4	5
Sitting	8	10
Slow walking, standing, light work	12	15
Physical work, vigorous playground activities, tennis	16	20
Energetic dancing, aerobics, running, swimming	25+	30+

ENERGY VALUE OF SELECTED FOODS

Food	Serve	Mass/Volume	kJ
Apple, small, raw	1	125 g	263
Banana, small	1	125 g	500
Beefburger in bun	1	205 g	1820
Biscuit			
– dry	3	12 g	208
– plain sweet	2	16 g	304
Bread	2 slices		
– mixed grain		50 g	500
– white		46 g	480
Butter or margarine	1 tablespoon	20 g	620
Carrot	1 small	60 g	84
Casserole (beef & veg)	1 cup	250 g	1500
Cheese sandwich	1	80 g	1150
Chocolate flavoured milk	1	345 mL	1105
Corn chips	1 packet	60 g	1200
Cornflakes	1 cup	30 g	450
Dim sim, fried	2	100 g	970
Doughnut	1	40 g	608
Egg, fried	1	60 g	410
Fish, battered, fried	1 fillet	100 g	1000
Hot dog in roll	1	115 g	1340
Lamb chop, trimmed	1	100 g	900
Lemonade	1 glass	250 mL	410
Lettuce leaves	2	20 g	10
Meat and salad	1	125 g	1160
Meat pie	1	163 g	1562
Milk, full cream	1 glass	250 mL	700
Muesli, toasted	½ cup	55 g	930
Orange juice, unsweetened	1 glass	250 mL	337
Pasta, boiled	1 cup	180 g	1051
Peanuts	¼ cup	30 g	798
Pizza, thin crust	1 medium slice	100 g	1000
Potato			
– boiled	1	125 g	350
– chips	18–20	90 g	1026
Rice, white, boiled	1 cup	190 g	929
Sausage	2	100 g	1100
Sausage roll	1	130 g	1560
Steak, lean	1 small	100 g	750
Tomato	1	125 g	92
Yoghurt	1 small tub	200 g	
– plain, low fat			480
– flavoured, full fat			800

(Kilojoule values are taken from Nutrient Tables for use in Australia—NUTTAB 2006, online version. Note that the energy value of some foods, such as sausage roll, pizza, fried fish and steak, varies widely depending on the fat and sugar content of the food.)

Daily energy requirements

In 2006, the National Health and Medical Research Council (NHMRC) published a set of recommendations for energy and nutrient intake for Australians. This set of recommendations is called the Nutrient Reference Values (NRV). As part of the NRV, the NHMRC provides a set of Estimated Energy Requirements (EER). These are recommended energy intakes for males and females of different ages, weight, height and physical activity levels.

The NHMRC cautions that the EER is a guide only, and that food energy requirements vary greatly, even between individuals of the same sex, age and body weight, and with apparently similar levels of activity. The EER for each age group is estimated for a person of reference weight, height and basal metabolic rate (BMR) as well as for a range of physical activity levels. Infants' energy needs are based on the age and weight of the infant and differ at each stage of development.

ESTIMATED ENERGY REQUIREMENTS (EER) OF CHILDREN AND ADOLESCENTS (MEGAJOULES* PER DAY, OR MJ/d)

Age (years)	Boys MJ/d	Girls MJ/d
1 month–1 year	2.0–3.5	1.8–3.2
1–2	3.5–4.4	3.2–4.2
3	6.3 (4.2–7.6)	5.8 (3.9–7.1)
4	6.6 (4.4–8.1)	6.1 (4.1–7.5)
5	7.0 (4.7–8.5)	6.5 (4.4–7.9)
6	7.4 (5.0–9.0)	6.9 (4.6–8.4)
7	7.8 (5.2–9.5)	7.3 (4.9–8.9)
8	8.2 (5.5–10.1)	7.7 (5.2–9.4)
9	8.8 (5.9–10.7)	8.2 (5.5–10.0)
10	9.3 (6.3–11.4)	8.5 (5.7–10.4)
11	9.9 (6.6–12.0)	9.0 (6.0–11.0)
12	10.5 (7.0–12.8)	9.5 (6.4–11.6)
13	11.2 (7.5–13.6)	10.0 (6.7–12.2)
14	11.9 (8.0–14.6)	10.3 (6.9–12.6)
15	12.6 (8.5–15.4)	10.6 (7.1–12.9)
16	13.2 (8.9–16.2)	10.7 (7.2–13.1)

This table indicates the EER for a person of reference weight, height and BMR and with a moderate activity level. The range of EER for different physical activity levels, from bed rest to vigorous activity, is shown in brackets. (Physical activity level categories are not used when calculating EER for ages 0–2 years.)

* 1 MJ = 1000 kJ

ESTIMATED ENERGY REQUIREMENTS (EER) OF ADULTS (MEGAJOULES PER DAY)*
This table indicates EER for a person with a moderate activity level.

Height	Weight	19–30 years		31–50 years		51–70 years		Over 70 years	
(m)	(kg)	Male	Female*	Male	Female*	Male	Female	Male	Female
1.5	49.5	–	9.2	–	9.4	–	8.9	–	8.3
1.6	56.3	11.6	9.9	11.4	9.8	10.4	9.3	9.4	8.8
1.7	63.6	12.4	10.8	12.1	10.3	11.1	9.8	10.0	9.3
1.8	71.3	13.3	11.6	12.7	10.7	11.7	10.3	10.7	9.8
1.9	79.4	14.2	12.5	13.4	11.2	12.4	10.8	11.4	10.4
2.0	88.0	15.2	–	14.2	–	13.2	–	12.2	–

* For pregnant woman, add 1.4 MJ/d in 2nd trimester and 1.9 MJ/d in 3rd trimester. For lactating woman, add 2.0–2.1 MJ/d.

Control of body weight

Energy balance is an important aspect of health and can be defined as 'energy intake meeting energy used'. If an individual has a lower energy intake than is required and the body stores are depleted, it can result in tissue wasting, slowing of body functions and inhibited growth and development. Excess energy intake can lead to increased fat stores, weight gain and obesity over a period of time.

Over the past few decades, Australians have tended to reduce their physical activity. Reliance on the car, television viewing and the use of labour-saving devices mean that we exercise less and therefore use less energy. This, combined with our traditional Western diet, which has been high in fats, sugar, salt and alcohol and low in fibre, is responsible for an increasing number of people being overweight. Obesity is associated with an increased incidence of type 2 diabetes, high blood pressure and altered blood lipids, which can lead to cardiovascular disease, gall bladder disease, liver disease, colon cancer, post-menopausal breast cancer and osteoarthritis. For further information on obesity, see p. 37–39.

Body weight can be altered by increasing or decreasing the kilojoule or energy value of the total food intake and the amount of physical activity undertaken. When reducing body weight by increasing exercise and reducing the intake of high energy-value foods, it is important that the weight loss is gradual. Approximately 0.5–1 kg per week reduction is the suggested maximum weight loss. (For further information on weight loss, see p. 38 in the Obesity section.)

Safe weight loss not only applies to those who are overweight or obese. Care needs to be taken to avoid the problems associated with excessive weight loss such as the eating disorders anorexia nervosa and bulimia nervosa. These eating disorders are often associated with the misconception that excessive slimness and beauty—and acceptance by family and friends—go hand in hand. Anorexia nervosa and bulimia nervosa can lead to dental decay, amenorrhoea, serious illness, emaciation and, in severe cases, death.

Food nutrients

Daily nutrient requirements

Every day, the body requires a certain amount of each food nutrient.

The set of Nutrient Reference Values (NRV) for Australia and New Zealand was introduced by the National Health and Medical Research Council (NHMRC) in 2006. They replace the Recommended Dietary Intake (RDI), which was first published in 1991 and was limited in its use, particularly for estimating the needs of individuals.

The purpose of the NRV is to guide dietary intake. The NRV provides a set of values for each nutrient, rather than a single RDI, and it covers a wider range of nutrients than the RDI (including dietary fibre and omega-3 fats). The NRV still includes a value called the RDI. The recommendations for some nutrients have changed considerably—for example, with an increased recommendation for the intake of folate and other B-group vitamins, calcium and magnesium, and a decrease in the recommendation for sodium. The following values are set for each nutrient:

- EAR (Estimated Average Requirement) for males and females of different age groups and for pregnant and lactating women
- RDI (Recommended Dietary Intake) which meets the needs of approximately 97% of males and females within a particular age group
- AI (Adequate Intake)—a value that is used when there is limited evidence on population requirements; the value is based on the median intake of healthy populations as determined through nutrition surveys
- UL (Upper Level of intake)—at or above this level, regular consumption could lead to adverse effects on health.

Some advice is also provided on nutrient intake to reduce the risk of chronic diseases such as coronary heart disease, hypertension and some cancers:

- AMDR (Acceptable Macronutrient Distribution Range)—a range of intake for each macronutrient (protein, fat, essential fatty acids and carbohydrate) as a percentage of daily energy, to reduce chronic disease risk while ensuring adequate micronutrient intake
- EER (Estimated Energy Requirements)—recommended energy intakes for males and females of different ages, height, weight and physical activity level (PAL)
- SDT (Suggested Dietary Target)—a daily average intake for certain nutrients that may help to prevent chronic diseases.

Nutrient Reference Values have a wide range of uses. They are used by a range of health professionals to assess the diets of individuals; for large-scale catering, such as in hospitals; by the food industry in food product development; and by governments in developing food policies and regulations, food labelling and food choice guidelines. The new recommendations will be used to update the existing Dietary Guidelines for Australians as well as to update the Australia New Zealand Food Standards Code. Eventually some food labels will need to be changed in accordance with the new recommendations.

The food selection models in this chapter are based on the RDI for each nutrient and provide a guide to the daily food consumption required to provide the nutrients and energy for all body functions. Nutrient Tables for use in Australia (NUTTAB 2006) can assist us in planning our nutrient intake. NUTTAB 2006 is available in three formats: food composition tables, an online version, and an electronic version that can be downloaded and used in nutrient analysis software. The online version provides nutrient values for up to 160 nutrients in approximately 2500 foods. NUTTAB is available on the Food Standards Australia New Zealand (FSANZ) website at: **www.foodstandards.gov.au**

Proteins

The word 'protein' comes from the Greek word proteois and means 'to take first place'. The name reflects the fact that an adequate amount of this nutrient is essential.

CHEMICAL COMPOSITION

Proteins are formed from simpler compounds called amino acids. Proteins vary because of the different combinations, proportions and numbers of amino acids in the protein molecule. There are 22 amino acids that normally occur in foods.

FUNCTIONS

- Builds and repairs body tissue, including muscle, bone, teeth, hair and nails.
- Assists in the production of antibodies that act in the body's systems of immunity against disease, e.g. globulin.
- Assists in the production of enzymes that aid metabolism, e.g. pepsin.
- Assists in the production of hormones that regulate body functions, e.g. insulin.
- Assists in the process of storing oxygen in muscle tissue for use during exercise, e.g. myoglobin.
- Assists in the blood-clotting process, in which the protein fibrinogen is turned into insoluble fibrin.
- Serves as a source of energy if the diet does not supply sufficient carbohydrate and fat to meet the individual's requirements; however, this is at the expense of other bodily functions.

SOURCES

The body can make some of the amino acids it requires, but there are eight amino acids the adult body cannot make or make in sufficient quantities, and nine that children's bodies cannot make. These are called essential amino acids as they need to be consumed in food. The body needs specific proportions of these amino acids; a lack of one means the others cannot be properly utilised. The following amino acids must be provided in food:

- phenylalanine
- tryptophan
- leucine
- valine
- threonine
- vlysine
- methionine
- isoleucine
- histidine (children only).

The other amino acids can be manufactured, or synthesised, within the human body.

Animal-based proteins, with the exception of gelatine, contain all the essential amino acids in the proportions needed by the body. These are found in animal foods including meat, fish, poultry, milk, eggs and cheese. They are sometimes referred to as 'complete proteins'.

Plant foods also contain protein. It is usually in smaller amounts than animal sources, although dried beans and peas, nuts and cereals are useful sources. Soy beans, although low in methionine, contain all the essential amino acids. The cereal Quinoa has all nine amino acids and is a complete protein. All other plant proteins are missing one or more of the essential amino acids, but different vegetable and cereal foods can be served in the same meal to provide the full range of essential amino acids. Plant proteins may be referred to as 'incomplete proteins'.

REQUIREMENTS

The Acceptable Macronutrient Distribution Range (AMDR) for protein is 15–25% of energy intake. The Estimated Average Requirement (EAR) of protein for adults is 0.60 g per kilogram body weight for women and 0.68 g/kg body weight for men. The Recommended Dietary Intake (RDI), which provides for the needs of 97% of the population, is 0.75 g/kg body weight for women and 0.84 g/kg body weight for men.

PROTEIN INTAKE RECOMMENDATIONS FOR ADULTS			
	AMDR (% energy intake)	EAR (grams per kilogram of body weight)	RDI (grams per kilogram of body weight)
Male	15–25%	0.68	0.84
Female	15–25%	0.60	0.75

Increased amounts are required during pregnancy and lactation, and late adulthood. Children and adolescents require proportionately more protein, especially during stages of rapid growth. Excess protein consumption can contribute to weight gain as the protein not used by the body is converted to body fat. It may also be linked to the development of osteoporosis in that high protein intake can increase calcium loss via the kidneys.

EXAMPLES

Albumins (e.g. egg albumin in egg white and lactalbumin in milk) are soluble in water and coagulate under heat.

Casein is found in milk and can be precipitated by the enzyme rennet.

Collagen forms the protein matrix in bones and teeth and connective tissue in the body. It forms gelatin after prolonged cooking in moist heat.

Globulins (e.g. myosin in meat muscle; fibrin in blood and meat; legumin in peas, beans and lentils; ovoglobulin in egg white and lactoglobulin in milk) are soluble in water and coagulate under heat.

Keratin, found in hair and nails, is insoluble in water.

Vitellin is found in egg yolk.

Carbohydrates

CHEMICAL COMPOSITION

Carbohydrates, or saccharides, are compounds formed from molecules of sugar and can be classified as simple or complex carbohydrates.

Monosaccharides are simple carbohydrates, consisting of single molecules. The three main monosaccharides are glucose, galactose and fructose, and these form the building blocks of the other carbohydrates. Monosaccharides are sweet, dissolve in water and are absorbed directly into the bloodstream in the body.

Disaccharides are simple carbohydrates composed of two joined monosaccharides. Three of the most commonly occurring are sucrose, or ordinary sugar (consisting of a molecule of glucose and a molecule of fructose); lactose, found in milk (consisting of a molecule of glucose and a molecule of galactose); and maltose, found in malt (consisting of two glucose molecules). During digestion, disaccharides are broken down in the body into monosaccharides.

Polysaccharides are complex carbohydrates composed of large numbers of monosaccharide molecules and occur in foods as one of the following:

– starch, dextrins or glycogen, which are broken down in the body into glucose, fructose and galactose; and

– cellulose, which forms the cell walls of plants and is therefore found in all fruit, vegetables and

wholegrain cereals. It is not readily digested by the body and is the major component of 'dietary fibre' or 'roughage'. Another component of dietary fibre is resistant starch, which is the component of starch that is not digested in the large intestine.

FUNCTIONS

- Carbohydrates (other than fibre) provide a source of energy for the body and are required to maintain basal metabolic rate and for physical activity.
- Fibre, not readily digested by the body, stimulates the digestive system to move food through the digestive tract.

SOURCES

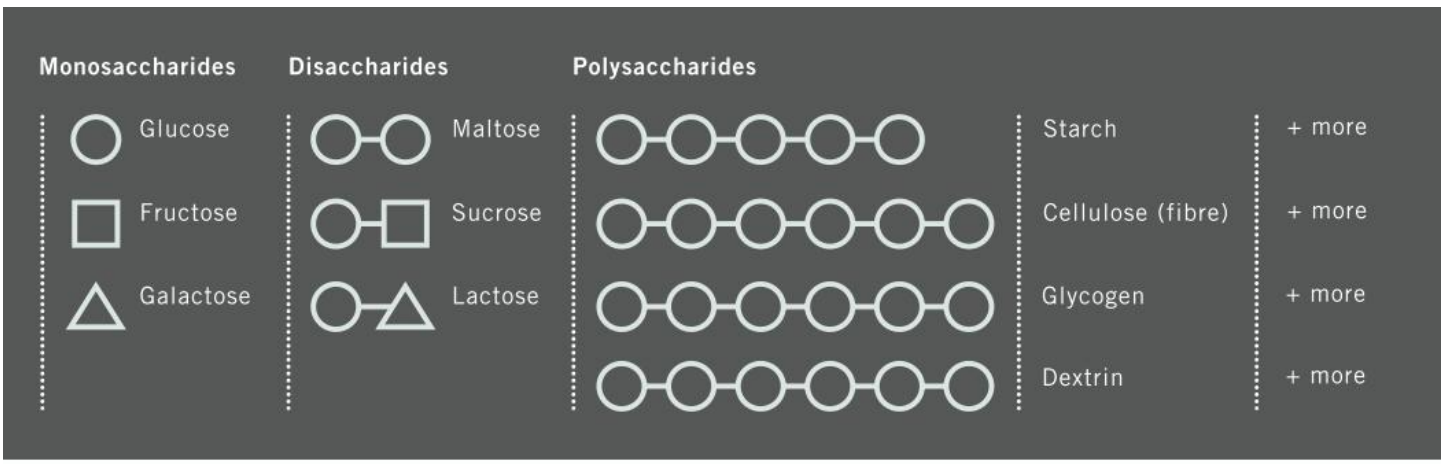
Simple carbohydrates are found in sweet foods, such as sugars, honey, jam, sweets and sweetened aerated drinks, as well as fruit, vegetables, milk and breakfast cereals.

Complex carbohydrates are found in cereal foods, such as breakfast cereals, bread, pasta and rice. Wheat, rice and fruit and vegetables provide polysaccharides as well as other nutrients to the body. Refining or milling cereals removes cellulose and other nutrients, and so wholegrain cereals have a higher complex carbohydrate value.

REQUIREMENTS

Complex carbohydrate foods are comparatively cheap, easily produced and stored, and are readily converted into energy in the body. In Australia, there is a tendency for many people to take in more simple carbohydrates than required by the body, especially in the form of sweet foods. Excess energy intake can lead to weight gain. Sweet foods are a contributing factor in tooth decay and it is therefore best to ensure that only small amounts of sweet foods and larger amounts of polysaccharides are used as the major energy source. In the Healthy Living Pyramid, the complex carbohydrate foods are in the 'eat most' layer, and sugar is in the 'eat in small amounts' layer. The Acceptable Macronutrient Distribution Range (AMDR) for carbohydrates is 45–65% of energy, predominantly from low energy density and/or low glycaemic index food sources.

Specific vitamins and minerals are required to metabolise carbohydrates to provide energy to the body. (See Nutrient interrelationships, pp. 28–9, for further detail.)



Molecular representations of carbohydrates

EXAMPLES

Glucose is found in many foods on its own (e.g. in fruit), or combined as a disaccharide or polysaccharide.

Sucrose, or sugar, is found in cane sugar, sugar beet and other foods. It is a disaccharide.

Pectin is a polysaccharide found in many 'firm, ripe' fruits. It is necessary for the formation of a 'gel' in jams and jellies.

Dextrin is a polysaccharide derived from the breakdown of starch. When subjected to dry heat, it becomes brown in colour and takes on a characteristic taste, such as that of the outer surface of toast.

Glycogen is a polysaccharide present in small amounts in meat and liver. Glycogen is stored in the body in muscle tissue and the liver and is rapidly converted to glucose if extra energy is required.

Dietary fibre

Dietary fibre is made up of various complex carbohydrates but, unlike starch or glycogen, it cannot be digested by human enzymes. It was once considered that, since fibre could not be digested, it did not supply energy. Recent research has revealed that fibre can be fermented by bacteria in the bowel and that this results in the formation of certain fatty acids, which can then be absorbed and metabolised for energy. The fermentation process is also associated with a reduced risk of bowel cancer. Excess fibre intake causes flatulence, diarrhoea and related gastrointestinal problems and may limit the absorption of certain nutrients.

CHEMICAL COMPOSITION

Dietary fibre consists of cellulose, lignin, pectins, gums, hemicellulose and non-cellulose wall polysaccharides that all come from the stems, leaves, seeds and roots of plants. Its effects on the human body relate not only to the chemical composition of the dietary fibre, but also to the physical properties of the plants themselves. Dietary fibre components are either soluble or insoluble. As each type of fibre provides different health benefits, we should include a variety of fibre-containing foods in our diet.

Resistant starch, although not technically a form of dietary fibre, acts in the same way as fibre. It is the part of starchy foods (approximately 10%) that is resistant to digestion by human digestive enzymes.

FUNCTIONS

- Increases the bulk of faeces, thereby promoting the passage of food through the intestinal tract.
- Relieves pressure on the bowel and promotes regularity, which reduces the likelihood of haemorrhoids, constipation and hiatus hernia.
- Increases the movement of potentially carcinogenic substances through the intestinal tract, unabsorbed.
- Bacteria in the large bowel ferment resistant starch producing short-chain fatty acids, which are important to bowel health and may protect against cancer.
- Reduces levels of 'bad' (low-density lipoprotein) cholesterol in the blood.
- Protects against coronary heart disease, strokes, disease of the gall bladder, diverticular and large bowel diseases, and type 2 diabetes.
- Helps with the treatment of obesity by creating a feeling of fullness without the added kilojoules of fats and other carbohydrates. Foods high in fibre are generally low in fat.

SOURCES

Dietary fibre is found in all plant products, such as cereal grains, legumes, vegetables and fruit. Milling, refining, processing and cooking can reduce the amount of fibre present in the food eaten. Raw fruit and vegetables, legumes and unrefined cereals contain the highest proportions of dietary fibre.

- Good sources of insoluble fibre include wholegrain cereal foods, bran, skins of fruit and vegetables, nuts, legumes and seeds.
- Good sources of soluble fibre include legumes, oats, barley, soy products, fruits and vegetables.
- Good sources of resistant starch include unprocessed grains, firm bananas, potatoes, lentils, and breads and breakfast cereals with added Hi-Maize.

REQUIREMENTS

There is no absolute recommended daily intake of dietary fibre because it is difficult to measure the exact amount of fibre in foods consumed. The NRV includes Suggested Dietary Targets (SDT) to reduce chronic disease risk for ages 14 years to adult. The SDT for dietary fibre for males is 38 grams per day; for females it is 28 grams per day.

Processing, cooking and storage of fruit, vegetables and cereals affect their physical structures to varying degrees, altering their effect on the intestinal tract. The guidelines for dietary fibre intake recommend increasing fresh and raw foods in the diet. A varied diet for adults should include at least five serves of wholegrain cereal foods and seven serves of fruit and vegetables each day; this supplies about 30 grams of dietary fibre.

GLYCAEMIC INDEX

The Glycaemic Index (GI) ranks carbohydrate foods according to their effect on blood glucose levels. Pure glucose is set as the standard and is allocated a GI of 100.

Consumption of low GI foods leads to a gradual rise in blood glucose level, which is sustained over a period of time. Consumption of high GI foods leads to a rapid increase in blood glucose levels, followed by a rapid decrease.

- Low GI foods are those with a GI of less than 55, such as legumes, apples, oats, pasta, grainy bread and some sourdough breads.
- Medium GI foods are those with a GI of between 55 and 69, such as basmati rice, wholemeal bread and orange juice.
- High GI foods are those with a GI greater than or equal to 70, such as white rice, white bread, potatoes and carrots.

It is advised that we should have some low GI foods at every meal as this helps to reduce the overall GI of the meal.

The amount of carbohydrate in a meal also affects blood glucose levels. The glycaemic load (GL) is calculated by multiplying the GI of the food by the number of grams of carbohydrate food. A large serve of a low GI food can have the same effect on blood glucose levels as a smaller serve of high GI food.

A diet low in GI is recommended for people with type 2 diabetes as it helps to regulate their blood glucose levels.

Just because a food is low in GI does not mean that it is good for you. For example, chocolate has a low GI but is high in fat and sugar. Conversely, if a food is high in GI, we should not necessarily avoid it. For example, carrots have a high GI but are low in fat and a good source of b-carotene and dietary fibre. There are many other factors that we need to take into account when choosing a healthy diet, including the serving size and nutritional value of the food.

The Glycaemic Index of foods can be of significance in some sporting contexts. Low GI foods are recommended two hours before endurance events to provide a sustained level of blood glucose, and thus energy. In the first 24 hours after recovery from an event, high GI foods are recommended to replenish glycogen supplies in muscles.

Fats or lipids

The term lipid is used to describe both fats and oils. Fats are solid at room temperature and usually of

animal origin, such as butter or lard. Oils are liquid at room temperature and are usually of vegetable origin, such as olive oil, peanut oil, canola oil or maize oil.

CHEMICAL COMPOSITION AND SOURCES

Fat molecules consist of hydrogen, carbon and oxygen and are found mainly in foods in the form of triglycerides. Triglycerides comprise a glycerol molecule attached to three fatty acids. A fatty acid is a chain of carbon atoms, each with hydrogen atoms attached by bonds. Fatty acids can be saturated, monounsaturated or polyunsaturated, depending on the number of double bonds in the molecule.

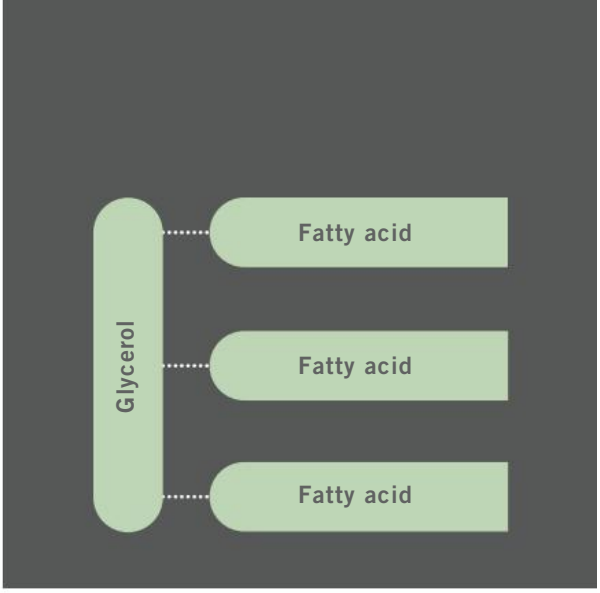
All fats and oils contain a mixture of saturated, monounsaturated and polyunsaturated fatty acids and are classified according to the various quantities of the different fatty acids they contain. The level of saturation in a fat or oil depends on the relative quantities of saturated and unsaturated fatty acids. Usually those of animal origin have a higher proportion of saturated fatty acids than those of vegetable origin.

Saturated fats

When each carbon atom in the fatty acid chain is attached by a single bond to the next atom, and the molecule is unable to take up any more hydrogen atoms, it is saturated. All fats contain some saturated fatty acids, but animal fats—such as in butter, cheese and meat—are our main dietary sources. Palm oil and coconut oil are the only vegetable oils that are predominantly saturated fats.

Role of cholesterol

Cholesterol is another type of lipid, but it does not contain any fatty acids. In appearance, it is a solid, white, waxy substance. It is only produced by animals. Cholesterol is required by the body to maintain optimum health; it is necessary for steroid hormone and vitamin D production. High levels of cholesterol in our blood have been shown to be related to heart disease.



The structure of a triglyceride

About three-quarters of the cholesterol required by the body each day is made in the body, and about one-quarter is obtained from animal fats in our diet. To a limited extent, our metabolism automatically reduces the body's production of cholesterol when dietary cholesterol increases; however, hereditary factors, a stressful lifestyle and a high intake of saturated fat can affect this process.

Cholesterol is transported in the blood to and from body cells in protein-fat particles, called lipoproteins. The two main lipoproteins involved are:

Low-density lipoprotein cholesterol (LDL), which transports cholesterol from the liver to the cells. Excess LDL-cholesterol can lead to a build-up of a cholesterol-containing plaque, called atheroma, on the walls of arteries, narrowing them and reducing the flow of blood to the heart and other organs and tissues—a disease called atherosclerosis.

High-density lipoprotein cholesterol (HDL), which current research indicates removes cholesterol from the cell walls, returning it to the liver for processing. HDL is thus beneficial to health. Its effectiveness is increased by exercise.

Saturated fats raise the level of LDL-cholesterol in the blood. Therefore, reducing the intake of saturated fats through restricting the intake of animal fats reduces the level of LDL-cholesterol in the blood.

Monounsaturated fats

If a fatty acid molecule contains one pair of adjacent carbon atoms connected by a double bond, the double bond can be broken and the molecule is able to take up two atoms of hydrogen. Monounsaturated fats can reduce blood cholesterol levels by decreasing levels of LDL-cholesterol and increasing the levels of HDL-cholesterol. Food sources include olives and olive oil, peanut oil, nuts and avocados.

Polyunsaturated fats

When there is more than one double bond in the fatty acid chain, it is said to be polyunsaturated. Triglycerides rich in polyunsaturated fatty acids are usually liquid at room temperature and in the form of oils. They have been found to decrease the levels of total cholesterol and LDL-cholesterol in the blood. Food sources include maize, safflower, sunflower and soy bean oils, fish and nuts.

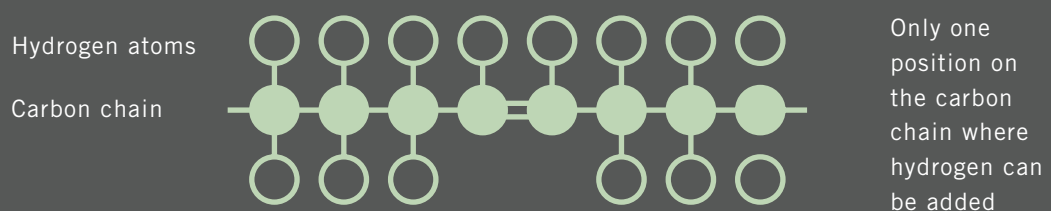
Omega-3 fats are a group of polyunsaturated fats found mainly in fish and some plant foods, such as linseed oil and canola oil. These fats have been shown to lower LDL-cholesterol, thus assisting in reducing the incidence of atherosclerosis.

Trans fats

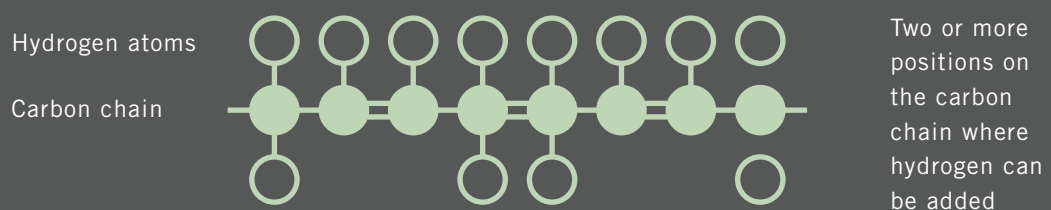
In margarine manufacture, some of the polyunsaturated fatty acids of the liquid oil have some double bonds removed. The remaining carbon atoms then take up hydrogen and the molecule is altered to a 'trans structure'. The process is known as 'hydrogenation' and results in solidified oils. As only some of the molecules are altered, margarines still have a high proportion of polyunsaturated fats. The 'P/S ratio' on the label of margarines refers to the proportion of polyunsaturated fatty acids to saturated fatty acids.

Trans fats are found naturally in red meats and dairy foods. They are found in commercially manufactured foods that use hydrogenated vegetable oils such as baked products like biscuits, cakes, pies and pastries. Trans fats are used in these products as they

The structure of a monounsaturated fat



The structure of polyunsaturated fat



enhance product texture. Trans fats are also found in frying oils that have been heated and reheated many times.

Consumption of trans fats leads to an increase in overall cholesterol in the blood, an increase in LDL-cholesterol and a decrease in HDL-cholesterol, thus increasing the risk of cardiovascular disease. On the nutrition panel of food labels, total fats and saturated fats must be listed separately, and the trans fat content must be listed if there is a claim such as 'Low cholesterol' or 'Polyunsaturated'.

FUNCTIONS

Fats and oils provide approximately twice as much energy per gram as protein and carbohydrate.

Fats and oils in foods transport the fat-soluble vitamins A, D, E and K. During digestion, fatty acids are retained in the stomach for a longer period than protein and carbohydrate; hence they satisfy the appetite to a greater degree than other food nutrients.

Flavours in meat and other foods are present in the fat component.

REQUIREMENTS

Humans have a need for some essential fatty acids from polyunsaturated sources. The AMDR for fat is 20–35% of energy, with saturated and trans fats together recommended to contribute no more than 10% of daily energy intake. Children have a slightly higher need for fat than adults.

Australians tend to consume high amounts of saturated fats. We should endeavour to reduce our total amount of dietary fat—particularly saturated fat—to control blood cholesterol levels and to aid weight control. Like many diet-related conditions, there is considerable difference in individual risk factors for heart disease and strokes. Some people have a higher risk of developing these diseases than others due to the interplay of hereditary factors, environment, state of health, and diet.

Vitamins

Vitamins are organic compounds that are present in small quantities in foods and are essential for normal growth and health. Most cannot be synthesised by the human body and must be obtained from food. Some are synthesised by bacteria in the human alimentary tract. They assist in the metabolism of food in the body.

If the Dietary Guidelines are followed, vitamins will be supplied in quantities sufficient to meet daily requirements.

FAT-SOLUBLE VITAMINS

Vitamins A, D, E and K are fat-soluble and, when taken in excess, are retained in the fat in the body, and in particular in the liver, resulting in hyper-vitaminosis (or vitamin overdose). Caution must therefore be exercised if vitamin supplements are taken regularly.

WATER-SOLUBLE VITAMINS

Vitamins of the B-complex group and vitamin C are water-soluble, and excess is excreted in the urine. Excess vitamin C may cause kidney damage, while excess vitamin B6 may cause nerve damage.



VITAMINS			
Characteristics	**Functions**	**Deficiency/excess**	**Sources**
Retinol (vitamin A) Fat-soluble; stable at normal cooking temperatures; excess stored in liver Carotene is water-soluble and is converted to vitamin A in the body	Required for healthy skin and tissue lining; assists in formation of bones and teeth; stimulates growth; improves vision in dim light	*Deficiency* • Night blindness • Dryness of eyes • Stunted growth *Possible excess symptoms* • Drowsiness • Vomiting • Headache • Extensive skin peeling	Liver, whole milk, cream, butter, fish and fish oils, egg yolks, table margarine, cheese Carotene from carrots, green leafy vegetables, capsicum, yellow fruits, mangoes and pumpkins
Vitamin B group **Thiamine (vitamin B1)** Water-soluble; leached by washing and cooking; destroyed by high temperatures; availability to body reduced by alcohol	Important for release of energy during the metabolism of carbohydrates	*Deficiency* • Fatigue • Stiffness in leg muscles • Disturbed brain and nerve function • Beri-beri	Yeast extract, wholegrain and enriched cereals, fortified bread flour, wheat germ, brown rice, legumes, nuts, egg yolks, meat (especially pork)
Riboflavin (vitamin B2) Water-soluble; heat-stable; easily destroyed by sunlight; removed in milling	Required for energy metabolism	*Deficiency* • Cracking and soreness at corners of mouth (cheilosis) • Sore, inflamed tongue • Rash at junction of nose and face • Fatigue • Growth failure	Yeast extract, milk, eggs, liver, kidney, enriched cereals
Niacin (vitamin B3) Water-soluble; heat-stable; removed in milling	Essential for production of energy	*Deficiency* • Dermatitis • Digestive disturbances • Diarrhoea • Depression • Pellagra	Liver, meat, fish, peanuts, peanut butter, yeast extract, enriched cereals, wholegrain rice; synthesised from tryptophan (an essential amino acid) in large intestine
Pyridoxine (vitamin B6) Water-soluble; heat-stable	Essential for metabolism of fat and protein, and for synthesis of essential from non-essential amino acids	*Deficiency* • Anaemia • Dermatitis • Convulsive seizures, nerve damage • Reduction in antibody production (Deficiency rare)	Widely distributed in plant and animal tissues, meat, liver, vegetables, outer coats of cereals, e.g. bran
Pantothenic acid Water-soluble; destroyed by prolonged heating	Necessary for many metabolic processes	Although essential, no deficiency signs observed	Widely distributed in foods

Characteristics	Functions	Deficiency/excess	Sources
Folic acid (folate) Water soluble; unstable in light and high temperatures	Essential for metabolism; related to function of cobalamin	*Deficiency* • Anaemia during pregnancy and old age and in chronic alcoholics • Neural tube defects, e.g. spina bifida	Liver, kidney, yeast, mushrooms, root vegetables; widely distributed in foods; synthesised by bacteria in intestine Most breads in Australia must be fortified with folate
Biotin Water-soluble; heat-stable	Necessary for metabolism	Although essential, no deficiency signs observed	Widely distributed in foods; synthesised by bacteria in intestine
Ascorbic acid (vitamin C) Water-soluble; easily destroyed by air (oxidation), heat and light; is not stored in the body	Essential for production of collagen which is required for growth of soft tissues, teeth and bones as well as for tissue healing; promotes iron absorption	*Deficiency* • Easy bruising • Excessive bleeding as blood-clotting mechanism is impaired • Lowering of body's resistance to infection *Excess* Kidney stones may develop	Citrus fruit and raw fruit, especially berry and tropical fruits; vegetables, such as green leafy vegetables, broccoli, capsicum, parsley and potatoes
Cholecalciferol (vitamin D) Fat-soluble; stable at ordinary cooking temperatures; stored in liver, skin, brain, spleen and bones	Assists in absorption of calcium from intestine and in utilisation of calcium in bones	*Deficiency* • Improperly formed teeth • Malformation of bones • Rickets • Osteoporosis *Excess* • Calcification • Dwarfing in children • Kidney damage and failure • Hypercalcaemia	Fish-liver oil, table margarine, egg yolks, butter, milk, cheese; formed by the action of sunlight on skin
Tocopherol (vitamin E) Fat-soluble; may be destroyed by light; prevents oxidation of fats (rancidity)	Maintains healthy membranes	*Deficiency* Unlikely because of wide distribution in foods	Eggs, vegetable oils, wheat germ, wholegrain cereals
Vitamin K Fat-soluble; stable in heat; destroyed by acids and bases, light and oxygen; antibiotics disturb its production in large intestine	Essential for normal clotting of blood	*Deficiency* Tendency towards excessive bleeding may develop	Balanced diet provides adequate amounts; produced by bacterial synthesis in large intestine

Minerals

Minerals are found in the skeleton, as constituents of body fluids and as part of the cellular structure. Their main functions are to give rigidity to bones and teeth and to regulate the functioning of the body systems. Trace minerals are required in very small amounts. If the Dietary Guidelines are followed, minerals will be supplied in quantities sufficient to meet daily requirements.



MINERALS

Characteristics	Functions	Deficiency/excess	Sources
Phosphorus Present in skeleton; intake should equal that of calcium	With calcium, a major constituent of bones and teeth; constituent of all body cells; vital for food metabolism	*Deficiency* Diet is seldom, if ever, deficient in this nutrient *Excess* Can lead to kidney disease	Meat, liver, milk, cheese, eggs, citrus fruit, flour, oatmeal
Calcium The body contains more calcium than any other mineral; 99% concentrated in bones, which act as a reservoir (see Concerns of the Australian diet, p. 33)	With other minerals (mainly phosphorus), forms bones and teeth; assists normal contraction of heart muscles; helps nerves respond to stimuli; necessary for blood-clot formation	*Deficiency* • Osteoporosis • Stunted growth • Badly formed teeth • Rickets • Cramps • Reduced ability of blood to clot	Dairy products (milk, cheese, yoghurt), green leafy vegetables, canned fish with edible bones, cereals Adults should choose reduced-fat dairy products where possible
Magnesium One of the major mineral constituents of the body; present in all skeletal and soft tissue	Constituent of teeth and bones; plays some part in carbohydrate metabolism; needed for activity of many enzymes	*Deficiency* Severe muscular twitching may occur	Widely distributed in foods, particularly milk, meats, vegetables and cereals
Sodium Present mostly in blood plasma and fluids around cells; lost from body in perspiration and urine (see Concerns of the Australian diet, p. 35–7)	Necessary to maintain balance between fluids outside body cells; required for muscle contraction	*Deficiency* Seldom seen *Excess* • High blood pressure (hypertension) • Oedema	Widely distributed in foods

Characteristics	Functions	Deficiency/excess	Sources
Potassium Concentrated in body cells	Necessary to maintain balance of fluids inside body cells; maintains acid-base balance	*Deficiency* Unlikely unless there is preceding deficiency of sodium *Excess* Can lead to kidney failure and heart disease	Found in foods combined with protein: meat, milk, eggs, fish, wheat germ, bran, leafy vegetables, legumes, fresh fruit, particularly bananas and citrus
Sulphur Found in all protein tissue in the body	Exact function not fully established; thought to be related to protein nutrition because it occurs in amino acids	*Deficiency* Little known about deficiency in humans, but may contribute to extreme protein malnutrition	Cheese, lean meat, peanuts, lentils, wheat germ
Iron Present in enzyme systems of every cell; 30% stored in liver, spleen and bone marrow (see Concerns of the Australian diet, p. 34–5)	Important constituent of haemoglobin in red blood cells, hence responsible for transportation of oxygen throughout the body; also myoglobin, which carries oxygen to muscle cells	*Deficiency* Once absorbed is only slowly lost; excess bleeding creates serious loss, causing anaemia, shown by pallor of skin, fatigue and breathlessness on exertion *Excess* Liver damage	Meat, liver, kidney, eggs, dried fruit, wholegrain cereals, green vegetables, oysters
Iodine Trace mineral; widely distributed in body tissues but most localised in the thyroid gland	Necessary for correct functioning of thyroid gland situated in throat; this gland influences the rate of the body's metabolism, hence growth and body temperature	*Deficiency* • Physical and mental development of children may be retarded • May cause goitre (swelling of thyroid gland), leading to a slowing of metabolism and fatigue	Dairy products and vegetables from soils containing iodine, seafood, iodised salt Iodised salt must now be used in the manufacture of most breads produced in Australia
Fluorine Trace mineral	Valuable in combating tooth decay in children; helps strengthen bones	*Deficiency* Dental caries *Excess* Mottling of teeth	Small amounts occur in most foods Many water supplies and toothpastes are artificially fluoridated

Characteristics	Functions	Deficiency/excess	Sources
Zinc Trace mineral; present in most body tissues	Assists in protein synthesis, carbohydrate metabolism, DNA synthesis, bone metabolism	*Deficiency* • Poor growth • Slow tissue healing after surgery and burns	Found in foods combined with protein Strict vegetarians may be at risk of deficiencies as zinc in vegetables is utilised less efficiently by the body than zinc in meat
Selenium Trace mineral	Forms part of a number of enzyme systems	*Deficiency* Muscle pain and weakness	Brazil nuts, meat, fish, cereals
Copper Trace mineral	Utilisation of iron in haemoglobin and red blood cell synthesis; part of some important enzymes	*Deficiency* Anaemia	Cereals, legumes, nuts, shellfish

Water

Water is essential for all living things. It makes up approximately 70% of the mass of the human body, and it is present in all cells of the body. We may live without food for some weeks, but without water we quickly become exhausted through dehydration and die within days.

FUNCTIONS

- Moistens the air we breathe as it passes over the mucous membranes of the nose.
- Forms the bulk of all body fluids, such as blood, lymph and urine.
- Forms part of the secretions that digest food and is the solvent for transporting enzymes, food nutrients and other chemicals.
- Acts as the solvent for waste products removed from the body in perspiration, in urine from the kidneys and in faeces.

SOURCES

Some water is formed during metabolism from the hydrogen and oxygen in nutrients. Most solid food contains some water: biscuits about 10%, bread about 35%, meat about 70%, vegetables and fruit 90% or more. We should drink at least six glasses of water each day. Water is also obtained from milk, tea, coffee and fruit juice.

WATER BALANCE

The loss of water in urine, perspiration, expired air and faeces must be replaced with a corresponding intake, which should be increased during strenuous work or exercise and in hot weather. The following indicates the approximate intake and corresponding loss of water in the average adult.

Intake		Loss	
All liquid drunk	1.6 L	Urine	1.5 L
Water in food	0.7 L	Perspiration	0.6 L
Metabolism of food	0.3 L	Lungs	0.4 L
		Faeces	0.1 L
Total	**2.6 L**	**Total**	**2.6 L**

Nutrient interrelationships

Nutrients do not work in isolation in performing their functions in the body. A variety of nutrients are required to work together to perform each of the main functions of nutrients. If one or more of the nutrients are present in insufficient amounts, the function cannot be performed.

The three main functions of nutrients in the body are:

- Provision of energy to all cells for basal metabolism and physical activity
- Growth, repair and maintenance of all body tissues
- Regulation of body processes.

Provision of energy

Provision of energy is the most important function of nutrients. Energy is essential for all cells to exist and to function. Energy is required for maintenance of vital body functions such as breathing and pumping blood around the body, as well as for growth of all tissues. Extra energy is required for muscle contraction during physical activity. Nutrients required for release of energy from foods are listed below.

- Carbohydrate is the main source of energy for the body.
- Fats are a concentrated source of energy.
- Protein is a secondary source of energy (it is used as an energy source if there are insufficient carbohydrates and fats to meet the body's energy needs).
- Thiamine (vitamin B1) is required as a coenzyme for the release of energy from food.
- Riboflavin (vitamin B2) is required as a coenzyme for the release of energy from food.
- Niacin (vitamin B3) is required as a coenzyme for the release of energy from food.
- Iron is needed for the formation of haemoglobin, the pigment in red blood cells that transports oxygen to cells.
- Vitamin C is required to assist the absorption of iron in the small intestine.
- Iodine is required to form the thyroid hormone, which regulates the rate of energy release from food we eat.
- Phosphorus is involved in chemical processes in the release of energy.

Growth, repair and maintenance of body tissues

Tissue growth and maintenance require a number of nutrients. Tissues vary in their function and composition and also in the nutrients required for their formation and maintenance. All tissues are made of cells, so certain nutrients such as protein, essential fatty acids and water are required for the formation of all tissues.

NUTRIENTS FOR SOFT-TISSUE FORMATION

Soft tissues are all the tissues other than hard tissues. Soft tissues include muscle, connective tissue and nerve tissue. Nutrients required for the formation of all soft tissues include the following:

- Protein is the main structural component of all cells.
- Vitamin C is essential for the formation of connective tissue to hold cells together.
- Essential fatty acids are required to form the membranes of cells.
- Vitamin A enables cell division to occur.
- Water is the major component of all intracellular and extracellular fluids.

NUTRIENTS FOR HARD-TISSUE FORMATION

The hard tissues of the body are bones and teeth. Hard tissues begin as a protein matrix into which hardening minerals, calcium and phosphorus in the

form of calcium phosphate are deposited. Bones and teeth act as a 'calcium bank' from which calcium can be withdrawn when calcium intake is insufficient to fulfil its functions in the body, and into which calcium can be deposited when there is sufficient calcium intake. The process is under the control of hormones. Nutrients required for the formation of all hard tissues include the following:

- Protein is the main structural component of cells.
- Vitamin C is essential for the formation of connective tissue to hold cells together.
- Essential fatty acids are required to form the membranes of cells.
- Water is the major component of all intracellular and extracellular fluids.
- Calcium is required to provide hardness and strength to bones and teeth.
- Phosphorus is required to harden and strengthen bones and teeth.
- Vitamin D assists calcium absorption from the large intestine and its deposit into hard tissues.
- Vitamin A is required for control of bone growth.
- Zinc is necessary for bone metabolism.
- Fluoride helps to harden tooth enamel.

NUTRIENTS FOR BLOOD FORMATION

Blood is a type of soft tissue, which contains specialised cells—red and white blood cells and platelets. It therefore requires nutrients for soft-tissue formation in addition to those for blood-cell synthesis and maturation. Nutrients required for the formation of all blood include the following:

- Protein is required for synthesis of blood cells and to produce blood proteins—albumins and globulins.
- Essential fatty acids are required to form the membranes of cells.
- Water is a major component of blood cells and plasma.
- Iron is needed as a major component of haemoglobin, the pigment in red blood cells that transports oxygen to the cells.
- Vitamin C assists the absorption of iron from the small intestine.
- Folate is needed for maturation of red blood cells.
- Vitamin B12 is also needed for maturation of red blood cells.

Regulation of body processes

A number of nutrients are involved in the regulation of body processes. These include the following:

- Proteins are needed for synthesis of enzymes, antibodies and some hormones and are involved in regulating the osmotic pressure of body fluids.
- Sodium and potassium are involved in regulating blood pressure.
- Iodine is required for synthesis of the thyroid hormone which regulates metabolic rate.
- Water plays a vital role in the regulation of body temperature.



Wheat germ and eggs are a source of potassium

The Australian diet

NUTRIENT COMPOSITION OF MAJOR FOOD CATEGORIES

Vegetables

- Negligible amount of fat (avocado is an exception)
- Dietary fibre
- Water
- Some vitamins and minerals

Nutrient composition varies:

- Dark green leafy: folate, vitamin A, vitamin C, non-haem iron (a form of iron in plant foods)
- Orange or dark yellow: beta-carotene (a precursor of vitamin A)
- Broccoli: calcium, vitamin C
- Peas: protein, carbohydrate, vitamin B1, folate
- Green: vitamin B2
- Avocado: folate, monounsaturated fatty acids
- Capsicum: vitamin C
- Potato: starch (complex carbohydrate)

Fruit

- Sugar (fructose) in ripe fruit
- Complex carbohydrate (starch) in unripe fruit
- Dietary fibre
- Vitamin C—particularly citrus fruits and berries
- Beta-carotene (retinol precursor) in dark yellow and orange fruit

Legumes

- Protein
- Complex carbohydrate
- Dietary fibre (mainly insoluble fibre)
- Non-haem iron (a form of iron in plant foods)
- Zinc
- Vitamin B3
- Folate in chickpeas

Nuts

- High fat (approx. 50%, mainly monounsaturated and polyunsaturated)
- High protein (approx. 25%)
- Complex carbohydrate (starch)
- Dietary fibre
- Zinc
- Selenium (particularly brazil nuts)
- B-complex vitamins B1, B2 (almonds), B3 (peanuts) and folate
- Vitamin E

Seeds

- Very high fat content (mostly polyunsaturated and monounsaturated)
- High protein
- Complex carbohydrate (starch)
- Dietary fibre
- Calcium and vitamin B1 in sesame seeds

Soy products

- Oestrogen: isoflavones (natural plant hormones). Some studies have shown that these isoflavones can reduce the unpleasant side effects of menopause and protect against cancer of the breast, cervix and prostate.
- Protein
- Calcium in fortified soy milk
- Vitamin B12 in fortified soy milk
- Starch in soy beans

Cereal (whole) grains

- Complex carbohydrate (starch)
- Dietary fibre
- Protein

- Non-haem iron (a form of iron in plant foods)
- Vitamin B1
- Folate
- Zinc
- Some calcium

Meat

- Protein
- Fat (if meat is not lean)
- Haem iron (a form of iron found in meat)
- Zinc
- B-group vitamins B1, B3 and B12
- Liver is also a rich source of selenium, chromium, copper, folate and vitamins A and D

Poultry

- Protein
- Fat (in and directly under the skin)
- B-group vitamins B1, B3, B12
- Iron (not as much as in lean red meat)
- Zinc

Fish

- Protein
- B-group vitamins B6 and B12
- Selenium
- Iodine (saltwater fish only)

In addition, oily fish contain:

- Omega-3 fatty acids
- Vitamin B3
- Vitamin A
- Vitamin D
- Calcium in canned salmon and sardines that contain edible bones

Eggs

- Protein
- B-group vitamins B2, B3, B12

In addition, egg yolk contains:

- Non-haem iron (a form of iron in plant foods)
- Chromium
- Selenium
- Phosphorus
- Vitamin A
- Vitamin D
- Fat (saturated)

Milk

- Protein
- Carbohydrate (lactose)
- Fat (saturated; 3–4% if not fat-reduced)
- Calcium
- Phosphorus
- Zinc
- B-group vitamins B2, B3 and B12
- Vitamin A in full-fat milk

Yoghurt

- Protein
- Calcium
- Phosphorus
- B-group vitamins B2 and B12
- Fat (saturated; 3–4% if not fat-reduced)
- No lactose
- High sugar content if flavoured

Cheese

- Calcium
- Phosphorus
- Protein
- B-group vitamins B2, B12
- Vitamin A
- Vitamin D
- Fat
- Sodium

(The harder the cheese, the lower the water content and the higher the content of fat and salt)

Butter and cream

- Fat (butter 80%; double cream 50%; full-fat cream 35%; fat-reduced cream 18%)
- Vitamin A
- Vitamin D



These foods represent some of the nutrients and vitamins deficient in the average Australian diet.

Nutrition surveys

With poor nutrition being a major contributor to Australia's health problems, it is important for policy makers, health professionals and food regulators to have accurate and up-to-date information on the food consumption patterns of Australians and major subgroups within Australia. This information assists in identifying trends in food patterns that may impact on health outcomes of the population and in planning relevant and effective interventions. The information needs to be gathered through comprehensive surveys conducted regularly to indicate trends and changes in food consumption patterns. Nutrition surveys are usually based on recall of 24-hour food consumption or a record of food consumed over several days.

The most recent major survey of food intake and nutritional status of Australians was the National Nutrition Survey conducted in 1995. This was a joint project of the Australian Bureau of Statistics (ABS) and the Commonwealth Department of Health and Family Services.

The National Children's Nutrition and Physical Activity Survey was conducted in 2007. It provides comprehensive data on the food consumption and physical activity patterns for boys and girls aged 2–16 years. This major study was funded by the Department of Health and Ageing, the Department of Agriculture, Fisheries and Forestry, and the Australian Food and Grocery Council and was conducted by CSIRO and the University of South Australia. The national survey was the first of its kind in Australia. The data collected from a similar study on Australian adults in late 2009 will provide baseline data for an ongoing longitudinal study of the food intake, physical activity and physical measurements of Australians.

Concerns of the Australian diet

In Australia we have a plentiful supply of food, but often lack the knowledge, desire or time to eat consistently well. This can can lead to problems of deficiency or excess of some vital nutrients.

Nutrition surveys have found that in Australia and New Zealand nutrients that are not consumed in sufficient amounts include folate, iron and calcium for women, and also iodine. Other aspects of dietary concern include low levels of vitamin D and overconsumption of sodium. At the same time we are seeing an increase in the prevalence of obesity, type 2 diabetes and food allergies. Food patterns of concern include our choice of beverages, skipping meals and an increase in food consumption outside the home.

CALCIUM INTAKE

Calcium is required by the human body for the proper growth and development of bones, teeth, nerves and muscles. It is also an activator for some enzymes necessary for body functions. Bones are the reservoir for calcium in the body, and hormones regulate the movement of calcium from the bones into other body cells when required. This process occurs throughout life and an adequate calcium intake is vital to help maintain it.

Bone stores of calcium begin building up from infancy, peak at adolescence to middle age, then deplete. Depletion accelerates in the elderly. For women, the drop in the level of the hormone oestrogen at menopause increases the rate of bone calcium depletion, thus increasing the risk of developing osteoporosis. Osteoporosis occurs when there is a decrease in bone density, which may result in the bones becoming brittle and liable to fractures. It is, however, important that everyone maintains an adequate calcium intake and has plenty of exercise

FACTORS AFFECTING CALCIUM ABSORPTION AND STORAGE IN THE BODY		
	Factor	**Remedy**
Genetic	Menopause, age, oestrogen levels	Possible hormone replacement therapy
Physical	Exercise	Increase
	Appropriate body weight	Maintain healthy weight range
Food intake	Caffeine, alcohol, smoking	Decrease absorption; limit intake
	Vitamin D and phosphorus	Essential for calcium absorption; ensure adequate intake

throughout their life. Other dietary components linked to the development of osteoporosis include a high protein and sodium intake, both of which lead to loss of calcium from the bones.

Sources of calcium include dairy products, canned fish with bones and soy bean products. Green leafy vegetables contain calcium; however, oxalic acid and phytic acid affect absorption. The more oxalic acid and phytic acid present, the lower the rate of calcium absorption.

VITAMIN D INTAKE

Vitamin D plays a major role in calcium absorption from the small intestine and in depositing calcium in bones and teeth. A deficiency of vitamin D increases the risk of developing rickets in children and osteomalacea in adults. Most Australians get enough vitamin D from exposure to the sun, but there are some groups in the population that are at a high risk of deficiency of this vitamin. The groups at greater risk include people who cover most of their body for cultural or religious purposes, shift workers, people who rarely get outdoors, and babies born to women with vitamin D deficiency. If people rely on sun exposure as their main source of vitamin D, they need to ensure a sensible balance between sun exposure and sun protection in order to reduce the risk of skin cancer.

Food sources of vitamin D include milk fortified with vitamin D, margarine, eggs and liver.

IRON INTAKE

Iron deficiency is common in Australia. Iron is required by the body to combine with protein and copper to form haemoglobin. Haemoglobin is used to transport oxygen from the lungs through the bloodstream to all body tissues. Without oxygen, body tissues could not function. Iron is also required to produce myoglobin, found in muscle tissues, to carry oxygen for use in muscle contractions.

Iron deficiency is known as anaemia. Signs of anaemia are shortness of breath, tiredness, lack of energy, coldness, paleness of skin, palpitations and susceptibility to infections. Anaemia results from blood loss, heavy menstrual flows, repeated pregnancies, inadequate dietary intake and poor absorption of iron. Those most at risk of suffering from anaemia are infants, teenagers, pregnant women, women on fad diets, some vegetarians, women in competitive sports and women who have heavy periods.

Teenagers, especially girls commencing menstruation, run the risk of anaemia because they often skip meals and may avoid foods high in iron at a time when they are still growing. Pregnant women require extra iron, not only for their health, but also for their baby. Women who suffer heavy blood losses at childbirth and then become pregnant again are at risk and often require iron supplements. Infants need extra iron in their diets from about six months of age

because their own iron stores are depleting. Formulas, baby food and baby cereals are fortified with iron to maintain iron levels until the babies can eat other iron-rich foods. Men generally only suffer anaemia from heavy blood losses.

Sources

In a mixed diet, only a small percentage of the iron in food is absorbed. Iron absorption is inhibited by factors such as tannin in tea and coffee, dietary fibre, calcium and phosphorus in milk. Absorption is assisted by the presence of vitamin C. The best way to optimise iron absorption is to eat a variety of foods at each meal.

There are two types of iron present in foods and both are important.

- Haem iron is found in animal produce, such as lean red meat, chicken and fish. Haem iron is effectively absorbed by the body.
- Non-haem iron is found in plant foods, such as wholegrain bread, cereals and cereal products (breakfast cereals are fortified with non-haem iron), dark green leafy vegetables, legumes, nuts, seeds and dried fruits. Non-haem iron is less effectively absorbed by the body, but when eaten with foods rich in vitamin C at the same meal, absorption is increased.

FOLATE INTAKE

Folate is a B-group vitamin that is essential for the maturation of red blood cells. Sufficient intake of folate is of particular importance for women of child-bearing age as it is vital for the healthy development of the baby early in the pregnancy. An increase in folate consumption to 0.4–0.5 mg per day before conception and in the first few weeks of pregnancy can prevent seven out of ten cases of neural tube defect. A neural tube defect is an abnormal development of the neural tube, the precursor to the brain and spinal cord, which can lead to disabilities such as paralysis of the legs and loss of bladder and bowel control.

Folate is found in a range of foods such as dark green leafy vegetables, oranges and legumes, but levels in food are difficult to determine as folate is easily destroyed during cooking and storage. The importance of folate as a preventative factor for neural tube defects has been acknowledged by recent legislation that requires folate fortification of most bread-making flour in Australia.

IODINE INTAKE

Iodine is a mineral which is used by the thyroid gland to produce its two hormones. These hormones play a vital role in regulation of metabolic rate and in promoting growth and development of all body tissues including the brain. A deficiency of iodine in infancy and early childhood causes stunted growth and intellectual disability, and in adults causes goitre, with symptoms of hair loss and fatigue. Iodine is found in seafood, iodised salt and vegetables grown in soil containing iodine. Recent studies indicate a drop in iodine consumption and mild to moderate iodine deficiency in groups tested in New South Wales and Victoria.

The concern about insufficient intake of iodine is reflected in recent legislation that requires iodised salt to be used in the manufacture of most breads produced in Australia.

SODIUM INTAKE

Sodium is important in the maintenance of fluid levels and the control of blood pressure. Only small amounts of sodium are required. Sodium is present in our diet mainly in the form of sodium chloride, otherwise known as salt. Sodium is also present in sodium bicarbonate and monosodium glutamate (MSG).

Salt was used in the past as a preservative, before refrigeration and processing techniques were invented. We have developed a taste for salt not





TIPS TO REDUCE SODIUM INTAKE

- **Choose products labelled 'low salt', 'reduced salt' or 'no added salt'.**
- **Use herbs, spices, pepper, ginger, garlic, lemon or vinegar instead of salt as flavouring in cooking.**
- **Avoid putting salt on the table at meal times.**
- **Avoid giving infants and children salty foods because sodium in their diet can establish preferences for salty foods.**

related to our biological needs. Meat, chicken, fish, eggs and milk contain small amounts of sodium, and this is adequate for our dietary needs. Most of the salt we eat is added in manufacturing processes and in foods eaten away from home, such as takeaway foods.

Sodium has been linked to several conditions, such as hypertension (high blood pressure) and other complications that can be damaging to the human body. One in five Australians has hypertension, and this increases to one in two among the elderly. Hypertension is a major risk factor for heart disease and strokes. Decreasing salt intake has no adverse side effects.

Sodium in our diet comes from several sources: 10% is naturally found in food, 15% is from cooking or is added after cooking, and 75% is from foods prepared outside the home. The amount of sodium—mainly salt—in our food intake should be reduced by carefully choosing the foods bought and eaten outside the home and by reducing use in the home.

Obesity

According to the 2007 Australian National Children's Nutrition and Physical Activity Survey of children aged 2–16, 72% of Australian children were of healthy weight, 17% were overweight, 6% were obese and 5% were underweight.

The 2004–05 National Health Survey reported that 43% of males were overweight and 19% were obese; while 28% of females were overweight and 17% were obese.

This trend has been linked to a decrease in physical activity and an increase in consumption of soft drinks, fast foods and processed foods.

Obesity often has a psychosocial effect—the inter-relationship between appearance and self-esteem.

Body fat occurs naturally and is very important in a healthy human body, where it occurs as fats in cell membranes. In men, this energy-storage fat is usually located in the abdominal area, and in women it is usually located in the gluteal-femoral area (buttocks and thighs).

Obesity is the result of energy intake being greater than energy expenditure over a long period of time. It is measured as 20% or more over the desirable body weight for height. It can also be defined by the Body Mass Index (BMI), which is body weight (kg) divided by height (m) squared. The National Health and Medical Research Council of Australia defines overweight for adults as a BMI above 25, and obesity as a BMI above 30.

Causes of obesity are not the same for everyone. They can be quite complex, just as the health risks



WAYS TO REDUCE FAT IN THE DIET

- **Choose trimmed lean meat or cut away as much fat as possible.**
- **Put less margarine or butter on bread and toast; or, better still, use none at all.**
- **Choose raw fruit and vegetables or dried fruit as snacks.**
- **Shallow-fry foods or grill foods instead of deep-frying.**
- **Reduce the number of snacks between meals.**
- **Eat breakfast, with an emphasis on carbohydrates.**
- **Eat more complex carbohydrates and foods high in dietary fibre.**
- **Go for a walk instead of sitting down for a snack.**
- **Drink plenty of water—it gives a feeling of satiety (fullness) without the kilojoules.**

linked to obesity can vary between people. Obesity may be caused by genetic make-up, by hormonal activity or by environmental factors. Environmental factors are the major influences and include high dietary fat and energy intake, low levels of physical activity, increased hours of sedentary recreation and increased alcohol consumption.

Obesity increases the risks of coronary heart disease, stroke, hypertension, type 2 diabetes, gall bladder disease, arthritis, gout, pulmonary dysfunction (lung disease), varicose veins and some cancers. Obesity can result in other complications, such as orthopaedic abnormalities, insulin resistance leading to diabetes, and abnormal lipid profile. Obese children and adolescents often become obese adults.

Obesity reversal—or weight loss—requires a many-sided approach, including family involvement, dietary intervention and exercise. It does take time, for the ideal weight loss is 0.5–1 kilogram per week. A reduction in energy intake of 2000 kilojoules per day will result in a weight loss of approximately 500 grams per week.

Fad or quick weight-loss diets often make big promises but do not produce the desired results. If weight loss is too rapid, the body's metabolism does not have time to adjust and, as the person finishes the diet, they put weight on again; they have not been taught how to make a permanent change to eating a balanced diet.

Weight-control diets that do not include a variety of foods, and thus a balance of nutrients, can lead to

EXAMPLES OF BMI CALCULATIONS

Body weight (BW)	Height (H)	Height m2 (Hm2)	BMI (BW Hm2)	Definition
70 kg	1.7 m	2.89	24.22	Normal
80 kg	1.7 m	2.89	27.68	Overweight (above 25)
90 kg	1.7 m	2.89	31.14	Obese (above 30)

tiredness and the risk of vitamin and mineral deficiencies. This may be a danger to long-term health. Avoid diets that concentrate on a very limited range of foods, such as high-protein or low-carbohydrate foods. Follow the principles of the Healthy Living Pyramid, the Australian Guide to Healthy Eating and the Dietary Guidelines for Australians for sensible and safe weight control.

Reducing fat intake, eating a balanced diet and increasing energy expenditure are the best ways to lose weight. Obesity can be difficult to reverse and prevention seems to be more effective than the management of established obesity. Losing weight can reverse some of the complications associated with obesity, so it is encouraged.

Diabetes mellitus

Diabetes mellitus (commonly called diabetes) is a chronic condition characterised by high blood glucose levels. In people who do not have diabetes, the level of glucose in the blood is controlled by two hormones: insulin and glucagon. Insulin stimulates the use of glucose by the cells for energy production, thus reducing the levels of glucose in the blood. Glucagon causes the release of glucose from body stores, causing an increase in the level of glucose in the blood. In people with diabetes, the level of glucose in the blood is not able to be controlled due to a lack of insulin production or due to resistance by the cells to the insulin that is produced by the body.

The incidence of diabetes in Australia has been increasing at an alarming rate over the last 20 years. An estimated 7.5% of Australians aged over 25 years have diabetes. The increase is of real concern, particularly in younger age groups.

There are three main types of diabetes mellitus:

Type 1 diabetes: This type occurs due to a lack of the production of insulin. The onset most commonly occurs under the age of 30 and often in young children. Daily insulin injections are usually required. It is caused by an auto-immune response by the body which destroys the cells in the pancreas that produce insulin.

Type 2 diabetes: A person with type 2 diabetes may produce inadequate levels of insulin or their cells may have become resistant to the effects of the insulin produced. Lifestyle factors are key contributors to the development of this type of diabetes and it more commonly occurs in people over the age of 40. Type 2 diabetes is usually managed through healthy eating and regular physical activity as well as through medication.

Major lifestyle risk factors for Type 2 diabetes are being overweight and obese (particularly where excess weight is carried around the waist) and physical inactivity. Individuals who have diabetes should reduce weight, and maintain a healthy weight through following a healthy eating plan and incorporating regular physical activity into their lives.

Gestational diabetes: This form of diabetes occurs in pregnant women and usually disappears after the baby is born.

People with diabetes need to have a healthy eating plan based on wholegrain breads and cereals, vegetables and fruit, with limited fat intake (in particular, saturated fat). It also needs to be low in salt and moderate to low in sugars. People with diabetes should include at least one food with low glycaemic index in each meal to help regulate blood glucose levels.

There is no cure for diabetes, but the condition can be controlled. Unmanaged diabetes has a number of very serious complications. These include coronary heart disease, stroke, circulation problems in the legs, kidney damage, damage to the retina of the eye, nerve damage, foot ulcers and infections.

Food allergy and intolerance

Food allergies and food intolerances are often mistakenly used to describe the same condition. A food allergy is a reaction by the immune system to a particular food component, usually a protein. Food intolerance is a chemical reaction to a food—not an immune response—and is much more common than food allergies.

Food allergies have increased throughout the world, including in Australia. Peanut allergy in preschool children is of particular concern. The main causes of food allergies are nuts, eggs, milk and soy, together accounting for 90% of food allergies. Other food types that commonly cause allergic responses in susceptible individuals include gluten, sesame, fish, molluscs, crustaceans, tomato and a number of food additives such as MSG and sulphites.

Foods that commonly cause intolerances in susceptible people include eggs, soy, shrimps, wheat, peanuts, chocolate, dairy, citrus fruits, tomatoes, strawberries, wine (particularly red wine) and MSG.

Symptoms of food allergy and food intolerance can be similar. Food allergy symptoms are usually immediate and can be life threatening; food intolerance symptoms can be immediate or take 12 to 24 hours to develop. Common symptoms of food intolerances include sweating, palpitations, breathing problems, headache, diarrhoea, nervousness, tremor. Common symptoms of food allergies include itching and swelling around the mouth, skin rash, abdominal cramps, diarrhoea, breathing difficulties, nausea, vomiting.

Anaphylactic shock, or anaphylaxis, is a severe allergic reaction that is potentially life threatening. Symptoms include difficulty breathing or talking, swelling of the throat and tongue, wheezing and loss of consciousness. Individuals who have been diagnosed with a condition that renders them susceptible to anaphylactic shock are usually prescribed and carry a single dose adrenalin-injecting device known as an EpiPen to be used if they show signs of anaphylaxis.

Gluten intolerance—coeliac disease

Gluten is a protein found in some grains—wheat, rye, oats, barley and triticale. A person who has coeliac disease has a small intestine that is sensitive to gluten. In sensitive people, gluten damages the villi in the small intestine considerably, thus reducing the ability of the small intestine to absorb nutrients. Individuals vary in the type and severity of their symptoms, which may include diarrhoea or constipation, anaemia, weight loss and fatigue. Left untreated, coeliac disease can lead to malnutrition, infertility and osteoporosis.

Treatment involves life-long avoidance of all foods containing gluten. This is not easy as gluten is found in a number of common staple foods in the Australian diet such as bread, wheat-based pasta and many breakfast cereals. It is also found in a wide range of processed foods, so it is very important to read labels carefully.

An individual with coeliac disease can still choose from a wide range of foods. Vegetables, fruit, unprocessed meats, poultry, fish, eggs, lentils and nuts, milks and cheeses are all gluten free. Some alternative complex carbohydrate foods include rice, corn, buckwheat and millet-based pastas, noodles, breads and snack foods such as rice crackers and corn chips.

Think before you drink

SOFT DRINK CONSUMPTION

Australians drink on average 113 litres of soft drink per person per year.

Soft drinks are high in sugar and contain no other nutrients, and therefore contribute kilojoules to our diet with no nutritional value. They do not make us feel full the way food does, thus increasing the likelihood of overconsumption of kilojoules. A diet high in sugar contributes directly to conditions such as dental caries, and through their high kilojoule content, to obesity, diabetes and cardiovascular disease.

Soft drinks should be consumed only occasionally, if at all. Drinking of water should be encouraged as the preferred alternative.

FRUIT JUICES

Fruit juices are often considered by people to be a healthy alternative to soft drinks, with some children and adults consuming several glasses per day. They do have more nutritional value than soft drinks, but they are high in sugar and kilojoules and do not contain the fibre of the whole fruit. It is better to eat the fruit itself than to drink the juice only.



ENERGY DRINKS

Energy drinks have become increasingly popular, particularly amongst young adults and children. Energy drinks are used by sports people before or during sporting events in the belief that it will give them extra energy. Others use them to produce an energy burst when they are studying, working or going out.

Energy drinks usually contain a high level of caffeine, guarana (a caffeine extract), sugar, protein and vitamin B. Caffeine is a stimulant that acts on the central nervous system.

Some young people consume energy drinks in the same way they consume soft drinks, leading to very high levels of caffeine and sugar intake. In the short term overconsumption of caffeine can cause anxiety, irritability, increased breathing and heart rate, restlessness, excitability, dizziness, lack of concentration and dehydration. A physical and/or psychological dependence can develop. Long term effects can include osteoporosis, high blood pressure, heart disease, ulcers and severe insomnia. For pregnant women, high caffeine consumption increases the risk of miscarriage, difficult births and giving birth to low birth weight babies.

It is better to eat the fruit itself than to drink the juice only.



Cranberry raspberry juice

Orange juice

Apple juice

Skipping meals

A relatively common food habit of teenagers is skipping meals due to lack of time or motivation, not having someone at home to prepare meals or to lose weight. Breakfast is a common meal that is skipped by adolescents. The National Nutrition Survey 1995 found that about 20% of 12–15 year-olds skipped breakfast three or more times per week, increasing to 32% in the 16–18 year age group. Girls skipped breakfast significantly more frequently than boys.

Studies have shown that children who skip breakfast have reduced concentration at school and are more likely to consume foods of low nutritional value before lunch time. Students who skip breakfast have a higher daily percentage of energy from fat, and lower intakes of other nutrients vital for their growth and health.

Foods consumed outside the home

Over the past three decades, Australians have more than doubled their expenditure on takeaway and restaurant foods. They spend a significant proportion of their total food expenditure on this type of food.

Foods consumed outside the home include food bought at the school canteen, restaurant or café meals and 'fast foods'. Fast foods are favoured by adolescents as they are low-cost foods that can be consumed with friends away from home. Fast foods are relatively inexpensive because they are made with cheaper ingredients such as added fats and sugar, refined grains and high-fat meats, and generally contain insignificant, if any, portions of vegetables and fruits. These foods are often high in total fat, saturated fat, sugar, sodium and kilojoules and low in other nutrients.

Occasional or infrequent consumption of fast food will not harm a person's health, but regular consumption of these foods increases the risk of becoming overweight or obese and of developing diseases such as coronary heart disease, stroke, hypertension (high blood pressure), diabetes and some cancers.

Responding to consumer demand, fast food companies are now providing a range of healthier alternatives to their traditional menus. Many are removing all trans fats from their foods, some are including more vegetables and fruits in the form of salads as well as some lower-fat alternatives.

There is a great deal of variety in the nutritional value of meals on offer at restaurants and cafés. Generally, the ingredients are more expensive, but the meals are not necessarily healthier than those available at fast foods outlets. At most restaurants there is sufficient variety on the menu to allow healthy choices to be made.

Sustainability of our food choices—eco-nutrition

Our food choices play a major role in our impact on the environment. Eco-nutrition refers to food choices that reduce our impact on the environment through the following means:

- Using regional and seasonal produce, reducing the carbon footprint associated with food transport (food miles) and the storage of food.
- Choosing food products that have been produced using sound and sustainable agricultural and animal production practices, such as organically produced foods.
- Minimising food waste through meal planning.
- Minimising the impact of packaging through choosing environmentally friendly packaging, refusing excess packaging, reusing or recycling packaging.
- Choosing foods that have undergone minimal processing.
- Purchasing food products that have been produced and distributed ethically and fairly.



*2

Ingredients

One of the foundations of successful cookery is the use of basic ingredients. The variety of ingredients available increases every day, particularly those available at food and farmers' markets and specialty delicatessens. Buy small quantities of new foods and then experiment to experience new tastes by varying old recipes.

Basic kitchen ingredients

Ingredients in a home kitchen are usually built up over time as particular ingredients are purchased to cook specific recipes. However, there are a number of basic ingredients that are common to many recipes, and purchasing these when setting up a kitchen can save time and effort later. Basic ingredients are listed below.

Basic Ingredients

mixed herbs
mixed spice
salt
pepper
coffee
tea
cocoa
white sugar
brown sugar
rice
pasta
legumes (dried peas and beans)
canned tomatoes
canned fish
olive oil
sunflower oil
vinegar
mustard
mayonnaise
tomato sauce
plain flour
self-raising flour
cornflour
sultanas
vanilla essence

Ingredients needed on a regular basis may include the following:

bread
butter, margarine or dairy blend
fruit
vegetables
meat, poultry and fish
cheese
milk
eggs
potatoes
onions
garlic



NUTRITIONAL VALUE

Cereal grains are low in fat and high in carbohydrate. They are incomplete proteins as they do not contain all the essential amino acids. Wholegrain cereals and cereal products are good sources of dietary fibre, B-group vitamins and a number of minerals.

Cereals

Cereals are the edible seeds of grasses. Once these seeds are harvested, cereal grains are produced. Cereal grains are the starchy part of grass crops grown for food and include wheat, rice, barley, rye, millet, corn (maize) and oats. Buckwheat is technically not a grain, but because it is cooked and used in a similar manner, it is usually included in any discussion on grains.

The edible grain is made up of the following parts:

- endosperm, which contains mainly carbohydrate with a little protein
- germ, which contains protein and a small amount of fat
- bran, which consists of cellulose or fibre and B-group vitamins.

Gluten is the main protein found in wheat and other cereal grains. It provides elasticity, texture and shape.

Milling or grinding reduces the grain to flour and usually removes some of the bran layer and the germ.



Pearl barley



Cornmeal (polenta)



Rye flour



Millet



Rolled oats

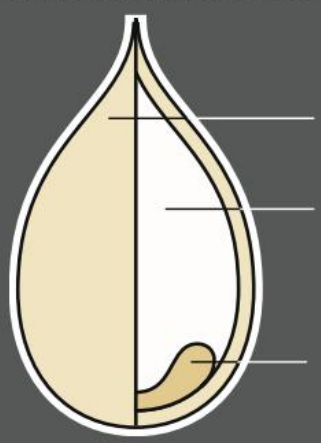


Brown rice

Wholegrain cereals have the bran and germ left on the grain, and wholegrain or wholemeal flours have the bran and germ milled with the endosperm.

Cereal grains have a high proportion of starch, which is a carbohydrate. After milling and grinding, flour is produced and this may be used to thicken liquids (for example, a sauce) in a process called *gelatinisation*. Starch does not dissolve in liquids, but absorbs liquid slowly on standing, swelling the starch granules. The absorption occurs at a faster rate on heating, during which the starch granules eventually burst and the water and starch form a gel. Each type of grain gels at a different temperature and produces a gel with different physical and sensory properties.

THE STRUCTURE OF CEREAL GRAIN



Bran
- fibre (the husk)
- B-group vitamins
- iron

Endosperm
- mainly carbohydrates
- little protein

Germ
- B-group vitamins
- protein
- fat
- iron
- carbohydrates

Wheat

Wheat is one the most commonly grown cereals in the Western world. The whole grains may be processed to make breakfast cereals; cracked, soaked, cooked and dried to make cracked wheat, kibbled wheat or bulgur; or milled to provide flour. The term 'flour' usually means 'wheat flour'.

The milling process involves first separating the endosperm from the bran and germ, then grinding it into a powdery flour. The number of parts by mass of flour that is produced from 100 parts of wheat is termed the *extraction rate*.

- The more bran and germ in the flour, as in wholemeal flours, the higher the extraction rate.
- Lower extraction rates produce fine-textured, whiter flours with a lower nutrient content.

Australian wheat is milled to an average extraction rate of 76%.

WHEAT-FLOUR PRODUCTS

Bulgur is a whole wheat grain that is commercially parboiled, dried and then cracked between rollers. It is used to make tabouli and may be added to breads and cakes.

Couscous is made from wheat in Western countries. It originated in North Africa, where it is made from millet. The endosperm is steamed and cracked. This wheat product is used in traditional couscous dishes and other savoury dishes.

Cracked wheat consists of cracked pieces of grain. Considerable cooking time is required to soften the grains.

Gluten flour is commercially produced by mixing wheat flour to a dough, washing out the starch and drying the remaining mixture. This mixture contains 70% gluten, which is a protein. It is milled and sold as gluten flour and can be added to bread dough in the proportion of 2 tablespoons to 1 kilogram flour to give additional strength to the dough and allow it to rise higher in the proving process.

GRADES OF WHEAT

There are over 50 different types of wheat produced and marketed in Australia by the Australian Wheat Board. Each is classified according to protein content, quality, grain hardness and starch quality. The term 'hard' is used to reflect their milling character, while the term 'soft' refers to low-protein wheats that offer less resistance to milling. Some of the most commonly used wheat classifications are listed below.

Prime hard wheat contains a minimum of 13% protein. It is ideal for yellow noodles and wonton skins.

Hard wheat contains a minimum of 11.5% protein and is suitable for Middle Eastern flat bread, yellow noodles and steamed products.

Premium white wheat contains a minimum of 10% protein. It is best suited to a variety of Asian noodles, including hokkien, instant and fresh noodles. It is also suitable for Middle Eastern and Indian-style breads and Chinese steamed bread.

Standard white wheat is a multipurpose wheat with a medium to low protein content. The wheat is used to produce Middle Eastern and Indian-style flat breads, European-style breads and rolls, and Chinese steamed bread.

Soft wheat has a maximum protein content of 9.5% and is ideal for the production of confectionary, baked products, sweet biscuits, cookies, pastries, cakes and steamed buns.

Durum wheat is a high-protein wheat, which must contain a minimum of 13% protein. It contains more cellulose than other varieties. It absorbs less water and gives the structure and strength to pasta and to North African and Middle Eastern products such as couscous.



Gluten-free flour is used in diets for those allergic to gluten. It is based on flours made from rice, millet or maize and may contain modified starches from other grains.

Pasta is made from durum wheat (14–16% protein) that has a yellow endosperm. The wheat is coarsely milled, mixed to a stiff dough, extruded into shapes and dried to form pasta, such as spaghetti, macaroni and penne. It may be mixed with vegetables, such as spinach, to make green pasta, or tomato to give a red colour. Wholegrain pasta is made from wholegrain wheat flour. Gnocchi is made from flour and potato.

Plain flour is an all-purpose flour made from standard white wheat. It does not contain any raising agent. The colour of the flour may be whitened by the use of bleach after the milling process. Unbleached flour has a cream colour.

Self-raising flour may be white, wholemeal or wholegrain flour and contains a raising agent. The raising agent may be bicarbonate of soda and an acid like cream of tartar or acid phosphate aerator (see Raising agents, p. 50–1). The proportion of raising agent in self-raising flour is appropriate for making scones and most cakes.

Semolina is produced from the yellow-coloured, hard endosperm extracted during the milling of durum wheat. It is used in pasta and gives a coarse texture and distinctive colour and flavour to cakes and breads.

Stoneground flour is prepared by crushing wholegrain wheat between milling stones called querns. It retains most of the whole grain and should be purchased in small quantities and used quickly, because the fat content of the germ becomes rancid over time.

Wheat germ and **bran** are used in cooking and breakfast cereals. Wheat germ is high in B-group vitamins. Wheat bran is high in cellulose.

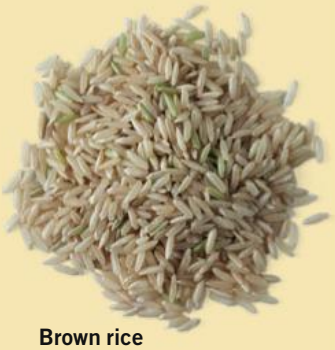
Wheaten flour is a fine wheat flour used for thickening.

Wholegrain flour contains the whole of the grain and must have no less than 22% fibre.

Wholemeal flour has an extraction rate of over 95%, with only the bran having been removed.



Arborio rice



Brown rice



Sushi rice



White rice



Basmati rice



Glutinous or Sticky rice



Jasmine rice



Wild rice

Rice

Rice is a cereal grain and has been the staple food in Eastern countries for many centuries. There are thousands of varieties grown around the world. In general, these can be divided into two major groups: Indica and Japonica.

- Indica is a long-grained group of rice that separates easily after cooking and includes the Patna, basmati, jasmine and Carolina varieties.
- Japonica is the short-grained group of rice. It produces firm grains that stick together and includes the arborio and calrose varieties.

VARIETIES OF RICE

Arborio rice is a fat short-grain rice that gives a creamy texture. It is used in risotto as it can absorb four to five times its weight in liquid, compared with two to three times in other rice varieties.

Basmati rice is a long-grain, aromatic rice from Pakistan used in making pilaf and to accompany Indian dishes.

Brown rice has only the husk or hull removed, providing a good source of fibre from the bran and germ. Cooking time should be increased or the rice can be placed in a dish of water for 3 hours before being used. This will help to soften the grain.

Glutinous or Sticky rice is a short-grain Asian rice that is very sticky when cooked. It has high amounts of amylopectin (a component of starch), which causes its stickiness.

Jasmine rice has a fragrant perfume and is used in Asian and Indian dishes.

Sushi rice is a polished Japanese short-grain rice. When used as a sushi filling it is steamed, mixed with a dressing of vinegar, sugar and salt then cooled to room temperature.

White rice has been milled and polished, removing the bran layers and the germ, giving a lower nutritive value and shorter cooking time.

Wild rice is not a rice but the seed of an aquatic grass. It has a long, thin, brown seed, which when cooked has a firm texture and nutty flavour.

RICE PRODUCTS

Quick-cooking rice has been commercially cooked and then dried.
Rice bran is the ground husk of the grain and is naturally sweet and high in fibre.
Rice cakes are made from wholegrain rice.
Rice flour is ground rice and is used in crisp biscuits, such as shortbread, and as a thickener.
Rice noodles are made from rice flour and water to form a dough. These noodles have a smooth texture.

Barley

Most of the barley grown in Australia is used for brewing beer. Some is used for animal feed, and a very small amount is processed by the food industry. Pearl barley is the barley grain with the thick, hard, fibrous husk removed. It can be used to thicken soups and casseroles and to make barley water.

BARLEY PRODUCTS

Malt extract is a thick, dark liquid used as a sweetener. The dried form is light in colour and used in milk drinks.
Rolled barley is used in mixed cereals, such as muesli.

Corn (maize)

Corn, or maize, is harvested as a cob. The grain kernels are attached, surrounded by brown silky threads covered with a green leafy husk. The husk and threads are removed and the kernels may be cooked and eaten as a vegetable called sweet corn or milled to produce corn products.
Corn oil is extracted from the germ during processing.
Liquid glucose is also called corn syrup, which is chemically processed from cornflour.
Cornflour is finely ground corn used for thickening liquids. It gives a more transparent finish than wheat flour and blends more easily. Some so-called cornflour sold in Australia is made from wheat flour and must not be used in gluten-free diets.
Cornmeal or **polenta** is corn milled to a coarse granular texture. It is used for bread and tacos.
Hominy grits are soaked, chemically treated and cracked corn kernels.
Popcorn is a variety of corn that bursts on heating.

Quinoa

Quinoa is a seed rich in nutrients that is also a complete protein.

Rye

Rye is milled to produce a dark flour, which does not produce gluten. It is used to make denser, heavier rye breads. Only about a quarter of the rye grown is processed into food for humans. The rest is used for animal feed and alcoholic beverage production.

RYE PRODUCTS

Dark or **wholemeal rye flour** is used to make pumpernickel breads.
Light rye flour has had the bran removed (the lighter the colour, the more bran has been removed). It is used for bread making and in biscuits.

Millet and sorghum

Millet is a group of cereal grasses, of which sorghum is one. The tiny yellow grains are milled and used for flat breads and porridge and in gluten-free products.

Oats

The oat grain is milled. The hull is removed, but not the germ. The oil in the germ becomes rancid if oats are stored for a long period.

OAT PRODUCTS

Oat bran is made from the fibrous layer under the husk, which is high in nutrients, particularly soluble fibre.
Oatmeal is milled until it forms small particles. These are used in breads, breakfast cereals and muffins.
Rolled oats are the flattened large grains used in breakfast cereals.

Other flours

Flour may also be made from other starchy plants.

Arrowroot is a dried, ground tuber that is used to thicken liquids, such as sauces. It is clear when cooked.

Buckwheat is ground from a tiny, hard, dark triangular fruit. It is used in Eastern European cooking and for making soba noodles.

Potato flour is made from dried, ground potatoes.

Sago is extracted from the stem of the sago palm as tiny balls, which expand on heating in a liquid.

Soy flour is made from soy beans. It is used in Asian cookery.

Tapioca is made from the cassava root and formed into small balls, which expand on heating with moist ingredients.

Raising agents

Raising agents are added to ingredients or mixtures to produce gas bubbles that expand when moistened or heated, causing the mixture to rise. They are usually used in flour mixtures, such as batters and doughs, and in some egg mixtures, such as meringues.

Chemical reactions

When an acid and a carbonate (alkali) are combined in the presence of moisture, carbon dioxide gas is produced. The reaction is accelerated by heat. Several carbonate products are available.

- Baking powder contains a phosphate aerator and sodium bicarbonate mixed with finely ground flour to prevent moisture absorption. Baking powder may be purchased commercially and added to plain flour in the proportion of 1 tablespoon (10 g) baking powder to 2 cups (300 g) plain flour to make the equivalent of self-raising flour.
- Home-made baking powder is made by mixing 2 teaspoons cream of tartar with 1 teaspoon bicarbonate of soda and 1 teaspoon cornflour.
- Bicarbonate of soda may be mixed with an acid food to produce carbon dioxide gas. Acid foods include lemon or other acid fruit juices, sour milk or cream, treacle or golden syrup, jam, vinegar and dried fruits. As there is only a limited quantity of acid in the foods available for the chemical reaction, the amount of bicarbonate of soda required is small and an excess will cause a yellowing appearance and a bitter flavour. The use of this raising agent usually darkens the mixture to a brown colour.
- Phospate aerators are used in most self-raising flours as the acid and carbonate reaction is dependent on heat. Mixtures can therefore stand prior to cooking. These aerators have a distinctive taste in the final product.
- Cream of tartar (acid) and bicarbonate of soda are used in some commercial self-raising flours. The reaction producing carbon dioxide begins as soon as the flour is moistened. Thus mixtures made with self-raising flour containing cream of tartar must be cooked immediately after mixing, otherwise the carbon dioxide gas will be lost.

Biochemical reactions

Yeast is a living organism that is capable, under specific conditions, of fermenting and breaking down carbohydrates to produce carbon dioxide gas, which then acts as a raising agent (see chapter 20, p. 478–9).

Physical reactions

Beating or folding air into a mixture will cause the mixture to rise on heating. The air expands on heating and, because it is trapped in the mixture, the mixture will rise.

- Air may be enclosed in a dough by folding and rolling, as with flaky pastry and rough puff pastry.
- Air may be beaten into a mixture of flour and a liquid, as with cake batters. The gluten in the flour is stretched by expanding air bubbles. The heat sets the gluten, and the cake, when baked,

retains its expanded shape and light texture.

- Air may be beaten into egg white before it is added to the mixture, as with meringues and sponge cake. When air is beaten into egg white, the albumin (a protein) is stretched and retains some of its expanded shape.
- A very moist, light mixture, such as choux pastry, produces steam as it cooks. This steam is trapped in the mixture and acts as a raising agent.

Fats and oils

Fats and oils are found in most plants and animals. In general, plant foods have less fat, mainly in an unsaturated form, and animals have more saturated fats. Unsaturated fats are usually liquid at room temperature (oils) and saturated fats are solid at room temperature (fats).

Fats and oils provide a high proportion of the flavours in food, each fat and oil having a distinct flavour. The flavour is imparted when the fat or oil is combined with other foods, such as when olive oil is used to make salad dressing.

The term 'shortening' may be used for all types of fats and oils that are added to flour mixtures or used to fry foods or make a roux.

Butter

Butter is made from a minimum of 80% milk fat—that is, the cream from cow's milk, with about 2% salt added. It contains a high proportion of saturated fatty acids.

Clarified butter (ghee) is butter fat that has been treated to precipitate the proteins and minerals and evaporate the moisture content.

Cultured butter (Danish-type butter) has a culture added before churning. It may be unsalted or have approximately 1% added salt.

Unsalted butter has no added salt.

Whipped butter is butter that has been beaten to incorporate air. This softens the butter.

Margarine

Margarine is made from oils that have been partly hydrogenated (see Trans fats, pp. 21–2) to make them solid at room temperature. It may contain antioxidants and emulsifiers. Margarine may be used in the same way as butter. The maximum water content permitted is 16%. Different types are available and can have vitamins A and D added as well as a reduced salt content.

Vegetable oils

Oil is removed from the grains and seeds of plants by chemical extraction or by pressing. The chemical extraction process involves cracking, grinding, steaming, washing with solvent, bleaching and deodorising. The resulting product is usually cheaper and less flavoursome than oil produced by the pressing method. In the pressing method of processing, crushing rollers are used and the mixture is either fed into a screw press for cold pressing or steam-heated for hot pressing. Cold press processing gives the best flavour, but these oils are usually more expensive. Mixtures can be fed through the press several times in order to extract more oil. 'Virgin oil' means the oil has come from the first pressing.



Light olive oil (top); Olive oil (bottom)



TYPES OF OILS

Canola oil is popular for cooking and salad dressings, as well as in the manufacture of margarines and dairy blend products. It has only 6% saturated fat, one of the lowest percentages available. It is particularly suited to frying as it has a smoke point of 225 °C.

Coconut oil is one of the few vegetable oils that consists of saturated fat. It is sold commercially as copha.

Corn (maize) oil is used in frying and salad dressings. It is low in saturated fat and high in vitamin E.

Macadamia oil is used in salad dressings. It has a distinctive nut flavour.

Olive oil is popular for salads and shallow-frying. It is not suitable for deep-frying as it develops a bitter flavour if heated several times. Olive oil is high in monounsaturated fat (see previous page for photo).

Palm oil is used commercially for cooking many snack foods. It is comparatively cheap and is high in saturated fat.

Peanut oil is used for cooking and salad dressings.

Safflower oil contains high levels of polyunsaturated fat. It is used for cooking and salad dressings and in the production of margarine.

Sesame oil has a distinctive flavour and is used in Asian cooking.

Soy bean oil is bland in flavour and mainly used in processing.

Sunflower oil contains high levels of polyunsaturated fat. It is used in deep-frying and margarine production.

Walnut oil has a distinctive nutty flavour and is used in salad dressings.

BLENDS OF FATS AND OILS

Butter, margarine and oils are blended to reduce the saturated fat content and to create a product that is firm but not hard when taken out of the refrigerator.

Dairy blend is a mixture of butter and vegetable oils with vitamins A, D and water. Depending on the proportions of butter and vegetable oils, it has the spreadability of margarine and the flavour of butter.



NUTRITIONAL VALUE

Fats supply twice as many kilojoules per gram as do proteins and carbohydrates. The fat-soluble vitamins A and D are present in animal fats and may be added to vegetable oil products, such as table margarine. Vitamins E and K are present in fats and oils. Fats and oils contain varying proportions of saturated and unsaturated fatty acids.

FAT SUBSTITUTES

The trend towards reducing the fat content of foods has encouraged research into fat substitutes that can provide the mouth-feel and smooth texture of fats and oils, without the nutritional disadvantages.

Carbohydrate-based fat substitutes include gums that are long-chain polymers, such as those used in oil-free salad dressings, and modified starches that are used in baked products.

Protein-based substitutes are mainly used in dairy-type products, such as ice-cream.

MEAT FATS

Suet is the fat around the kidneys and internal organs of a sheep, ox or pig.

Clarified fat is suet that has been 'rendered', or melted, to allow moisture and solids to sink, then strained and allowed to set.

Lard is clarified pig suet and is suitable for flaky pastries and bread making.

Vinegars

Vinegars are acids that are produced through the distilling process. They are often a by-product of wine and beer manufacture, and are formed by the production of lactic acid. Their acidic flavour means they are used in salad dressings to give contrast to the smooth taste and texture of oils, and in other dishes to give a tart, sharp flavour.

Types of vinegar

Balsamic vinegar is a dark-coloured liquid made from white grapes. It is aged for at least five years to give a strong, mellow flavour. It is expensive and used in salad dishes to give a distinctive, aromatic flavour.

Cider vinegar is made from acetic acid produced when apples are fermented. It is light in colour and flavour.

Malt vinegar is usually brown and is produced during the fermentation of barley. It has a strong acid taste.

Rice vinegar is used in Chinese and Japanese cooking and is distilled from fermenting rice. It is mild in taste and slightly thicker than other vinegars.

White vinegar is the cheapest form of vinegar and is produced by mixing acetic acid and water. It has a strong acid taste, with no other flavour.

Wine vinegar may be red or white and is produced by introducing a particular strain of bacteria that converts the alcohol to lactic acid.

Milk

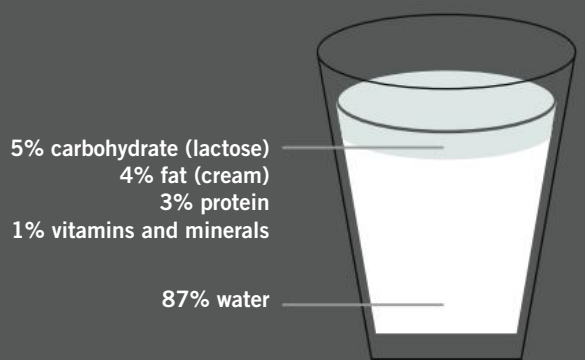
Milk is a white liquid secreted by mammals for the nourishment of the newborn. Animals are farmed to produce milk used by humans. Under Australian food standards regulations, only cows' milk can be sold as 'milk'. Goat, sheep and milk from other mammals may be sold, but must be labelled with the appropriate species of animal.

Milk sold in Australia must be pasteurised and its composition must conform to food standards. Milk may be sold as 'whole' or 'full-cream' milk. The composition of this milk is unchanged from what comes naturally from the cow. Milk may be sold in a modified form, with changes to the protein, fat, sugar and water content. Milk is used as a beverage on its own to make flavoured drinks and in cooking.

Storage

Milk should be stored in a refrigerator in the container in which it is purchased. This retards the rapid growth of bacteria, but does not destroy them. Take note of the use-by or best-before date on the container and use before that time.

THE COMPOSITION OF COW'S MILK





NUTRITIONAL VALUE

Milk contains protein, fat, lactose or milk sugar, and a range of vitamins and minerals. It is a rich source of calcium, phosphorus and vitamin D, but is deficient in iron, vitamin C and fibre. Sunlight will destroy the vitamin B2 (riboflavin) and can alter the flavour.

Milk products

Buttermilk is made by adding a culture to pasteurised skim milk and allowing it to stand for 12–14 hours at 14 °C.

Evaporated milk is reduced by evaporation to 40% of its original volume. It may be full-cream or skim milk. It can be used instead of cream in some recipes, in ice-creams and in custards. If chilled, it may be whipped to increase its volume. After opening, store as for pasteurised milk.

Full-cream or skim milk powder is made by drying whole or skim milk. Full-cream milk powder may be reconstituted with water to make a substitute for fresh milk. Skim milk powder contains a high proportion of protein as the fat content has been reduced. It is useful for those on fat-reduced diets. In cookery, both types of dried milk may be added to recipes for breads, scones, cakes and puddings made using flour.

Homogenised milk is all milks processed using ultra high temperature (UHT), including evaporated milk and milk packed in cartons. In the homogenisation process, the milk is forced through a small opening at high pressure. The fat contained in the milk is broken into minute particles, which will not then settle out from the milk.



Modified milk is milk in which the normal composition of milk has been altered to provide different nutrient levels for different needs, such as low-fat or reduced-fat milk, calcium-enriched or protein-enriched milk and reduced-lactose milk.

Pasteurised milk is produced using the process called high temperature, short time (HTST). Milk is heated to 72 °C for 15 seconds, then cooled rapidly to 4 °C. This destroys most of the pathogenic bacteria present without altering the flavour, and means that the milk can be kept for several days in the refrigerator. The lactic acid bacteria that cause 'souring' are not destroyed.

Skim milk is milk in which the fat content has been reduced. The percentage of fat contained in the milk must be stated on the label.

Sweetened condensed milk has been heated to evaporate most of the water and 40% sucrose or sugar syrup has been added. This sweetens the milk and acts as a preservative. If refrigerated, the milk will keep for some time after the can has been opened. It is available as full-cream and skim sweetened condensed milk.

Ultra High Temperature (UHT) milk, or long-life milk, has been subjected to a temperature of not less than 135 °C for 2–3 seconds and aseptically packed in hermetically sealed containers. It may be stored without refrigeration for up to 6 months. After opening, it should be stored in the same way as pasteurised milk and consumed within the period specified on the label.

Cream

Cream is the fat component of milk. If milk that is unhomogenised is allowed to stand, the fat rises to the surface. Cream is very high in saturated fats; the amount of fat must be stated on the label.

Cream products

Pure cream contains a minimum of 48% milk fat. It is thick enough not to require whipping.

Thickened cream contains a minimum of 35% milk fat. It is thickened with gelatine or vegetable gums to assist in whipping.

Reduced cream contains a minimum of 25% milk fat. It is a thin pouring cream.

Light cream contains a minimum of 18% milk fat. It is suitable to be served with coffee.

Extra-light cream contains a minimum of 12% milk fat.

Sour cream is soured by the action of bacteria that produce lactic acid.





Yoghurt

Yoghurt is a dairy product made by warming milk to which selected strains of acid-producing bacteria have been added. During the fermentation process, the lactose is broken down to release lactic acid, which coagulates the milk into a firm curd.

The fat content of the milk controls the level of fat in the final product. Flavours are developed through the introduction of different bacteria, which give the tang or slightly acid taste to the natural yoghurts, and through the addition of fruit or other flavourings. Yoghurt has a similar nutritional value to milk.

Cheese

Cheese is a solid dairy product prepared from the pressed curd of milk, often seasoned and aged. Before the development of modern food technology, milk was best preserved by making it into cheese. Although generally higher in fat, cheese has a similar nutritional value to milk.

Although each variety of cheese is made in a different way, the following basic steps are used in the process of cheese making.

- The milk is pasteurised and warmed, and a bacterial culture is added to produce lactic acid.
- Rennet is added to form the curd, which is then cut into small blocks to release the whey.
- The curd and whey are heated to shrink the curd and separate the whey.
- The curd is then treated in different ways to develop the characteristics of each particular variety of cheese.

Milk contains 87% water, so it takes about 10 litres of milk to make 1 kilogram of cheese. Milk from cows, sheep, goats and buffaloes is made into cheese.

Over 1000 different varieties of cheese have been developed and many of these varieties are now produced in Australia. They can be divided into fresh, soft ripened, firm and hard cheese. In Australia, cheese must be made from pasteurised milk to prevent the growth of the pathogenic bacteria called listeria.



Types of cheese

Fresh cheese is uncooked, aged for a very short period of time and can sometimes still contain whey. This cheese has a soft, creamy texture and a mild taste. Fresh cheese has a limited shelf life and needs to be eaten soon after purchase. Ricotta, cottage cheese and cream cheese are examples of fresh cheese.

Soft ripened cheese has a mild, buttery flavour and is semi soft in texture. It is enclosed in a white rind and created in moulds which define its shape. Brie and camembert are examples of soft ripened cheeses.

Blue cheese is formed by the addition of blue mould spores to the milk at the outset of the cheese-making process. The bacteria develop a blue-green network within the cheese and give it a sharp, tangy flavour. Gorgonzola and stilton are examples of blue cheeses.

Cheddar cheese has a firm texture and is matured from several months up to a year. The mild and buttery to rich and sharp taste, distinct colour and smooth to dry and crumbly texture all develop as the cheese matures. Cheddar cheese can be sold as mild, semi-matured and matured, or as specific types such as Cheshire, Colby or Leicester.

Eye cheese, most popularly known as Swiss-style cheese, has a smooth satiny texture. It has holes (eyes) formed by gas during processing. It has a sweet, nutty and very mild flavour. It is an ideal cheese to use in cooking due to its ability to melt when heated. Varieties include Edam and Gouda, originally from Holland, and Swiss-type cheeses with characteristic large eyes, such as Gruyere from Switzerland and Samso from Denmark.

Hard cheese is a fully matured, sharp and full-flavoured cheese. It has a hard granular texture, which develops as a result of being formed in huge drums that are left to age for between 12 to 36 months. This cheese can be kept in the correct conditions for years. It grates very well. Varieties include parmesan, Romano, pepato and pecorino.



Fresh cheese



Soft ripened cheese



Blue cheese



Cheddar cheese



Eye cheese



Hard cheese

Eggs

Eggs used in cooking are produced by battery hens or free-range hens. The eggs are graded by size and quality, cleaned and then packed. Eggs should be stored in their carton in the refrigerator for optimal quality to extend shelf life.

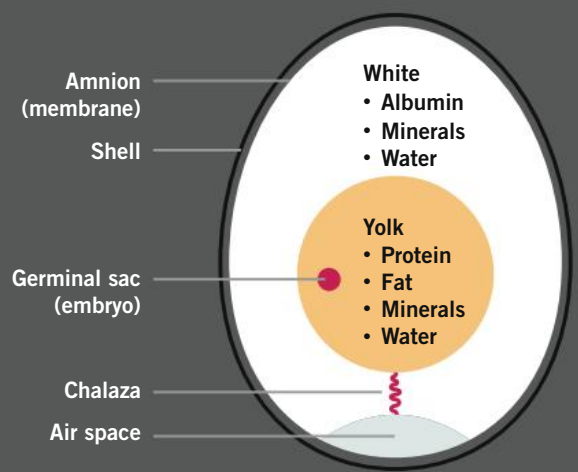
Approximately 10% of the weight of an egg is shell, 60% of the weight is egg white, and 30% is the yolk.

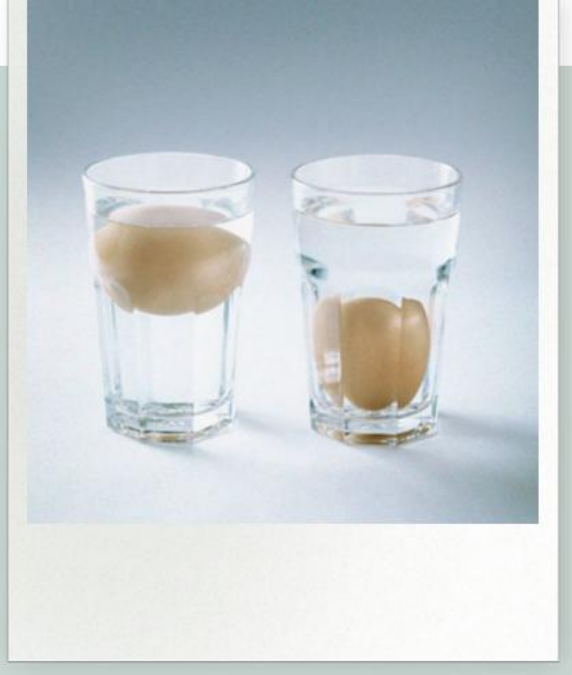
NUTRITIONAL VALUE

An egg contains all the essential food nutrients and is a valuable source of protein. The yolk consists mainly of fats, protein, water and minerals. The white contains protein (albumin), water and minerals.



STRUCTURE OF AN EGG





A fresh egg sinks in a glass of water (*right*). Gas forms in an egg as it becomes stale, causing it to float in a glass of water (*left*).

Tests for freshness of eggs

The water glass test Place the egg in a glass of water. A fresh egg sinks to the bottom; a stale egg produces sufficient gas to make it rise.

The Haupt test (or saucer test) This test indicates the firmness of the yolk and white, and therefore the age of the egg. Break an egg onto a saucer. In a fresh egg, the yolk is bright and well-rounded, surrounded by a thick white attached to the yolk. A fresh egg covers a relatively small area of the saucer. If the yolk is flat and the white is thin and spread out, the egg is stale.

AVERAGE PERCENTAGE COMPOSITION OF A HEN'S EGG

	Protein %	Fat %	Minerals %	Water %
Whole egg (excluding shell)	12	11	1	76
Yolk	17	30	1	52
White	10	0	0	90

Types of eggs

Hens' eggs are generally sold in cartons according to average weight. In this book, we recommend the use of extra-large eggs, approximately 60g.

Free-range eggs are laid by hens that are not kept in small cages. They are generally more expensive.

Quail eggs are approximately a third of the size of hens' eggs and the shell is a green-fawn colour with dark spots. They are expensive and used mainly for garnishing dishes. Cook for 3 minutes in simmering water.

Ducks' eggs are larger than hens' eggs and have a stronger taste. They must be well cooked as they are more susceptible to microbiological contamination.

Function of eggs

EMULSIFYING AGENTS

Egg yolk proteins coat oil droplets, creating an emulsion. This prevents ingredients from separating and keeps them in a smooth mixture. An example of an emulsion is a mayonnaise.

FOAMING AGENTS

Egg white, when beaten, greatly increases in volume because air is trapped in bubbles surrounded by a thin elastic film of egg white. On heating, the air expands and the protein in the egg white coagulates, trapping the air. Sponge cakes and soufflés are food items produced from egg white foams.

THICKENING AGENTS

When heated, egg proteins coagulate or thicken. Egg proteins have the ability to attract and hold large quantities of liquid, thus forming a gel. Egg white thickens at approximately 60 °C and egg yolk solidifies at around 68 °C. A beaten mixture coagulates at around 65 °C. If heating is continued beyond this, the white becomes tough and shrinks, and the yolk becomes dry and crumbly. This over-coagulation causes curdling. Custard sauce is an example of food where egg is used to create its distinct texture.



Top to bottom: hen egg, duck egg, quail egg



Brown sugar



Caster sugar



Glucose



Golden syrup



Honey



Icing sugar



Raw sugar



Maple syrup



Treacle



White sugar

SUGAR PRODUCTS

Brown sugar is a semi-moist, golden-brown, finely crystallised refined sugar and provides extra flavour in a mixture.

Caster sugar is a fine crystalline white sugar used to give a smooth texture.

Glucose is a sugar in liquid form used for confectionery making.

Golden syrup is produced from sugar syrup that has been partially broken down into glucose and fructose. It is used as a flavouring ingredient.

Honey is produced by bees from the nectar of flowers. Its flavour varies according to the plant. It has a high proportion of sugar, and its nutrient value is the same as that of sugar.

Icing sugar is a finely powdered white sugar that absorbs moisture and becomes lumpy.

Maple syrup is made by boiling and concentrating the sap of the sugar maple tree.

Raw sugar (demerara) has been refined to a stage where 2% ash remains, giving it its distinctive colour and flavour.

Treacle is a dark-brown syrup produced from the liquid remaining after the crystallisation of refined sugar. It gives a strong flavour and dark colour to mixtures.

White granulated sugar is a medium-sized, general-purpose crystalline sugar.



NUTRITIONAL VALUE

Sugars are a readily digested form of carbohydrate that provide the body with energy. Sugar provides no nutrients other than carbohydrates and should not be eaten in place of nutrient-dense foods. Excessive consumption of sugar can cause dental caries. It adheres to the teeth and damages the enamel on the outside of teeth.

There is no significant nutritional difference between raw sugar and refined sugar products.

Sugars

In food preparation, the function of sugar is to sweeten and preserve. Sugar toughens cellulose and therefore retards the breaking up of fruits during cooking. It also slows down the freezing of foods.

There are several hundred types of sugar, found as monosaccharides and disaccharides, in plants and animals (see Carbohydrates, pp. 16–18). The main sugar used in cookery is sucrose, a crystalline substance derived from the liquid extracted from sugar cane and sugar beet.

In Australia, commercial sugar is processed from sugar cane.

- The sugar cane is cut.
- It is then pressed between large rollers to extract the juice.
- This product is separated to remove particles of fibre and other solids.
- It is then crystallised to form raw sugar.
- The raw sugar is treated and recrystallised in the refining process to produce a variety of sugar products.

Sorbitol and mannitol

Sorbitol is a natural sugar alcohol found in fruits. Mannitol is another sugar alcohol that occurs naturally in pineapples, olives, asparagus, sweet potatoes and carrots. It can also be extracted from seaweed for use in food manufacturing. Both sorbitol and mannitol break down slowly in the bloodstream and are used in diabetic diets. They cannot be used in cooking as they lose their sweetening power on heating.

Artificial sweeteners

Artificial sweeteners are in high demand among consumers since many people wish to reduce their energy (sugar) intake. Sucrose is used as the benchmark for measuring sweetness and is given a measure of 1. The artificial sweeteners in use in Australia include the following:

Saccharin, the first artificial sweetener to come onto the market, is approximately 500 times sweeter than sugar, but leaves a bitter aftertaste.

Cyclamate is 30 times sweeter than sugar and is used in some 'table-top sweeteners' to be added to tea or coffee.

Aspartame is 200 times sweeter than sugar. It is unstable when heated and is therefore not used in cooking or for heat-treated processed foods. It is popular for use in soft drinks.

Acesulfame is similar in sweetening power to aspartame and stable at high temperatures. The two are often used together.

Thaumatin is 2000 times sweeter than sugar, but is expensive. It is unstable under heat and leaves an aftertaste.

Sucralose is a popular sweetener, sold as Splenda, and is 600 times sweeter than sugar. It is stable at high temperatures.

Alitame is 2000 times sweeter than sugar and is similar in composition to aspartame. It is stable under most conditions and has a flavour similar to sugar.

Neotame is 700 to 13 000 times sweeter than sugar. It does not break down phenylalanine and therefore is a sugar alternative for people with the genetic disease phenylketonuria.

Sugar syrup (boiling sugar)

When syrup (sugar and water) is boiled, the water evaporates. The concentration of sugar in the liquid and the temperature of the liquid consequently rise. The temperature reached determines the consistency of the syrup when cooled.

To test temperature without a sugar thermometer, pour 1 teaspoon of syrup into 1 cup of cold water and observe the consistency as outlined in the table below. For higher temperatures, listen to the 'cracking' sound.

TESTING SYRUP

Consistency	Temperature (°C)	Use
Thread or fine strand	110–113	Spun sugar
Soft ball is formed	112–116	Fondant
Firm ball, slightly darker	118–120	Caramel
Hard ball, very hard	122–130	Marshmallow
Soft crack: makes slight cracking noise as it hits water	132–143	Butterscotch
Hard crack: loud cracking noise, darker	149–154	Toffee

Legumes

Legumes are the dried seeds of a legume plant; for example, dried peas, dried beans and lentils.

Loose, dried legumes need to be rinsed, soaked and cooked before eating; this softens the cellulose wall of the legume. Cooking time depends on the size of the legume and the cellulose content (see p. 269 for cooking method and times). Canned legumes do not require soaking or cooking. Rinse and use as required.

Legumes can be used to provide protein to the diet, thicken savoury dishes and give added texture, flavour, aroma and colour to a dish.

Choose legumes that are undamaged and free from insect infestation. Store them in airtight containers. Dried legumes will keep for long periods—except soy beans, which slowly deteriorate due to the higher fat content.

Types of legumes

Adzuki (feijoa) beans are tiny, reddish-brown beans with a white spot. They are used in Asian sweet dishes.

Black beans are small, black beans with a white spot. They are used in soups and stews.

Black-eyed beans are small, kidney-shaped, pale-yellow beans with a black spot. They are used in soups and stews.

Borlotti beans are large, kidney-shaped, light-brown beans speckled with dark red. They are used in Italian dishes and in soups, stews and salads.

Cannellini beans are white, kidney-shaped beans. They are used in soups, stews and salads.

Chickpeas are large, round, light-brown beans with a rough surface. They are used in Middle Eastern and African dishes, as well as in stews, patties and salads.

Dried broad beans (fava beans) are large, flat beans, green to brown in colour. They are used in soups, stews, patties and salads.

Dried peas are green-blue to yellow brown in colour. They are round and hard and are used in soups and to make split peas.

Haricot beans (navy beans) are small, white, oval beans. They are used for baked beans and in stews and soups.

Lentils may be red or green-brown in colour and form tiny flat spheres. They do not require soaking. Lentils are used in Indian cuisine and in soups and patties.

Lima beans are white, flat, kidney-shaped beans. They are used in stews and salads.

Pinto beans are small, beige beans that are speckled with brown. They are used in Mexican dishes, in chilli con carne and in stews.

Red kidney beans are red, kidney-shaped beans. They are used in soups, stews and salads.

Soy beans are small, hard, creamy-brown beans. They contain all the essential amino acids and are used to make many products that are eaten to replace animal protein foods.

Split peas are small, flat spheres, green or yellow in colour. They do not require soaking and are used in pea soup and other soups.



Adzuki beans



Black beans



Black-eyed beans



Borlotti beans



Cannellini beans



Chickpeas



Broad beans



Peas



Lentils



Lima beans



Red kidney beans



Soy beans

Soy bean products

Dried soy beans are used in vegetarian dishes, soups and patties.

Soy beverage is soy beans processed with water to form a milk substitute.

Soy oil is extracted from soy beans, processed and used for frying.

Soy sauce and miso sauce are fermented liquids that are used to flavour Asian dishes.

Textured vegetable protein (TVP) is processed and extruded soy bean that is used as a meat substitute and a protein component in vegetable dishes.

Tofu is soy beans processed to form a moist white solid that can be cut into blocks and cooked; for example, by frying or steaming.



Tofu

Nuts

Nuts are the edible seeds and fruits of plants. They are encased in a hard shell, which must be removed before use. The central edible part of the nut is called the kernel. Nuts can be eaten as a snack, used in cooked dishes and salads, and used to decorate foods. They can be used in both sweet and savoury dishes. Nuts are good sources of fat and protein and are an ingredient of many vegetarian dishes. With the exception of the coconut, they have the highest proportion of unsaturated fat to saturated fat in any plant food.

Types of nuts

Almonds have a light-brown, pitted shell. The skin is darker brown and the kernel is cream.

Brazil nuts have a very tough, dark-brown shell, with a creamy three-sided kernel.

Cashew nuts have a curved, creamy-brown kernel. They are usually sold pre-shelled and roasted.

Chestnuts have a round, red-brown skin with a point at one end.

Coconut has a large, brown, fibrous husk. A creamy-white flesh is found on the inside of the husk.

Hazelnuts have a small, round, light-brown kernel, a brown skin and a smooth brown shell.

Macadamia nuts have an extremely hard, round shell with a white, waxy kernel. They are Australia's only native nut.

Peanuts are not a true nut, but rather the pod of a leguminous plant. They form below the ground, and may be called groundnuts in some recipes. They contain two kernels inside a soft shell.

Pecan nuts have a ridged kernel in an oval shell. They are similar to walnuts, but flatter.

Pine nuts are the small, soft, cream-coloured seeds from the cones of pine trees.

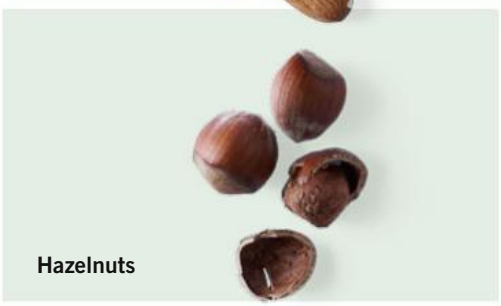
Pistachio nuts have a small, green kernel in a light-brown shell.

Walnuts are found inside a brown, wrinkled shell. The kernel is formed in two halves.


Almonds

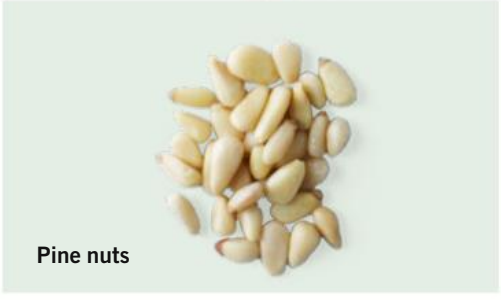

Brazil nuts


Cashew nuts


Hazelnuts


Macadamia nuts


Peanuts


Pine nuts


Pistachio nuts


Walnuts

Indigenous ingredients

Native food has grown without cultivation throughout Australia for centuries. Some types have become scarce because introduced animals, such as cows and sheep, graze on them. In recent years native food has developed into a national industry. Tasty and nutritional native food can be purchased in shops and eaten in restaurants.

Bunya nuts have tough shells that need to be boiled to release the nuts. They can be eaten raw, added to sweet and savoury dishes, or ground into flour.

Bush cucumbers are the size of dates with a sweet mint-like flavour beneath their bitter skin. They are pickled and also used in salads, relishes and dressings.

Bush tomatoes are an earthy red-brown colour with a dry wrinkled appearance. They are used in soups, sauces, salads and chutneys. The green unripe fruit are toxic and shouldn't be eaten.

Davidson plums have brilliant crimson-coloured flesh and a sour taste. They are used in jams, sauces and desserts, and to flavour and colour sauces, wines and beverages. They are high in antioxidants and lutein, which is important for eye health.

Desert limes are small yellow fruit with an intense flavour that can often be substituted for cultivated limes or lemons. They have no peel, are versatile and contain a very high level of vitamin C.

Illawara plums make a deep purple sauce that is great with lamb and other meats. The plums have a subtle pine flavour, which is accentuated when pine nuts are added as a garnish. They are also high in antioxidants.

Kakadu plums are small green fruit with an apricot flavour. Used in sauces, fish and salads, they contain the highest level of vitamin C in the world.

Lemon aspens are high in antioxidants, have a grapefruit-lemon flavour and are used in sauces, chutneys, relishes and beverages.



Native figs



Bush tomatoes



Kakadu plums



Yando rubies



Muntharis



Passionberries



Pepperberries



Salt bush



Wild rosellas



Lemon aspens

Lemon myrtle leaves and flowers are crushed to provide a citrus-like flavour to teas, beverages, flavoured oils, breads, and savoury and sweet dishes.

Muntharis/muntries are pea-sized fruit that taste like spicy apples. They are used in jams, relishes, chutneys and fruit chews.

Native figs vary in taste and size. They can be sweet or sour, and eaten raw or cooked. The Rock fig bears orange-red fruit, which were traditionally used to make dried fruit cakes.

Native mint has mint and eucalyptus characteristics with a hint of pepper, and is used to flavour syrups, cordials, and sweet and savoury dishes.

Passionberries are sweet aromatic fruit that are found on prickly ground-level plants. They have a banana-vanilla taste and are used in jams, sauces and desserts.

Pepperberries are small, deep purple berries with a strong pepper flavour. They are used in meat dishes and in dried spice and mustard. Pepperberry leaves, which are hot and spicy, can also be used.

Quandongs are red fruit with a flavour reminiscent of apricot, peach and rhubarb. They are used in sweet pies, jams and liqueurs.

Riberries are spicy, cinnamon-and-clove-flavoured berries that belong to the Lilly pilli family. They are used in jams, chutneys, sauces, glazes and ice-cream.

Salt bush is consumed as a leaf vegetable like spinach. It has a high level of vitamin E.

Warrigal greens are prepared and eaten in a similar way to silver beet and spinach.

Wattleseed, which is roasted and ground in the same way as coffee, has a flavour reminiscent of chocolate, coffee and hazelnut. It is used in bread, ice-cream and other desserts.

Wild rosellas are bright crimson buds with a sweet berry taste that are used in jams, chutneys, jellies and immersed into beverages as a garnish. These flower buds are high in antioxidants.

Yando rubies are small bright red currant-sized berries that are used in sauces and syrups, and eaten raw.

Herbs

The leaves and other parts of plants that are used to give flavour to foods are called herbs. They usually grow in temperate climates. Although most commonly used for savoury dishes like soups, stews and casseroles, some herbs—such as bay leaf—are also added to sweet dishes and to sauces made with milk.

Fresh herbs are preferable to dried herbs and can be purchased or grown in your own garden. If they are dried, they can also be ground. Dried herbs must be stored in an airtight container.

The term 'fine herbs' means herbs with delicate flavours. They are basil, chervil (parsley type), rosemary and thyme. The 'robust' or strongly flavoured herbs include mint, savory (mint flavour), sage, dill (faint caraway flavour) and many others.

Herb mixtures

Mixtures of herbs formulated for special uses are available for poultry seasoning, meat marinades and vegetable dishes. Salt is included in many mixtures.

Some herbs are available in several forms; for example, garlic may be bought fresh and it may be sold in jars as minced garlic or garlic powder and garlic salt.

Commonly used herbs

Basil has a sweet flavour resembling that of cloves. It is used in tomato dishes, in soups and with meat.

Bay leaf comes from the sweet bay tree. The whole leaf, either fresh or dried, is used during cooking but removed before serving. It may be added to soups, stews, sauces and dishes prepared with milk.

Bouquet garni is a bunch of herbs tied together with kitchen string or placed in a muslin bag and added to the dish during cooking. It is removed before serving. The herbs commonly used are: 3 sprigs parsley, 1 sprig marjoram, 2 sprigs thyme and 1 bay leaf.

Chervil resembles parsley in both appearance and flavour. It is used in cream soups, salads, and egg and fish dishes.

Chives are small onion-type plants with a mild onion flavour. The chopped leaves are used as a flavour and garnish in salads, sandwiches, soups and savoury dishes.

Coriander has bright-green leaves, similar in appearance to parsley, but with a distinctive flavour. It is used in many Asian dishes.

Dill is the leaves of a small herb and has a faint caraway taste. It is used to flavour pickles, especially cucumber, and is added to salads such as potato-and-coleslaw salad, and sauces for steamed fish. The seed of the dill plant may also be used.

Fennel has a mild aniseed taste and is used mainly in Mediterranean countries to flavour seasonings and fish dishes.

Fenugreek is a leguminous plant, similar to clover. It is used to flavour cheeses and as an ingredient of curry powder. In some countries it is mixed with honey and eaten boiled or raw.

Lemon grass is a grass-like, lemon-flavoured herb. Its stems are used in Asian and Indian cooking.

Marjoram resembles thyme in flavour and appearance, although its leaves are a little larger and flatter than thyme leaves.

Mint is the traditional flavour for spring vegetables, such as new potatoes and peas, and for roast spring lamb. It is also used in fruit drinks. When dried, it can be used to flavour pea and lentil soups, as well as teas. The most common variety is spearmint. Other varieties, such as pineapple mint, have different flavours.

Oregano resembles marjoram in appearance and flavour. It is used in many dishes, particularly Mediterranean ones.

Parsley is used to flavour or garnish many savoury dishes. It may be dried, but loses much of its flavour and colour. Continental parsley has a flat, large leaf and is used in a similar way to the curly leafed variety.

Rosemary comes from a small evergreen bush and has a pine-like fragrance. It should be used fresh, in sprigs or finely chopped. Lamb, fish and poultry dishes may be flavoured with this herb.

Sage has dull-green leaves that are slightly bitter in taste. The leaves may be combined with onion to flavour seasoning for roast pork and duck.

Savory is related to mint, but its leaves are smaller. It may be used for meat and chicken, in egg dishes and to flavour sauces and salads.

Tarragon has a faint aniseed taste and is used to flavour vinegar and seafood dishes. Both fresh and dried leaves can be used.

Thyme is a small-leafed herb that has a distinctive and pleasant flavour. It is very popular in savoury dishes and seasonings.

Vietnamese mint is green with a purple tinge. It has a hot, peppery flavour.




Caraway seeds


Cardamom


Cayenne


Cinnamon


Cloves


Coriander seeds


Cumin


Curry powder


Galangal

Spices

Spices are obtained from aromatic plants that are usually grown in tropical regions. The leaves, berries, seeds, stems and roots of these plants may be dried to give added flavour and variety to both sweet and savoury foods. These spices are usually sold in powdered form, and should be purchased in small quantities as they deteriorate rapidly after grinding. They may be bought whole and ground with a mortar and pestle or coffee grinder.

Spice mixtures

A number of commercial mixtures of spices, in addition to 'mixed spice', are available for special dishes, such as marinades for meat and poultry. There are also mixtures suitable for seasoning forcemeat and for adding to sauces, vegetable dishes, biscuits and cakes.

Commonly used spices

Allspice (*See* **Pimento**.)

Caraway seeds come from a small plant that is grown in Europe. The plant varies a little in colour from country to country. Caraway seeds are used to flavour breads, cakes, cheeses and gravies.

Cardamom has a pleasant smell and a hot, pungent flavour. It is used in sauces and soups and as an

ingredient of curry powder. Its small, dark-brown seeds and pods come from a reed-like plant. It may be purchased ground.

Cayenne is a hot, bright-red powder made from small, dried chillies. It is used in hot, spicy dishes.

Cinnamon is the bark of the cinnamon tree, and is sold in stick form or ground. It is used in cakes and sweet dishes.

Cloves are the unopened flowers of a tropical plant. When whole, they are used in chutneys, sauces, and apple and pear dishes. Ground cloves may be used in cakes and biscuits.

Coriander seeds are the dried seeds of a parsley-like plant. They are an ingredient of curry powder and some spice mixtures also used for pickling. Can also be bought ground.

Cumin resembles caraway seeds in appearance, but not in flavour. It is used in curry powders and to flavour vegetable dishes, soups, breads, biscuits and cheeses. It may be purchased ground.


Ginger


Horseradish


Mace


Mixed spice


Mustard seeds


Nutmeg


Paprika


Pepper


Peppercorns



Pimento (Allspice)



Pimiento



Poppy seeds



Saffron



Sesame seeds



Turmeric

Curry powder is a mixture of a number of herbs and spices, the proportions of which vary from country to country. It is used extensively in India and other Asian countries to flavour sauces for meat, vegetables, chicken, and egg and fish dishes. A wide variety of commercial curry pastes are also available.

Galangal is a large rhizome related to the ginger family. It has a mild ginger flavour. It is used in Indian and other Asian dishes, in curry pastes and in Eastern European dishes. It is sold fresh and pickled.

Ginger is the root-like rhizome of a tropical plant. It may be sold fresh. After peeling, it may be crystallised, preserved in syrup, or dried and ground. It is used in sweet and savoury dishes.

Horseradish is the root of a small plant and has a sharp flavour that resembles that of mustard. It is best when grated fresh and may be made into a sauce to serve with roast beef. It may be purchased grated, dried and ground, or as a sauce.

Mace is the outer skin of nutmeg and has a similar taste to nutmeg. It is used in savoury dishes.

Mixed spice is a mixture of sweet spices and is used in cakes, puddings and similar dishes.

Mustard seeds may be ground or mixed whole with other ingredients. They are used as a condiment with meats or added to savoury dishes and sauces. Mustard seeds are also used in pickles.

Nutmeg is the kernel of the fruit of a tropical tree and may be purchased whole or ground. It is used to flavour cakes, biscuits, milk dishes and puddings.

Paprika is prepared from Hungarian capsicum, or pepper. It is similar in colour to cayenne but without its pungent flavour. It is used in savoury dishes.

Pepper comes from the berries of a tropical vine: black pepper from the unripe berries and white pepper from the ripe berries. Black pepper has a stronger taste.

Peppercorns are the whole berries of a particular species of pepper tree. They are used whole in

soups, pickles and stews, and can be ground in a pepper mill at the table.

Pimento is a berry. When ground, it is said to combine the flavours of cinnamon, cloves and nutmeg. For this reason it is often called allspice. It is used whole in pickles and meat dishes.

Pimiento is the Spanish word for 'bright-red capsicum'. It is used as a garnish for hors d'oeuvres.

Poppy seeds are the small, dark-blue or black seeds of the white poppy. They are used in cakes and are sprinkled over bread before it is baked.

Saffron is made from the stigmas of the autumn crocus. It is bright orange-red in colour and is very expensive. A dull colour indicates old or inferior saffron. It has a bitter-sweet taste and is used mainly to flavour and colour soups, jellies and rice dishes.

Sesame seeds have a nutty flavour and can be used in confectionery, dishes containing chicken or vegetables, and biscuits and breads. They are also used to make pastes and cooking oils.

Tamarind pods and seeds are used for seasoning meat and rice dishes.

Turmeric comes from a plant of the ginger family, but has a milder flavour than ginger. It is bright yellow and is used to colour pickles and dressings for salads.





*3

Equipment and techniques

The utensils you use in cooking can help you to work efficiently and successfully and all cookery techniques are best mastered by using the right equipment. Practical, well designed equipment need not be expensive or sophisticated.

Equipment

The initial outlay for basic kitchen equipment can be moderate. Items can be acquired over time to build up a range of food-preparation and food-processing equipment. A relatively small range of equipment is required to prepare most recipes in this book.

Measuring

Careful measurement of ingredients is the foundation of successful cookery. Cups, measuring jugs, spoons and scales are used to measure.

METRIC TERMS AND THEIR ABBREVIATIONS

gram	g	kilogram	kg
millilitre	mL	litre	L
millimetre	mm	centimetre	cm

MEASURING TOOLS FOR THE KITCHEN

- A set of four Australian Standard measuring cups (1 cup, ½ cup, ⅓ cup and ¼ cup). Ensure that the 1 cup measure is the standard 250 mL size. The Australian Standard metric cup and fractional cups are used for dry ingredients.
- A set of four Australian Standard measuring spoons (1 tablespoon, 1 teaspoon, ½ teaspoon, ¼ teaspoon) for measuring dry and liquid ingredients. Ensure the 1 teaspoon measure is the standard 5 mL size, and the 1 tablespoon measure is the standard 20 mL size.
  ¼ teaspoon = 1.25 millilitres (mL)
  ½ teaspoon = 2.5 millilitres (mL)
  1 teaspoon = 5 millilitres (mL) or 5 grams (g)
  1 tablespoon = 20 millilitres (mL) or 20 grams (g)
  Note: The standard US tablespoon is only 15 g; recipes using this measurement should be adjusted accordingly.
- A 250 mL graduated jug and a 1 L jug. The Australian Standard graduated jug and litre measures are used for liquid ingredients:
  250 mL jug = 250 millilitres (mL) = 1 metric cup
  1 litre (L) = 1000 millilitres (mL) = 4 metric cups
- A set of scales is useful, but not necessary.

MEASURING TECHNIQUES

Measuring dry ingredients

- Place the measuring cup on a bench with paper underneath.
- Spoon in the ingredients until the cup is slightly overfilled.
- Do not shake or bang the measure, but level the ingredients off with a spatula.
- Return any excess to the container.
  Note: Butter should be softened but not melted before it is measured by the cup.

Measuring liquid ingredients

- Pour the liquid into a graduated measuring jug on a level surface and check at eye level.
- For spoon measures, keep the spoon steady and fill it to the brim.

A helpful list of weights and measures of common cooking ingredients is supplied at the back of this book on pp. 552–4. Quantities are supplied in tablespoon and cup measures.

(right, top to bottom): Measuring ingredients: cup measure; spoon measure; liquid
(below) Australian Standard measuring cups, measuring spoons and measuring jug











CONVERSION OF IMPERIAL MEASUREMENTS

Imperial	Metric	Imperial	Metric
1 oz (ounce)	30 g	1 gill	150 mL
4 oz	125 g	1 pint (20 fluid oz)	600 mL
8 oz	250 g	1 quart (2 pints)	1.25 mL
1 Lb (16 oz)	500 g		

Food preparation utensils

KNIVES

Every kitchen should have a small vegetable knife and a 28 cm chef's knife. Other useful knives for basic cooking are a long serrated-edge knife for cutting bread and cake, and a slim filleting knife for boning and skinning fish. Good-quality knives are expensive, but last a long time and are safer to use as they do not break under pressure. A good knife has a stainless steel blade that forms part of the handle, held in place by rivets through the handle. Stainless steel all-in-one knives are also very good.

To use the chef's knife to best advantage, keep the tip of the knife on the chopping board and raise and lower the heel of the knife to cut the food. Knives should be sharpened regularly, preferably with a sharpening stone.

CHOPPING BOARDS

Use plastic or wooden chopping boards. At least two are essential—one for cooked foods only and one for uncooked foods only (preferably in different colours) to avoid cross contamination. Additional boards for cutting bread and for preparing raw meat are recommended.

OTHER EQUIPMENT

- Equipment for stirring, scraping, lifting and serving could include wooden and metal spoons, a spatula, egg slice, large fork, soup ladle and tongs.
- A hand whisk, rotary whisk or small electric beater for beating egg whites or creaming butter and sugar.
- Several bowls in small, medium and large sizes made from china, stainless steel or plastic.
- A colander to drain solids from liquids, and a sieve to make a purée.
- Plastic food wrap, aluminium foil, baking paper and paper towels are also useful.



Cooking utensils

Recommended cooking utensils and those required for the recipes in this book are listed below.

- A 26 cm non-stick frying pan, a small saucepan (less than 2 L), a medium saucepan (2–3.5 L) and a large saucepan (over 3.5 L). Stainless steel is the most durable material for saucepans. The more expensive type, with a heavy base, helps prevent food from burning.
- A baking dish (a deep-sided, ovenproof tray for cooking meat and vegetables).
- A four-sided oven tray (to prevent liquids spilling out into the oven). Non-stick trays prevent sticking and are easier to clean.
- An ovenproof dish. This can be used for both cooking and serving at the table. For the recipes in this book, a 2.5 L ovenproof dish is suitable. Casseroles are ovenproof dishes with lids. Flameproof casseroles can be used on top of the stove, over a gas flame or on a hotplate. Most ovenproof dishes are not flameproof and should be used only in the oven or microwave oven.
- Other equipment used in this book includes a 22 cm (1 L) pie dish, a 14 × 8 cm (1 L) soufflé dish, a 22 cm (1 L) quiche pan and a wok or deep frying pan.
- For information on cake pans used in this book see p. 410–11.



Use of small appliances

Food processors, blenders, beaters, rice cookers and similar cooking and food preparation appliances can save time and effort. When used effectively, they can provide a better-quality product. They must be checked regularly for safe electrical connections. Read the appliance's instruction booklet carefully regarding use and cleaning.

Oven management

The thermostats of different ovens may vary in accuracy as precise settings are not always possible. An estimate must be made of the temperature variation, which is usually not more than 10°C.

To convert temperatures in Fahrenheit to Celsius, use a conversion chart or halve the cooking temperature when it falls between 200–450°F; for example, 350°F is equivalent to 175°C.

OVEN TEMPERATURES

Description	Thermostat setting (°C)
Plate warming	60
Cool	100–110
Slow	150–170
Moderate	170–190
Moderately hot	190
Hot	200
Very hot	220–240

Cooking techniques

Food is cooked for a number of reasons:

- **To destroy microorganisms that cause food poisoning.**
- **To enhance the sensory properties (appearance, aroma, taste and texture) of food.**

When food is cooked, a variety of methods of heat transfer are used. Cooking methods—including moist, dry and microwave cooking—each rely on different methods of heat transfer.

Moist methods

Moist methods of cooking rely on water or steam as the cooking medium. Heat from the liquid penetrates the food and in turn cooks the food.

BOILING

Boiling involves cooking in a liquid at a fast or medium boiling point.

Boiling is used for the cheaper, tougher cuts of meat that require long, slow cooking in moist heat. When served hot, boiled meats are traditionally accompanied by a well-flavoured sauce and root vegetables. Served cold, they are accompanied by salads or used as sandwich fillings. The cooking liquid from boiled fresh meat can be used to make sauces, gravy, soups and stews.

POACHING

Poaching involves the gentle simmering of food in a liquid. A poaching liquid may include water, milk, stock or wine. When food is placed in the liquid it should not show any signs of bubbling and it should be cooked quickly in a hot liquid. The heat from the liquid penetrates the food and allows the cooking process to occur. This moist cooking method preserves the flavour of food.

STEWING AND BRAISING

Like boiling, stewing and braising are used for the cheaper, tougher cuts of meat that require long, slow cooking in moist heat. Fuel is saved during cooking because only one container is used to cook the meat and vegetables and because the food is cooked at a simmer, thus requiring only a gentle, low heat.

Stews and braises may be cooked in a covered saucepan or in a casserole in the oven or microwave. Electric saucepans, frying pans and slow cookers are also suitable. Casseroles may be made from ovenproof glass, ovenproof china or microwave plastic. Food cooked in a casserole may be served directly at the table, which is called serving en casserole.

Dry methods

Dry methods of cooking involve heat being transferred onto the surface of meat by direct radiation heat. The high temperature heats the food and the heat is then conducted throughout the food.

BAKING

Food to be baked should be placed in a hot oven. The direct radiant heat created in the oven cooks the food, which browns and goes crisp on the top. Baked foods generally do not require the addition of fat or oil. Foods suitable for baking are fish, vegetables, bread, cakes and biscuits.

ROASTING

Meat and vegetables to be roasted are placed in a baking dish and cooked in an oven, frying pan, rotisserie or oven barbecue. During cooking, the dry heat browns the outside of the food, which develops the distinctive roasted flavour.

When meat is roasted, the muscle fibres inside the meat soften in the moist heat created by their own juices. The meat may be partially cooked on low power in a microwave oven and finished in a conventional oven, to develop the distinctive flavour and colour of oven roasting.

Oven temperatures and cooking times vary according to the size and shape of the food item being cooked and the degree of cooking required by personal taste.

If cooked at a high temperature until well done right through, meat will shrink considerably. High-temperature, short-time cooking produces meat that is browned on the outside and underdone in the centre, and is suited to cooking beef. A moderate or lower temperature, with a corresponding increase in cooking time, is preferable for lamb and should be used for veal, pork and poultry, as well. Lamb, veal, pork and especially poultry are usually cooked thoroughly. A meat thermometer may be used to indicate the internal temperature of the meat to determine the degree to which the meat has cooked.



Grilling

GRILLING AND BARBECUING

Grilling and barbecuing are quick methods of cooking small, tender pieces of food by dry, radiant heat. Meat may be marinated prior to cooking to enhance flavour and to tenderise. If using a marinade that contains sugar or honey, lower the heat to prevent the meat from charring. Allow the excess marinade to run off just before cooking or the surfaces will not seal quickly enough to prevent the loss of juices.



Stir-frying

PAN- OR SHALLOW-FRYING

Shallow-frying is a quick method of cooking small portions of food at a high temperature in a frying pan with sufficient oil to cover the base. The food may be coated with flour, breadcrumbs or other coating. Tongs are used to turn the food, to avoid piercing the surface.

STIR-FRYING

Stir-frying is a quick method of cooking small portions of meat or poultry with vegetables and other ingredients in a wok or deep frying pan, with a very small amount of oil. Stir-frying is more successful if a wok is used as the small amount of oil in the base can be kept very hot, thus sealing the surface of the food and retaining the colour and flavour of the food. A large spatula is used to stir and turn the food.

DEEP-FRYING

Deep-frying involves cooking in a large amount of oil, preferably in a thermostatically controlled fryer or deep saucepan. Foods suitable for deep-frying include potato chips, fish and fritters, as these take a very short time to cook. Most foods should be coated before deep-frying and this, combined with a high cooking temperature of 150–180°C, prevents the absorption of fat into the food. A wire basket or tongs should be used to lower food gently into the oil. When cooked, the food is lifted out with a slotted spoon and drained on paper towel to remove excess oil. If care is taken not to overheat the oil during use and to strain it when it is cool, oil may be used several times.

Microwave cooking

USE OF THE MICROWAVE OVEN

Microwave cooking is regulated by power rather than temperature. In this book, recipes that are suitable for a microwave oven are indicated. The power required to cook the dish is also given; for example: 'microwave on high power for 3 minutes'.

Microwave radiation is a form of electromagnetic energy. Microwaves are generated when electrical energy passes through a vacuum tube called a magnetron. Once within the oven cavity, the microwaves form a random pattern. Most ovens have a metal fan called a stirrer that reflects and distributes the microwaves throughout the oven cavity, so that the food is hit by the microwaves from as many directions as possible to ensure even cooking. Some ovens have a turntable as well. Only when microwaves are absorbed, does heating—and cooking—occur.

As microwaves are reflected by some substances (such as metal), pass through others (such as glass) and are absorbed by liquid, it is important to choose the correct cooking container when microwaving food. Metal containers and foil are unsuitable, not only because they prevent cooking but also because they can create electric arcs within the oven that can damage the magnetron. Microwaves pass through pottery, china, plastic, glass and paper, so these are ideal for food containers.

MICROWAVE SAFETY GUIDELINES AND HINTS

- Never turn the oven on when it is empty.
- Do not interfere with the door or safety devices.
- Do not prop the door open.
- Do not clean with abrasive cleaners.
- Clean up any spilt food immediately; do not allow it to accumulate around the door. To assist in cleaning, place a jug of water in the oven, heat, then wipe out the oven.
- Use correct cookware, e.g. ovenproof glass and ceramic dishes or microwave plastic ware.
- Most food should be covered with a lid.
- Food with a high fat content can be placed on, or covered with, paper towel during cooking.
- Do not use metal dishes, or dishes with metal trim or decoration, as these cause arcing that may damage the magnetron.
- Do not secure plastic bags with ties that have metal in them.
- Food with casings or membranes around them (such as egg yolks, brains and sausages) should be pierced before heating to prevent them from exploding in the oven.
- Whole eggs in the shells should not be cooked as they will explode.
- Reduce cooking times when using recipes designed for conventional ovens; for example, a meat loaf that normally takes 1½ hours to cook in a conventional oven will take only 30 minutes in a microwave oven.
- Fillings in sausage rolls and other pastry foods become very hot, while the pastry, because of its lower water content does not become hot. Care must be taken when eating these.
- Extra colouring may be obtained from brown sugar, dark-coloured sauces or Parisian essence.
- Casseroles, which usually require long, slow cooking, should have the liquid in the recipe reduced by one-third as there will be less evaporation.
- When cooking vegetables, little or no salt is required as far less water is used.
- As food is cooked by power, it is necessary to increase cooking time as the quantity increases; for example, one potato cooks in 3 minutes, two potatoes take 5 minutes, three potatoes take 7 minutes. There comes a point when cooking in a microwave oven is no longer faster.
- When food is removed from the microwave oven, penetration of heat continues, so food should be allowed to stand for approximately half the cooking time. This is called 'standing time'.

Cooking occurs when the microwaves vibrate the water molecules in the food. The depth of penetration by the microwaves depends on the composition of the food, particularly the moisture content. Microwave ovens will not cook food that has a low moisture content. Since microwaves penetrate a short distance into the food before they are absorbed, the hottest part of the food is just below the surface. Thus the surface will not be as brown as it would in a conventional oven, where maximum heat is at the surface.

Microwaves are colourless, odourless and tasteless. Microwave cooking is energy efficient. Food will cook more quickly and evenly if placed towards the outer edge of the turntable. Cover with a lid to prevent dehydration.



Dried herbs

Microwave cooking is very good for:

- cooking fish, fruit and vegetables as they have a high water content
- defrosting and reheating food
- heating liquids, such as soup and drinks
- making sauces in small quantities
- drying herbs, as the green colour is retained.

Microwave cooking is not good for:

- browning and crisping food
- cooking biscuits and some cakes, as there is no colour change
- cooking pastry, as it will not crisp
- cooking foods with a low water content.

There are many variables to consider when microwaving food. Allowance must be made for size and thickness of food portions, the size of the cooking dish and the arrangement of the food on the dish.

Microwave cooking is particularly useful for people living alone, for busy people with little time to cook and for family members eating at different times.

Food preparation processes

Aerate: Incorporate air into a mixture.

Barbecue: Cook food over an open fire or other radiant heat, or slowly on a revolving spit.

Bard: Cover meat with pork fat.

Baste Spoon hot liquid over meat and vegetables while they are cooking.

Blanch: Place food in boiling water, bring water quickly back to the boil, drain, plunge food into ice-cold water to refresh, then drain.

Clarify: Remove impurities from food.

Concasse: Peel, seed and dice tomato.

Deglaze: Boil a small amount of wine or stock in the browned residue left in a frying pan or baking pan after cooking to make a thin, tasty sauce.

Dice: Cut food into small cubes.

Dredge: Sprinkle food with a dry ingredient.

Flambé: Cover food with alcoholic spirits and set alight briefly.

Garnish: Decorate food.

Glaze: Brush liquid over pastry, scones, bread and buns to improve their appearance.

Parboil: Partly cook food in boiling liquid.

Poach: Cook in liquid just below boiling point.

Puree: Mash, sieve or blend food.

Reduce: Concentrate a liquid by boiling and evaporating.

Refresh: Place hot food in cold water to stop the cooking process.

Render: Melt scraps of fat.

Sauté: Toss food gently in butter, margarine, dairy blend or oil and flavourings over heat.

Scald: Heat liquid to boiling point; pour the boiling liquid over food.

Scallop: Arrange food in layers in a casserole with a sauce or liquid and then bake.

Score: Cut narrow slits into the surface of food before cooking.

Sear: Brown the surface of meat quickly to coagulate the protein.

Segment: Remove the skin and pith from citrus fruits and cut out the flesh between the membranes.
Shred: Cut into long narrow strips.
Sift: Put dry ingredients through a strainer or sifter to remove lumps and to aerate.
Simmer: Bring a liquid to a temperature just below boiling point (approximately 95ºC) and maintain that temperature for the period of cooking.
Snip: Cut with scissors.
Steep: Allow food to stand in liquid to extract the flavour.
Sterilise: Heat in boiling water or steam to destroy living organisms.
Stew: Simmer foods gently in sufficient liquid to cover.
Stir-fry: Quickly fry pieces of food in a little oil, tossing over a high heat, usually in a wok.
Toss: Mix ingredients lightly in a lifting motion.
Whip: Beat rapidly to incorporate air and increase volume.

Food preservation

PRE-PACKAGED AND PROCESSED FOODS

A wide range of pre-prepared meals and commercially processed foods, often called convenience foods, are available. They can reduce meal preparation time in the home. Sun-drying, smoking, salting and fermentation have been used for centuries to preserve food. To these we can add more recent methods: dehydration, refrigeration, freezing, canning and bottling, pasteurisation, irradiation, and the addition of chemical preservatives.

METHODS OF FOOD PRESERVATION

Atmosphere-controlled ripening involves storing fruit and vegetables in large sealed areas filled with inert gases. This slows down the production of ethylene, which causes fruit and vegetables to ripen.
Bacterial action is used in cheese making. A coagulating enzyme, such as rennet, is added to milk to form a curd. A culture of harmless bacteria is then added to produce lactic acid. After a short time, the curd is stirred and the whey (or water) is skimmed off. The curd, or cheese, can then be cut into blocks and matured for up to 12 months before sale.
Chemical preservatives are used to inhibit bacterial action for a period of time. Examples of such chemicals are sulphur dioxide and benzoic or acetic acid. The use of chemical preservatives is rigidly controlled by law.
Cook–chill process involves cooking food to kill microorganisms, then placing it in flexible packaging and refrigerating it. Food thus treated usually has a limited shelf life of less than 21 days.
Dehydration (drying) involves spreading harvested fruit and vegetables on racks and allowing the sun or home oven to dry them. Examples of dried foods are sultanas, currants, apricots and tomatoes.
Fermentation is the conversion of sugar into alcohol (a preservative) through the action of yeast. This is how wine is preserved.
Freeze-drying is a more expensive process than freezing. It involves freezing food and then allowing the temperature to rise sufficiently for the ice crystals to sublimate (pass directly from solid to vapour). Instant coffee and ground herbs and spices are all produced in this way. Freeze dried food may be stored at room temperature and is readily reconstituted with water. The reduction in weight makes this food suitable for campers and hikers.
Freezing involves freezing the water within cells, called 'combined water', and the water surrounding cells, called 'free water'. A temperature of –18 °C must be reached within a very short period of time during the process. Rapid temperature reduction between –1°C and –5°C produces small crystals that ensure the food retains its shape when thawed and is not mushy. Freezing inhibits the growth of micro-organisms, although some do survive and cause the gradual deterioration of the food over several months. The processing, storage, transport and retail display

of frozen foods require careful management to ensure the food is not kept too long and that it is not allowed to partially thaw and then refreeze.

Irradiation involves ionising gamma rays from a radioactive source (such as Cobalt 60) to destroy moulds and bacteria. Low-energy radiation (usually not more than 10 kilograys) only is required and the food itself does not become radioactive. Irradiation can be used to inhibit the sprouting of potatoes and onions and to prolong the shelf life of soft fruits, tropical fruits, spices and seafood.

Mechanical action through churning coagulates the fat in milk, allowing water and non-fat solids to drain away, producing a butter with an 80% fat content. The low water, but high fat, content inhibits bacterial action and thus preserves the butter. Salt added to the butter slows down bacterial action even further.

Mechanical dehydration involves drying fruit, vegetables and other food in hot-air tunnels. Liquids, such as milk and eggs, are sprayed into chambers of warm air, where the water content evaporates and the solids collect in the form of powder. Mechanically dehydrated food may be reconstituted to closely resemble fresh food in both flavour and appearance. However, there is usually some loss of vitamin content.

Membrane filtration involves food—often fruit juices—being centrifuged and filtered. Fruit juice concentrates are produced in this way. They can be diluted later or reconstituted before sale.

Modified-atmosphere packing requires flushing packaging with nitrogen or carbon dioxide to prevent the growth of spoilage organisms, but not pathogenic (disease-causing) bacteria.

Pasteurisation is mainly used to preserve milk and some other liquids like fruit juices. It destroys most of the pathogenic bacteria but provides only short-term preservation. Foods keep only a few days and must be refrigerated.

Pickling requires immersing food in an acid, such as vinegar. Onions and other vegetables may be pickled.

Quick drying involves dehydrating small particles of food, such as peas or beans, at a high temperature, usually 75°C or higher. Because such a high temperature denatures protein, this process is suitable only for foods high in carbohydrate and low in protein.

Refrigeration involves keeping the temperature of food below that required for rapid micro-organism growth. This temperature varies according to food, but for optimum results, a refrigerator should be kept between 2°C and 5°C.

Salting requires packing food between layers of salt or brine (a combination of salt and water). Meat and fish can be salted.

Smoking is used for fish and some meat such as bacon and ham. It involves hanging the food over slow-burning wood fires to dry. This coagulates the protein on the outside. The smoke gives the food a distinctive colour and flavour.

Sous vide is packing food under vacuum conditions. Food preserved in this way must be labelled with a use-by date, not a best-before date, because its shelf life is limited.

Sterilisation requires exposing micro-organisms to a very high temperature in order to destroy them. Fruit, vegetables, meat and fish are packed into cans or bottles with syrup, salt or oil and then sterilised. Ultra-high temperature (UHT) can be used for liquids. They are heated to 132°C for several seconds and then packed under sterile conditions.

Sugar preservation is used for fruit. Canned or bottled fruit is preserved in a syrup of sugar and water, or fruit juice. When a very heavy syrup is used, fruit, ginger and citrus peel absorb a large amount of sugar. When these are allowed to dry, they become glacé fruit. If rolled in sugar, they are called crystallised fruit. Jams, marmalades and jellies are also examples of fruit preserved by sugar.



*4

Planning, preparing and presenting food

Even the most confident and experienced cook will benefit from planning, especially if time is short or if it's a special occasion. Good cooks are mindful of each step of the job at hand.

Meals can be social occasions. Different occasions call for different types of food, depending on the time of day, the time available for planning, preparing and presenting the food and the number of people who will be served or will consume the food. The way in which we prepare and present food will affect the nutritional value of the food and influence the quality of the meal and our evaluation of the enjoyment of the occasion.

Safety in the kitchen

Burns, falls and cuts are accidents that can cause serious personal injury in the food-preparation area, and great care should be taken to implement preventive measures.

Burns

Burns (from hot dry surfaces) and scalds (from steam and hot liquids) can be prevented by using thick gloves or other padded accessories when handling hot appliances or equipment. Take particular care of spitting oil during deep-frying and of steam escaping when lifting saucepan lids.

To treat a severe burn or scald, run cold water over the affected area immediately. Continue this for 20 minutes. Do not break any blisters. Obtain medical assistance.

If the burn is minor, with the skin only slightly pink and not broken or blistered, run under cold water for 20 minutes.

Cuts

Cuts from broken glass and knives are common injuries in food-preparation areas. Cuts can also be caused by the blades in food processors and other appliances, by the sharp edges on kitchen equipment, and by food slicers.



IMPORTANT NOTES

Always wear gloves when treating a person with a cut. After a cut has been treated in the food-preparation area, dispose of any food in the area and wipe the area and all equipment thoroughly.

Wearing disposable rubber gloves, soak a disposable cloth in 1 cup bleach mixed with 1 cup water. Cover the blood-spill area with the cloth for 10 minutes. Place the cloth in a plastic bag. Wash the area with hot water and detergent. Place the gloves in a plastic bag with the cloth and dispose of the bag. Wash hands.

Broken glass should be swept up or vacuumed immediately. Dispose of any food nearby since it might contain glass fragments. Wipe over the surface with a damp disposable towel or cloth.

Store knives in a holder that protects and covers the blade. This prevents damage to the cutting edge and shields against inadvertent cuts. Use the correct knife for the job (see p. 76) and sharpen knives regularly.

If the cut is deep, quickly apply pressure to slow the bleeding. Sit the injured person down to prevent them from falling and causing further injury and then obtain medical assistance.

For minor cuts, apply pressure to slow the bleeding. When bleeding has stopped, cover the area with a food-grade waterproof dressing. If the cut is on the hand, wear a plastic glove before continuing to handle food.

Electric shocks

Faulty electrical equipment may cause electric shock. Do not use appliances with wet hands or when standing on a wet floor. Check equipment, cords and plugs regularly for frayed wires and have them repaired if necessary. Always disconnect appliances before cleaning, and never immerse electrical elements in water.

Falls

Falls are usually caused by wet and slippery floors or by objects being left lying on the floor. Falls can also happen when a person is climbing to reach a high shelf. Prevention is the best approach. Spills on the floor should be cleaned immediately and the area signposted until dry. Cartons, food and appliances should be put away immediately after use so that they do not pose a danger by being on the floor. Use a small stepladder to reach equipment stored on high shelves.

Food safety

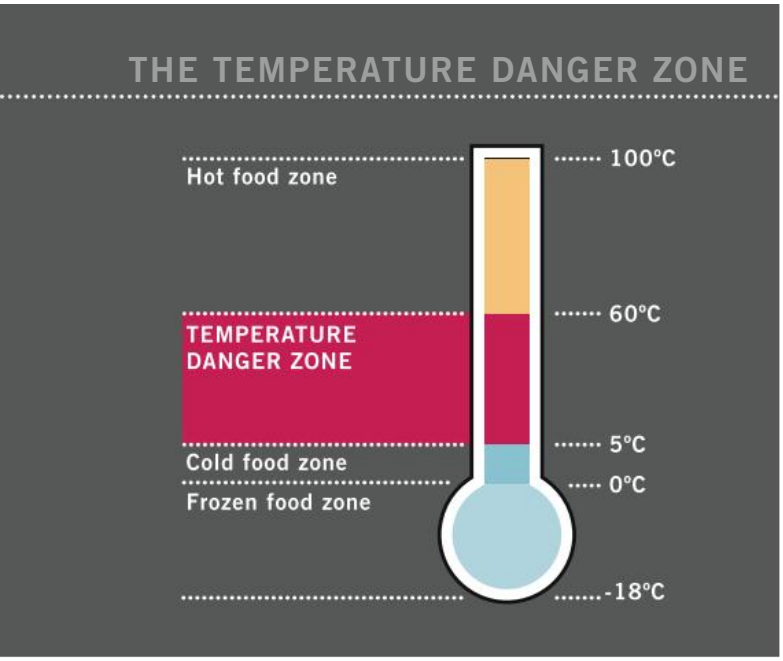
Food is a perishable commodity. If it is not handled in a hygienic manner, it becomes contaminated with pathogenic (disease-causing) bacteria and moulds. Eating contaminated food may cause food poisoning, resulting in nausea, vomiting, abdominal pain and diarrhoea. The most common pathogenic bacteria are salmonella, staphylococcus and *Clostridium perfringens*. Bacteria multiply when kept in moist, warm conditions and produce a toxin, which causes food poisoning. This can occur when foods are kept at temperatures between 5°C and 60°C.



PERSONAL HYGIENE

To prevent bacteria being transferred from soiled clothes or skin, anyone handling food must follow the basic rules of personal hygiene:

- Wear clean clothes in the food-preparation area. Under health and safety legislation, people preparing food on commercial premises are not permitted to wear the same clothes they wear outside the workplace, as the clothes may bring disease-carrying organisms into the workplace.
- Hair should be clean and drawn back from the face. On commercial premises, a head covering should be worn.
- Wash hands thoroughly in hot water with detergent before and after handling foods. Use extra care in washing hands after using the toilet, smoking, eating or using a handkerchief or tissue.
- Keep fingernails short and free of nail polish. Use a brush to clean under the nails.
- Remove jewellery from hands and wrists. If working in a commercial food-preparation area, all jewellery must be removed so that there is no risk



of it falling into the food or catching on tools and equipment.

- Do not cough or sneeze in the food-preparation area.
- Cover any cuts or abrasions with waterproof dressings to avoid bacterial contamination of food.
- Wear plastic gloves over any dressings on the hands. If working in commercial food preparation, plastic gloves must be worn at all times.

KITCHEN HYGIENE

- Purchase appropriate cleaning materials: cleaning brush, abrasive sponge cleaning pad, abrasive stainless steel cleaning pad, dishwashing detergent, surface cleaning spray, rubber gloves, disposable cloths, bleach, hand towel or paper towels.
- Ensure that all utensils and facilities are clean before using them. This helps to prevent disease-causing bacteria or other micro-organisms from coming into contact with food.
- Immediately after use, rinse and brush clean the food-preparation utensils and soak any with burnt-on food.
- Wash utensils in very hot water and detergent, rinse in hot water and drain dry. Wear rubber gloves.
- Wash the least fatty dishes first and the dirtiest last.
- Use only a cloth or brush and detergent on non-stick coated cooking utensils and plastic microwave cookware.
- Use the abrasive stainless steel cleaning pad or the abrasive sponge cleaning pad to clean baking trays, ovenproof dishes and stainless steel saucepans.
- Wash chopping boards in hot water with detergent each time a different food is prepared, to prevent cross-contamination. Regularly sanitise chopping boards.
- Wipe benches with a surface spray or sanitiser after cooking. Wipe cooktop, oven walls and oven shelves when cool.
- Mop floors and wipe down benches and walls regularly with hot water and detergent to remove any food spills or splashes.
- Use only dishwasher detergent in the dishwasher. Dishwashing detergent causes excess foaming.
- Place rubbish in a covered container and dispose of it regularly. Clean the rubbish area often with hot water and detergent so that flies, mice and other pests and vermin are not attracted to the area.

FOOD-HOLDING TEMPERATURES

- Hot food prepared for serving must be held at over 60°C to inhibit the growth of bacteria. Do not hold for more than 2 hours.
- Cold food prepared for serving must be kept at less than 5°C to inhibit the growth of bacteria. Do not hold for more than 2 hours.
- During preparation, food should be placed in the refrigerator between preparation stages.
- Frozen foods should be placed in the refrigerator to thaw slowly for up to 24 hours.

Food standards in Australia

Food standards in Australia are developed by a statutory authority, Food Standards Australia New Zealand (FSANZ). Its aim is to protect public health and promote uniform food legislation across Australia and New Zealand. In Australia, legislative control of food is the responsibility of the individual states and territories. However, all have agreed to implement the recommendations of the FSANZ Food Standards Code as far as possible. A ministerial council, with representation from each state and territory and from New Zealand, has the power to authorise or reject proposed changes to food standards.

The standards regulate the composition of food; the labelling of food; the level of additives, and chemical and microbiological contaminants allowable in food; and the production, processing, transport and sale of food products.

Some food standards, such as those regulating labelling, food irradiation, organic food and genetically modified food (p. 91), have been the subject of public debate. Such debate highlights the commercial pressures on the food industry to introduce new products and processes and the desire of the public to be fully informed about the food they eat, especially its safety.

Food labelling

The following information is required by law to be on the label of packaged food.

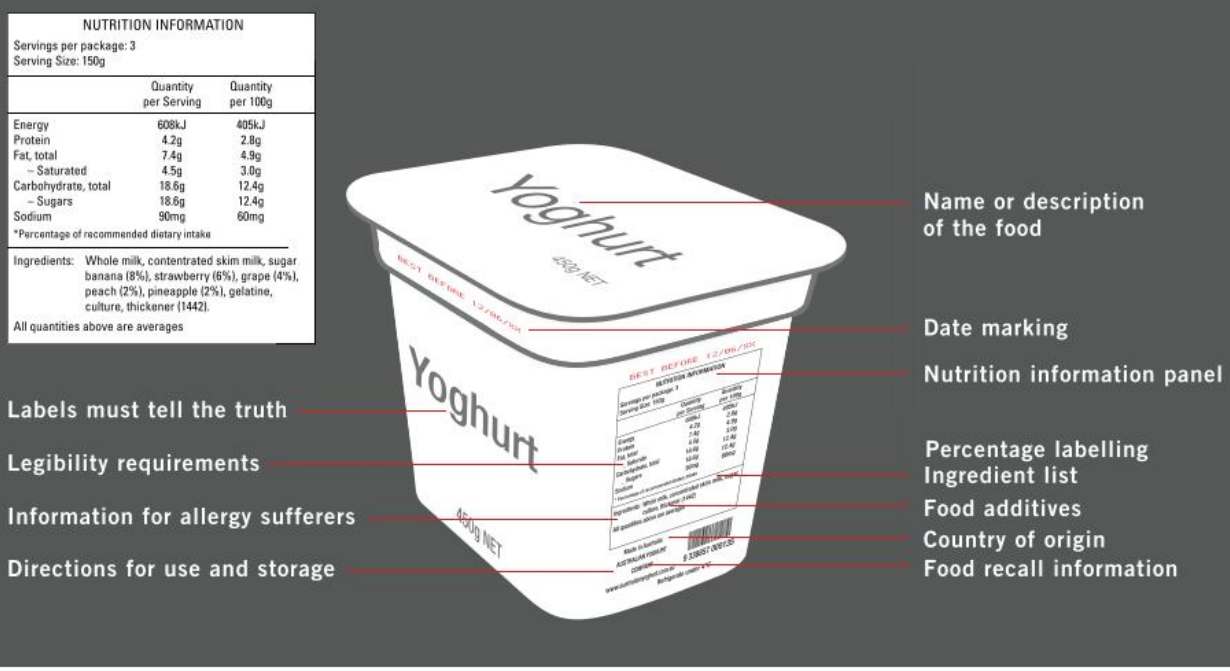
- An accurate name for the food, or description of the food; the label must not use misleading words or pictures.
- The name and business address of the manufacturer, packer, vendor or importer, together with a number or date that will identify when the product was made (this information is used in the event of a recall of unsafe or unsuitable food).



Some common foods that can cause allergic reactions are (left to right) milk, soy, prawns, wheat, peanuts

- The country where the food was made or processed:
  a if made or processed in Australia and all ingredients do not originate from Australia, the label must indicate that the food is made from 'imported ingredients' or 'local and imported ingredients';
  b if labelled 'Product of Australia', it must be made in Australia from mainly Australian ingredients;
  c if labelled 'Made in Australia', it must be made in Australia and may be made from imported ingredients or a significant proportion of imported ingredients.
- An accurate statement of the net weight or volume of the product.
- A statement of ingredients in descending order of their relative proportion by weight.
- A 'nutrition information' panel providing information on the levels of energy (kilojoules), protein, total fat, saturated fat, carbohydrate, sugars and sodium; information is also required about any nutrient for which a claim is made, such as 'rich in iron'.
- The percentage of a key or characterising ingredient, such as meat in a meat pie; this is usually stated in the ingredients list.
- The name or number code of food additives and other substances that have been added when processing foods (the additive numbers are readily available from supermarkets and departments of health).
- An indication of the presence of ingredients that are known to cause severe adverse reactions in people with allergies or intolerances.
- A best-before date for food with a shelf life of less than two years (after which time it may still be safe to eat, but may have lost some quality and nutritional value) and a use-by date for products that should not be eaten after a certain date for safety reasons, such as infant formula.

FOOD STANDARDS: LABELLING OF FOOD PACKAGING



- A statement of specific storage requirements for a product to remain safe, such as 'Store in refrigerator after opening'.

Food labels must be legible, with prominent type and be written in English.

Genetically modified food

Gene technology can be used to alter the genes of living cells in plants and animals. This changes the inherited characteristics of the plant or animal. The modification could result in a cereal crop that is more resistant to insect attack or a fruit with a more appealing skin colour. Genetically modified (GM) food is are made from crops and other food sources that have been altered by gene technology. Concerns have been raised that the long-term effects on human health of consuming genetically modified food is unknown. GM food sold in Australia must be labelled as such to enable consumers to make an informed choice.

Storing food

Highly perishable or short-life food

Highly perishable food should be stored in the refrigerator, between 0°C and 5°C. After a certain period of time (see table below), bacteria and moulds grow and may cause deterioration in the texture and flavour of the food, and produce toxins which lead to food poisoning.

Perishable food

Perishable food like bread and cake should be stored in clean containers in a cool, dry place for 1–2 weeks. Breakfast cereals and biscuits keep for 3–4 weeks when stored in clean containers in a cool, dry place. Potatoes and onions keep for 3–4 weeks in a cool, dark place where air can circulate.

SAFE STORAGE TIMES FOR HIGHLY PERISHABLE FOODS

Highly perishable foods	Storage and storage time
Meat and poultry (fresh)	Place in loosely covered container in coldest part of refrigerator for up to 1 week
Fish (fresh)	Scale and clean before storing in a covered container in coldest part of refrigerator for 1–2 days
Milk and cream	Store in refrigerator for up to 1 week
Fruit and vegetables	May be stored in refrigerator Rockmelon, pineapple and strawberries must be placed in covered containers with well-fitting lids as flavour penetrates other food
	Store for up to 2 weeks
Bacon	Wrap loosely and store in refrigerator for up to 2 weeks
Cheese	Wrap to prevent drying and store in refrigerator for up to 3 weeks
Butter, margarine and dairy blend	Store in refrigerator in a separate container as these foods absorb other flavours. Store for up to 1 month
Eggs	Store in refrigerator in carton or container for up to 2 weeks

Frozen food

The freezer should be kept at a temperature of –15°C. Some frozen foods have a longer storage life than others because of their composition, but the temperature of the freezer plays the major part in safe storage times.

Frozen food must not be allowed to thaw before being placed in the freezer as this may reduce food quality and encourage the growth of pathogenic organisms. Bacteria are not destroyed by freezing, only rendered dormant; therefore, careful handling of frozen foods and absolute cleanliness are essential.

Non-perishable food

Non-perishable food that has a long life such as flour, spaghetti, salt, sugar, spices, dried beans, peas, dried fruits, coffee beans and tea, should be stored in clean, dry, clearly labelled airtight containers. Canned food should be stored in a dry area as moisture rusts cans. Bottled food should be stored in a dark cupboard as light may affect the food.

Planning meals and snacks

Meals not only satisfy hunger and supply nutrients to the body; they also provide an opportunity for the members of a group or household to spend time together. The ability to provide appetising and nutritious meals for yourself, family and friends is an important skill. Everyone has individual preferences and nutritional requirements, so it is important to involve others in the planning of meals.

Breakfast

Although sometimes overlooked, breakfast is an important meal. It breaks the overnight fast, and also provides energy and nutrients to start the day. Breakfast often needs to be easily and quickly prepared. The types of food eaten at breakfast vary according to the season and the amount of time available.

SAFE STORAGE TIMES FOR FROZEN FOOD

Frozen food and storage time	Preparation for use
Meat—6 months	Steak and chops should be thawed in refrigerator; large pieces of meat should be thawed for 24 hours in refrigerator
Poultry—6 months	Must be completely thawed in refrigerator before cooking to ensure complete destruction of pathogenic organisms during cooking; this may take 24 hours or more for large turkeys
Fish—3 months	Thaw before cooking
Vegetables—6 months	Do not thaw before cooking
Fruit, cooked—6 months	Thaw before use
Pies—3 months	May be frozen before or after cooking: uncooked: partially thaw and allow longer cooking time cooked: thaw and warm through to heat filling and crisp pastry
Bread, cakes and sandwiches —1 month	Wrap in foil or plastic wrap; before serving, place on cake cooler and thaw completely
Ice-cream and ice blocks—1 month	Serve directly from freezer

Lunch

Lunch is often a light meal eaten in the middle of the day. Sandwiches or bread rolls with fillings are easy to prepare and pack and can provide variety. Home-made lunches and snacks are economical and have the advantage of giving us more control over the food we eat. When planning lunch, use a variety of fruit and vegetables (such as carrot and celery sticks, lettuce, tomatoes, apples and pears), and bread and cereals (such as rye bread, pocket bread, rice, crackers and noodles). A protein food should be included, such as sliced meat, boiled egg, cheese, nuts, sardines or tuna.

Dinner

For decades, the usual Australian evening meal comprised a main course of meat, fish or poultry served with vegetables, followed by a dessert. Culinary influences from other countries, through immigration and overseas travel, have broadened our concept of 'dinner'. The range of foods available to us has also widened. More people are consuming plant-based dishes as an alternative to the meat component of some or all of their meals.

Home meal replacements

The term 'home meal replacements' (HMR) refers to pre-prepared meals which only need to be heated, before being eaten. They differ from takeaway foods in that they are designed to be eaten at home rather than on the run. They are also designed to resemble a home-cooked meal in appearance, flavour, texture and presentation. They are refrigerated and have a limited shelf life. HMR may be prepared *sous vide* (that is, in a vacuum-sealed plastic pouch) and are usually packed in single-serve portions, with the contents visible to the purchaser. Examples include meat and vegetable casserole dishes, roast meals, and meat and salad combination dishes.

Snacks

Snacks can form a substantial part of our daily food intake, so it is important that they contribute to a well-balanced diet. Between-meal snacks that may be prepared in advance include simple packages of mixed dried fruit and nuts, fresh fruit, boiled eggs, popcorn, cheese sticks or wedges, celery sticks filled with ricotta cheese or peanut butter, and wholemeal cakes and biscuits. Snack foods that contain some protein, fibre and not too much fat may be served at meals when there is little time to prepare food.

Strategies for meal and snack planning

- Ensure that a variety of different food is selected. Vary the tastes, textures and colours of the food within a meal.
- Consider the preferences and nutritional requirements of individuals, and bear in mind the household budget.
- Plan in advance, allowing flexibility for changes when shopping, such as buying things on special or trying new food and products.
- Keep a shopping list in the kitchen to note down the food required for your meal plan and any basic food ingredients that need to be replaced.
- Consider the cost of takeaway food and pre-prepared food compared with the cost of ingredients that may be purchased separately and combined at home.
- Purchase sufficient fruit and vegetables for snacks and meals.
- Consider the possibility of using a combination of home-prepared food and packaged food to save time and labour; for example, a packet or canned product can be used as the base of a casserole.

Purchasing food

Appropriate selection of food ingredients is important for the best results when cooking. Personal preferences and the food budget will have a major influence on the purchases made. When choosing food, consider price, the potential for wastage, and the amount of processing the food has undergone. Use the information provided on the food label to help make your decision.

Strategies for purchasing food

- Buy from clean, well-managed shops where trade is brisk; rapid turnover ensures freshness. Markets may provide cheaper and fresher food.
- Buy food in season, especially fruit and vegetables, for they will be cheaper and have more flavour.
- Compare different types of meat and consider the proportionate amounts of muscle, bone and fat in different cuts.
- Watch the trend in market prices, and take advantage of specials—but only of foods that will be used.
- Compare weights and prices and use the price-per-kilo guide, where it is marked on the products or shelf.
- Take an insulated container to the shops if it will take more than 20 minutes between removing perishable foods from the retail freezer or refrigerator and placing them in the home freezer or refrigerator.
- Buy only small quantities of new foods until you are sure of the quality and acceptability.
- Read the information given on the food label relating to mass, ingredients, nutrition and best-before or use-by date. Consider the nutritional value of the food.
- If possible, keep a reserve of canned, packet and frozen foods for emergencies.

Preparing food

Use the list at the beginning of a recipe to gather the ingredients and equipment before starting to make the dish. Ensure that your equipment and workbench are clean and that the rules of personal hygiene (pp. 87–8) are observed. Keep cold food below 5°C and hot food above 60°C to ensure bacterial growth is kept to a minimum, thus reducing the likelihood of food poisoning.

Strategies for preparing food

- Keep food refrigerated or frozen at all times when prepared in advance.
- Ensure that all equipment is clean, safe and in working order.
- Follow the rules of personal hygiene.
- Prepare first the food that needs to be cooked and then served cold.
- Ensure that food is kept according to the temperature danger zone at all times (see p. 87).

Presenting meals and entertaining guests

Each household has its own way of cooking, serving and eating meals. Breakfast and lunch are often prepared and eaten on an individual basis, depending on each person's time schedule and food requirements. The evening meal may be eaten as a group around the kitchen or dining room table, or it may be eaten in a more informal way.

Entertaining may be formal, with several courses served at the table or buffet, or informal, as a barbecue or snack meal.





Table setting

- The table or eating area should be prepared according to the type of meal being served and the occasion. For example, some meals may require glassware, a tablecloth and china, while others, such as casual outdoor barbecues or family meals, may require more durable or fun tableware.
- A tablecloth or heat-resistant mats may be used to protect the table surface.
- The cutlery is arranged in the order in which the pieces are to be used, commencing from the outside.
- Colour contrast and atmosphere may be created through table decorations, such as flowers, fruit, nuts and candles. Any table decoration should not obscure the view across the table.

Serving and eating utensils and equipment include:

- small plates
- large plates
- soup or dessert bowls
- drinking glasses
- knives, forks and spoons (or chopsticks, if appropriate)
- small and large jug
- mugs or cups and saucers
- sugar bowl
- serving platter
- salt and pepper shakers
- salad bowl and servers.

Table manners

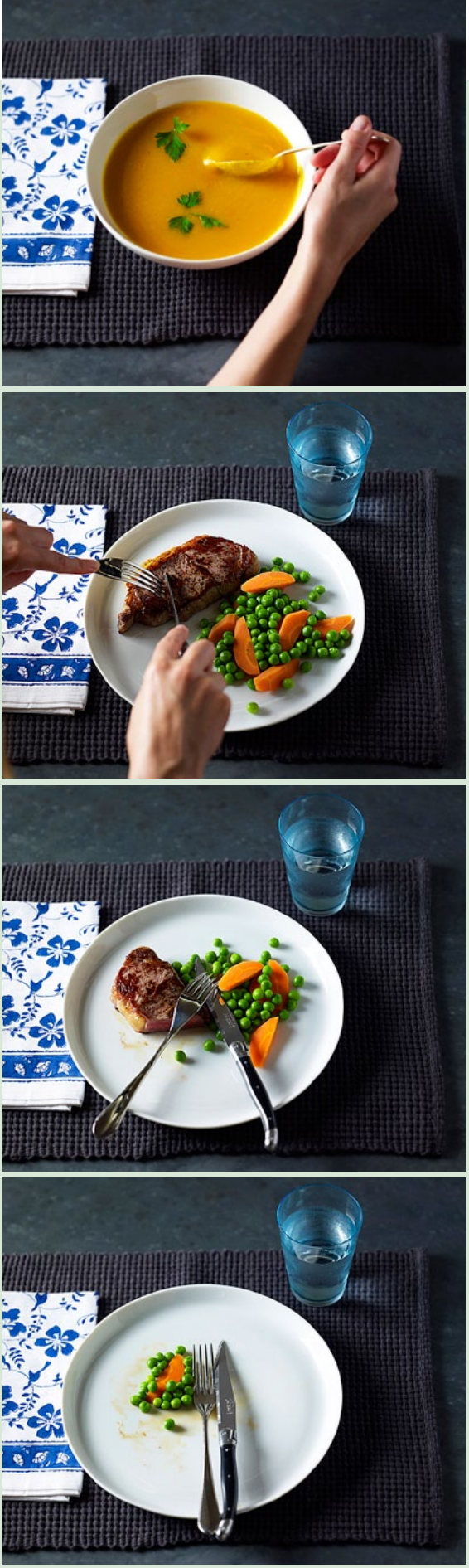
Every family or household has its own expectations of what constitutes good table manners. Expectations are influenced by cultural background and lifestyle. It is important to be aware of other people's expectations, especially when eating out or in someone else's home.



Examples of table settings

Entertaining

- When planning to entertain, take into account the food preferences of the guests, your budget, your experience in cooking, and the space and equipment available for cooking and serving.
- Flavours and textures should be well combined, avoiding repetition of ingredients and flavours in different courses.
- Use cutlery or utensils suitable to the occasion; for example: a knife and fork at a formal dinner, chopsticks and a finger bowl at an Asian meal, a fork only for a buffet meal or party food, or fingers and a serviette at a casual barbecue.
- Let the guests know the place, the occasion, the time and possible duration of the meal. This information may be conveyed in a manner to suit the occasion: a telephone call, a friendly note or a formal invitation. The reply is usually given in the same manner as the invitation. After the visit, a note or a phone call from the guest to express thanks is a gesture the host will appreciate.
- Much of today's entertaining is informal. Barbecues and buffet meals make fewer demands on the host than a formal meal.
- The buffet meal—or smorgasbord—at which guests serve themselves is popular. Here, ease of eating and serving is an important factor. All items required for a particular course should be readily accessible and placed in the order in which they will be required, with serving plates at the start and cutlery and serviettes at the end. If there is no seating, the dishes chosen should be such that they may be easily eaten with a fork when the diner is standing.



Top to bottom: eating soup; cutting food; position of cutlery while chewing; position of cutlery at the end of the course

Catering for large groups

Preparing and serving food for larger groups requires careful planning well in advance of the function. Prior to the event, confirm all of the following:

- the type of function—finger food, drinks and savouries, or a substantial meal
- the budget allocation for the function—food and drink, hire of staff and equipment, decorations, entertainment and incidentals all need to be covered

QUANTITIES FOR CATERING

Food	Quantity per person
Savouries	4–6 items if served with drinks before dinner; for a finger food function of 1½–2 hours, allow 10–12 items
Soup	200 mL
Meat	100–125 g uncooked, or 75–100 g cooked
Poultry	250 g if it contains bones; a number-12 chicken serves four people, a number-15 chicken six people; if there are no bones, 125 g is sufficient
Gravy and sauces	60–80 mL
Fish	150 g if whole, 125 g if cutlet with bone, or 100 g if boned fillet
Casseroles	200 mL if vegetables are also served; 300–400 mL if casserole includes some vegetables and if potatoes, rice or other cereal are also served; 400–450 mL if all vegetables are included in the casserole dish
Salads	75–100 g of each salad, up to a total of 300 g if served with meat, fish or similar; one lettuce serves 10 people
Vegetables	75–100 g of each vegetable, up to a total of 300 g if served with meat, fish or similar
Sweet sauces	65 mL
Sandwiches	A 900 g sandwich loaf has approx. 28 slices of bread, making 56 points, or triangles; allow 200–250 g butter, margarine or dairy blend per loaf; allow 40–50 g filling per 2 slices of bread (approx. 500 g per loaf), depending on type of filling
Cakes	A 24-cm deep, round springform pan provides 18–24 serves (see p. 410 for other sizes of pans)
Desserts	175–200 g, depending on the richness and amount of garnish
Fruit desserts	Approx. 125 g prepared fruit
Cream	20–30 mL for piping and 30–40 mL for pouring
Ice-cream	A 2 L container provides 20 100 mL serves
Drinks	When serving food with drinks, 2–3 drinks for a function lasting 1 hour, 3–4 drinks for 2 hours and 4–5 drinks for 3 hours; a 750 mL bottle of wine serves 5 to 6 drinks
Tea	3 g tea and 200 mL boiling water
Coffee	1.25 g instant coffee or 5 g ground coffee and 200 mL water

- the number and age of the guests—older people will tend to eat less than teenagers
- dietary restrictions—guests with special dietary needs, such as vegetarians, diabetics and people whose religious beliefs prohibit them from eating or drinking certain foods
- special food requirements—for example, a birthday cake
- pre-dinner arrangements—drinks and savouries to be served prior to dinner?
- the soft drink and alcoholic drink requirements—are these to be provided by the caterer?
- food and drink service—guests to be seated and served at table? to serve themselves from a buffet and then sit at table? to serve themselves from a buffet and eat standing up?
- the theme of the occasion—is a special colour scheme or special decor required? will the caterer be required to organise entertainment? will a sound system be needed?
- food-preparation facilities—are extra refrigeration, cooking and food-warming facilities required?
- availability of equipment—will tables and table linen, chairs, china, cutlery, glassware and serving equipment need to be hired?
- staff—will waiting, cooking or cleaning staff need to be hired?
- legal requirements—any documents required by local councils or state departments under food safety or other legislation; for example, lodgment of a food safety plan and application for a liquor licence.

Food evaluation

Tips for product quality are provided in this book for many foods. Food quality is evaluated in several ways and our assessment of it is influenced by personal likes, dislikes, cultural expectations and senses.

Sensory evaluation measures our reactions and acceptance of the appearance, aroma, taste and texture of food. In some cases, the sound of food as it is being eaten is also important.

In the food industry, panels of consumers are assembled to evaluate food products, eat them and record their responses. Three main types of test are used in sensory evaluation:

- **Descriptive tests**, which develop a description of the characteristics of the product; each characteristic may then be evaluated to determine the level of acceptability.
- **Difference tests**, which test the extent to which one product can be distinguished from another that has similar characteristics; these tests are used to either try to replicate another product or to check if making a product in commercial quantities produces the same quality product that was developed and tested in smaller quantities.
- **Preference tests**, which determine the acceptance and degree of liking a product, or the preference between two or more products.

STRATEGIES FOR PLANNING A LARGE EVENT



- Choose a menu with variety in colour, texture and taste. Have some hot dishes and some cold to effectively use equipment and to help in last-minute preparation and service. Select dishes familiar to the cook that allow safe advance preparation. The larger the number of people, the more advance preparation is required. If serving several courses at table, have at least one course with very little last-minute preparation; for example, make the first course cold and serve it before the guests come to the table. This gives extra time for serving a hot main course.
- Choose a colour scheme that can be coordinated through table linen, flowers and other decorations.
- Develop an action plan that details all the tasks necessary at each stage of planning, preparing and presenting the event. Include purchase requirements, details of food that can be prepared in advance and frozen or refrigerated, provisions for setting the tables and preparing any flowers or other decorations, detailed notes for last-minute preparations. Prepare a detailed time plan for the duration of the function.
- Prepare a checklist of the equipment needed in the food preparation.
- Make a checklist of the equipment to be used by the guests—tables, chairs, tablecloths, serviettes, condiments, glasses, plates for each course, bread and butter plates, cups and saucers, serving bowls and dishes, knives, forks, spoons, sugar bowls, milk jugs, butter dishes, wine and water carafes, decorations.
- Prepare a list of food and garnishes needed for each course and extras such as salt, pepper, bread or bread rolls, butter, tea, coffee, sugar, milk, wine, soft drink and other beverages.

STRATEGIES FOR PRESENTING THE FOOD

- Ensure that hot dishes are very hot and cold dishes very cold.
- Set up a buffet so that guests pick up a plate first, then move along the table to serve themselves from the serving dishes, picking up cutlery and serviettes at the end. If guests are to sit at tables, the cutlery, serviettes and condiments can be set on the tables. Drinks and glasses can be on a separate serving table, placed on each table or served at the table.
- Provide iced water, with glasses, at each table or ensure that they are readily available.
- Employing a person to wash the dishes as the function is in progress will make the cleaning-up process considerably easier at the end, and will help keep the kitchen clean and tidy and help free up space for serving.
- If tea and coffee are to be served, ensure that the preparation starts prior to the end of the meal so that they are ready to serve soon after the last course is finished. Sugar and milk may be placed on the tables so that guests can serve themselves.



*5

Fruit

Fruit is the seed-bearing part of a plant. Fruit is low in fat, a good sources of vitamins and minerals, and an excellent source of dietary fibre. The health benefits of eating several serves each day have been proven in many clinical studies. A wide variety of fruit is available in markets and retail outlets throughout Australia. Most of these—both tropical and cool-climate varieties—are grown within Australia. Fruit contains high levels of the sweet sugar fructose, and can be eaten raw or cooked.

Seasonal fruit guide

Fruit classification	Examples	Availability
Berries	Strawberries, raspberries, blackberries and blueberries	Available from November to late March. Strawberries and some other berries are available at other times of the year, but are more expensive
Citrus fruit	Oranges, lemons, grapefruit, cumquats and mandarins	Available all year round, but locally grown citrus fruit is in season from late April to September
Cucurbits fruit	Rockmelon (cantaloupe), watermelon and honeydew melon	Usually available all year round due to air-freighted imports. The local season is from November to March
Pome fruit	Apples, pears and quinces	Ripen during late summer, but controlled-atmosphere storage extends their season and availability
Stone fruit	Cherries, apricots, peaches, nectarines and plums	Ripen at different times between November and March according to variety
Tropical and warm climate fruit	Papaya, mangoes, figs, feijoas, guavas, persimmons, tamarillos, passionfruit, grapes, bananas and pineapple	Available all year round due to air-freighted imports. The local season is from November to March



Purchase and storage

Fruit should be purchased at the peak of its season to ensure maximum flavour and lowest cost. Controlled-atmosphere storage, refrigerated transport and air freighting have extended the length of time particular fruit is available. Mature fruit that has been picked in season has the highest levels of fructose and maximum crispness as it has not become dehydrated during long periods of storage. Most fruit will retain flavour and texture if kept in a cool place, such as a refrigerator crisper.

Cooking processes

Baking is suitable for apples and pears (see p. 516 for recipe).

Frying is suitable for fibrous fruit like bananas and pineapple. The fruit may be dipped in batter and deep-fried or shallow-fried in fat or oil to prepare fritters.

Grilling, barbecuing and pan-frying are suitable for fibrous fruit, such as pineapple and bananas. Fruit cooked in this way may be served with meat and vegetables.

Microwaving is ideal for cooking fruit because of its high water content. (For microwaving fruit, see p. 509.)

Poaching involve simmering fruit in a small amount of water and sugar to soften the cellulose. Sugar added at the beginning of cooking preserves the cell structure and keeps the pieces of fruit whole—a process called compoting. Adding sugar at the end of cooking breaks down the cell structure and reduces the fruit to a purée. (For poaching fruit, see p. 509.)



NUTRITIONAL VALUE

Fruit is a valuable source of vitamin C and dietary fibre. It contains little or no fat. Orange and yellow fruit is a good source of beta-carotene, which is converted into vitamin A in the body. Raw fruit is more nutritious than cooked fruit because heat destroys vitamin C and reduces the fibre content by softening cellulose.

Descriptions

See pp. 65–6 for descriptions and suggested uses for Australian native fruit.

APPLE

Description: A core surrounded by crisp, juicy white flesh; skin may be red, green or yellow, according to variety; most varieties picked between February and May, but available all year round because of controlled-atmosphere storage.

Uses include: Eating fresh, stewing; cakes, desserts.

Preparation: Rinse; remove core; may be peeled.

VARIETIES

Bonza—red skin with a crisp texture and exceptional keeping qualities; an eating apple.

Delicious—red or golden in colour, mildly aromatic and sweet; an eating apple; five bumps around the base distinguish it from other varieties.

Fuji—round and red, with a crisp texture and sweet flavour; an eating apple; crispness makes it suitable to serve with cheese; texture is maintained after cooking.

Granny Smith—bright-green in colour, firm and juicy; sweet to tart in taste; used for cooking, eating fresh, juicing, canning and drying.

Jazz—red skin, crunchy, juicy; an eating and dessert apple; available all year round.

Jonagold—red and gold in colour, cream flesh, crisp; an eating apple.

Jonared—red, gold in colour, tart, crisp eating apple.

Jonathon—bright-red to dull, deep-red skin, with juicy white flesh, crisp and fragrant; an eating apple.



Sundowner apple



Red delicious apple



Fuji apple



Granny Smith apple



Golden delicious apple

Pink Lady—golden colour with streaks of red-pink, crisp texture; an eating apple.
Royal Gala—pinky-red colour, white flesh; an excellent eating apple.
Sundowner—red colour with white markings; a good baking apple.

APRICOT

Description: Fleshy one-stone fruit, pale-orange in colour; best flavour November to January.
Uses include: Eating fresh, stewing, poaching, drying, brandying; cakes, desserts, pastries, chutneys, jams.
Preparation: Rinse; remove stone and kernel.


Apricot

BANANA

Description: Green skin (starchy taste) ripening to yellow skin (sweet taste).
Uses include: Eating fresh, baking, frying, poaching, grilling, drying; cakes, desserts, fruit salads; serve as an accompaniment to curry.
Preparation: Remove peel.

VARIETIES

Cavendish—popular common eating variety.
Lady Finger—also known as sugar banana; an eating banana that is shorter, thicker and sweeter than the Cavendish variety.


Banana


Jonared apple | Imperial gala apple | Pink lady apple | Royal gala apple



Blackberry

BLACKBERRY

Description: Small, shiny, black fruit made up of a collection of drupelets; best flavour November to March.
Uses include: Eating fresh; jams, cakes, desserts.
Preparation: Rinse if necessary.

BLACKCURRANT

Description: Very small, juicy, black berries.
Uses include: Eating fresh, drinking (juice); cheese platters, fruit salads, pies, tarts, jellies; may be served as a sauce with meat and desserts.
Preparation: Rinse if necessary.

BLACK SAPOTE

Description: Small, round fruit with light-green skin and dark-brown flesh; has little flavour.
Uses include: Eating fresh; desserts (pureed).
Preparation: Spoon out flesh.



Blackcurrant

BLUEBERRY

Description: Small, spherical, smooth-skinned blue-black fruit; best flavour November to March.
Uses include: Eating fresh; cakes, pies, desserts, jams, muffins.
Preparation: Rinse if necessary.

BOYSENBERRY

Description: A cross between a blackberry and a raspberry; best flavour November to March.
Uses include: Eating fresh; cakes, pies, desserts, jams.
Preparation: Rinse if necessary.



Blueberry



Boysenberry

BREADFRUIT

Description: Large and uneven in shape with a rough, brown skin.
Uses include: Usually cooked and mashed to eat as a vegetable.
Preparation: Remove skin.



Breadfruit

CANISTEL (HONEY SAPOTE)

Description: Egg-shaped fruit with smooth orange-yellow skin; yellow flesh has several large seeds.
Uses include: Eating fresh; desserts.
Preparation: Remove seeds and spoon out flesh.



Canistel

CAPE GOOSEBERRY

Description: Fruit contained in a papery husk, with one fruit inside each shell; ripe fruit is a greenish-yellow and has a slight cherry taste; best flavour November to March.
Uses include: Eating fresh; jams, preserves.
Preparation: Remove husk, rinse.



Cape Gooseberry

CARAMBOLA (STAR FRUIT OR FIVE-CORNER FRUIT)

Description: Five-angled fruit with a star-shaped cross-section; has waxy yellow skin.
Uses include: Eating fresh; jams, jellies, fruit salads; an attractive garnish (sliced).
Preparation: Rinse if necessary.



Carambola



Cherry

CHERRY

Description: Shiny fruit formed in clusters; bright-red in colour, ripening to deep red; best flavour November to January.
Uses include: Eating fresh, canning, stewing, brandying; fruit salads, cakes, desserts; a garnish (glacé).
Preparation: Rinse; remove pip (or retain if required).



Coconut

COCONUT

Description: Large fruit with a thick fibrous husk, beneath which is a thin white fleshy layer ('meat'); interior filled with milky liquid.
Uses include: Drying, desiccating, shredding, flaking, cubing; cakes, biscuits, curries, ice-cream, desserts, confectionery.
Preparation: Break open shell, cut pieces off shell.



Cranberry

CRANBERRY

Description: Small, round, red fruit with a pleasant acidic taste; best flavour November to March.
Uses include: Drinking (juice); sauces, relishes, sandwiches, desserts, cakes; cranberry jelly or sauce is a traditional accompaniment with turkey.
Preparation: Rinse if necessary.

CUMQUAT (KUMQUAT)

Description: Looks like a miniature orange, but may be round or oval in shape; has a tart flavour; best flavour April to August.
Uses include: Marmalade, cakes, biscuits; brandying, liqueur fruit.
Preparation: Rinse; use peel and flesh.



Cumquat

CUSTARD APPLE

Description: Smooth-skinned fruit with a dull-yellow to red skin, which has a netted pattern; ripe flesh is sweet and granular in texture.
Uses include: Eating fresh; fruit salads, ice-cream, desserts.
Preparation: Remove peel and seeds.



Custard apple

DATE

Description: Oval russet-brown fruit, available fresh or dry.
Uses include: Sweet and savoury dishes; breads, cakes, scones, muffins, muesli; soft or fresh dates can be served on cheese platter.
Preparation: Remove stone.


Date

DRAGON FRUIT

Description: Large fruit with leathery, leafy skin and sweet white flesh dispersed with small black edible seeds.
Uses include: Eat fresh, flavour beverages, make juice or wine.
Preparation: Cut open, remove skin.


Dragon fruit

DURIAN

Description: Large fruit with a yellow, woody outer layer and hard sharp spines; can weigh up to 4 kg; has a slightly sickening aroma when overripe; custard-like flesh is pale-yellow and contains large, brown seeds; has an aromatic, sweet flavour; a delicacy in Asian countries.
Uses include: Eating fresh; cakes, jams; may be served with Asian rice and meat dishes.
Preparation: Remove skin and seeds.


Durian

FEIJOA

Description: Oval berries with a tough skin, dark-green to yellow when ripe; flesh is white or yellow, around a jelly-like pulp.
Uses include: Eating fresh; jellies, preserves.
Preparation: Remove skin.


Feijoa

FIG

Description: Purple, green or red pear-shaped fruit, available fresh and dried.
Uses include: Eating fresh, cheese platters; jams, dried in preserves, cakes, desserts and breads.
Preparation: Rinse; leave skin on, or peel off.


Fig



Gooseberry

GOOSEBERRY

Description: Small, oval, green to purple berries, particularly high in vitamin C; best flavour November to March.
Uses include: Compotes, salads, pies, tarts, desserts, preserves.
Preparation: Rinse.



Grape

GRAPE

Description: Small white, black, red, purple or green fruit that grows in bunches; size and colour of fruit vary according to variety; available fresh and dried.
Uses include: Eating fresh; desserts, cheese and fruit platters, preserves; dried (as sultanas, raisins and currants), in cakes, desserts, breads, muffins, muesli.
Preparation: Rinse.



Grapefruit

GRAPEFRUIT

Description: Large, yellow to pink citrus fruit; segmented flesh surrounded by bitter-tasting pith; yields sour-sweet juice; in season April to August.
Uses include: Eating fresh, drinking (juice); marmalade.
Preparation: Cut in half and separate into segments to eat fresh; pith is bitter.

GUAVA

Description: Green fruit, turning to yellow when ripe; flesh colour ranges from white to deep pink; one of the richest sources of vitamin A.
Uses include: Eating fresh with cheese, fruit salads, drinking (juice), poaching, stewing; jellies, preserves.
Preparation: Rinse.



Guava



Honeydew melon

HONEYDEW MELON

Description: Round melon with smooth white-green skin; pale to darker green flesh is finely textured, sweet and juicy.
Uses include: Eating fresh; fruit platters, fruit salads.
Preparation: Cut in half, remove seeds and skin.



Indian fig

INDIAN FIG

Description: Oval yellow-orange fruit with prickly skin; may be confused with the fruit of the prickly pear (which is prohibited by law from being grown in Australia).
Uses include: Eating fresh.
Preparation: Remove skin and seeds.



Jackfruit

JACKFRUIT

Description: Large, oval fruit with a rough green skin; flesh is soft and juicy with a pungent odour and contains many large white seeds.
Uses include: Eating fresh; curries (seeds and flesh); chutneys, jams, ice-cream.
Preparation: Remove skin and seeds.



Kiwi fruit

KIWI FRUIT (CHINESE GOOSEBERRY)

Description: Oval-shaped fruit with light-brown furry skin and green pulp with many tiny black seeds around the centre; a rich source of vitamin C.
Uses include: Eating fresh; fruit salads, fruit platters; desserts, pies, cakes, ice-cream, sorbets; chutneys and pickles.
Preparation: Remove skin.

LEMON

Description: Oval-shaped citrus fruit with yellow skin and acidic flavour.
Uses include: Flavouring and garnishing sweet and savoury dishes; skin may be finely grated (rind or zest) for flavouring.
Preparation: Cut and use as required; pith is bitter.

VARIETIES

Eureka—yellow skin; tangy flavour.
Lisbon—orange-yellow skin; sweet flavour.
Meyer—bright-yellow skin; tangy flavour.



Eureka lemon



Lime

LIME

Description: Similar to lemon, with a thin, bright-green skin and green juicy pulp.

Uses include: Flavouring and garnishing sweet and savoury dishes.

Preparation: Cut and use as required; pith is bitter.



Loganberry

LOGANBERRY

Description: Small, dull-red fruit, cylindrical in shape, made up of drupelets; has a strong, slightly tart flavour; best flavour November to March.

Uses include: Desserts, pancakes, muffins, fruit salads, puddings.

Preparation: Rinse if necessary.



Loquat

LOQUAT

Description: Round fruit with a thin, yellow, furry skin; the firm flesh is white to yellow and has a tangy sweet flavour; contains one or two large seeds.

Uses include: Eating fresh; fruit salads.

Preparation: Remove skin and seeds.

LYCHEE

Description: Sweet-flavoured, small, round fruit with a rough, leathery red skin; the flesh is translucent and pearly white and surrounds a shiny, hard, brown seed.

Uses include: Eating fresh; fruit salads; may be served with ice-cream, ham, chicken and pork.

Preparation: Remove skin and seed.



Lychee

MANDARIN

Description: A fruit smaller than an orange, with a deep-orange skin that peels easily and segmented flesh.
Uses include: Eating fresh; desserts, fruit and vegetable salads.
Preparation: Remove skin and pips.

VARIETIES

Ellendale—A little more difficult to peel and moderately seedy.
Imperial—easy-to-peel variety.
Honey Murcott—small and sweet variety.



Ellendale mandarin

MANGO

Description: Oval-shaped fruit with yellow-to-green or orange-to-red tough, edible skin; the fibrous flesh adheres to a large, flat pip; an excellent source of vitamin A.
Uses include: Eating fresh; ice-cream, fruit salads, cakes, pies, puddings, jams, chutneys, sauces; may be served as an accompaniment to curries.
Preparation: Cut in half around pip; serve with or without skin (do not eat skin).



Bowen mango

VARIETIES

Bowen—late season variety (December to March).
Kensington Pride—early season variety (November to February).

MULBERRY

Description: Not a true berry but rather a multiple fruit; has a shiny, deep-purple colour and is 2–3 cm in size; the leaves are eaten by silkworms.
Uses include: Eating fresh; cakes, desserts.
Preparation: Rinse if necessary.



Mulberry

NASHI

Description: Asian variety of fruit resembling an apple; green-to-brown textured skin; the flesh is crisp, white and juicy.
Uses include: Eating fresh.
Preparation: Rinse if necessary; skin is eaten.



Nashi



Nectarine

NECTARINE

Description: Stone fruit with a yellow-to-red smooth skin and white-to-yellow flesh; best flavour in January and February.

Uses include: Eating fresh; compotes, fruit salads, desserts, cakes, preserves.

Preparation: Rinse if necessary, remove stone.



Valencia orange

ORANGE

Description: Orange-coloured citrus fruit with white pith surrounding orange segments.

Uses include: Eating fresh, drinking (juice); fruit and vegetable salads, desserts, cakes, preserves; skin may be finely grated (rind or zest) for flavouring.

Preparation: Remove peel.

VARIETIES

Navel—winter variety, thick and pebbly skin, easy to peel and divide into segments, seedless.

Valencia—summer variety, smooth, thin skin, a few seeds.

Seville—bitter fruit that is used for marmalade.



Papaya (pawpaw)

PAPAYA (PAWPAW)

Description: Oval-shaped, green-to-yellow to orange fruit; has pink-to-orange flesh; centre is filled with edible brown-black round seeds.

Uses include: Eating fresh; fruit platters, preserves, fruit salads, desserts. Fresh papaya tenderises meat.

Preparation: Remove skin and seeds.



Passionfruit

PASSIONFRUIT

Description: Egg-shaped fruit with a thick, purple skin; cavity filled with sweet, juicy, yellow pulp containing small black seeds; best flavour March to September.

Uses include: Eating fresh, drinking (juice); ice-cream, icing, fillings, jams, fruit salads, gelatine desserts, sauces; topping on pavlova.

Preparation: Cut in half, spoon flesh from skin.

PEACH

Description: Stone fruit with a velvety white, yellow or red skin; the white or yellow flesh may be attached to the stone (clingstone) or separated (slipstone); best flavour December to March.
Uses include: Eating fresh; fruit and vegetable salads, desserts, compotes, fruit platters, pies, sauces, chutneys, preserves.
Preparation: Rinse, remove stone; may be peeled.



Peach

PEAR

Description: Most varieties are the traditional pear shape with white flesh and a slightly acid but sweet taste; skin colour depends on variety.
Uses include: Eating fresh; cheese platters, fruit and vegetable salads, compotes, desserts, cakes, preserves.
Preparation: Rinse, remove core; may be peeled.

VARIETIES

Beurre Bosc—elongated with a long, tapering neck; flesh is firm, white and juicy with an aromatic flavour; skin is russet-brown, changing to dark cinnamon-brown when mature; keeps well; available from late March through to end of June.
Corella—small, red eating pear; sweet flavour.
Packham—medium to large in size, with a short neck, green skin that changes to light yellow when ripe; white, juicy, sweet flesh; available from mid February to July.
Williams or Bartlett—medium to large regular shape; light-green skin, changing to light-yellow when ripe; sweet, white flesh with an aromatic flavour; mainly used for canning and drying; available from late January to end of February.



Beurre Bosc pear



Packham pear

Corella pear

PEPINO (TREE MELON)

Description: Small melon-shaped fruit with a satin-like green-to-yellow skin bearing vivid purple stripes; flesh is pale-yellow with a delicate sweet flavour resembling a mixture of lemon, pineapple and melon.
Uses include: Eating fresh; fruit salads, marinades, liqueur.
Preparation: Remove skin.



Pepino



Persimmon

PERSIMMON

Description: Round, orange- to red-coloured fruit, 5–8 cm in size.
Uses include: Eating fresh; jams, cakes, fruit salads.
Preparation: Rinse, use whole or scoop out flesh.



Pineapple

PINEAPPLE

Description: Large, cylindrical fruit with a tuft of narrow-pointed leaves at the top and diamond-patterned rough skin that is green to yellow in colour; fibrous flesh radiates from a hard central core and is sweet but slightly acidic in flavour; flesh becomes deeper yellow, softer and sweeter as fruit ripens; best flavour October to March.
Uses include: Eating fresh; desserts, jams, fruit salads, fruit drinks, cakes, biscuits.
Preparation: Remove leaves, skin and core.



Plantain

PLANTAIN

Description: A fruit eaten as a vegetable; similar in appearance to banana, but thicker and very starchy.
Uses include: Cook and eat as a vegetable; slice and fry as chips; suitable for curries and stir-fries.
Preparation: Remove skin.



Plum

PLUM

Description: Ovoid stone fruit with many varieties, distinguishable by skin and flesh colours; dried plums are called prunes; best flavour January to March.
Uses include: Eating fresh; fruit salads, compotes, pies, cakes, fillings, desserts, jams, preserves.
Preparation: Remove stone.

VARIETIES

Angelina—dark-purple skin and yellow flesh.
Damson—red skin, yellow flesh; good for jam making.
Santa Rosa—deep-red skin and yellow flesh.
Satsuma—red skin and red flesh.

POMEGRANATE

Description: Orange-to-red spherical fruit crowned with a permanent calyx; divided by walls of pith into several cells containing many seeds in a pink, sweet acid pulp.

Uses include: Eating fresh, drinking (juice); Turkish dishes, lamb, jellies (juice); a garnish for fruit salads.

Preparation: Remove seeds for eating; use whole for garnish.



Pomegranate

POMMELO

Description: Citrus fruit similar to large grapefruit; has bitter pith.

Uses include: Eating fresh, juice.

Preparation: Cut in half and separate into segments to eat fresh.



Pommelo

QUINCE

Description: Hard, yellow fruit, oblong in shape with a small crown at the stalk end; best flavour April to May.

Uses include: Desserts, preserves, jams, jellies, paste; may be oven-roasted to serve with meats.

Preparation: Remove skin and core; must be cooked, developing a pink colour.



Quince

RAMBUTAN (HAIRY LYCHEE)

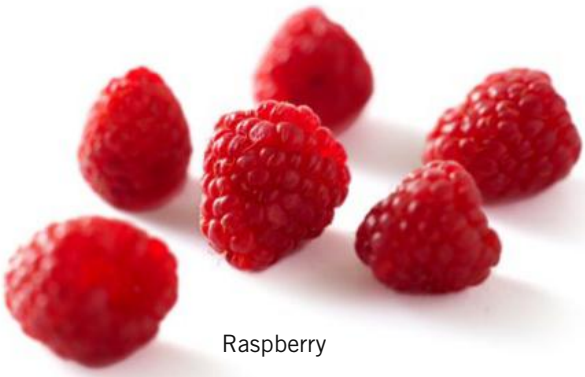
Description: Bright-red or orange skin covered with soft spines or hairs; fruit contains a single seed; flesh is juicy and sweetly acid, resembling a grape in flavour.

Uses include: Eating fresh; fruit salads, jams, jellies; may be served with ice-cream, ham, chicken and pork, and on cheese and meat platters.

Preparation: Remove skin and seed.



Rambutan



Raspberry

RASPBERRY

Description: One-seeded red drupe, conical in shape and approximately 2.5 cm in length; best flavour November to March.
Uses include: Fruit salads, desserts, sauces, coulis, sorbets, jams.
Preparation: Rinse if necessary.



Redcurrant

REDCURRANT

Description: Small, juicy red berries with a very short summer season; also white variety with almost transparent berries.
Uses include: Eating fresh; fruit salads, cheese platters, pies, tarts, jellies; may be served as a sauce with meats and desserts and in small bundles as a garnish.
Preparation: Rinse if necessary.



Rhubarb

RHUBARB

Description: Long, fleshy stalks of green and red colour; has a strong acid flavour. Leaves are toxic.
Uses include: Soufflés, jams, ice-cream, cakes, puddings, pies; often combined with apple.
Preparation: Rinse and stew.

ROCKMELON (CANTALOUPE)

Description: Fruit with a hard-ribbed, scaly rind and orange-coloured, sweet and aromatic flesh.
Uses include: Eating fresh; desserts, fruit salads.
Preparation: Cut into wedges; remove seeds and skin.



Rockmelon

SAPODILLA

Description: Round or oval fruit with thin, rough brown skin and sweet, slightly gritty flesh.
Uses include: Eating fresh; cakes, desserts.
Preparation: Remove skin.



Sapodilla

SOURSOP (PRICKLY CUSTARD APPLE)

Description: Large, unevenly shaped fruit with spiny green skin.
Uses include: Eating fresh; cakes, drinks.
Preparation: Remove skin.



Soursop

STAR APPLE

Description: Small, spherical fruit with green to dark-purple skin and white and purple flesh.
Uses include: Eating fresh; drinks.
Preparation: Peel and remove core.



Star apple

STRAWBERRY

Description: A small, red fruit that comes in many varieties, some red and some white inside; larger varieties tend to have less flavour than others; best flavour November to March.
Uses include: Eating fresh; fruit salads, desserts, sorbets, ice-cream, mousses, pies, tarts, jams, glazes, coulis, sauces.
Preparation: Rinse if necessary.



Strawberry



Tamarillo

TAMARILLO

Description: Ovoid fruit with a bitter-tasting, bright-orange to red skin and slightly acidic orange flesh with seeds in middle.
Uses include: Eating fresh with a sprinkling of sugar; stuffing for roast lamb; jams, chutneys.
Preparation: Remove skin and seeds.

TAMARIND

Description: A flat pod 7–15 cm long containing black seeds; when ripe, pods are dark-brown and sweet.
Uses include: Seasoning for meat and rice dishes.
Preparation: Rinse.



Tamarind

TANGELO

Description: The fruit is similar to an orange in colour and size; flesh and skin similar to mandarin, but with slightly stronger flavour.
Uses include: Eating fresh.
Preparation: Remove skin.

WATERMELON

Description: Large, round or oblong melon with a rich deep-green variegated skin. Flesh is soft, sweet, juicy and deep-pink to red in colour, some with black seeds throughout.
Uses include: Eating fresh; fruit platters, fruit salads, sorbets, ice-cream. The shell can be scooped out to hold salads.
Preparation: Cut; do not eat skin.



Tangelo



Watermelon



*6

Vegetables

A vegetable is an edible plant, or part of a plant. Vegetables add colour, texture and flavour to meals. They may be served with meat, poultry and fish or combined with pasta, legumes, noodles and rice to provide variety and nutritional value to the diet. Vegetables are high in fibre and starchy carbohydrate content, and many need to be cooked before eating.

Classification of vegetables

Vegetables are classified according to their edible parts: bulb, flower, fruit, fungi, leaf, root, seeds, sprouts, stem, tuber.

Category	Vegetable	Characteristics of healthy produce
Bulb	Garlic, leeks, onions, shallots, spring onions, water chestnuts, fennel	Firm, even in size
Flower	Broccoli, cauliflower, globe artichoke	Compact flower, medium in size; cauliflowers should be white
Fruit	Cucumber, eggplant, capsicum, pumpkin, squash, marrow, tomato, gherkin, green beans, choko, zucchini, chillies, snow peas, sugar snap peas, okra, bitter melon	Smooth, firm, good shape, medium size; beans should be crisp and green and with undeveloped seeds
Fungi	Mushrooms, truffles	Firm, free from insects
Leaf	Brussels sprouts, cabbage, bok choy, lettuce, watercress, spinach, parsley, endive, witlof, chives, silver beet, kale, warrigal greens	Crisp, rich green in colour
Root	Carrots, parsnips, radishes, kohlrabi, beetroot, turnip, swede, horseradish, taro	Firm, crisp tops
Seeds	Fresh: peas, broad beans, borlotti beans, sweetcorn Dried: legumes, peas, beans, lentils	Pods that are crisp, green, full; seeds even; free from impurities and not sprouting. No mould or foreign material
Sprouts	Alfalfa, bean shoots, mung beans, fenugreek, snow peas	Firm and crisp shoots
Stem	Asparagus, celery, silver beet	Crisp, free from cracks, even in size
Tuber	Potato, Jerusalem artichoke, sweet potato (kumara), celeriac	Firm and smooth, even size





NUTRITIONAL VALUE

Most vegetables are good sources of vitamins, minerals and complex carbohydrates, including fibre. Leafy vegetables are particularly rich in calcium, iron and vitamins A and C. Fruit vegetables are excellent sources of vitamin C, as are most tubers. Seed vegetables are rich in protein.

Prolonged cooking destroys heat-sensitive vitamins. During cooking, heat-sensitive water-soluble vitamins leach into water and are lost if the water is then discarded. Eating vegetables raw or cooking them for only a short time in a little amount of water ensures maximum nutritional value.

Purchase and storage

Use vegetables at the peak of their season to ensure maximum flavour and lowest cost. Controlled-atmosphere storage, refrigerated transport and air-freighting have extended the length of time particular vegetables are available. The ready availability of Asian vegetables has also extended the range we can choose from. Vegetables will retain flavour and texture for longer if kept in a cool place, such as a refrigerator crisper.

Cooking processes

Baking involves dry-baking vegetables in their own skins in a moderate oven. Vegetables cooked in this way retain most of their minerals.

Boiling involves rapid cooking in a small amount of boiling water. It conserves vitamins and minerals and retains the colour and flavour of the vegetable.

Braising involves sautéing vegetables with chopped bacon, then cooking them slowly in a casserole or saucepan in a small amount of stock or water, with the lid on.

Frying involves cooking vegetables in fat or oil, either deep-fried or shallow-fried.

Grilling is suitable for vegetables that cook quickly, such as tomatoes and mushrooms. The heat destroys some vitamins, but flavour, colour and minerals are retained.

Microwaving is ideal for cooking vegetables because of their high water content.

Parboiling involves partially boiling food then finishing the cooking process later.

Roasting involves cooking vegetables in a small amount of oil, or in the fat around meat being roasted.

Steaming involves cooking in a container above boiling water and requires a longer cooking time than boiling.

Stir-frying involves rapidly stirring vegetables for a very short time in a small quantity of hot oil in a wok or heavy-based frying pan. The brief cooking time and high temperature brighten the colour of the vegetables.

Descriptions

See pp. 65–6 for descriptions of and suggested uses for Australian indigenous vegetables.



Alfalfa

ALFALFA

Description: Fine sprouts with small green leaves. Available all year round

Uses include: Salads, lunch boxes, garnishes.

Preparation: Rinse if necessary.



Globe artichoke

ARTICHOKE, GLOBE

Description: Green flowers, of which the fleshy base and lower parts of the leaves are eaten.

Uses include: Accompaniments, salads, entrees.

Preparation: Rinse well, trim base and tough leaves from base, and trim tops with scissors.

Artichokes au beurre

To serve 4: Cook 4 prepared globe artichokes in 3 cm boiling water with 1 teaspoon (5 mL) lemon juice for 20 minutes, or steam until just tender. They are cooked when a leaf pulls out easily. Drain, pour over 1 tablespoon (20 g) melted butter and serve.

Artichokes hollandaise

To serve 4: Cook 4 prepared globe artichokes as above Drain. Serve with ½ cup (125 mL) **Hollandaise sauce** (p. 371).

Char-grilled artichoke hearts

To serve 4: Cook prepared globe artichokes as in **Artichokes au beurre**. Drain. Spray with olive oil and grill on hot griller until outside layer is dark-brown. Marinate in **French dressing** (p. 363) and serve with other salad vegetables.



Jerusalem artichoke

ARTICHOKE, JERUSALEM

Description: Cream-coloured tuber.

Uses include: Accompaniments, soups.

Preparation: Scrub, peel then place in water with 1 teaspoon lemon juice to prevent discolouration.

Artichokes in sauce

To serve 4: Cook 500 g prepared Jerusalem artichokes in 3 cm boiling water with 1 teaspoon (5 mL) lemon juice for 15 minutes. Drain and serve with 1 cup (250 mL) **White sauce** (p. 374) or **Cheese sauce** (p. 374).

ASPARAGUS

Description: A green or white stem and flower.
Uses include: Accompaniments, salads, soups, entrées.
Preparation: Trim, removing hard end, scrape skin from stalk.

Asparagus au beurre

To serve 4: Tie 500 g prepared asparagus in bundles and stand upright in 5 cm boiling water with lid on saucepan for 5–10 minutes. Drain, pour over 1 tablespoon (20 mL) melted butter and serve.

MICROWAVE METHOD

In 1 tablespoon (20 mL) water, microwave in covered dish for 2 minutes on medium high power. Turn and cook 2 minutes on medium high power. Pour over 1 tablespoon (20 g) melted butter and serve.

Asparagus hollandaise

To serve 4: Cook 500 g prepared asparagus as above. Drain. Serve with ½ cup (125 mL) **Hollandaise sauce** (p. 371).



Asparagus

AVOCADO

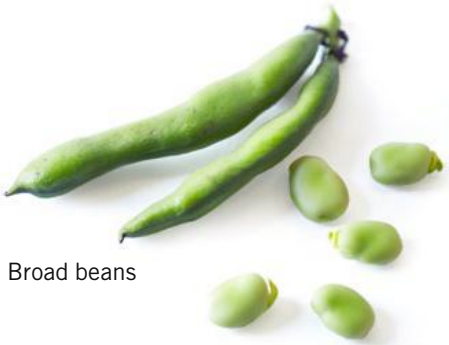
Description: Green pear-shaped vegetable, eaten raw.
Uses include: Flesh may be served sliced or mashed, combined with other ingredients.
Preparation: Cut in half lengthways and twist to separate; remove stone by twisting, using the blade of a knife; peel skin from flesh.

VARIETIES

Fuerte—in season from March to June; pear-shaped, with a smooth, shiny-green skin and deeper green-yellow flesh.
Hass or Haas—in season from July to December; purple-black knobbly skin and a creamy texture.
Sharwill—in season June and July; rough, green skin, rich flavour, small stone.



Avocado



Broad beans



Butter beans



Borlotti beans



Green beans



Scarlet runner beans



Snake beans

BEANS

Description: Legumes with edible seeds in long pods.

Uses include: Accompaniments, entrées.

Preparation: Varies according to variety.

VARIETIES

Broad beans—pods are removed and only the seeds are used.

Butter beans—pale-yellow pods and underdeveloped seeds; the whole pod is used in cooking; to prepare: rinse, top, tail and string beans; may be left whole or sliced diagonally.

Fresh borlotti beans—long, burgundy-speckled pod; seeds only are used; to prepare: remove seeds from pods.

Green beans—green pods and underdeveloped seeds; the whole pod is used in cooking; to prepare: rinse, top, tail and string beans; may be left whole or sliced diagonally.

Scarlet runner beans—large, firm, green pod that turns speckled-red when dried; use whole bean.

Snake beans (Long beans)—firm, bright-green pods.

Broad beans and bacon

To serve 2: Pod 1 kg broad beans (300 g seeds) and cook in 3 cm boiling water for 5–10 minutes. Drain. Fry 2 tablespoons (30 g) chopped bacon for 30 seconds. Add beans and 3 shakes pepper and fry gently for 2 minutes, stirring frequently.

Sautéed beans

To serve 4: Prepare 375 g beans and cook in 3 cm boiling water for 5–10 minutes. Drain. Add 3 shakes pepper, sauté in 1 teaspoon (5 g) butter and serve. Note: 1 tablespoon (15 g) pine nuts or slivered almonds may be added.

Sautéed broad beans

To serve 2: Pod 500 g broad beans and cook in 3 cm boiling water for 5–10 minutes. Drain. Add 2 shakes pepper, sauté in ½ teaspoon melted butter.

BEAN SHOOTS (NGA CHOI)

Description: Long, crisp, white shoots.
Uses include: Salads, Asian dishes, lunch boxes.
Preparation: Rinse well.



Bean shoots

BEETROOT

Description: A fleshy, red root.
Uses include: Accompaniments, salads, soups.
Preparation: Remove most of the top, leaving 3 cm; rinse well, but do not damage skin or root as colour will be lost; can be grated raw for use in salads and sandwiches.

Boiled beetroot

To serve 4: Place 2 prepared medium beetroots (250 g) in boiling water to cover them. Cook for 40–60 minutes, or until tender. (Can be cooked in pressure cooker for 10 minutes.) Drain and dice or slice, to serve hot or cold.

Beetroot in vinegar

To serve 4: Prepare and cook as for Boiled beetroot. Cut into 1 cm cubes, or slice. Pour ½ cup (125 mL) water, ⅓ cup (85 mL) vinegar, 1 tablespoon (20 g) sugar, ½ teaspoon salt and 3 shakes pepper over beetroot. Store in the refrigerator.

Sweet-and-sour beetroot

To serve 4: Prepare and cook as for Boiled beetroot. Cut into 1 cm cubes. Heat slowly in a saucepan with ½ cup (125 mL) water, ¼ cup (45 g) brown sugar, 1 tablespoon (20 g) butter, ½ cup (125 mL) vinegar and 3 shakes pepper. Blend 1 tablespoon (10 g) cornflour with 2 tablespoons (40 mL) cold water and stir into beetroot. Stir until boiling.



Beetroot

BITTER MELON (FOO GWA)

Description: Rough-surfaced, light-green melon with bitter flavour; similar to choi sum (see Cabbage, p. 129).
Uses include: Asian dishes, stir-fries.
Preparation: Rinse well; cut in half lengthways, remove and discard seeds; blanch and drain; fry or boil for a short time.



Bitter melon



Bok choy

BOK CHOY

Description: Small, dark-green leaves with white stalks joined at the base to form a small bunch; has a mild cabbage-like flavour.
Uses include: Stir-fries, accompaniments.
Preparation: Rinse well; may be used whole or leaves may be separated.

VARIETIES

Baby bok choy – a smaller variety with shorter white stems.
Pak choy – a shorter variety with wider green stems.



Broccoli

BROCCOLI

Description: Flower vegetable with green flowers and stem.
Uses include: Accompaniments, salads, crudités.
Preparation: Rinse well and remove woody stem, leaving flower and 10 cm stalk.

VARIETIES

Chinese broccoli, Chinese kale (Gai lan or Kai lan)—leafy vegetable that is slightly bitter with thick, flat, glossy green leaves and a thick stem and number of tiny flower heads; used in soups, meat dishes, stir-fries, Asian dishes; to prepare: steam, stir-fry or sauté leaves and florets.
Broccolini—sweet-tasting flower vegetable with small, crisp green flowers and stem; used as accompaniment to salads, crudités, stir-fries; to prepare: rinse, remove base leaving flower and stalk.



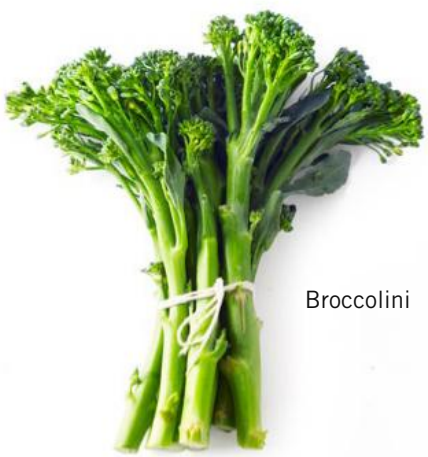
Chinese broccoli

Broccoli hollandaise

To serve 4: Cook 400 g prepared broccoli/broccolini in 3 cm boiling water for 5–8 minutes. Drain. Prepare ½ cup (125mL) **Hollandaise sauce** (p. 371) and pour over broccoli.

Broccoli mornay

To serve 4: Cook 400 g prepared broccoli/broccolini in 3 cm boiling water for 5–8 minutes. Drain. Prepare 1 cup (250 mL) **Cheese sauce** (p. 374) and pour over broccoli/broccolini.



Broccolini

Herbed broccoli

To serve 4: Cook 400 g prepared broccoli/broccolini in 6 cm boiling water for 5–8 minutes. Drain. Combine 2 tablespoons (40 g) melted butter, 1 teaspoon (5 mL) lemon juice, ½ crushed garlic clove, ⅛ teaspoon oregano and 3 shakes pepper. Spoon over broccoli/broccolini.

BRUSSELS SPROUTS

Description: Green leaves forming small heads attached to stem; only the heads are cooked.
Uses include: Accompaniments, salads.
Preparation: Rinse well, remove discoloured leaves; trim and cut a cross in base.


Brussels sprouts

Sautéed brussels sprouts

To serve 4: Cook 375 g prepared brussels sprouts in 3 cm boiling water for 5 minutes. Drain, add 3 shakes pepper and sauté in 1 teaspoon (5 g) butter.

CABBAGE

Description: Green leaves forming large heads.
Uses include: Accompaniments, salads, soups, stir-fries, Asian dishes.
Preparation: Rinse well, remove coarse leaves and stems.


Red cabbage

VARIETIES

Chinese cabbage (Wong bok)—long, rough, light-green leaves; used in meat dishes, stir-fries and Asian dishes.
Chinese flowering (Choi sum)—tender, fleshy stem and bright-green leaves and yellow flowers.
Drumhead cabbage—large head, green outer leaves, pale-green inner leaves.
Eastern cabbage—large head, green outer leaves, pale-green inner leaves.
Red cabbage—red colour; used in salads, stir-fries, accompaniments.
Savoy cabbage—small head, green crinkly leaves.
Wombok cabbage—tall leaves; used in Asian cookery.


Chinese cabbage

Braised cabbage

To serve 4: Fry 1 rasher (50 g) chopped bacon and 1 chopped onion (125 g) for 3 minutes. Add ¼ medium-sized cabbage prepared and shredded, 3 shakes pepper and 1 tablespoon (20 mL) water. Place lid on saucepan and simmer for 4 minutes.


Drumhead cabbage

Cabbage rolls

To serve 4: Rinse 4 large, whole cabbage leaves and parboil for 2 minutes in boiling water. Drain. Combine ½ cup cooked rice, 1 chopped onion (125 g), 125 g minced steak, ¼ teaspoon oregano, 1 crushed garlic clove and 3 shakes pepper. Place some mixture in the centre of



Savoy cabbage

each cabbage leaf, fold the leaf to a form parcel and secure with toothpicks. Place in a casserole dish and cover with tomato juice or tomato soup. Bake for 1 hour at 180°C.

MICROWAVE METHOD

Microwave whole leaves for 1 minute on medium power, and filled leaves 10–15 minutes on high power.

Red cabbage

To serve 4: Rinse and shred ¼ small cabbage. Cook in ½ cup (125 mL) water for 5 minutes. Add 1 tablespoon (20 mL) vinegar, 1 tablespoon (20 g) butter, 3 shakes pepper and 1 teaspoon (5 g) sugar. Boil, stirring continually, for 2 minutes.

Sautéed cabbage

To serve 4: Cook ¼ medium-size prepared and finely shredded cabbage in 3 cm boiling water for 4 minutes. Drain. Add 3 shakes pepper and sauté in 1 teaspoon (5 g) butter.



Yellow capsicum

Red capsicum



Green capsicum

CAPSICUM (PEPPER)

Description: Sweet, red, green or yellow fruit.

Uses include: Accompaniments, crudités, soups, salads, casseroles, entrées, Asian dishes, and lunch boxes.

Preparation: Rinse well, remove top and scoop out seeds.

Capsicum boats

To serve 4: Parboil 4 small prepared capsicums for 5 minutes. Drain. Fill with a mixture of ½ cup cooked brown rice, 1 chopped onion (125 g), 2 chopped tomatoes (250 g) and 3 shakes pepper. Sprinkle with ¼ cup (30 g) grated cheese. Place in a pie dish and bake at 180°C for 20–30 minutes.

Peperoni

To serve 4: Fry 1 chopped onion (125 g) in 2 teaspoons (10 g) butter for 2 minutes. Add 2 prepared and chopped capsicums (250 g), 1 chopped tomato (125 g) and 3 shakes pepper. Cover and cook for 5 minutes. Serve as an accompaniment to grilled meat.

Stir-fried capsicum

To serve 4: Prepare 2 capsicums (250 g) and cut into 1 cm pieces. Stir-fry in 1 teaspoon (5 mL) hot oil in a wok or heavy-based frying pan. Can be served with other stir-fried vegetables and rice.

CARROT

Description: Orange-coloured tap root.
Uses include: Accompaniments, casseroles, crudités, soups, roasts, cakes, carrot sticks in lunch boxes, salads (grated), sandwiches and rolls (grated).
Preparation: Scrub or peel, trim top and tail.



Carrot

Carrots valencia

To serve 2: Prepare 180 g carrots and cut into thin rings. Cook in 3 cm boiling water for 5 minutes. Drain. Add ½ teaspoon grated orange rind and 1 teaspoon (5 mL) cream or yoghurt.

Devilled carrots

To serve 2: Prepare 180 g carrots and cut into sticks 6 cm × 5 mm. Sauté in 2 teaspoons (10 g) butter for 2 minutes, then add 1 teaspoon brown sugar or honey, ½ teaspoon mustard, 2 shakes cayenne pepper and 1 tablespoon (20 mL) water. Simmer for 5 minutes.

Macedoine of vegetables

To serve 4: Prepare 1 carrot (125 g) and 1 parsnip (125 g) and cut into 1 cm cubes. Cook in 3 cm boiling salted water with 250 g shelled peas and 100 g cauliflower florets for 6 minutes. Drain, add 3 shakes pepper and 1 teaspoon (5 g) butter.

Sautéed carrots

To serve 2: Cook 180 g prepared and sliced carrots in 3 cm boiling water for 10 minutes. Drain. Add 2 shakes pepper, sauté in ½ teaspoon butter and serve. Sprinkle with 2 teaspoons chopped mint or parsley before serving.

CAULIFLOWER

Description: White or cream-coloured flower and stem.
Uses include: Accompaniments, crudités, entrées, lunch boxes, salads.
Preparation: Rinse well and cut into florets.



Cauliflower



Celeriac



Celery



Jalapeno chilli



Bird's eye chilli

Cauliflower au gratin

To serve 4: Prepare ½ cauliflower cut into florets and cooked in 3 cm boiling water until tender. Arrange in oiled ovenproof dish, cover with 1 cup (250 mL) **White sauce** (p. 374), sprinkle with 2 tablespoons (20 g) dried breadcrumbs and 2 tablespoons (20 g) grated cheese. Grill until brown. Serve garnished with parsley sprigs; 2 tablespoons (20 g) fried bacon pieces may be added with the sauce.

Cauliflower in cheese sauce

To serve 4: Cook ½ prepared cauliflower in 3 cm boiling water for 10 minutes. Drain and serve with 1 cup (250 mL) **Cheese sauce** (p. 374).

CELERIAC

Description: White celery-flavoured tuber.
Uses include: Flavouring in soups and casseroles.
Preparation: Rinse well, trim base and slice.

CELERY

Description: Long white-to-green stems joined at base to form head.
Uses include: Accompaniments, soups, casseroles, crudités, lunch boxes, salads, rolls and sandwiches.
Preparation: Rinse well, remove coarse strings.

Celery in cheese sauce

To serve 4: Prepare 4 celery stalks (400 g) and cut into 3 cm lengths. Cook in boiling water for 7–10 minutes. Drain and serve in 1 cup (250 mL) **Cheese sauce** (p. 374).

CHICORY

See Witlof.

CHILLI (LAHT JUI)

Description: Red, green, orange or yellow fruit with a very hot flavour; the tiny green and red Thai varieties are used in Asian dishes; Jalapeno chillies are very hot, but the longer Habanero are the hottest.
Uses include: Flavouring in casseroles, curries and preserves.
Preparation: Rinse well, use whole or cut off stem, remove seeds.

VARIETIES

Bird's eye—small, thin, and either red or green; medium hot.
Habanero—bright-orange; very hot.
Jalapeno—green or red; hot.



Chives

CHIVES

Description: Fine, long green leaves with faint onion flavour.
Uses include: Garnishes, flavouring in salads, sauces, sandwich fillings.
Preparation: Rinse well, trim if necessary, snip with scissors.



Choko

CHOKO (FAAT SAU GWA)

Description: A green, tough-skinned fruit with a seed in the centre.
Uses include: Accompaniments, roasts, Asian dishes.
Preparation: Rinse well, peel, cut in quarters, remove seed.

Chokos à la grécque

To serve 4: Prepare 1 choko and cut into quarters. Fry 1 chopped onion (125 g) and ½ crushed garlic clove in 1 tablespoon (20 mL) oil for 1 minute. Add 1 chopped tomato (125 g), ¼ cup (65 mL) water, 1 teaspoon (5 mL) lemon juice, 1 teaspoon chopped parsley, ½ teaspoon sugar, 3 shakes pepper, and choko. Simmer for 20 minutes with lid on. Serve hot or cold.



Apple cucumber

Chokos in cheese sauce

To serve 4: Cook 2 prepared chokos in 3 cm boiling water for 15 minutes. Drain. Serve in 1 cup (250 mL) **Cheese sauce** (p. 374).



Green cucumber

CUCUMBER

Description: Green- or white-skinned fruit.
Uses include: Accompaniments, base for savouries, lunch boxes, salads, soups.
Preparation: Rinse well; peel if necessary.

VARIETIES

Apple cucumber—round and white-skinned; used in salads.
Continental cucumber—long, thin and green; used in salads, cooking.
Green cucumber—short and fat with thick green skin; used in salads.
Lebanese cucumber—small, ribbed skin; used in salads.



Lebanese cucumber



Eggplant

EGGPLANT (AUBERGINE, BRINJAL)

Description: Purple-skinned fruit.

Uses include: Accompaniments, entrées.

Preparation: Rinse well, cut off stem; cut according to use, sprinkle with salt and leave for 30 minutes to extract bitter flavour; wash well and pat dry.

Baked eggplant with cheese

To serve 4: Prepare 200 g eggplant, cut into 1 cm slices. Cook in 3 cm boiling water for 5 minutes. Drain and place in layers in greased ovenproof dish with 1 cup (250 mL) **Cheese sauce** (p. 374) and 2 tablespoons (20 g) grated cheese. Sprinkle with 1 tablespoon (5 g) fresh breadcrumbs and bake at 180°C for 40 minutes.

Char-grilled eggplant

To serve 4: Prepare 200 g eggplant, cut into 1 cm slices. Spray with olive oil. Grill until brown under hot griller. Serve hot, or marinate in **French dressing** (p. 363) and serve with salads.

Eggplant boats

To serve 2: Wash and cut stem off 1 eggplant (200 g). Cut in half lengthways and scoop out centre flesh. Chop finely and combine with 50 g minced steak, ½ crushed garlic clove, 2 shakes pepper and 1 chopped tomato (125 g). Place mixture in centre of eggplant shells and bake at 180°C for 40 minutes.

Eggplant dip

See page 311.

Sautéed eggplant

To serve 2: Prepare 100 g eggplant, cut into 1 cm slices. Coat with 1½ tablespoons (15 g) plain flour and 2 shakes pepper. Sauté in 2 teaspoons (10 g) butter for 5 minutes.



Endive

ENDIVE

Description: Green leaves joined at base to form head; bitter taste.

Uses include: Accompaniments, salads.

Preparation: Rinse well, cut off base and rinse again.

Braised endive

To serve 2: Prepare 1 head endive and cut into 2 cm lengths. Fry with 2 tablespoons (30 g) chopped bacon for 1 minute. Add 3 shakes pepper and 1 tablespoon (20 mL) water. Cover and simmer for 2 minutes.

FENNEL

Description: White bulb with pale-green stalks and feathery green leaves; has an aniseed flavour.
Uses include: Accompaniments, salads, garnishes (leaves).
Preparation: Rinse well and trim.


Fennel

Fennel valencia

To serve 2: Prepare 1 medium-sized fennel. Slice the bulb finely crossways and parboil for 2 minutes. Drain. Add ½ cup grated carrot (65 g) and 2½ tablespoons (50 mL) orange juice. Chill and serve.


Gherkin

GARLIC

See Onion.

GHERKIN

Description: Small type of cucumber; available pickled.
Uses include: Pickled: garnishes, sandwiches, salads.

GINGER

Description: Small root, brown rough skin, yellow fibrous flesh; also available pickled.
Uses include: Stir-fries, salads, desserts, cakes.
Preparation: Rinse and scrub or peel.


Ginger

KALE

Description: Green or purple leafy head with frilled edges; has strong flavour.
Uses include: Garnishes, salads.
Preparation: Remove leaves from base, rinse well.


Kale



Kohlrabi



Leek



Cos and Baby Cos lettuce



Butter lettuce



Radicchio

KOHLRABI

Description: Purple-skinned root, similar in flavour and texture to turnip.

Uses include: Accompaniments.

Preparation: Remove leaves, rinse and peel; may be sliced or diced.

Kohlrabi in cheese sauce

To serve 4: Prepare 2 kohlrabi and cut into 2 cm slices. Cook in 3 cm boiling water for 15–20 minutes. Drain. Serve in 1 cup (250 mL) **Cheese sauce** (p. 374).

KUMARA

See Sweet potato.

LEEK

Description: Green leaf with onion-flavoured white bulb.

Uses include: Accompaniments, pies, soups, casseroles.

Preparation: Rinse very well, remove base and tops of leaves, slice and rinse again.

Braised leek

To serve 4: Prepare and slice 2 leeks (300 g). Fry with 2 tablespoons (30 g) chopped bacon for 1 minute. Add 3 shakes pepper and 1 tablespoon (20 mL) water. Cover and simmer for 4 minutes.

Leek in cheese sauce

To serve 4: Slice 2 leeks (300 g) and cook in 3 cm boiling water for 5 minutes. Drain. Serve in 1 cup (250 mL) **Cheese sauce** (p. 374).

LETTUCE

Description: Leafy head.

Uses include: Lunch boxes, salads, sandwiches, rolls; often used as a garnish for salads and platters of sandwiches.

Preparation: Cut out base, rinse well through hole in base, separate leaves and rinse again, drain in colander; to keep crisp, seal in plastic bag or container in refrigerator.

VARIETIES

Baby cos—small cos lettuce.

Butter—soft, green leaves.

Cos—long, firm, pale-green leaves; used in caesar salads.
Frill ice—similar to iceberg, but with frilled edge on leaves.
Green coral—green, crinkled leaves with frilled edge.
Green oakleaf—green oakleaf-like leaves.
Iceberg—most common variety; has green, crisp leaves.
Mignonette—very small head; red-green curly leaves.
Radicchio—large, red leaves; bitter flavour.
Red coral—red, crinkled leaves with frilled edge.
Red oakleaf—red oakleaf-like leaves.



Red oakleaf lettuce



Green oakleaf lettuce

MARROW

Description: Green- or yellow-skinned fruit with white-to-cream flesh.
Uses include: Accompaniments, entrées, roasts.
Preparation: Rinse well.

MUNG BEAN SPROUTS

Description: Small green seeds yielding firm white sprouts and a green leaf.
Uses include: Asian dishes, lunch boxes, salads.
Preparation: Rinse well.



Iceberg lettuce



Mignonette lettuce



Red coral lettuce



Mung bean sprouts



Marrow



Enoki mushroom



Field mushroom



Oyster mushroom



Portabello mushroom



Shiitake mushroom

MUSHROOMS

Description: Edible fungus.

Uses include: Accompaniments, entrées, lunch boxes, salads, soups, casseroles.

Preparation: Varies according to variety.

VARIETIES

Enoki—long, thin-stemmed white mushrooms with tiny caps; used in stir-fries, Asian dishes, seafood dishes and salads (raw); should be used whole and cooked quickly.

Field or cultivated—field and cultivated types are sold in three sizes: button (small, closed), caps (slightly open, darker), and flat (open with dark underside, rich in flavour); to prepare: peel and wash if field mushrooms and wipe cultivated mushrooms, if necessary.

Oyster (Syn tung koo)—mushrooms with delicate oyster flavour; used in stir-fries and Asian dishes, with seafood and in salads (raw); can be sliced or used whole and should be cooked quickly.

Portabello—very large mushrooms with dry texture and full, robust flavour; used in barbecues, casseroles and soups and eaten raw; to prepare, wipe and peel; can be sliced or used whole.

Shiitake (Sung koo)—golden-brown cap with cream underside; may be dried; used in stir-fries, Asian dishes, salads, risotto, pasta; can be sliced or used whole and should be cooked quickly; if dried, should be soaked in hot water.

Swiss brown—light brown mushrooms with rich nutty flavour; used in meat and fish dishes, casseroles, soups and sauces; to prepare: wipe; can be sliced or used whole.

Grilled mushrooms

To serve 2: Prepare 4 large mushrooms, brush with 1 tablespoon (20 g) melted butter and grill for 5–7 minutes. Sprinkle with 3 shakes pepper.

Pickled mushrooms

To serve 2: Make 1 cup (250 mL) **Spiced vinegar** (p. 172), bring to the boil, add 125 g button mushrooms and simmer for 3 minutes. Add 1½ tablespoons (30 mL) olive oil, cool and bottle. Store in refrigerator.

Sautéed mushrooms

To serve 4: Sauté 375 g prepared mushrooms in 1 tablespoon (20 g) melted butter and 3 shakes pepper for 5–7 minutes. May be thickened with 1 tablespoon (10 g) flour blended with ¼ cup (65 mL) milk.



Swiss brown mushroom

OKRA (LADIES FINGERS)

Description: Elongated green pod with pale flesh; has bitter flavour.
Uses include: Accompaniments, soups.
Preparation: Rinse well, trim and blanch to remove bitter flavour.

Sautéed okra

To serve 2: Prepare 185 g okra. Cook in 3 cm water for 5 minutes. Drain. Sauté in ½ teaspoon melted butter.



Okra

ONION

Description: Bulb with a distinctive strong flavour.
Uses include: Accompaniments, casseroles, salads, soups, pickles, roasts.
Preparation: Remove skin and base.



Brown onion

VARIETIES

Brown—brown bulb with strong flavour; to prepare: remove outer layer skin and base.
Brown shallot/Eschalot—small, brown onion with milder flavour.
Garlic—small, white bulb with very strong odour and flavour; grows in clusters, one segment being called a 'clove'; used in meat cookery, chutneys, sauces, salads; to prepare: trim ends and remove outer skin.
Red Spanish—red bulb with a distinctive flavour; used in accompaniments, salads.
Salad onion—a variety of young onion often used in salads and stir-fries. Two varieties are illustrated here.
Spring onion/Scallion/Green shallot—small white bulb with green leaves; used as a garnish and in salads and stir-fries; to prepare: remove base and outer leaves if necessary.
White—white bulb with a distinctive flavour; used in accompaniments, casseroles, salads, soups, pickles, roasts.



Garlic



Red Spanish onion



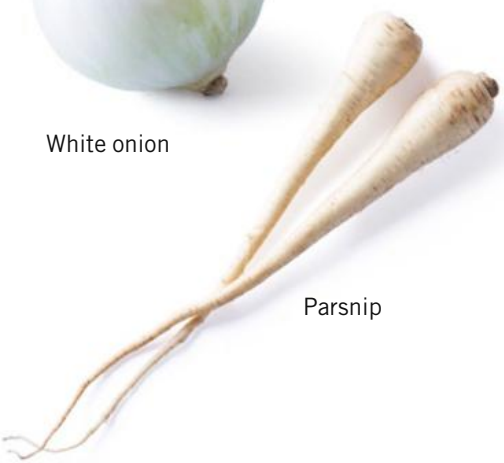
Shallot onion



Spring onion



White onion



Parsnip



Peas

Onions in sauce

To serve 2: Prepare 2 onions and cut into 1 cm slices. Cook in 3 cm boiling water for 5 minutes. Drain. Serve in ½ cup (125 mL) **White sauce** (p. 374) made using ¼ cup (65 mL) cooking liquid. If onions are small, they can be left whole.

Onions monaguesques

To serve 4: Prepare 400 g very small onions. Cook onions with 1 cup (250 mL) water, ½ teaspoon salt, 1 tablespoon (20 g) tomato paste, 1 tablespoon (20 g) sugar, 2 tablespoons (40 mL) white vinegar, 2 tablespoons (40 mL) olive oil, 2 tablespoons (30 g) sultanas, sprigs of thyme and parsley, and a bay leaf. Simmer for 45 minutes. Serve hot or cold.

Sautéed onions

To serve 2: Prepare 2 onions and cut into 5 mm slices. Sauté in 2 teaspoons (10 g) melted butter with 2 shakes pepper for 7–10 minutes until golden.

PARSNIP

Description: Cream-coloured tap root.

Uses include: Accompaniments, soups, casseroles, roasts, boiled meat dishes.

Preparation: Rinse well, peel, remove top and tail.

Mashed parsnips

To serve 4: Prepare 375 g parsnips and cut into 3 cm slices. Cook in 3 cm boiling water for 10–15 minutes. Drain. Mash. Add 1 tablespoon (20 g) butter and 3 shakes pepper.

PEAS

Description: Green seeds removed from pods.

Uses include: Accompaniments, casseroles, salads.

Preparation: Split pod and remove peas.

POTATO

Description: Tuber; many varieties, each with a distinctive flavour, colour and texture.

Uses: Varieties with waxy flesh are suited for frying, baking and salads. Varieties with a floury texture are suited to boiling, baking, steaming and casseroles.

Preparation: Rinse well, or scrub unwashed varieties, and remove skin if necessary.

VARIETIES

Bintje—pale skin and waxy, yellow flesh; suitable for frying, baking, salads.

Chats—small new potatoes with pale skin and white flesh; suitable for boiling, casseroles, salads.

Coliban—white skin and floury, white flesh; suitable for boiling, baking.

Desirée—oval with pink skin and floury, cream-coloured flesh; suitable for boiling, baking, casseroles.

Dutch cream—creamy, rich yellow flesh. Suitable for boiling, mashing baking, roasting.

Kennebec—large with brown skin and waxy, white flesh; suitable for frying, boiling, baking, casseroles, salads.

Kestrel—long, oval shape wth white flesh; suitable for roasting, frying and microwaving.

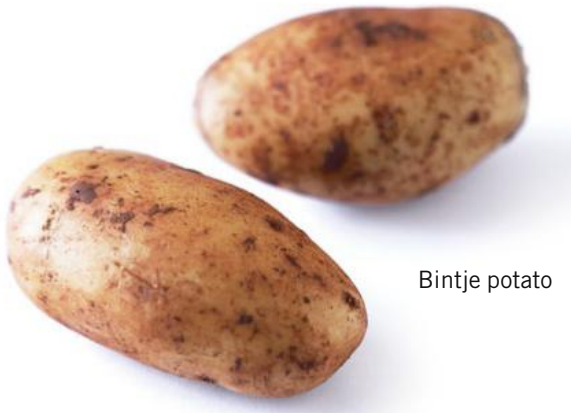
Kipfler—small and oval with yellow skin and waxy, yellow flesh; suitable for frying, baking, casseroles, salads.

Nicola—pale skin and waxy, yellow flesh; suitable for frying, baking, casseroles, salads.

Pontiac—pale-red skin and waxy, white flesh; suitable for frying, baking, casseroles, salads.

Russet Burbank—pale skin and floury, cream-coloured flesh; suitable for boiling, steaming, baking, casseroles.

Sebago—pale skin and floury, white flesh; suitable for boiling, steaming.



Bintje potato



Chats



Dutch cream potato



Desirée potato

Anna potatoes

To serve 4: Prepare 3 floury or waxy potatoes (450 g). Cut into 1 cm slices and place layer in base of casserole brushed or sprayed with oil. Combine 3 tablespoons (60 mL) melted butter, ½ teaspoon dried oregano or thyme, and 3 shakes pepper. Pour or brush a little over first potato layer. Continue potato and butter layers. Cover and bake at 180°C for 30 minutes, remove cover, bake a further 30 minutes.

MICROWAVE METHOD

Microwave for 5 minutes on high power, then 5 minutes on medium power.



Kestrel potato



Kipfler potato



Nicola potato

Scalloped potatoes

To serve 4: Prepare potatoes as for **Anna potatoes**. Using 3 tablespoons (30 g) plain flour, sprinkle some between each potato layer. Before baking, heat 1 cup (250 mL) milk and pour over potatoes. Herbs may be omitted.

MICROWAVE METHOD

Microwave for 5 minutes on high power, then 5 minutes on medium power.

Jacket potatoes

To serve 2: Scrub and dry 2 floury potatoes (200–400 g) (Russet Burbank). Pierce with fork and cut cross in top, brush with oil. Bake at 180°C for 1 hour. Squeeze top and serve with yoghurt, butter or sour cream.

MICROWAVE METHOD

Microwave for 5 minutes on high power, or 3 minutes on medium power and then bake in oven 10–15 minutes.

Cheesy potatoes

To serve 2: Prepare **Jacket potatoes** as above. When cooked, cut in half, scoop out centres, mash with 1 teaspoon (5 g) butter, ½ cup (60 g) grated cheese, 2 shakes pepper and sufficient milk. Fill potato cases. Sprinkle with ¼ cup (30 g) grated cheese and reheat under griller or in oven for 7–10 minutes.

Mashed potato (creamed potato)

To serve 4: Cook 400 g prepared and peeled floury potatoes (Desirée, Pink Eye, Russet Burbank, Sebago) in 3 cm boiling water for 20–25 minutes. Drain. Mash. Add 1 tablespoon (20 g) butter, 3 shakes pepper and sufficient milk to moisten. Beat until fluffy.

Duchess potatoes

To serve 4: Prepare **Mashed potato** as above. Use 1 beaten egg instead of milk, reserving 1 teaspoon for glaze. Pipe potato into 8 high mounds. Glaze and bake 10 minutes at 200°C.

Potato and corn patties

To serve 4: Prepare 2 cups (300 g) **Mashed potato** as above. Combine with ½ cup (130 g) corn kernels,

1 tablespoon chopped parsley, ¼ teaspoon caraway seeds, ½ grated onion (65 g), 1 beaten egg and 1 cup (40 g) fresh breadcrumbs. Mix well. Divide into 8 and shape into patties. Heat 2 tablespoons (40 mL) olive oil and 1 tablespoon (20 g) butter in a frying pan and brown patties on each side.

Potato and parsnip patties

To serve 4: Prepare 1½ cups (225 g) **Mashed potato** (see previous page) above, and 1½ cups (225 g) mashed parsnip. Add 1 stock cube and ½ cup (60 g) grated cheese and mix well. Heat 2 tablespoons (40 mL) olive oil in a frying pan. Place 8 spoonfuls of mixture into pan and brown patties on each side.

New potatoes

To serve 2: Wash 180 g small new potatoes and cook in 3 cm boiling water for 10–15 minutes. Drain. Mix in 2 teaspoons (10 g) butter, 1 teaspoon chopped mint and 2 shakes pepper.

Potato chips

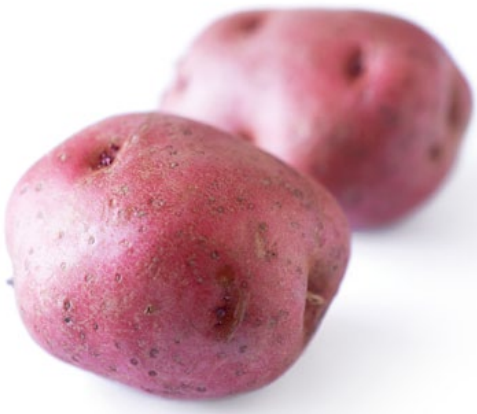
To serve 2: See safety hints for frying (p. 207). Prepare and peel 250 g waxy potatoes (Kennebec, Bintje, Kipfler, Pontiac) and cut into chips 1 cm thick. Soak in cold water, rinse, drain and pat dry. Place 6 cm oil in thermostatically controlled fryer. Heat to 180 °C (oil ceases to bubble and small cube of bread browns in 20–30 seconds). Place half the chips in the frying basket and lower gently into oil. Fry until golden-brown. Repeat with remaining chips. Drain on paper towel.

Potato wedges

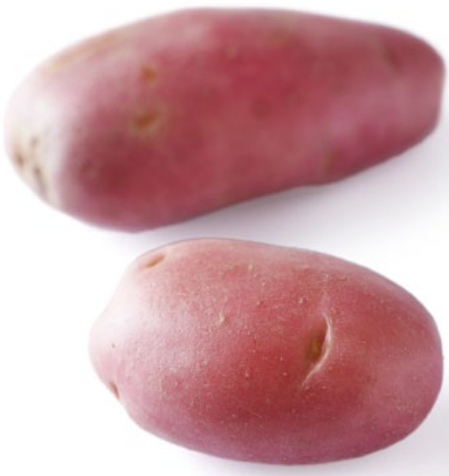
To serve 2: Prepare 200 g waxy potatoes (Kennebec, Bintje, Kipfler, Pontiac). Cut into thick wedges and place on baking paper on an oven tray. Sprinkle with flour, then salt, chopped herbs and pepper or seasoned salt. Spray with oil. Bake at 200°C for 30–45 minutes, until golden-brown and crisp.

MICROWAVE METHOD

Microwave for 3 minutes on medium power before placing on oven tray to reduce cooking time by 10–15 minutes.



Atherton pontiac potato



Red rascal potato



Sebago potato



Butternut pumpkin



Golden nugget pumpkin



Grey pumpkin



Jap pumpkin

PUMPKIN

Description: Large, orange-flesh fruit.

Uses include: Accompaniments, salads, soups, roasts, scones, desserts.

Preparation: Rinse well, remove skin if necessary, cut into serving-size pieces, remove seeds and pith.

VARIETIES

Butternut—bell-shaped with pale, gold-coloured skin and orange flesh.

Golden Nugget—small, round shape with bright-orange skin and orange flesh.

Grey—large, blue-grey skin with yellow flesh.

Jap—large, round shape with knobbly, bluish skin and deep-orange flesh.

Queensland Blue—large, flat shape with dusty-blue skin and yellow flesh.

Golden nugget delight

To serve 2: Wash ½ medium or 2 small Golden Nugget pumpkins and slice across top to form lids. Cover and microwave the base for 6 minutes and the lid 3 minutes on medium power. Scoop out seeds. Sauté ½ onion (65 g) in ½ teaspoon melted butter, add 35 g brown rice, ½ cup (125 mL) water, 2 teaspoons (10 g) tomato paste, ½ teaspoon ground cumin. Simmer until rice is tender, stirring every 5 minutes and adding extra water if necessary. Fill pumpkin with rice mixture, replace lid and reheat.

Mashed pumpkin

To serve 2: Cook 185 g prepared pumpkin in 3 cm boiling water for 15–20 minutes. Drain. Mash. Add 2 teaspoons (10 g) butter and 2 shakes pepper.

Pumpkin au gratin

To serve 2: Cook 185 g prepared and sliced pumpkin in 3 cm boiling water for 10 minutes. Drain and cool. Fry ½ chopped onion (65 g), 1 tablespoon (15 g) bacon pieces and ½ crushed garlic clove in saucepan. Add 1 chopped tomato (125 g), 2 tablespoons (40 mL) water, ⅛ teaspoon ground nutmeg, 2 shakes pepper, and simmer for 5 minutes. Layer the pumpkin and tomato mixture in an ovenproof dish. Sprinkle with ¼ cup (10 g) fresh breadcrumbs and 2 tablespoons (20 g) grated cheese. Bake at 180°C for 25–30 minutes.

RADISH

Description: Red- or white-skinned root.

Uses include: Garnishes, lunch boxes, salads.

Preparation: Rinse well, and cut off top and tail if necessary.



Radish

RADISH, WHITE (LOH BAAK)

Description: White tap root with bright-green leaves.

Uses include: Salads, pickles, meat dishes.

Preparation: Rinse well, peel thinly and slice.



White radish

SILVER BEET

Description: Large dark-green leaves with white stalks.

Uses include: Accompaniments, Asian dishes, entrées.

Preparation: Rinse well, cut stalks from leaves.

Garlic silver beet

To serve 4: Prepare ½ bunch silver beet and shred leaves. Sauté 1 crushed garlic clove in 1 teaspoon (5 g) melted butter for 30 seconds. Add silver beet leaves and sauté for 2 minutes.

Sautéed silver beet

To serve 4: Prepare ½ bunch silver beet, shred leaves and slice stalks. Cook stalks in boiling water for 5 minutes, add leaves and cook a further 3 minutes. Drain. Add 2 shakes pepper, sauté in 1 teaspoon (5 g) melted butter.



Silverbeet

SNOW PEAS (MANGE TOUT AND HOLONDOW)

Description: Bright-green, tender edible pod with small seeds.

Uses include: Accompaniments, Asian dishes, salads, stir-fries.

Preparation: Rinse well, remove strings and blanch.

Sautéed snow peas

To serve 2: Cook 100 g prepared snow peas in 3 cm water for 2 minutes. Drain. Sauté in ½ teaspoon melted butter.



Snow peas

SPINACH

Description: Green leaves with thin stem attached to root.

Uses include: Accompaniments, entrées, soups.

Preparation: Rinse well, remove root and cut into 3 cm pieces, rinse again.



English spinach



Water spinach



Acorn squash

VARIETIES

Chinese (Een choy)—bright-green leaves and green stems; suitable for steaming, boiling, stir-frying and Asian dishes; to prepare: wash well, discard roots and stem ends, chop.
English—bright-green leaves; cooks very quickly.
Water—long stem and pointed green leaves; used as Chinese spinach.

Creamed spinach

To serve 2: Cook ½ bunch prepared spinach in 3 cm boiling water for 3 minutes. Drain. Add 2 shakes pepper, 2 teaspoons (10 g) butter, 1 tablespoon (20 mL) sour or fresh cream or yoghurt and ¼ teaspoon ground nutmeg. Mix well and serve.

Sautéed spinach

To serve 2: Cook ½ bunch prepared spinach in 3 cm boiling water for 3 minutes. Drain. Add 2 shakes pepper, sauté in ½ teaspoon melted butter.

SPRING ONION (JSUNG)

See Onion.

SQUASH

Description: Small fruit with green or yellow skin, pale flesh and seeds in centre.
Uses include: Accompaniments, salads, soups.
Preparation: Rinse well and trim.

VARIETIES

Acorn—green and yellow small, flat fruit with white flesh.
Large—white fruit with soft, white flesh.

Sautéed squash

To serve 2: Cook 4 small prepared squash in 3 cm boiling water for 5–8 minutes. Drain. Sprinkle with chopped parsley, sauté in 1 teaspoon (5 mL) melted butter.

SUGAR SNAP PEAS

Description: Similar to snow peas but with slightly bigger seeds and a thicker pod.
Uses include: Stir-fries, salads.
Preparation: Rinse well, remove strings and blanch.

SWEDE (RUTABAGO)

Description: Large yellow root.

Uses include: Accompaniments.

Preparation: Rinse, peel thickly and cut up as required.

Mashed swede

To serve 2: Cook 185 g prepared swede in 3 cm boiling water for 15–20 minutes. Drain, mash with 2 shakes pepper and 2 teaspoons (10 g) butter.



Sugar snap peas

SWEETCORN

Description: A green husk enveloping a cob of yellow seeds, or kernels; new varieties include those with red or blue kernels.

Uses include: Accompaniments, entrées, soups, salads.

Preparation: Remove husks and silk; wash; trim top and tail if necessary.

Cream of sweetcorn

To serve 2: Cook 2 prepared cobs in boiling water to cover, for 10–15 minutes. Drain. Cut kernels off cobs. Combine kernels with ½ cup (125 mL) **White sauce** (p. 374). Canned or frozen sweetcorn (150 g) kernels may be used instead of cooked kernels. May be served *en croûte* as entrée.

Sweetcorn au beurre

To serve 2: Cook 2 prepared cobs in boiling water to cover, for 10–15 minutes. Drain. Serve with pepper and 1 tablespoon (20 mL) melted butter. May be served as an entrée.

MICROWAVE METHOD

Microwave cob (with husk and silk intact) for 2 minutes on high power, turn and cook a further 2 minutes. Allow to stand for 5 minutes, before removing husk and silk. Serve.



Swede



Sweet corn

SWEET POTATO

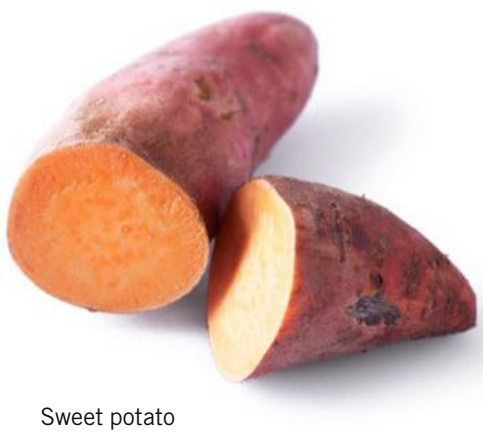
Description: Tuber with sweet taste; may have purple skin and white flesh, or orange skin with orange flesh; orange variety is also called kumara.

Uses include: Accompaniments, roasts.

Preparation: Scrub, peel and rinse.

Mashed sweet potato

Follow recipe for **Mashed potato** (p. 142).



Sweet potato



Taro root

TARO ROOT (WOO TAU)

Description: Light-brown tuber.

Uses include: Roasts; suitable for boiling and mashing.

Preparation: Scrub; peel, slice or chop into pieces.



Cherry tomato

TOMATO

Description: A pulpy fruit containing seeds; usually red, but can be yellow, green or purple; best flavour December to March.

Uses include: Accompaniments, casseroles, entrées, lunch boxes, salads, soups.

Preparation: Rinse well and remove stem scar; remove skin if necessary by dipping in hot water or holding over flame for 3 seconds then peeling.

VARIETIES

Cherry—small-sized red tomato.

Red—common variety.

Roma—red, small, oval; strong flavour and colour.



Red tomato

Baked tomatoes

To serve 2: Wash and dry 2 tomatoes (250 g). Score skin to prevent splitting, place on oven tray and bake for 20 minutes at 180 °C. Serve garnished with parsley sprigs.

MICROWAVE METHOD

Microwave for 5 minutes on high power.

Grilled tomatoes

To serve 2: Wash and dry 2 tomatoes (250 g). Cut in half and sprinkle with pepper. Grill cut surface for 5–7 minutes. Serve garnished with fresh basil.

Sautéed tomatoes

To serve 2: Cut 250 g prepared and peeled tomatoes into 2 cm slices. Sauté for 5 minutes in 2 teaspoons (10 mL) melted butter and 2 shakes pepper.

Savoury-filled tomatoes

To serve 2: Wash and dry 2 tomatoes (250 g). Cut slice from bottom of each tomato and put aside. Scoop out centre of each tomato and chop. Fry 1 tablespoon (15 g) bacon pieces with ½ chopped onion (65 g). Cook for 1 minute, add 2 teaspoons fresh breadcrumbs,



Roma tomato

2 teaspoons chopped parsley, 2 shakes pepper, 1 teaspoon (5 g) butter and chopped tomato centres. Mix and refill tomato cases. Replace bottom slices as lids, place in ovenproof dish and bake at 180°C for 15–20 minutes.

MICROWAVE METHOD

Microwave for 4 minutes on medium power.

Tomato and onion pie

To serve 4: Wash and peel 375 g tomatoes. Cut into 1 cm slices. Peel and thinly slice 1 white onion (125 g). Brush or spray ovenproof dish with oil. Arrange tomato and onion in layers, sprinkling with 2 shakes pepper between layers and ¼ cup (10 g) breadcrumbs on top. Bake for 1 hour at 180 °C. Serve garnished with parsley. If onion is sautéed first, cooking time can be reduced.

MICROWAVE METHOD

Microwave for 3 minutes on high power, then 3 minutes on medium power.



Truffle



Turnip

TRUFFLE

Description: A fungus that grows as a small sphere attached to the root of trees, under the soil. Very expensive, the most expensive being the Perigord black truffle. Other varieties are white, winter and summer truffles. Available in cans, and fresh within a short season.
Uses include: Shaved thinly and used in soups and sauces, over egg dishes and as a garnish with grilled meat dishes.
Preparation: If fresh, remove soil.

TURNIP

Description: White root.
Uses include: Flavouring in soups and casseroles.
Preparation: Rinse well, peel thickly and cut as required.

TURNIP, JAPANESE (KOKABU)

Description: White root; similar texture to radish.
Uses include: Stir-fries.
Preparation: Rinse well, discard leaves.



Japanese turnip



Watercress

WATERCRESS (SAI YEUNG CHO)

Description: Small, green leaves.

Uses include: Salads, sandwiches, garnish in soups and stocks; adds a peppery taste to dishes.

Preparation: Rinse well.

WITLOF (CHICORY)

Description: Pale greenish-white leaves joined at base to form head; has a bitter flavour.

Uses include: Accompaniments, salads.

Preparation: Rinse well and chop; blanch to reduce bitter flavour.

Braised witlof

To serve 2: Fry 200 g prepared witlof with 1 tablespoon (10 g) chopped bacon for 3 minutes. Add 2 shakes pepper and 2 teaspoons (10 mL) water. Cover and simmer for 2 minutes.



Witlof

ZUCCHINI (COURGETTE)

Description: Small, green or golden fruit; its yellow flowers are used in salads and as a vegetable.

Uses include: Accompaniments, crudités, casseroles, entrées, salads, soups, cakes.

Preparation: Rinse well, trim ends; may be sliced.

VARIETIES

White zucchini—almost identical flavour to green zucchini, but with pale green flesh and thinner skin.

Baked zucchini

To serve 2: Prepare 2 zucchini (200 g). Brush with melted butter and bake for 30 minutes at 180°C. Serve.

Grilled zucchini

To serve 2: Cut zucchini in half lengthways, brush cut surface with butter and grill for 5–10 minutes.



Zucchini (Courgette)



White zucchini



*7

Preserving fruit and vegetables

Preserving food when it is in season and plentiful, less expensive and at peak quality can provide variety in the menu. Add flair to traditional methods of preserving by trying new combinations and flavours.

Using the full bounty of our fruit and vegetable harvest makes great environmental and economic sense. It can also be both satisfying and a lot of fun. Preserves can be given as unique and beautiful gifts. Small jars of jams or pickles and bottled summer fruits can be made relatively quickly using the microwave oven. Vinegars poured into tall bottles with sprigs of aromatic herbs are great dressings or flavourings to dishes.

Jams, conserves, jellies and marmalades

Jams, conserves, jellies and marmalades should be bright and clear in colour, well-flavoured by the fruit and have the consistency of a lightly set jelly. They can be used as spreads on bread, toast and scones and for fillings in pastry cases. The setting of jams, conserves, jellies and marmalades depends on the amount of pectin and acid in the fruit, and the amount of water and sugar added.

Jams and conserves

Jams and conserves are made by boiling fruit pulp with sugar. Fresh fruit, preserved fruit pulp and some types of dried fruit, such as apricots, may be used. If fruit is cut into small pieces, the resulting mixture is called jam. If fruit is left whole or in large pieces, it is called conserve.

Fruit commonly used include apricots, plums, peaches, apples, pears, quinces, blackberries, gooseberries, raspberries, strawberries, black- and redcurrants, melons and figs.

- Most fruit used for jam making is cooked in water until soft, then equal amounts of cooked fruit and sugar (for example, 500g fruit and 500g sugar) are brought to the boil and cooked rapidly to 105°C.
- Soft fruit with high water content is added to an equal weight of sugar and cooked rapidly for a short time to retain its colour.
- In conserves, the fruit and sugar are allowed to stand overnight and then cooked rapidly with the water. The fruit remains in large pieces as the cell walls of the fruit absorb the sugar through osmotic pressure, thus preventing the fruit from breaking up while cooking.

Jellies

Jellies are made by boiling the strained extract of well-cooked fruit with sugar. Fruit used for jelly making includes apples, crab-apples, japonica fruits, quinces, persimmons, citrus fruit (such as cumquats and lemons), blackberries and raspberries. Fruit can also be combined.

Marmalades

The name 'marmalada' is of Portuguese origin, deriving from the word *marmelo*, or 'quince', which in the fifteenth century was the fruit most commonly used in jam making. The name is now used only for preserves made from citrus fruit such as grapefruit, oranges, cumquats, lemons and lines.

When making marmalade from a citrus fruit not included in this book, choose a preparation method appropriate to the fruit.

- Finely slice the skin, pith and pulp of the fruit. This method is used for fruit with transparent pith after cooking such as grapefruit, cumquat and Seville oranges.
- Peel and thinly slice the rind of the fruit. Remove the pith and finely slice the pulp. Tie the pith and pips in a muslin bag and cook with rind and pulp. This method is used for fruits with a cloudy, opaque pith after cooking such as navel and Valencia oranges, lemons and limes.
- Mince the skin, pith and pulp for a quick, but less attractive, result.





Gel test demonstration

Pectin test

1 Remove 1 teaspoon of the cooked fruit pulp, cool and add to 1 tablespoon (20 mL) methylated spirits.
2 Shake gently, allow to stand for 1 minute.
3 If the clots formed are in large pieces, there is sufficient pectin. If the clots are broken into many small pieces, use commercial pectin mixture. Follow instructions on the packet.

Gel test

1 Dip a wooden spoon in the cooked mixture. When the mixture starts to drop (not run) from the wooden spoon, place 1 teaspoon on a plate.
2 Cool rapidly, such as over ice.
3 Tilt the plate. If the surface of the mixture wrinkles, it is cooked sufficiently to set. A jam or confectionery thermometer may also be used. When the mixture reaches 105°C, it is cooked sufficiently to set.

The preserving process

Equipment and utensils

A large, heavy-based saucepan, or an ovenproof container for the microwave oven, is used when making jams, conserves, jellies and marmalades. Once made, the preserves are put in glass jars and, after cooling slightly, covered with paraffin wax, cellophane jam covers and screw-on lids.

STERILISING JARS AND LIDS

Jars and lids must be washed before use. Just before filling, they need to be either sterilised by dipping in boiling water and then drained, or heated in the oven to above 100°C. This ensures that micro-organisms are destroyed.

The function of pectin

Pectin is a carbohydrate found in the cell walls of plants and is released during cooking. It assists the preserve to set or form a gel on cooling. If there is insufficient pectin, the resulting preserve is runny. Pectin levels are highest in fruits at the firm-ripe stage, and it is for this reason that the choice of fruit is so important.

If using low-pectin fruits, such as kiwi fruit, pineapple, cherries, tamarillos, figs, guavas, peaches, pears and persimmons, add commercial pectin during cooking. The most popular product available that contains pectin is JamSetta.

Choosing the fruit

Choose fruit that is in season so that it is rich in colour and flavour. Fruit is well-matured and cheaper in the middle of the season (refer to the fruit bottling guide on pp. 182–3). About half the fruit you choose should be at the firm-ripe stage to provide sufficient pectin for setting.

If using medium-acid fruits like melons and figs, add ¼ teaspoon citric acid or 1 tablespoon (20 mL) lemon juice to each 500 g fruit to provide the correct ratio of acid to pectin for setting.

JAMS, CONSERVES, JELLIES AND MARMALADES: WHAT TO LOOK FOR TO ENSURE PRODUCT QUALITY

QUALITY CRITERIA

- Has full flavour of fruit
- Free from mould
- Free from sugar crystals
- Firm and set—holds shape on spoon
- Bright colour (jellies should be clear)
- Fruit evenly distributed
- Free from air bubbles

IDENTIFYING PROBLEMS

Dull, cloudy appearance:

- Underripe fruit
- Overripe fruit
- Too much pectin in proportion to acid and sugar
- Insufficient acid present in fruit
- Badly strained extract
- Poured into jars from too great a height above rim of jar

Unsatisfactory gel test:

- Insufficient pectin present
- Insufficient sugar used in proportion to the amount of pectin present
- Too much sugar
- Insufficient cooking after sugar was added
- Overcooked (dark colour, especially marmalade, with a syrupy consistency)

Poor colour and flavour:

- Underripe fruit

Crystallisation:

- Covering fruit with too much sugar when standing overnight
- Too much sugar
- Allowed to boil before all sugar was dissolved
- Overcooking
- Jelly stirred after it has boiled

Mould on surface:

- Mushy, overripe fruit or fruit picked in damp weather
- Insufficient sugar (also gives a tough, rubbery consistency to jelly)
- Not cooked sufficiently to evaporate excess water
- Containers not dry prior to filling
- Left too long before sealing
- Insufficient care when sealing
- Place of storage not suitable

Fermentation:

- Insufficient sugar used
- Insufficient cooking

Tough shredded skin:

- Insufficient boiling of marmalade before sugar was added

Apple jelly

Quantity: 8 × 250 mL jars
Preparation time: 20 minutes
Cooking utensil: large saucepan
Cooking time: 2 hours
Special equipment: jelly bag or fine cotton tea towel in colander/large strainer

INGREDIENTS

1 kg apples (e.g. Granny Smith)
3 cups (750 mL) water
approx. 4 cups (1 kg) sugar

Method

1 Wash fruit and cut up roughly without peeling or coring.
2 Cover fruit with water, bring to boil and cook until soft (30–45 minutes).
3 *Make extract*: Strain apple pulp through scalded jelly bag over basin. Do not squeeze bag or resulting extract will be cloudy.
4 Measure extract. Allow 1 cup (250 mL) extract to 1 cup (250 g) sugar.
5 Bring extract to boil, remove from heat and add sugar. Stir over low heat until dissolved, then boil rapidly until gel test (see p. 154) is satisfactory.
6 Sterilise washed jars before bottling jelly.
7 Cool jelly slightly, then bottle. Pour jelly slowly into jars from a height of not more than 3 cm above top of the jar. This prevents intake of air that may cloud jelly. Cover.
8 Allow jars to become cold. Then wipe clean, label and store in cool, dry place.

MICROWAVE METHOD

Instead of 3 cups water, use 2 cups (500 mL) water. At step 2, cook fruit and water in covered dish on high power for 5–10 minutes until very soft. At step 5, microwave in uncovered dish on high power for 20–25 minutes until gel test (see p. 154) is satisfactory.

BERRY AND APPLE JELLY

Follow recipe for **Apple jelly**, using 750 g apples and 520 g berries.

CRAB-APPLE JELLY

Follow recipe for **Apple jelly**, using 1 kg crab-apples.

CUMQUAT JELLY

Follow recipe for **Apple jelly**, using 1 kg cumquats.

MINT JELLY

Follow recipe for **Apple jelly**, using 2 cups (500 mL) water. After gel test (p. 154) is satisfactory, add ¼ cup (65 mL) vinegar and ½ cup chopped mint. Boil for 2 minutes (or microwave on high power for 1 minute), cool and bottle.

QUINCE JELLY

Follow recipe for **Apple jelly**, using 1 kg quinces. Longer cooking time may be required.

Peach and pineapple conserve

Quantity: 4 × 250 mL jars
Preparation time: 35 minutes, plus overnight standing
Cooking utensil: large saucepan
Cooking time: 45 minutes

INGREDIENTS

2 cups (300 g) diced pineapple
2 cups (300 g) diced yellow peaches
2 cups (500 g) sugar
1 cup (250 mL) water
1 tablespoon (15 g) commercial pectin mixture

Method

1 Mix peeled and diced fruit with sugar and allow to stand overnight.
2 Place fruit, sugar, water and pectin in saucepan and bring quickly to boil, stirring continually. Boil for 30–35 minutes until gel test (see p. 154) is satisfactory.
3 Sterilise washed jars before bottling jam.
4 Cool conserve slightly, pour in jars and cover.
5 Allow jars to become cold. Then wipe clean, label and store in cool, dry place.

MICROWAVE METHOD

Instead of 1 cup water, use ½ cup (125 mL) water. At step 2, place fruit, sugar, water and pectin in covered dish and microwave on high power for 10 minutes, stirring every 2 minutes until gel test (see p. 154) is satisfactory.

APRICOT AND PINEAPPLE CONSERVE

Follow recipe for **Peach and pineapple conserve**, using 300 g apricots instead of peaches.

DRIED APRICOT AND PINEAPPLE CONSERVE

Follow recipe for **Peach and pineapple conserve**, using 100 g diced dried apricots soaked in 2 cups (500 mL) warm water for 2 hours, instead of peaches.

Plum jam

Quantity: 6 × 250 mL jars
Preparation time: 25 minutes
Cooking utensil: large saucepan
Cooking time: 45 minutes

INGREDIENTS

1 kg plums
1 cup (250 mL) water
approx. 4 cups (1 kg) sugar

Method

1 *Prepare plums*: Wash, drain, cut in half and remove stones.
2 Place water and plums in saucepan, bring to boil and cook for 5–10 minutes until fruit is very soft.
3 Measure cooked plum pulp in cups. For every cup of pulp, add ¾ cup (190 g) sugar.
4 Bring quickly to boil, stirring continually while sugar is dissolving. Boil for 25–30 minutes until gel test (p. 154) is satisfactory.
5 Sterilise washed jars before bottling jam.
6 Cool jam slightly, pour into jars and cover.
7 Allow jars to become cold. Then wipe clean, label and store in cool, dry place.



MICROWAVE METHOD

Instead of 1 cup water, use ½ cup (125 mL) water. At step 2, place plums and water in covered dish and microwave on high power for 8 minutes. At step 4, microwave in uncovered dish on high power for 10–15 minutes until gel test (see p. 154) is satisfactory.

FEIJOA JAM

Follow recipe for **Plum jam**, using 1 kg feijoas.

PLUM AND RASPBERRY JAM

Follow recipe for **Plum jam**. Use 750 g plums, washed, drained and stoned, and 250 g raspberries.

TAMARILLO JAM

Follow recipe for **Plum jam**, using 1 kg tamarillos.

Marmalade

Quantity: 5 × 250 mL jars
Preparation time: 40 minutes, plus 2–3 hours standing
Cooking utensil: large saucepan
Cooking time: 1½ hours

INGREDIENTS

250 g grapefruit
250 g Seville oranges
2 cups (500 mL) water
approx. 2 cups (500 g) sugar

Method

1 Wash and dry fruit.
2 Halve fruit horizontally and remove pips and centre pith. Soak pips in some of the water to extract pectin. Strain and add liquid to fruit at step 4.
3 Prepare fruit by finely slicing skin, pith and pulp.
4 Cover with water and stand for 2–3 hours to extract pectin.
5 Simmer mixture until skins are soft and pith is transparent (approx. 45 minutes). If skins are not soft, they will be tough in the finished marmalade.
6 Measure cooked pulp in cups. For every cup of pulp, add 1 cup (250 g) sugar.
7 Bring to boil and stir until sugar has dissolved. Boil rapidly for approx. 20 minutes until gel test (see p. 154) is satisfactory.
8 Sterilise washed jars before bottling marmalade.
9 Cool marmalade slightly, pour into jars and cover.
10 Allow jars to become cold. Then wipe clean, label and store in cool, dry place.

MICROWAVE METHOD

Instead of 1 cup water, use ½ cup (125 mL) water and instead of 2 cups sugar, use 1 cup (250 g) sugar. At step 5, microwave in covered dish on high power for 5–10 minutes until skins are soft and pith is transparent. At step 7, microwave in uncovered dish on high power for 15–18 minutes until gel test (see p. 154) is satisfactory.

CUMQUAT MARMALADE

Follow recipe for **Marmalade**, using 500 g cumquats.

ORANGE MARMALADE

Follow recipe for **Marmalade**, using 500 g Valencia or navel oranges. At step 3, peel rind and slice thinly. Remove pith and chop. Slice pulp thinly. Tie pith and pips in muslin bag. The pith remains cloudy and opaque.



Orange marmalade

Apricot jam

Quantity: 6 × 250 mL jars
Preparation time: 25 minutes
Cooking utensil: large saucepan
Cooking time: 1 hour

INGREDIENTS

1 kg apricots
1 cup (250 mL) water
juice of 1 lemon
approx. 3 cups (750 g) sugar

Method

1 *Prepare apricots*: Wash, drain, cut in half and remove stones.
2 Place water and apricots in saucepan, add lemon juice, bring to boil and cook for 5–10 minutes, until fruit is very soft.
3 Test for pectin (see p. 154) and add 1 tablespoon (15 g) commercial pectin if necessary.
4 Measure cooked apricot pulp in cups. For every cup of pulp, add ¾ cup (190 g) sugar.
5 Bring quickly to boil, stirring continually while sugar is dissolving. Boil for 25–30 minutes until gel test (see p. 154) is satisfactory.
6 Sterilise washed jars before bottling jam.
7 Cool jam slightly, pour into jars and cover.
8 Allow jars to become cold. Then wipe clean, label and store in cool, dry place.

MICROWAVE METHOD

Instead of 1 cup water, use ½ cup (125 mL) water. At step 2, place apricots, lemon juice and water in covered dish and microwave on high power for 8 minutes. At step 5, microwave in uncovered dish on high power for 10–15 minutes until gel test (see p. 154) is satisfactory.

FIG JAM

Follow recipe for **Apricot jam**, using 1 kg figs. At step 2, add grated rind and juice of 2 lemons and 1 tablespoon (15 g) commercial pectin mixture.

FIG AND GINGER JAM

Follow recipe for **Apricot jam**, using 1 kg figs. At step 2, add 2 tablespoons (40 g) grated fresh ginger, grated rind and juice of 2 lemons and 1 tablespoon (15 g) commercial pectin mixture.

NECTARINE JAM

Follow recipe for **Apricot jam**, using 1 kg nectarines.

Raspberry jam

Quantity: 4 × 200 mL jars
Preparation time: 10 minutes
Cooking utensil: large saucepan
Cooking time: 10 minutes

INGREDIENTS

500 g fresh or frozen raspberries
2 cups (500 g) sugar
juice of 1 lemon

Method

1 *Prepare raspberries*: Remove stems; wash only if necessary and drain well.
2 Place raspberries, sugar and lemon juice in saucepan. Stir continually while bringing rapidly to boil, and cook rapidly for 6 minutes until gel test (see p. 154) is satisfactory.
3 Sterilise washed jars before bottling jam.
4 Cool jam slightly, pour jam into jars and cover.
5 Allow jars to become cold. Then wipe clean, label and store in cool, dry place.

MICROWAVE METHOD

At step 2, place berries, sugar and lemon juice in uncovered dish and microwave on high power for 6–8 minutes, stirring every 2 minutes until gel test (see p. 154) is satisfactory.

BLACKBERRY JAM

Follow recipe for **Raspberry jam**, using 250 g blackberries. At step 2, cook for 8 minutes.

MICROWAVE METHOD

At step 2, microwave in uncovered dish on high power for 6–8 minutes, stirring every 2 minutes until gel test (see p. 154) is satisfactory.

STRAWBERRY JAM

Follow recipe for **Raspberry jam**, using 250 g strawberries. At step 2, add 2 teaspoons (7 g) commercial pectin mixture and cook 6–8 minutes.

MICROWAVE METHOD

At step 2, microwave in uncovered dish on high power for 6–8 minutes, stirring every 2 minutes until gel test (see p. 154) is satisfactory.



Strawberry Jam



CHUTNEYS, PICKLES, RELISHES AND SAUCES: WHAT TO LOOK FOR TO ENSURE PRODUCT QUALITY

QUALITY CRITERIA

- Even consistency, not watery
- Free from mould
- No bitter flavour
- Pleasant acid taste
- Free from air bubbles

IDENTIFYING PROBLEMS

Mould on surface:

- Mixture not cooked sufficiently to evaporate excess water
- Containers were not dry
- Left too long before sealing
- Insufficient care when sealing
- Place of storage not suitable

Skin tough on vegetables:

- Vegetables not soaked in brine long enough

Bitter or strong acid flavour:

- Underripe vegetables
- Insufficient soaking of vegetables in brine
- Poor quality vinegar

Poor colour:

- Underripe vegetables
- Excess vinegar

Chutneys, pickles, relishes and sauces

Sauces, relishes, pickles and chutneys are fruit and vegetables preserved in vinegar. They are served as an accompaniment to savoury dishes and give variety to the menu and stimulate the appetite. They should be served in small quantities because of their strong flavour.

Chutneys are made by cooking fruit and vegetables for a long time in flavoured vinegar. The consistency should be similar to a jam or conserve. The name comes from the Indian word *chutnee*. Chutneys were originally introduced from India, where mango is a basic ingredient. Chutney may be served as an accompaniment to curried meats and vegetables and with cold cooked meat and poultry.

Pickles are cooked for only a short time. They are usually made from vegetables.

Pickled vegetables are usually uncooked vegetables, preserved in vinegar. They may be flavoured with salt and spices or sugar and spices.

Relishes are cooked for only a short time and thickened with flour. They may contain fruit and vegetables.

Sauces are made from fruit and vegetables that have been cooked until very soft, and then strained. The consistency should be that of a pouring sauce or thick gravy.

The preserving process

Ingredients

Salt may be used dry or as a solution (brine). Salt is used as a preservative and as a seasoning. Soaking pickling vegetables and fruit in brine or salt allows some of the liquid and bitter flavours to be drawn out. After soaking, they should be thoroughly rinsed in several changes of cold water to remove excess salt. Brine is made by dissolving 1 cup (250 g) salt in 4 cups (1 L) water.

Spices such as cayenne, cinnamon, cloves, ginger, mace, mustard, nutmeg, pepper, pimento and turmeric, are commonly used in pickling. Turmeric is also used as a colouring agent. Mixtures of pickling spices are available.

Sugar is used in varying proportions to give slightly sweet flavours, and to soften the sharp taste of vinegar. It also acts as a preservative.

Vegetables and fruit such as beans, beetroot, red and green cabbage, carrots, cauliflower, celery, red and green tomatoes, Chinese radish, cucumbers, capsicums, chillies, gherkins, black and green olives, apricots, apples, gooseberries, grapes, green walnuts, plums and dried fruit, such as sultanas and currants, are the different types of vegetable and fruit used in the making of pickles and chutney.

Vinegar is used as the main preservative. Hot vinegar softens the cellulose in vegetables and underripe fruit. Cold vinegar retains the crispness of the pickled vegetables. Use vinegar of the best available quality, either white or brown, according to preference. Cider vinegar, made from apples, and malt vinegar, made from malted cereals, are usually fermented and matured in vats before being bottled. Herbs, such as tarragon, may be added to vinegar to give particular flavours.

Equipment and utensils

Apart from stainless steel, metal utensils should be avoided as much as possible because both vinegar and brine attack metal surfaces, causing corrosion. Stainless steel, plastic, glass, china or enamel utensils should be used.

Use glass or earthenware jars for bottling. Plastic food wrap and cellophane covers may be used for sealing for a short time. For longer storage use paraffin wax to prevent dehydration.



Apple chutney

Quantity: 8 × 250 mL jars
Cooking utensil: large saucepan
Preparation time: 30 minutes
Cooking time: 1½ hours

Ingredients

1 kg apples
500 g onions, sliced
2 cups (500 mL) vinegar
12 pimentos (allspice)
12 cloves
2 teaspoons (10 g) salt
2 shakes cayenne pepper
1½ cups (375 g) sugar
1 cup (180 g) sultanas

Method

1 Peel, core and dice apples.
2 Put all ingredients in saucepan, cook for 1½ hours, stirring frequently.
3 Sterilise washed jars and lids.
4 Pour chutney into jars and cover.
5 Allow jars to become cold. Then wipe clean, label and store in cool, dry place.

Apricot relish

Quantity: 8 × 250 mL jars
Cooking utensil: large saucepan
Preparation time: 30 minutes
Cooking time: 1 hour

INGREDIENTS

1.5 kg apricots
500 g onions, diced
1 tablespoon (20 g) salt
6 cloves
6 pimentos (allspice)
2 shakes cayenne pepper
2½ cups (625 mL) vinegar
½ cup (150 g) golden syrup
1 cup (250 g) sugar
2 teaspoons turmeric
2 teaspoons (5 g) plain flour

Method

1 Wash and drain apricots and cut in half. Remove stones and cut up roughly.
2 Sprinkle apricots and onions with salt.
3 Place cloves, pimento and cayenne in saucepan with vinegar, golden syrup and sugar, and bring to boil.
4 Add apricots and onions and cook for 45 minutes.
5 Sterilise washed jars and lids.
6 Blend turmeric and flour with a little cold water and stir into mixture. Bring to boil again and cook for 3 minutes.
7 Allow to cool. Pour relish into jars and cover.
8 Allow jars to become cold. Then wipe clean, label and store in cool, dry place.

Plum chutney

Quantity: 6 × 250 mL jars
Cooking utensil: large saucepan
Preparation time: 30 minutes
Cooking time: 1½ hours

INGREDIENTS

1 kg plums
250 g onions, sliced
12 cloves
1 teaspoon mustard seeds
2 shakes cayenne pepper
2 teaspoons chopped fresh ginger
1 small chilli
1½ cups (375 mL) vinegar
¾ cup (190 g) sugar

Method

1 Wash plums and remove stones.
2 Put all ingredients except sugar in saucepan, cook for 45 minutes, stirring frequently.
3 Sterilise washed jars and lids.
4 Add sugar to pan, stir until boiling and cook for 20 minutes. Stir frequently. Remove chilli.
5 Pour chutney into jars and cover.
6 Allow jars to become cold. Then wipe clean, label and store in cool, dry place.



Spiced plums

Quantity: 4 × 250 mL jars
Cooking utensil: large saucepan
Preparation time: 20 minutes, plus 3 days standing
Cooking time: 20 minutes

INGREDIENTS

500 g small firm red plums
1 cup (250 mL) vinegar
1½ cups (375 g) sugar
3 cm cinnamon stick
3 cloves
½ teaspoon ground nutmeg
3 cardamom pods

Method

1 Wash plums and place in basin.
2 Combine all other ingredients in saucepan, bring to boil.
3 Pour mixture over plums and bring slowly to the boil, then simmer gently for 5 minutes.
4 Sterilise washed jars and lids.
5 Cool. Pack plums into jars, being careful not to break skins. Add vinegar mixture to cover plums. Cover jars.
6 Allow jars to become cold. Then wipe clean, label and store in cool, dry place.

Plum sauce

Quantity: 2 × 750 mL bottles
Cooking utensil: large saucepan
Preparation time: 20 minutes
Cooking time: 2 hours

INGREDIENTS

1 kg plums
3 cups (750 mL) vinegar
2 cups (500 g) sugar
2 teaspoons (10 g) salt
6 cloves
2 shakes cayenne pepper
2 teaspoons ground ginger

Method

1 Wash and drain plums. Remove stones.
2 Place in saucepan with vinegar, bring to boil and cook for 45 minutes.
3 Add all other ingredients and cook rapidly for 1 hour. Stir frequently.
4 Sterilise washed bottles and lids.
5 Strain sauce through a colander or sieve into a clean pan.
6 Bring sauce to boil, pour into bottles and cover.
7 Allow bottles to become cold. Then wipe clean, label and store in cool, dry place.

Tomato chutney

Quantity: 10 × 250 mL jars
Cooking utensil: large saucepan
Preparation time: 30 minutes
Cooking time: 2½ hours

INGREDIENTS

1.5 kg tomatoes
250 g onions, diced
1 garlic clove, chopped
1½ cups (375 mL) vinegar
1½ cups (270 g) sultanas
6 cloves
2 shakes cayenne pepper
1 tablespoon (20 g) salt
1½ cups (375 g) sugar

Method

1 Peel and chop tomatoes.
2 Put all ingredients except sugar in saucepan, stir until boiling and cook until mixture thickens (approx. 1½ hours).
3 Sterilise washed jars and lids.
4 Add sugar to pan, stir until boiling and cook for a further 30 minutes, stirring frequently until mixture does not separate. (To test for correct consistency, place a small quantity of sauce on a plate. No liquid should separate from solids.)
5 Pour chutney into jars and cover.
6 Allow jars to become cold. Then wipe clean, label and store in cool, dry place.

MICROWAVE METHOD

Instead of 2½ cups, use 2 cups (500 mL) vinegar. At step 2, microwave all ingredients in a covered dish on high power for 10 minutes. At step 4, add sugar and microwave in an uncovered dish on medium power for 15–20 minutes. Stir frequently, until mixture does not separate.



Tomato chutney

Tomato relish

Quantity: 10 × 250 mL jars
Cooking utensil: large saucepan
Preparation time: 20 minutes
Cooking time: 1 hour

INGREDIENTS

1.5 kg tomatoes
500 g onions, sliced
2 teaspoons (10 g) salt
1½ cups (375 mL) vinegar
2 cups (500 g) sugar
12 cloves
1 tablespoon (10 g) ground mustard
1 tablespoon (10 g) plain flour
2 shakes cayenne pepper

Method

1 Wash, peel and chop tomatoes.
2 Sprinkle tomatoes and onions with salt. (May be left overnight.)
3 Sterilise washed jars and lids.
4 Place 2 cups vinegar in saucepan. Add sugar and cloves, bring to boil and cook for 5 minutes.
5 Add tomatoes and onions, bring to boil again and cook for 20 minutes. Stir frequently.
6 Blend mustard, flour and cayenne with remaining vinegar. Add to tomato mixture, stir until boiling and cook for 5 minutes.
7 Pour relish into jars and cover.
8 Allow jars to become cold. Then wipe clean, label and store in cool, dry place.

Green tomato relish

Quantity: 6 × 250 mL jars
Cooking utensil: large saucepan
Preparation time: 30 minutes
Cooking time: 10 minutes

INGREDIENTS

500 g green tomatoes
650 g onions, sliced
2 teaspoons (10 g) salt
¼ teaspoon ground allspice
4 shakes cayenne
1 tablespoon (10 g) ground mustard
1 cup (250 g) sugar
¼ cup (40 g) plain flour
1 teaspoon turmeric
1 teaspoon curry powder
3 cups (750 mL) vinegar

Method

1 Wash and slice tomatoes.
2 Sprinkle tomatoes and onions with salt. (May be left overnight.)
3 Sterilise washed jars and lids.
4 Blend dry ingredients with a little vinegar.
5 Place remainder of vinegar and vegetables in saucepan, and heat until boiling, stirring frequently. Cook for 1 minute.
6 Add blended ingredients and stir until boiling. Cook for 2 minutes and remove from heat.
7 Allow to cool. Pour relish into jars and cover.
8 Allow jars to become cold. Then wipe clean, label and store in cool, dry place.

Tomato sauce

Quantity: 4 × 750 mL bottles
Cooking utensil: large saucepan
Preparation time: 45 minutes
Cooking time: 2½ hours

INGREDIENTS

5 kg tomatoes
6 pimento (allspice)
2 teaspoons mustard seeds
12 cloves
1 shake cayenne
1 garlic clove, chopped
2½ cups (625 mL) vinegar
2 tablespoons (40 g) salt
1½ cups (375 g) sugar

Method

1 Wash and drain tomatoes. Cut each one in half.
2 Cook tomatoes, spices and garlic in saucepan until tomatoes are very soft. Stir frequently.
3 Strain pulp through sieve or colander.
4 Return to saucepan. Add remaining ingredients and cook, stirring frequently for 1½ hours until correct consistency. (To test for correct consistency, place a small quantity of sauce on a plate. No liquid should separate from solids.)
5 Sterilise washed bottles and lids.
6 Pour sauce into bottles and cover.
7 Allow bottles to become cold. Then wipe clean, label and store in cool, dry place.

Zucchini pickles

Quantity: 8 × 250 mL jars
Cooking utensil: large saucepan
Preparation time: 4 hours standing
Cooking time: 20 minutes

INGREDIENTS

1 kg zucchini, sliced
1 kg onions, sliced
2 tablespoons (40 g) salt
1 cup (250 g) sugar
2 teaspoons mustard seeds
1 teaspoon celery seeds
½ teaspoon turmeric
2 cups (500 mL) cider vinegar

Method

1 Place zucchini and onions in large bowl, sprinkle with salt and cover with water. Allow to soak for 2 hours.
2 Drain and rinse well.
3 Add sugar, mustard seeds, celery seeds and turmeric. Add vinegar and stand for 2 hours.
4 Place in saucepan, bring to boil, stirring occasionally. Cook for 5 minutes.
5 Sterilise washed jars and lids.
6 Allow to cool. Pour pickles into jars and cover.
7 Allow jars to become cold. Then wipe clean, label and store in cool, dry place.

Pickled onions

Pickled onions are made with small brown onions, known as pickling onions.

Quantity: 3 × 500 mL jars
Cooking utensil: large saucepan
Preparation time: 30 minutes, plus 1 day soaking
Cooking time: 15 minutes

INGREDIENTS

½ cup (125 g) salt
2 cups (500 mL) water
1 kg pickling onions
Spiced vinegar (2 cups, p. 172)

Method

1 Make brine by dissolving salt in water.
2 Peel onions, soak in brine and allow to stand for 1 day.
3 Sterilise washed jars and lids.
4 Drain and wash salt from onions.
5 Place onions and spiced vinegar in saucepan and bring to boil. Immediately remove from heat.
6 Allow to cool. Pack onions into jars, fill with vinegar and cover.
7 Allow jars to become cold. Then wipe clean, label and store in cool, dry place.

PICKLED VEGETABLES

Follow recipe for **Pickled onions** using 2 kg mixed vegetables (e.g. cabbage, cauliflower, carrots, red capsicum, green tomatoes, onions) prepared and cut into small pieces.



Pickled onions

Mixed mustard pickles

Quantity: 6 × 250 mL jars
Cooking utensil: large saucepan
Preparation time: 30 minutes, plus 1 day soaking
Cooking time: 20 minutes

INGREDIENTS

1 cup (250 g) salt
4 cups (1 L) water
approx. 1 kg vegetables (e.g. cabbage, cauliflower, carrots, green beans, green tomatoes, onions)
¼ teaspoon ground allspice
4 shakes cayenne
1 tablespoon (10 g) ground mustard
1 cup (250 g) sugar
1 teaspoon turmeric
1 teaspoon curry powder
3 cups (750 mL) vinegar

Method

1 Make brine by dissolving salt in water.
2 Prepare vegetables: Wash, peel if necessary, cut into small pieces.
3 Soak vegetables in brine for 1 day.
4 Sterilise washed jars and lids.
5 Drain and wash salt from vegetables.
6 Blend dry ingredients with a small amount of vinegar.
7 Combine with vegetables and remainder of vinegar. Bring to boil in saucepan, stirring all the time. Remove from heat immediately.
8 Pour pickles into jars and cover.
9 Allow jars to become cold. Then wipe clean, label and store in cool, dry place.

Mustard

Quantity: 4 × 125 mL jars
Cooking utensil: large saucepan
Preparation time: 15 minutes
Special equipment: food processor

INGREDIENTS

¾ cup (125 g) yellow mustard seeds
1 teaspoon (5 g) sugar
1 teaspoon (5 g) salt
¾ cup (190 mL) white wine vinegar or cider vinegar
½ cup (125 mL) olive oil

Method

1 Mix all ingredients and refrigerate overnight.
2 Process in food processor for 30 seconds, until blended but not smooth.
3 Sterilise washed jars and lids.
4 Place mustard in jars. Keep in refrigerator.

Herb vinegar

Quantity: 2 × 250 mL bottles
Cooking utensil: large saucepan
Preparation time: 15 minutes, plus 2–3 weeks standing

INGREDIENTS

1–2 cups herbs (e.g. tarragon, thyme, chives, sage, basil, rosemary)
2 cups (500 mL) cider vinegar

Method

1 Sterilise washed bottles and lids.
2 Scald herbs and crush to release flavouring oils, place in bottles.
3 Cover with vinegar, seal and allow to stand for 2–3 weeks.
4 Strain vinegar into jug.
5 Sterilise washed bottles and lids.
6 Pour vinegar into bottles. Add a scalded sprig of herb used earlier. Seal.

Spiced vinegar

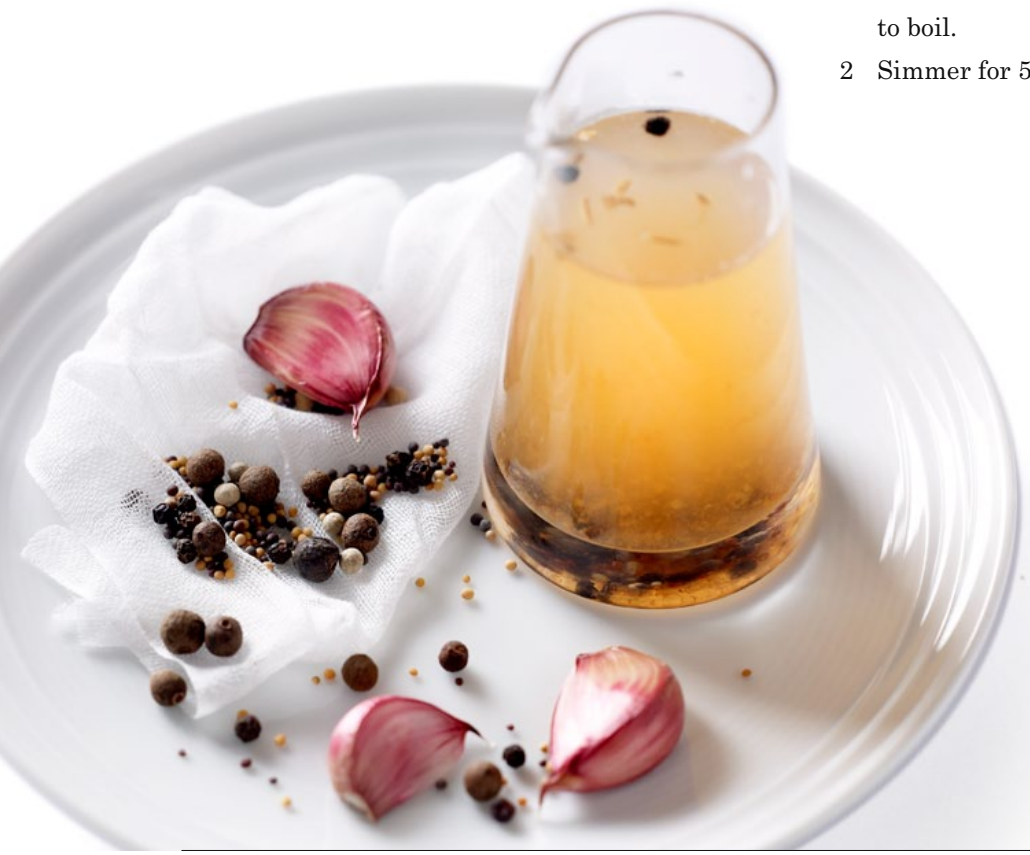
The vinegar may be used to pickle mixed vegetables, onions, zucchini and other vegetables.
Quantity: sufficient for 2 kg prepared vegetables
Cooking utensil: large saucepan
Preparation time: 15 minutes
Cooking time: 15 minutes

INGREDIENTS

4 cups (1 L) vinegar
¼ cup (65 g) sugar
1 teaspoon chopped fresh ginger
1 garlic clove, minced
2 teaspoons black peppercorns
6 pimento (allspice)
6 cloves
1 teaspoon mustard seeds
1 teaspoon ground nutmeg
1 teaspoon (5 g) salt

Method

1 Place all ingredients in saucepan and bring to boil.
2 Simmer for 5 minutes and strain before using.



Spiced vinegar

Dried herbs, fruit and vegetables

Drying herbs, fruit and vegetables preserves them and intensifies their flavour. Dehydrating food also reduces the moisture content of the food and inhibits microbial growth that causes food spoilage. A commercial dehydrator gives greater control over the temperature and airflow during this process, but satisfactory results can also be obtained using a warm oven.

Semidried tomatoes

Quantity: 2 × 250 mL jars
Cooking utensil: oven tray
Preparation time: 15 minutes
Cooking time: 4 hours
Oven temperature: 120°C

INGREDIENTS

2 kg small tomatoes

Method

1. Wash and drain tomatoes.
2. Cut each in half and place cut side up on oven tray.
3. Place in preheated oven for 4 hours, or until quite dry.
4. Store in airtight jar.
5. May be covered with Spiced vinegar (p. 172) and a little olive oil and stored in refrigerator.

SEMIDRIED APRICOTS

Follow steps 1–4 of recipe for **Semidried tomatoes**, using 250 g apricots, cut in half and stoned.

SEMIDRIED CAPSICUMS

Follow recipe for **Semidried tomatoes**, using 250 g capsicums, seeded and cut into strips.

Dried herbs

INGREDIENTS

100 g fresh herbs

Method

1. Tie stems in small bunches and place in paper bags, with the opening firmly tied around the stems.
2. Dry in a current of air or in residual heat of an oven.
3. When dry, strip the leaves from stems and store in airtight container.



Candied and glacé fruit

Candied fruit and glacé fruit—also sometimes called crystallised fruit—may be used to decorate cakes and desserts or used in cooking to provide an intense fruit flavour. The fruit or peel is cooked to soften the cellulose, placed in a concentrated sugar solution to absorb the sugar, and then allowed to drain dry. The sugar solution preserves the fruit.



Candied and glacé fruit

Candied peel

Quantity: 2 × 250 mL jars
Cooking utensil: large saucepan
Preparation time: 15 minutes, plus 20 minutes and 2 days soaking, overnight standing
Cooking time: 2 hours over several days

INGREDIENTS

400 g citrus fruit skins with pith (e.g. 1 grapefruit, 1 orange, 2 lemons)
2 teaspoons (5 g) bicarbonate of soda
4 cups (1 L) boiling water
1 cup (250 mL) water
1½ cups (375 g) sugar

Method

1 Wash and dry skins, cut into 1 cm wide strips.
2 Dissolve bicarbonate of soda in boiling water. Add skins and soak for 20 minutes. Drain and rinse.
3 Place skins in fresh water, bring to boil and simmer until tender. Drain.
4 Make syrup of 1 cup (250 mL) water and 1 cup (250 g) sugar, bring to boil. Soak skins in syrup for 2 days.
5 Add ½ cup (125 g) sugar to syrup and skins and bring to boil. Simmer until skins become clear. Lift from syrup, reserving it.
6 Place skins on cake cooler over tray. Stand overnight.
7 Bring syrup back to boil, dip skins into it and place on cake cooler over tray to dry.
8 Store in refrigerator up to 4 weeks.

CHOCOLATE CANDIED PEEL

Follow recipe for **Candied peel**. When peel is dry, melt 150 g chocolate (see p. 449). Dip each piece of peel into chocolate. Allow to dry on baking paper.

Glacé ginger

Quantity: 2 × 250 mL jars
Cooking utensil: saucepan
Preparation time: 15 minutes, plus 24 hours standing
Cooking time: 1 hour

INGREDIENTS

250 g fresh ginger
4 cups (1 L) boiling water
½ cup (125 mL) water
¾ cup (190 g) sugar

Method

1 Peel ginger, cut into pieces and cook for 30 minutes in boiling water. Drain.
2 Make syrup of ½ cup water and ½ cup (125 g) of the sugar and bring to boil.
3 Add ginger and simmer for 15 minutes. Allow to cool. Leave ginger in syrup for 24 hours.
4 Add remaining sugar to syrup and ginger. Bring to boil and simmer for 15 minutes. Allow to cool.
5 Place ginger and syrup in jars and refrigerate. Use in cakes and desserts.

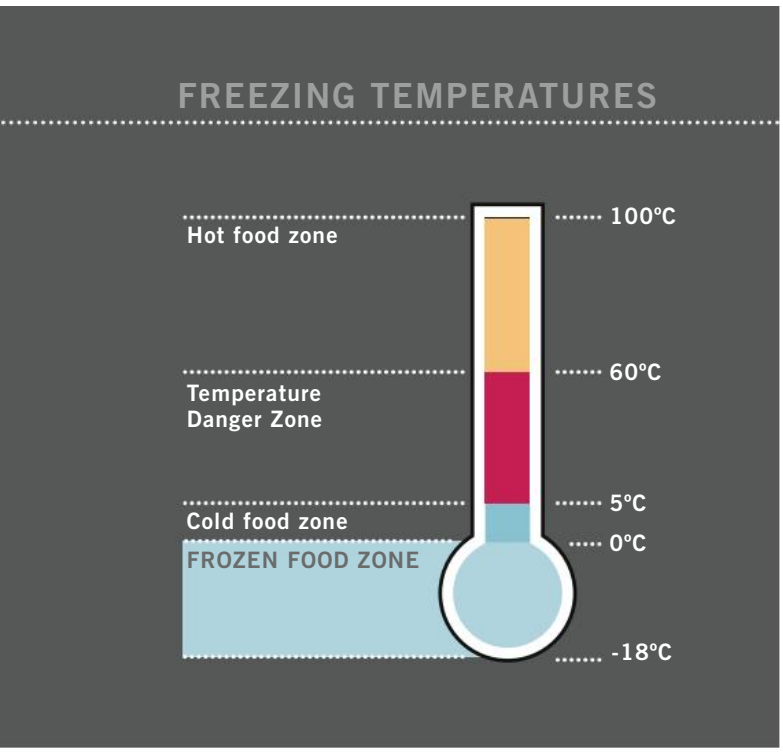
Note: Can keep up to 8 weeks in refrigerator.



Glacé ginger

Frozen fruit and vegetables

Home freezers that can maintain a temperature of –18°C may be used to freeze most fresh and cooked food. Bacteria are not destroyed by freezing, only rendered dormant. Therefore, careful handling of frozen food and cleanliness are essential. Frozen food must not be allowed to thaw before being placed in a freezer as this may reduce food quality and encourage the growth of pathogenic organisms.



To preserve the quality of the fruit and vegetables during freezing, the process must be carried out as quickly as possible, with the freezer at the lowest temperature setting. A slow freezing process causes larger ice crystals to form, which then damage the cell walls. During thawing, the damaged cell walls allow water to escape and the texture of the food becomes soft and watery.

Freezing vegetables

Quantity: 2 kg
Cooking utensil: large saucepan
Preparation time: 20 minutes
Cooking time: 1 minute per batch

REQUIREMENTS

2 kg vegetables (e.g. green beans, peas, broad beans, cauliflower florets, broccoli)
6 plastic freezer bags or plastic containers
6 ties
6 sticky labels

Method

1 Check that freezer is at or below –18°C. Wash and prepare vegetables as for cooking. Prepare sticky labels indicating food, amount and date of freezing.
2 *To blanch vegetables*: Bring large saucepan of water to boil.
3 Place 1 cup vegetables in sieve, dip into boiling water, bring water back to boiling point. Remove vegetables.
4 Plunge vegetables immediately into ice-cold water. Leave for 2 minutes, drain.
5 Pack into freezer bags or plastic containers. Expel as much air as possible from the bag, tie and seal. Label.
6 Place in coldest part of freezer, away from other foods.

Repeat steps 3–6 until all vegetables are used.



TIPS FOR FREEZING

- Fruit and vegetables with low water content (e.g. broccoli, peas and green beans) will retain their shape and texture more successfully.
- Fruit and vegetables with medium water content (e.g. tomatoes, apples and rhubarb) should be cooked to form a pulp before freezing.
- Fruit and vegetables with high water content (e.g. celery, lettuce and oranges) will not freeze and thaw successfully. Large ice crystals form in the cells, damaging the cell wall and therefore allowing water to escape on thawing, rendering the food mushy.
- Small fruit, such as berries, freeze quickly and keep their shape if the individual fruit is kept separate during freezing.
- Vegetables should be blanched (see previous page, Freezing vegetables) before freezing to destroy the enzymes that cause colour and flavour changes.
- Food must be enclosed in airtight plastic bags or containers to prevent 'freezer burn', which causes discolouration and dehydration of food.
- Package food in meal-sized portions before freezing.
- Mark bags and containers with the date of freezing, contents and amount.

Freezing berries

Berries (e.g. strawberries, raspberries, blackberries and blueberries) are small and will freeze quickly if spread on metal tray in freezer. When frozen, pack in plastic freezer bags. Expel as much air as possible from the bag, tie and seal. Label.

Freezing fruit

Most fruit has a high water content and should be stewed (see p. 509) and cooled before freezing. Pour cooled stewed fruit into plastic containers and label. Place in coldest part of freezer, away from other foods.



Bottled fruit

Fruit may be home-bottled using a preserving unit or microwave oven or by placing boiling stewed fruit in sterilised jars. During the process, organisms that cause fermentation and putrefaction are destroyed. Most yeasts and moulds that cause fermentation, which leads to an off flavour, are destroyed if heated to a temperature of 82°C.

Bacteria that cause putrefaction of food and pathogenic bacteria, such as *Clostridium botulinum*, cause food poisoning. Bacteria are not destroyed at temperatures that can be reached in home bottling unless a combination of heat and acid is used. For this reason, only food with medium to high acid levels—that is, fruit and tomatoes—should be preserved by home bottling. Vegetables have low acid content and should not be home-bottled. Jars must be completely sealed to maintain the sterile state of the contents.

Equipment and utensils

PRESERVING UNIT

Any vessel with a lid that is deep enough to hold the jars or bottles can be used. Units with an electric element and thermostatic control, or designed for heating over a hotplate, are available; for example, Fowler's Vacola Preserving Outfit. A microwave oven may also be used (see p. 180).

JARS, BOTTLES, RINGS AND CLIPS

Glass bottles or jars with tight-fitting lids, sealed with an airtight ring between the jar and the lid, must be used. The jars, lids and rings must remain unaffected by food acids so that they do not corrode and allow air to enter. Jars and stainless steel lids manufactured especially for home bottling are recommended. Some types of bottles need clips to hold the lid and ring in position during processing, while others have screw-on lids to hold a metal-and-ring insert until sealed.



Bottled fruit

The jars, lids and clips should be washed and completely dried after use and stored in a dry place. The rings should be replaced after each use.

Note: Screw-top glass food jars—of the type used for commercially packed sauces and pickles—may be reused. These have metal lids with an attached sealing ring and a lacquer coating on the inside surface of the lid that is resistant to food acid. Check that the sealing ring and lacquer coating are undamaged so that the jar will seal on cooling. Wash jars and lids before use. Scald by dipping in boiling water or sterilise before filling. Preserving fruit in these jars is particularly successful in the microwave oven.

OTHER EQUIPMENT

A wooden spoon and spatula can be used for packing the fruit. Cherry and peach stoners and pear and pineapple corers are obtainable—or a teaspoon can be used instead to remove peach stones and pear cores.

Choosing the fruit

- Fruit must be fresh, have a well-developed colour and flavour and firm, ripe flesh with minimum blemishes. Use fruit at the peak of the season to ensure maximum flavour and cost-efficiency. Controlled-atmosphere storage and refrigerated transport have extended the length of time particular fruits are available.
- Medium-acid fruits, such as figs and tropical fruits (e.g. rockmelon, papaya and mango), should have ¼ teaspoon citric acid or 1 tablespoon (20 mL) lemon juice added to each 500 g fruit to raise the acid content to a safe level.
- Choose fruit of an even size as this makes the bottles easier to pack and looks more attractive. It also ensures that all the fruit cooks at the same time.

Preserving liquids

Fruit can be safely bottled without sugar in the preserving liquid. Sugar will help the fruit to keep a bright colour and firm texture but plays less of a preservation role than it does with jams and jellies. The choice of syrup in bottling fruit will depend on personal taste and on the natural sweetness of the fruit.

Medium syrup

Quantity: 2 cups (500 mL)
Cooking utensil: large saucepan
Preparation time: 5 minutes
Cooking time: 5 minutes

INGREDIENTS

½ cup (125 g) sugar
2 cups (500 mL) water

Method

1 Put sugar and water into saucepan. Cook over medium heat, stirring until sugar is dissolved. May be heated in microwave oven on high power, stirring regularly.
2 Bring to boil and boil for 3 minutes.
Note: This makes a syrup in which the sugar-to-water ratio is 1:4.

LIGHT SYRUP

Follow recipe for **Medium syrup**, using ¼ cup (65 g) sugar to 2 cups (500 mL) water (sugar-to-water ratio 1:8).

HEAVY SYRUP

Follow recipe for **Medium syrup**, using 1 cup (250 g) sugar to 2 cups (500 mL) water (sugar-to-water ratio 1:2).

Methods of bottling fruit

USING A PRESERVING UNIT

1 Prepare fruit (see Fruit bottling guide for specific fruit, pp. 182–3).
2 Prepare preserving liquid (see Fruit bottling guide for specific fruit, pp. 182–3).
3 Wash jars or bottles, rings and lids (see note on reusing jars, p. 179).
4 Check that sealing rings are undamaged.
5 Using tongs, scald one batch of bottles, rings and lids by dipping in boiling water. Drain quickly so that bottles remain hot. Where necessary, place ring in position on bottle, ensuring that it is not twisted.
6 Immediately pack fruit firmly into bottles.
7 Fill bottles with syrup. Tap bottles to ensure that there are no air pockets.
8 Place lids in position, attaching with clips or screwing on lightly.
9 Repeat steps 5–8 with each batch of bottles. Place bottles in preserving unit.
10 Pour in cold water to reach just below lids.
11 Place thermometer in position if there is no thermostat. Place lid on preserving unit.
12 Heat slowly for approx. 45 minutes to 92°C.
13 Maintain water temperature at 92°C for another 45 minutes.
14 Remove bottles from preserving unit, stand on towel or several thicknesses of newspaper and immediately tighten screw-on lids.
15 When cold, wipe bottles clean. Remove clips if necessary.
16 Test the seal by turning upside down. If liquid escapes, the bottle is not sealed and must be reprocessed.
17 Label and store in a cool, dry place.
18 Store in refrigerator after opening. Best used within 12 months.

STEWING

Fruit may be bottled after stewing, although the end result may not look as attractive as in the other methods.

1 Wash jars or bottles, rings and lids (see note on reusing jars, p. 179).
2 Check that sealing rings are undamaged.
3 Prepare fruit (see Fruit bottling guide for specific fruit, pp. 182–3).
4 Cook fruit in saucepan, or in covered dish in microwave oven on high power for 8–10 minutes, until very soft.
5 Scald one bottle, ring and lid by dipping in boiling water. Drain quickly so that bottle remains hot. Where necessary, place ring in position on bottle, ensuring that it is not twisted.
6 Immediately fill the bottle with boiling fruit. Seal immediately with lid and clips, or tighten screw-on lids.
7 Repeat steps 5–6 with each bottle, standing filled bottles on towel or several thicknesses of newspaper.
8 Follow steps 15–18 in Methods of bottling fruit using a preserving unit.

USING A MICROWAVE OVEN

1 Prepare fruit (see Fruit bottling guide for specific fruit, pp. 182–3).
2 Prepare preserving liquid (see Fruit bottling guide for specific fruit, pp. 182–3).
3 Wash jars or bottles, rings and lids (see note on reusing jars p. 179).
4 Check that sealing rings are undamaged.
5 Scald one bottle, ring and lid by dipping in boiling water. Drain quickly so that bottle remains hot. Where necessary, place ring in position on bottle, ensuring that it is not twisted.

6 Immediately pack fruit firmly into bottle.
7 Fill bottle with hot syrup. Tap bottle to ensure that there are no air pockets.
8 Place lid in position, attaching with clips or screwing on lightly.
9 Repeat steps 5–8 in batches of up to four bottles.
10 Place maximum of four bottles, evenly spaced, on an ovenproof dish with handles or a rim so that it can be easily lifted in and out of the microwave oven and the dish will catch the syrup overflow. Place in microwave oven. Do not allow bottles to touch each other or side of oven.
11 Cook on medium power as indicated in instructions for individual fruits (see Fruit bottling guide for specific fruit, pp. 182–3).
12 Remove bottles from microwave oven. (If too much syrup has overflowed from jars, leaving fruit exposed, remove lid, top up with boiling syrup and reprocess for 1 minute.)
13 Stand on towel or several thicknesses of newspaper and immediately tighten screw-on lids.
14 When cold, wipe bottles clean. Remove clips if necessary.
15 Test for seal by turning upside down. If liquid escapes, the bottle is not sealed and must be reprocessed.
16 Label and store in cool, dry place.
17 Store in refrigerator after opening. Best used within 12 months.



BOTTLED FRUIT: WHAT TO LOOK FOR TO ENSURE PRODUCT QUALITY

QUALITY CRITERIA

- Full jar of even-sized fruit
- Lid firmly sealed
- Free from mould
- Full flavour of fruit
- Bright colour of fruit
- Fruit covered with liquid
- Free from air bubbles

IDENTIFYING PROBLEMS

Lid did not seal:

- Sealing rings damaged or twisted on bottle
- Water temperature too low
- Processing time too short
- Clips taken off before bottles were cold

Mould or fermentation:

- Water temperature too low
- Processing time too short
- Use of mouldy fruit
- Storage place too warm

Poor colour or flavour:

- Underripe fruit used
- Syrup too light or too heavy

Fruit not covered by liquid:

- Excessive heat during processing
- Air bubbles caught under fruit during packing

FRUIT BOTTLING GUIDE

Fruit and varieties	Preparation	Syrup	Bottling methods Microwave method time	Preserving unit method	Stewed fruit method
Apples: Cooking varieties, e.g. Granny Smith; available all year	Peel, core and cut into even-size pieces; place in salted water to prevent discolouration; drain and rinse before placing in bottles	Medium	See Fruit group 1 p. 184	Yes	Yes
Apples and cinnamon	As for apples; add ½ teaspoon ground cinnamon and juice and grated rind of ½ lemon to each 2 cups (500 mL) syrup	Medium	See Fruit group 1 p. 184	Yes	Yes
Apricots: Least expensive November–January	Wash, cut in half and remove stone	Light	See Fruit group 2 p. 184	Yes	Yes
Apricots, brandied	As for apricots; add ½ cup (65 mL) brandy to each 2 cups (500 mL) syrup	Light	See Fruit group 2 p. 184	Yes	Yes
Berries: blackberries, blackcurrants, blueberries, boysenberries, loganberries, raspberries, strawberries; least expensive November–March	Remove stem or calyx; if washed, drain well; add ¼ cup (65 g) sugar to 500 g pulp; cook in covered bowl in microwave oven on high power for 2 minutes (stir at 1 minute); place in bottles	No syrup	See Fruit group 3 p. 184	No	Cook in saucepan until sugar is dissolved; pour into scalded bottles and seal
Cherries: Least expensive January–February	Wash, stone may be removed	Medium	See Fruit group 4 p. 184	Yes	Yes
Cumquats: Available February–March	Wash and drain	Heavy	See Fruit group 2 p. 184	Yes	Yes
Cumquats, brandied	Add ½ cup (65 mL) brandy to each 2 cups (500 mL) syrup	Light	See Fruit group 2 p. 184	Yes	Yes
Nectarines: Least expensive December–February	Wash, cut in half and remove stone	Light	See Fruit group 2 p. 184	Yes	Yes
Passionfruit: Available January–April	Cut in half and remove pulp; cook as for berries	No syrup	See Fruit group 3 p. 184	No	From step 3

Fruit and varieties	Preparation	Syrup	Bottling methods Microwave method time	Preserving unit method	Stewed fruit method
Peaches: Clingstone (e.g. Golden Queen) or freestone; least expensive November–February	Wash, cut in half and remove stone	Light	See Fruit group 1 p. 184	Yes	Yes
Pears: Cooking varieties, e.g. Williams/Bartlett and Beurre Bosc; least expensive April–August	Peel, core and cut into even-size pieces; place in salted water to prevent discolouration; drain and rinse before placing in bottles	Light	See Fruit group 1 p. 184	Yes	Yes
Pears and cinnamon	As for pears; add ½ teaspoon ground cinnamon and juice and grated rind of ½ lemon to each 2 cups (500 mL) syrup	Light	See Fruit group 1 p. 184	Yes	Yes
Pears and berries	Prepare pears; cook with syrup in saucepan or dish in microwave oven on high power for half bottling time; add equal weight of uncooked berries; follow bottling methods	Light	See Fruit group 3 p. 184	Cook ½ time	Cook ½ time
Pineapple: Available all year	Peel, cut and core pineapple; cut into wedges or dice	Light	See Fruit group 2 p. 184	Yes	Yes
Plums: Least expensive November–March	Wash, cut in half and remove stone	Medium	See Fruit group 2 p. 184	Yes	Yes
Quinces: Available March–June	Peel, core and cut into even-size pieces; place in salted water to prevent discolouration; drain and rinse before placing in bottles	Heavy	See Fruit group 5 p. 184	Yes	Yes
Tomatoes:* Available all year; least expensive January–March	Wash and drain; remove core and cut small cross in round end; dip into boiling water and remove skin; cut in quarters; stir 1 tablespoon (20 g) salt into 1 kg tomatoes	No syrup or pre-serving liquid is required	See Fruit group 1 p. 184	Yes	Yes

* Technically, tomatoes are fruit. In everyday usage, however, they are considered vegetables and have been treated as such elsewhere in this book.

MICROWAVE PROCESSING TIMES

FRUIT GROUP 1—FOR APPLES, PEACHES, PEARS, TOMATOES (MEDIUM POWER)

Bottle size	Four bottles together (mins)	Single bottle (mins)	Additional bottles (mins each)
300–500 mL	12	6	2
500–750 mL	15	9	2
750 mL–1 L	18	12	2

FRUIT GROUP 2—FOR APRICOTS, CUMQUATS, NECTARINES, PINEAPPLE, PLUMS (MEDIUM POWER)

Bottle size	Four bottles together (mins)	Single bottle (mins)	Additional bottles (mins each)
300–500 mL	11	5	2
500–750 mL	14	8	2
750 mL–1 L	16	10	2

FRUIT GROUP 3—FOR BERRIES, PASSIONFRUIT (MEDIUM POWER)

Bottle size	Four bottles together (mins)	Single bottle (mins)	Additional bottles (mins each)
300–500 mL	5	2	1
500–750 mL	9	3	1
750 mL–1 L	10	4	1

FRUIT GROUP 4—FOR CHERRIES (MEDIUM POWER)

Bottle size	Four bottles together (mins)	Single bottle (mins)	Additional bottles (mins each)
300–500 mL	9	3	2
500–750 mL	12	6	2
750 mL–1 L	14	8	2

FRUIT GROUP 5—FOR QUINCES (MEDIUM POWER)

Bottle size	Four bottles together (mins)	Single bottle (mins)	Additional bottles (mins each)
300–500 mL	16	7	3
500–750 mL	19	10	3
750 mL–1 L	25	13	4



*8

Meat and poultry

The emphasis on meat and poultry in the Australian diet has diminished; however, because of the versatility and nutritional value of these foods, they still form part of the main meal in most homes.

Changes in meat production and processing have provided many quick-cooking cuts of meat and a wider range of readily available poultry and game such as pheasant, quail, squab, venison, goat, crocodile, emu and kangaroo. Some animals are slaughtered in special ways, in accordance with religious laws. Halal meat for Muslims and kosher meat for Jews are examples of this.

Products with a lower fat content have also been developed, thus supporting the need to reduce the fat intake in our diet. Many retailers partly prepare meat dishes prior to purchase (for example, meat-and-vegetable kebabs, sweet-and-sour pork and stir-fry mixes), thereby reducing the amount of time needed to prepare the dish at home.

Emu and kangaroo meat are low in cholesterol and fat and high in protein. Due to their low fat levels, these meats are best cooked rare as overcooking toughens the muscle tissue. Marinades can be used to add extra flavour.

Composition

Meat consists of muscle tissue, fatty tissue and bone. Muscle tissue is made up of muscle fibres surrounded by connective tissue attaching the fibres to one another and to bone. The muscle-fibre proteins give meat its characteristic texture. Fatty tissue (which contains saturated fat) is found within the muscle fibres in connective tissue and in layers around the muscle.

Fine-grained tender meat is cut from the portion of the animal that is exercised the least; it is also the most expensive meat to buy. The muscles that are exercised most yield tougher meat, which is less expensive but which nevertheless has the same food value as the more expensive cuts.

The muscle-fibre proteins—albumin and globulin—coagulate, denature and soften when cooked at temperatures below the boiling point of



NUTRITIONAL VALUE

Meat and poultry are valuable sources of complete proteins; approximately 20% of the muscle tissue is made up of essential proteins. Water makes up 70%, and the remaining 10% is fat, minerals and vitamins. There is comparatively little carbohydrate in meat, most of it in the form of glycogen. Red meat and variety meats, such as lamb's fry (liver) and kidneys, are excellent sources of iron, phosphorus and B-group vitamins.

SERVING QUANTITIES FOR MEAT, PER PERSON

Beef, lamb, pork	
Without bone	100–125 g
With bone	150–175 g
Chicken, rabbit	
Without bone	125 g
With bone	250 g

water. However, both these and the connective-tissue proteins—collagen and elastin—are toughened by high temperatures and dry heat. The less expensive, tougher cuts of meat have a high proportion of collagen and elastin, and are therefore more tender to eat if cooked at a low temperature in a moist heat, such as in stews and casseroles.

The microwave oven reduces cooking time for stews and casseroles, but does not brown or tenderise meat.

Prepared and cooked stews, casseroles and curries may be refrigerated or frozen. They should be reheated to boiling point before serving.

CHANGES IN PROTEIN WHEN COOKING MEAT

When cooked or agitated, protein undergoes a series of physical changes, called denaturation and coagulation.

Denaturation is the change in the shape of protein—a physical change that cannot be reversed.

Coagulation results in the protein molecules clumping together—a physical change that cannot be reversed.



The effect of heat on meat

- Most bacteria are deactivated or destroyed.
- Flavour is developed, making meat palatable and appetising.
- There is a change in colour and browning of the outside surface.
- Albumin and globulin coagulate below boiling point, soften at moderate temperatures and toughen at high temperatures.
- Collagen and elastin toughen in dry heat.
- Collagen is changed to gelatin during long exposure to moist, gentle heat, but elastin is unaltered.
- Meat shrinks in size owing to the evaporation of water.
- Fat melts.
- At the completion of the cooking process, the flavour, texture and tenderness of the meat is enhanced if it 'rests' for 4 to 10 minutes depending on the size and cut of meat.

Beef basic cuts

1. Beef Shin



Boneless shin/ gravy beef



Shin Bone-in/ osso buco

2. Beef Knuckle



Round steak



Eye of knuckle



Knuckle medallion

3. Beef Silverside/Topside



Topside roast



Topside steak



Minute steak



Eye round/ Girello

4. Beef Rump



Rump steak



Rump roast



Rostbif



Rump medallion



Rump centre steak



Rump cap

5. Beef Tenderloin



Fillet tenderloin steak



Eye fillet centre cut



Butt fillet

6. Flank Steak



Flank steak

7. Beef Striploin



Sirloin steak/ porterhouse/ New York/entrecote



Sirloin roast



T-bone



Beef short ribs/ spare ribs

8. Beef Cube Roll



Rib eye/ Scotch fillet steak



Rib eye/ Scotch fillet roast



Standing rib roast



Rib cutlet/Rib eye on the bone

9. Beef Blade/Chuck



Blade steak



Blade roast



Oyster blade steak



Flat iron steak



Bone in blade steak/ 'Y bone' steak



Chuck

10. Beef Brisket



Rolled Brisket



Point end

11. Beef, other



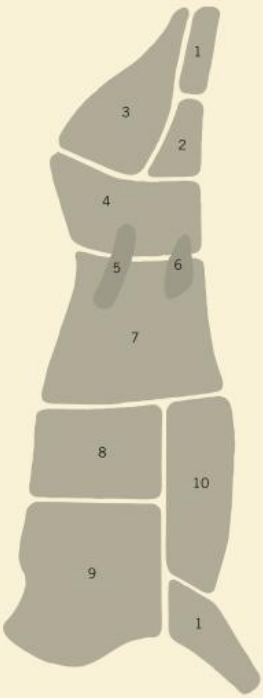
Diced beef



Beef stir-fry strips



Beef mince



Lamb basic cuts

1. Lamb Leg


Easy carve leg roast


Lamb steaks (round or topside)


Mini roast


Leg (funnel boned)


Leg bone in

2. Lamb Chump


Chump chop


Lamb rump denuded

3. Lamb Tenderloin


Fillet/ Tenderloin

4. Lamb Shortloin


Boned and rolled loin roast


Loin chop


Eye of shortloin/ Backstrap

5. Lamb Loin


Frenched cutlet


French rack of lamb (8 rib)


Frenched lamb rack (13 rib)

6. Lamb Forequarter


Forequarter chop


Easy carve shoulder roast


Boned and rolled shoulder


Forequarter rack (4 rib)

7. Lamb Shank


Shank

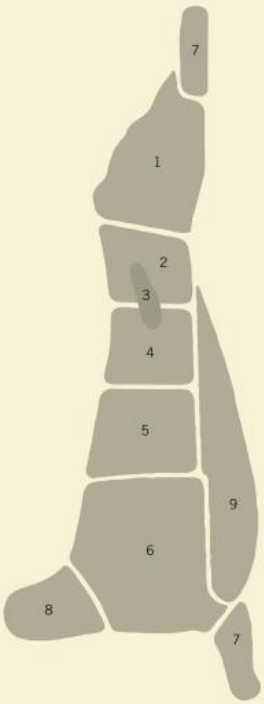

Lamb drumstick

8. Lamb Neck


Neck chop


Best neck chop


Neck fillet Boned



9. Lamb Ribs


Lamb ribs

10. Lamb, other


Diced lamb

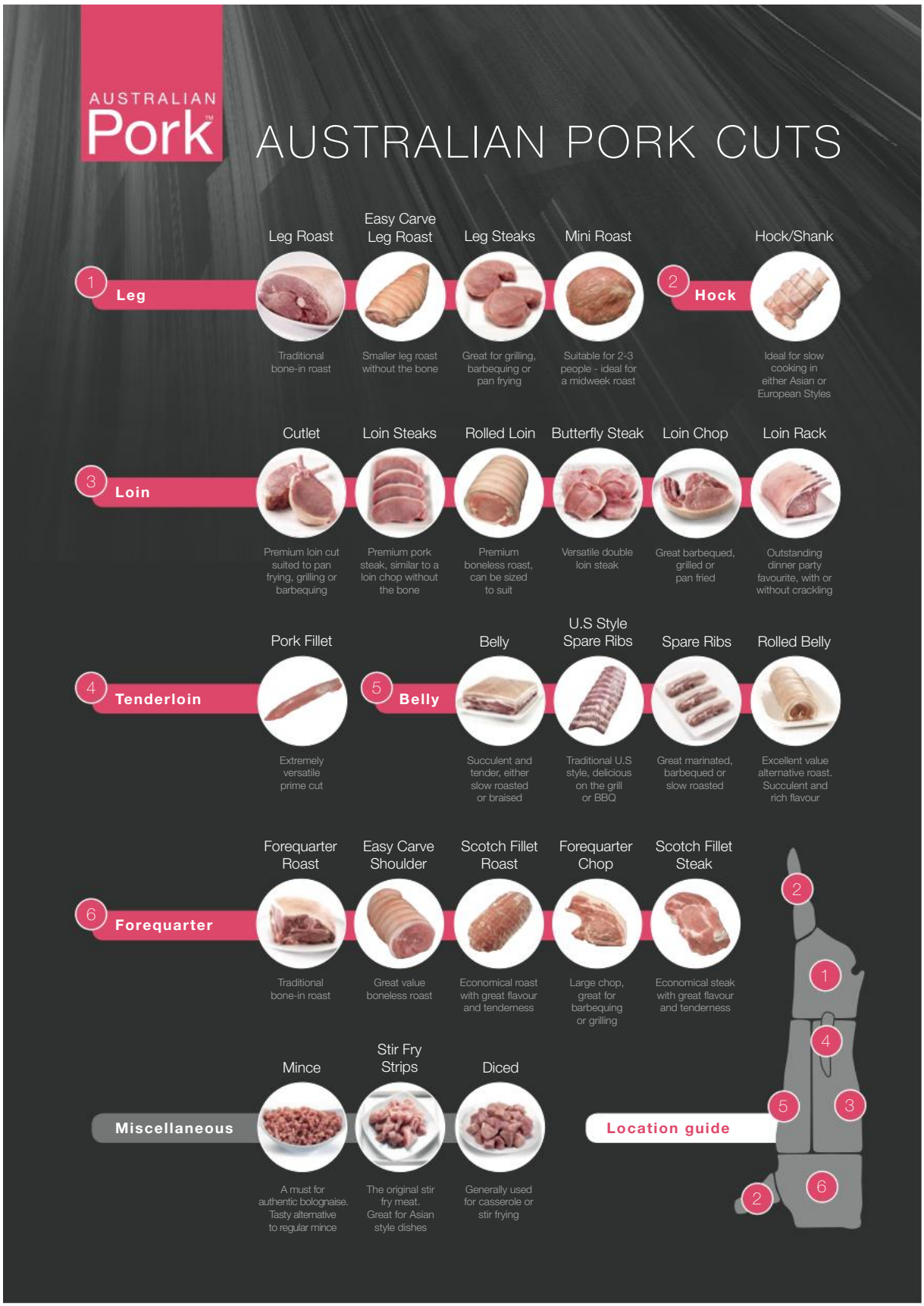

Lamb mince


Lamb stir-fry strips

MEAT & LIVESTOCK AUSTRALIA

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Pork basic cuts



Grilling and barbecuing

More information about these methods of cooking can be found on p. 79. Marinades are often used to enhance the flavour and appearance of the meat when grilling or barbecuing.

Marinades

Method

1 Mix all the ingredients and marinate meat for 1 hour, turning occasionally.
2 Brush the marinade over the meat while grilling or barbecuing.
3 Leftover marinade may be heated and used as a sauce for the meat.

Ginger marinade

Quantity: for 400–500 g beef, pork or chicken
Preparation time: 10 minutes

INGREDIENTS

2 tablespoons (40 mL) soy sauce
1 teaspoon chopped fresh ginger
1 tablespoon (20 mL) cider vinegar
1 teaspoon sweet chilli and ginger sauce
1 tablespoon (20 mL) oil

Orange marmalade marinade

Quantity: for 400–500 g beef, lamb, pork or chicken
Preparation time: 10 minutes

INGREDIENTS

1 teaspoon (5 mL) oil
2 tablespoons (40 mL) orange juice
2 tablespoons (40 g) marmalade
1 garlic clove, crushed

Red wine marinade

Quantity: for 400–500 g beef or lamb
Preparation time: 5 minutes

INGREDIENTS

¼ cup (65 mL) red wine
1 tablespoon (20 mL) oil
1 tablespoon (20 mL) Worcestershire sauce
2 teaspoons (5 g) brown sugar
1 garlic clove, crushed

Honey marinade

Quantity: for 400–500 g lamb, pork or chicken
Preparation time: 5 minutes

INGREDIENTS

1 tablespoon (20 g) honey
1 teaspoon (5 mL) oil
1 tablespoon (20 mL) soy sauce
1 garlic clove, crushed
¼ teaspoon herbs
3 shakes pepper

Grilled or barbecued steak

Serves: 1
Cooking utensil: griller or barbecue
Special equipment: griddle pan (if not using griller or barbecue)
Preparation time: 5 minutes
Cooking time: 8–14 minutes (see step 4)

INGREDIENTS

100–125 g rump, porterhouse, scotch fillet, fillet steak or 150–175 g T-bone steak or spare ribs
Savoury butter (p. 550), mustard or sauce

Method

1 Trim excess fat from meat. May be marinated for 1 hour.
2 Heat griller or barbecue. Seal the surface of meat quickly, to avoid juices being drawn out and evaporating. Turn only once or twice during cooking, to prevent juices escaping. Use tongs when turning, to avoid cutting or piercing meat surface, which will result in meat becoming tough and dry.
3 Reduce heat slightly after sealing the meat.
4 Cook for 8–14 minutes, depending on thickness of meat and preference of diner. Test to see if cooked by pressing with tongs:
   • rare meat feels 'springy' (8–10 minutes)
   • medium-rare meat feels slightly firm (10–12 minutes)
   • well-done meat feels very firm (12–14 minutes).
5 Allow to rest.
6 Serve with mustard, sauce or any savoury butter.

GRILLED OR BARBECUED CHICKEN

Follow recipe for **Grilled or barbecued steak**, using 125 g chicken without bone or 250 g chicken with bone (1–2 pieces). Grill for 10–15 minutes.

GRILLED OR BARBECUED LAMB

Follow recipe for **Grilled or barbecued steak**, using 100–125 g butterfly steak or 150–175 g loin, chump or forequarter chops (1–2 pieces).

GRILLED OR BARBECUED SAUSAGES

Follow recipe for **Grilled or barbecued steak**, using 100–150 g thin sausages (2–3) and grilling for 8–10 minutes, or 1–2 thick sausages and grilling for 10–15 minutes.

GRILLED OR BARBECUED PORK

Follow recipe for **Grilled or barbecued steak**, using 100–125 g butterfly, rump or loin steak, or 150–175 g loin, forequarter chops or spare ribs. Cook for 15–18 minutes.

Grilled or barbecued kangaroo medallions

To use Indigenous ingredients, replace the juniper berries with ½ cup (65g) Illawarra plums or ½ cup (100g) riberries. Emu, ostrich and crocodile meat may be substituted in this recipe. The medallion can also be pan-fried.

Serves: 4
Cooking utensils: saucepan, griller or barbecue
Special equipment: griddle pan (if not using griller or barbecue)
Preparation time: 20 minutes, plus overnight marinating
Cooking time: 5–10 minutes

INGREDIENTS

4 kangaroo medallions or fillets (400g)

MARINADE

1 cup (250mL) red wine
1 onion (125g), chopped
1 carrot (125g), finely chopped
1 celery stalk (100g), chopped
12 juniper berries
1 sprig thyme
grated rind and juice of 1 orange

Method

1 Combine meat and marinade ingredients and refrigerate overnight.
2 Drain meat, reserving marinade.
3 Place marinade in a saucepan, boil for 20 minutes.
4 Preheat griller or barbecue until very hot.
5 Grill or barbecue meat for 4 minutes, turning once.
6 Allow to rest for 4 minutes.
7 Pour hot marinade over kangaroo medallions before serving.

Grilled savoury sausages

Serves: 2
Cooking utensil: griller
Preparation time: 15 minutes
Cooking time: 10–15 minutes

INGREDIENTS

4 thick sausages
1 tablespoon (20g) chutney
1 rasher (50g) bacon, cut into 8 pieces
¼ cup (30g) grated cheese

Method

1 Split sausages almost in half lengthways and flatten.
2 Grill 5–7 minutes, turning once.
3 Spread with chutney and place a piece of bacon on each.
4 Grill until bacon fat is transparent.
5 Sprinkle cheese over bacon and grill until cheese starts to melt.



Beef satays with peanut sauce *(Thai)*

Serves: 4
Cooking utensil: griller
Special equipment: 8 bamboo skewers soaked in water for 1 hour
Preparation time: 20 minutes, plus 30 minutes marinating
Cooking time: 8–12minutes

INGREDIENTS

400 g rump, topside or fillet steak
1 teaspoon chopped fresh ginger
1 tablespoon (20 g) mild spicy curry paste
1 tablespoon (20 g) peanut butter
1 tablespoon (20 mL) lemon juice
2 cups cooked rice (see p. 269)

PEANUT SAUCE

½ onion (65 g), finely chopped
1 tablespoon (20 mL) oil
1 garlic clove, crushed
2 tablespoons (40 g) peanut butter
2 teaspoons (10 mL) soy sauce
1 teaspoon chopped fresh ginger
1 teaspoon (5 g) lemon juice
1 cup (250 mL) coconut milk
1 teaspoon (5 mL) chilli sauce

Method

1 Cut meat into 2 cm cubes.
2 Mix meat, ginger, curry paste, peanut butter and lemon juice and marinate for 30 minutes.
3 Thread meat onto skewers.
4 Grill 8–12 minutes, brushing with marinade during cooking.
5 Allow to rest for 4 minutes.
6 *Make sauce:* Fry onion in oil, add garlic and cook for 1 minute longer. Add other ingredients and stir until boiling.
7 Serve skewers on bed of rice with sauce poured over them.
8 May be served with **Tomato, onion and cucumber salad** (p. 359) or **Gado gado** (p. 350).

MINI SATAYS

Follow recipe for **Beef satays with peanut sauce**, using shorter skewers to make 16 small satays.

Vegetarian variation:

TOFU SATAYS

Follow recipe for **Beef satays with peanut sauce**, using 400 g firm tofu instead of meat.



(Above) Peanut sauce; (Opposite) Beef satays

Kebabs *(Turkish)*

Serves: 4
Cooking utensil: griller
Special equipment: 8 bamboo skewers soaked in water for 1 hour
Preparation time: 20 minutes, plus 1 hour marinating
Cooking time: 8–12 minutes

INGREDIENTS

300 g rump, topside or fillet steak
¼ cup (65 mL) soy sauce
3 shakes black pepper
1 garlic clove, crushed
1 green capsicum (125 g)
12 very small onions (350 g), peeled
12 very small button mushrooms (100 g)
12 cherry tomatoes (375 g)
2 tablespoons (40 mL) melted butter
2 cups rice, cooked (optional)

Method

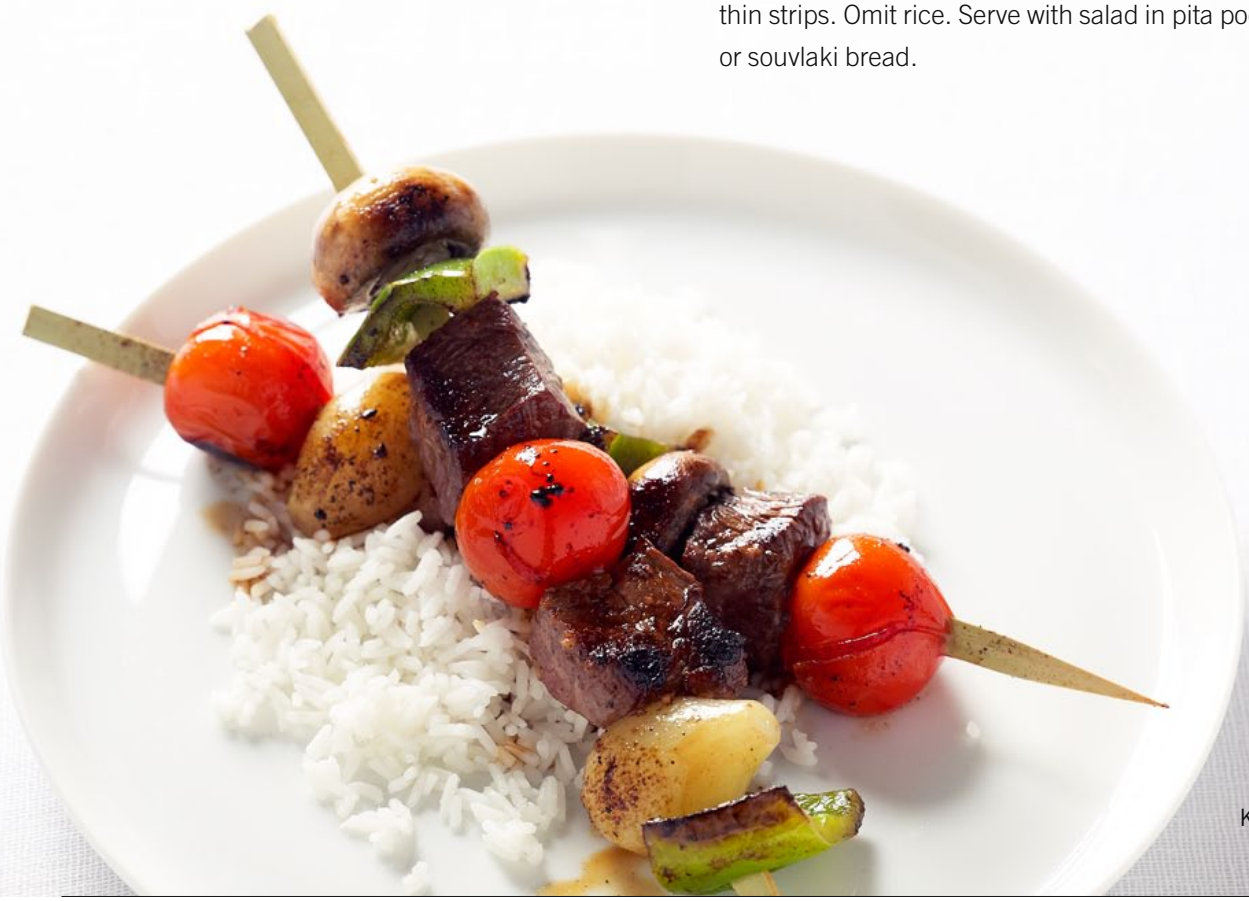
1 Cut meat into 2 cm cubes.
2 Mix meat, soy sauce, pepper and garlic and marinate for 1 hour in refrigerator.
3 Remove seeds from capsicum and cut into 3 cm squares.
4 Blanch capsicum and onions, or microwave for 2 minutes on medium power.
5 Place meat and vegetables on skewers, arranging colours attractively. Brush with melted butter.
6 Grill 8–12 minutes, turning frequently.
7 Kebabs may be served on a bed of rice.

SHASHLIKS *(RUSSIAN)*

Follow recipe for **Kebabs**, using lamb fillets.

SOUVLAKI *(GREEK)*

Follow recipe for **Kebabs**, using lamb fillets cut into thin strips. Omit rice. Serve with salad in pita pocket or souvlaki bread.



Kebabs

Vietnamese pork sausages

Serves: 4
Cooking utensil: griller
Special equipment: 8 bamboo skewers soaked in water for 1 hour
Preparation time: 20 minutes, plus 1 hour marinating
Cooking time: 8–10 minutes

INGREDIENTS

400 g pork, finely minced
1 garlic clove, crushed
1 teaspoon chopped fresh ginger
2 teaspoons (10 mL) soy sauce
2 teaspoons (10 mL) dry sherry
8 iceberg lettuce leaves, washed

DIPPING SAUCE

¼ cup (65 mL) fish sauce
1 teaspoon chopped fresh ginger
1 garlic clove, crushed
1 tablespoon (20 mL) lemon juice
2 teaspoons (10 g) caster sugar
1 tablespoon (20 mL) water
1 small red chilli, seeded and finely sliced

Method

1 Combine pork, garlic, ginger, soy and dry sherry. Place in refrigerator for 1 hour.
2 Turn on griller.
3 Divide meat into 8 portions, roll each into a sausage shape and slide a skewer lengthways through the centre.
4 Cook for 8–10 minutes, turning several times.
5 Wrap each pork sausage into a parcel in a lettuce leaf.
6 Serve with dipping sauce made by combining ingredients.

Pork spare ribs with plum sauce *(Chinese)*

Serves: 2
Cooking utensil: griller or barbecue
Special equipment: griddle pan (if not using griller or barbecue)
Preparation time: 5 minutes, plus 1 hour marinating
Cooking time: 15–20 minutes

INGREDIENTS

300 g pork spare ribs
2 tablespoons (40 mL) Plum sauce (p. 166) or a marinade (see p. 191)

Method

1 Marinate meat in plum sauce or other marinade for 1 hour in refrigerator.
2 Grill or barbecue, turning frequently, for 10–15 minutes.
3 Allow to rest for 5 minutes.



Pork spare ribs with plum sauce

Stir-frying

More information about this method of cooking can be found on p. 80.

Oriental beef

Serves: 4
Cooking utensil: wok
Preparation time: 30 minutes
Cooking time: 5–8 minutes

INGREDIENTS

400 g rump, topside or round steak, or beef strips
2 teaspoons (10 mL) sesame oil
1 teaspoon chopped fresh ginger
1 garlic clove, crushed
12 spring onions, cut into 3 cm lengths
1¾ cups (200 g) broccoli florets
1½ cups (150 g) snow peas
1 red capsicum (125 g), sliced
2 tablespoons (40 mL) soy sauce
2 tablespoons (40 mL) oyster sauce
1 tablespoon (20 mL) dry sherry
½ cup (50 g) unsalted cashew nuts
2 cups cooked rice (see p. 269)

Method

1 Cut steak into thin strips.
2 Heat oil in wok. Brown small quantities of beef strips for 2–3 minutes, stirring continually.
3 Add ginger, garlic, spring onions, broccoli, snow peas and capsicum. Stir-fry for 2 minutes.
4 Stir in soy sauce and oyster sauce, dry sherry and cashews. Stir until heated through.
5 Serve with rice.

BEEF STIR-FRY WITH ASPARAGUS

Follow recipe for **Oriental beef**. Omit cashews and broccoli. Add 200 g prepared asparagus spears cut into 2 cm lengths at step 4.

SWEET-AND-SOUR BEEF

Follow recipe for **Oriental beef**. Omit cashews and broccoli. Add 250 g jar sweet-and-sour sauce, or 200 g pineapple pieces and 2 tablespoons (40 mL) white vinegar at step 4.

Stir-fried lamb with couscous *(Middle Eastern)*

Serves: 4
Cooking utensils: saucepan, wok
Preparation time: 15 minutes
Cooking time: 10 minutes

INGREDIENTS

2 cups (500 mL) stock or water
1 cup (200 g) couscous
400 g lamb strips
¼ teaspoon ground cumin
¼ teaspoon chilli paste
2 teaspoons (10 mL) olive oil
2 tomatoes (250 g), diced
1 zucchini (100 g), diced
1 capsicum (125 g), diced



Stir-fried lamb with couscous

Method

1 Boil stock, add couscous, bring back to boil, remove from heat, cover and stand.
2 Mix lamb with cumin and chilli paste.
3 Heat oil in wok, add lamb, stir-fry until meat is brown. Remove meat and set aside.
4 Add tomatoes, zucchini and capsicum to wok. Cook on high heat for 5 minutes.
5 Return lamb to wok, stir gently. Reheat couscous, stirring with fork. Serve lamb and vegetables on couscous.

Chow mein *(Chinese)*

Serves: 4
Cooking utensil: wok
Preparation time: 20 minutes
Cooking time: 30 minutes

INGREDIENTS

400 g minced beef
1 onion (125 g), sliced
600 g fresh noodles
2 tablespoons (30 g) uncooked rice
2 teaspoons (10 mL) soy sauce
2 tablespoons (40 mL) tomato sauce
1 teaspoon (5 g) curry paste
1½ cups (375 mL) hot water
2 celery stalks (200 g), sliced
3 cups (300 g) finely sliced cabbage
½ cup (60 g) sliced green beans

Method

1 Brown meat and onion in wok for 5 minutes.
2 Cook noodles (see p. 269)
3 Add rice, soy sauce, tomato sauce, curry paste and hot water. Stir well and simmer for 10 minutes, or until rice is cooked.
4 Add celery, cabbage, beans and noodles. Stir until boiling and cook for 5 minutes, stirring occasionally. Serve.

Beef and black bean stir-fry

Serves: 4
Cooking utensil: wok
Preparation time: 15 minutes
Cooking time: 10 minutes

INGREDIENTS

450 g fresh hokkien noodles
¼ cup (60 mL) black bean sauce
1 tablespoon (20mL) oyster sauce
2 tablespoons (40 mL) Shaoxing wine (Chinese rice wine)
1 tablespoon (20 mL) water
1 tablespoon sugar
½ teaspoon ground white pepper
300 g beef rump, cut into strips
2 tablespoons peanut oil
300 g gai larn (Chinese broccoli), chopped into 5 cm pieces
10 g fresh ginger, minced
4 cloves garlic, peeled and minced
1 long red chilli, deseeded and finely diced
100 g oyster mushrooms
4 spring onions, sliced

Method

1 Place noodles in large bowl and pour over boiling water to cover. Drain after 2–3 minutes and set aside.
2 Place black bean sauce, oyster sauce, wine, water, sugar and pepper in bowl and whisk, add beef strips and marinade for 10–15 minutes.
3 Place wok over high heat, add oil, and when hot, add gai larn and quickly stir-fry for 2–3 minutes.
4 Add ginger, garlic and chilli and stir-fry for 30 seconds, then add mushrooms and spring onions and stir-fry for a further 1–2 minutes.
5 Add beef and marinade to wok, cook for 1–2 minutes until beef is cooked through.
6 Add noodles and toss to heat through. Divide between 4 bowls and serve.

Chicken and almonds

Serves: 4
Cooking utensil: wok or deep frying pan
Preparation time: 20 minutes
Cooking time: 20 minutes

INGREDIENTS

1 teaspoon (5 mL) oil
¾ cup (100 g) blanched almonds
2 cups (400 g) chicken strips
1 onion (125 g), diced
1 garlic clove, crushed
1 cup (100 g) chopped mushrooms
1 cup (120 g) sliced green beans or snow peas
1 celery stalk (100 g), sliced
1 teaspoon chopped fresh ginger
1 tablespoon (20 mL) soy sauce
2 tablespoons (20 g) cornflour
1 cup (250 mL) Chicken stock (see p. 331)

Method

1 Heat oil and fry almonds until golden-brown. Remove almonds and drain on paper towel.
2 Fry chicken strips for 3 minutes. Add onion, garlic and mushrooms, fry 2 minutes.
3 Add beans or snow peas, celery, ginger, soy sauce and half the almonds.
4 Blend cornflour with the stock and stir into chicken and vegetables.
5 Cook for 1 minute.
6 Garnish with remaining almonds and serve.

Note: Almonds may be browned by placing in microwave oven on medium power for 2 minutes.

Stir-fried chicken with bok choy *(Chinese)*

Serves: 2
Cooking utensils: saucepan, wok
Preparation time: 20 minutes
Cooking time: 10–15 minutes

INGREDIENTS

200 g chicken, in strips or diced
1 teaspoon (5 mL) dry sherry
2 teaspoons (10 mL) light soy sauce
2 bok choy (250 g)
2 teaspoons (10 mL) peanut oil
2 spring onions, sliced
1 garlic clove, crushed
½ teaspoon chopped fresh ginger
½ cup (125 mL) water
1 teaspoon cornflour
200 g baby corn
½ small red chilli, seeded and thinly sliced
2 spring onions, extra, sliced diagonally and fried until crisp (for garnish)

Method

1 Mix chicken, sherry and soy sauce.
2 Cut each bok choy lengthways into 4 pieces.
3 Cook bok choy in boiling water for 1 minute and drain.
4 Heat oil in wok, add spring onions, garlic and ginger. Stir-fry for 30 seconds. Add chicken and stir-fry another 2 minutes.
5 Mix water with cornflour, add to wok, bring to boil. Add corn and chilli.
6 Arrange bok choy on serving plate, place chicken mixture in centre.
7 Serve sprinkled with fried spring onions.

Green chicken curry *(Thai)*

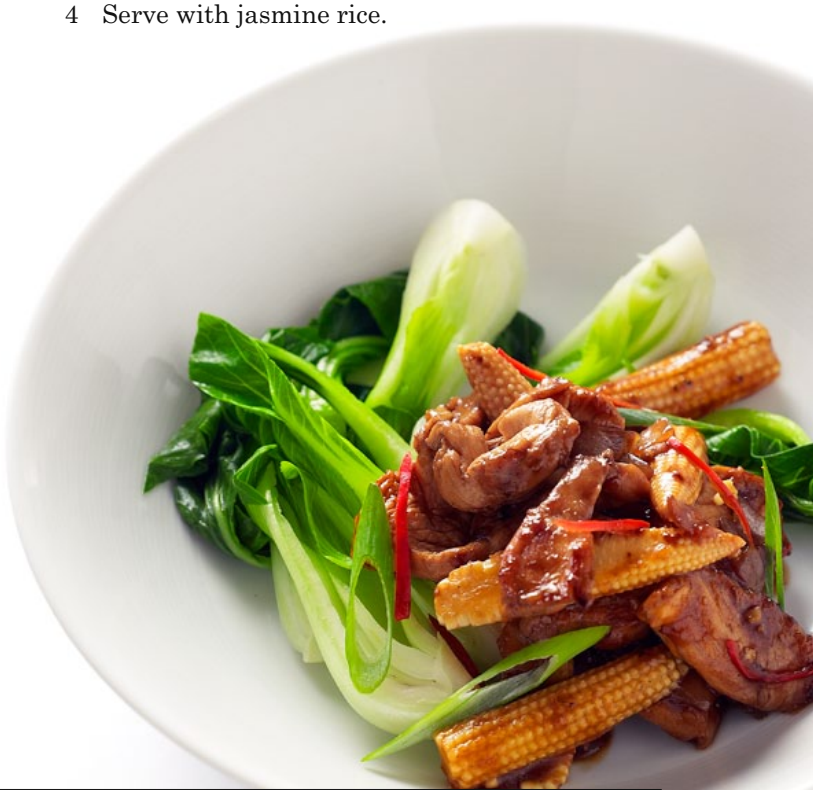
Serves: 4
Cooking utensil: wok
Preparation time: 20 minutes
Cooking time: 10 minutes

INGREDIENTS

2 teaspoons (10 mL) peanut oil
400 g chicken strips
1 tablespoon (20 g) green curry paste
1 garlic clove, crushed
1 onion (125 g), cut into 8 pieces
1 tablespoon (15 g) brown sugar
200 g low-fat natural yoghurt
2 cups cooked jasmine rice (see p. 269)

Method

1 Heat oil in wok, brown chicken.
2 Stir in curry paste, garlic and onion. Stir-fry for 2 minutes.
3 Reduce heat, add sugar and yoghurt, and heat through 5 minutes.
4 Serve with jasmine rice.



Stir-fried chicken with bok choy

Chicken and spinach curry

Serves: 4
Cooking utensil: wok
Preparation time: 20 minutes
Cooking time: 20 minutes

INGREDIENTS

1 tablespoon (20 mL) oil
4 chicken thighs, skinned
½ onion (65 g), finely diced
1 teaspoon chopped fresh ginger
2 teaspoons (10 g) curry paste, such as korma or tikka masala
2 garlic cloves, crushed
2 tomatoes (250 g), chopped
1 cup (100 g) button mushrooms
100 g English spinach leaves
150 g fresh noodles
½ teaspoon hot chilli paste

Method

1 Heat oil in wok, add chicken thighs, cook for 15 minutes. Add onion, ginger, curry paste and garlic, cook 5 minutes.
2 Add tomatoes and mushrooms, cook for 15 minutes.
3 Stir spinach leaves into chicken mixture.
4 Cook noodles (see p. 269), drain and stir through chilli paste.
5 Serve chicken with chilli noodles.

Pork and vegetable curry *(Asian)*

Serves: 4
Cooking utensil: wok
Preparation time: 20 minutes
Cooking time: 15 minutes

INGREDIENTS

3 dried shiitake mushrooms
400 g leg, fillet, loin or pork rump (or pork strips)
1 tablespoon (20 mL) peanut oil
1 tablespoon (20 g) red curry paste
1¼ cups (125 g) finely shredded Chinese cabbage
2 carrots (250 g), cut into thin strips
¾ cup (90 g) green beans, sliced diagonally
1 lemon grass stalk, finely chopped
1 small red chilli, seeded and finely chopped
2 tablespoons (40 mL) water
1 tablespoon (20 mL) fish sauce
1 teaspoon (5 g) sugar
8 Vietnamese mint leaves, chopped
2 cups cooked rice (see p. 269)

Method

1 Cover mushrooms with hot water, soak for 20 minutes, drain and slice thinly.
2 Cut pork into strips.
3 Heat oil in wok, add curry paste, stir-fry 1 minute.
4 Add pork, cook for 5 minutes.
5 Add vegetables, lemon grass and chilli, stir-fry 5 minutes.
6 Add water, fish sauce and sugar, stir-fry 3 minutes. Stir in mint before serving.
7 Serve with rice.

Pan-frying or shallow-frying

More information about this method of cooking can be found on p. 80.

Oils and fats suitable for pan-frying

Olive, sunflower, peanut, soy bean, maize, safflower and canola oils are all suitable for pan-frying. Butter, margarine, dairy blend and ghee (clarified butter) can be used, but they will burn if heated to a high temperature.

COATINGS FOR PAN-FRIED FOODS

Flavoured flour coating	The flour is mixed with flavourings, such as curry powder, to give a tasty coating
Seasoned flour coating	A mixture of 2 tablespoons (20 g) plain flour, ½ teaspoon salt and 3 shakes pepper; coating may be done in a plastic bag
Egg coating	Requires the meat to be coated in seasoned flour and then dipped in a mixture of egg and milk
Breadcrumb coating	Requires the meat to be coated in seasoned flour, dipped in a mixture of egg and milk, and then coated in fresh or dried breadcrumbs. The crumbs need to be pressed firmly into place

Pan-fried kangaroo fillets with snow peas

Serves: 2
Cooking utensil: frying pan
Preparation time: 5 minutes
Cooking time: 5–10 minutes

INGREDIENTS

2 kangaroo fillet steaks (200 g)
2 shakes black pepper
2 teaspoons (10 g) butter
2 teaspoons (10 mL) olive oil
1 cup (100 g) snow peas, strings removed

Method

1 Sprinkle fillets with pepper.
2 Heat butter and oil in frying pan.
3 Quickly sear the fillets on both sides, reduce heat to medium and cook for 3 minutes.
4 Remove fillets and place on hot dish, cover and leave for 3 minutes.
5 Reheat meat juices in frying pan. Stir-fry snow peas for 2 minutes, or until bright-green.
6 Serve immediately with kangaroo fillets.

Crumbed cutlets

Serves: 4
Cooking utensil: frying pan
Preparation time: 20 minutes
Cooking time: 10–12 minutes

INGREDIENTS

4 lamb or pork cutlets
2 tablespoons (20 g) plain flour
½ teaspoon salt
3 shakes pepper
1 egg, beaten
1 tablespoon (20 mL) milk
½ cup (45 g) dried breadcrumbs
¼ cup (65 mL) oil
1 cup (250 mL) Fresh tomato sauce (see p. 372) or Espagnole sauce (p. 370)

Method

1 *Shape cutlets*: Flatten and leave 3 cm of cleaned bone.
2 Mix flour, salt and pepper. Coat cutlets.
3 Mix egg and milk.
4 Dip cutlets in egg mixture, then coat in breadcrumbs. Press crumbs on firmly.
5 Heat oil and fry cutlets for 10–12 minutes, turning once.
6 Drain on paper towel. Serve with sauce.

Veal schnitzel *(Austrian)*

Traditionally known as Wiener Schnitzel, this is a classic Viennese dish.

Serves: 4
Cooking utensil: frying pan
Preparation time: 20 minutes
Cooking time: 5 minutes each

INGREDIENTS

4 slices (400 g) leg or fillet of veal
juice of 1 lemon
2 tablespoons (20 g) plain flour
½ teaspoon salt
3 shakes pepper
1 egg, beaten
1 tablespoon (20 mL) milk
1 cup (90 g) dried breadcrumbs
2 tablespoons (40 g) butter
2 tablespoons (40 mL) oil
4 lemon wedges (for garnish)

Method

1 Using a meat mallet, beat slices of meat gently until they are half their original thickness. Allow to stand in lemon juice 1 hour. Turn meat several times.
2 Coat meat with flour seasoned with salt and pepper.
3 Mix egg and milk.
4 Dip meat in egg mixture, then in breadcrumbs. Press crumbs on firmly.
5 Heat butter and oil in pan and fry for 2–3 minutes on each side. Drain on paper towel.
6 Garnish with lemon wedges to serve.

CHICKEN SCHNITZEL

Follow recipe for **Veal schnitzel**, using 4 chicken breast fillets (400 g).

Citrus lamb's fry

Serves: 2
Cooking utensil: frying pan
Preparation time: 15 minutes
Cooking time: 10 minutes

INGREDIENTS

250 g lamb's fry (liver)
1 tablespoon (10 g) plain flour
1 orange
2 teaspoons (10 g) butter
1 onion (125 g), diced
1 teaspoon (5 mL) soy sauce
½ cup (125 mL) stock

Method

1 Wash lamb's fry in hot water. Remove skin if necessary. Pat dry using paper towel.
2 Slice lamb's fry thinly, removing any large blood vessels. Coat in flour.
3 Cut orange in half and remove 2 very thin slices for garnish. Remove rind and shred finely. Squeeze juice from orange.
4 Heat butter and sauté onion until transparent.
5 Sauté lamb's fry approx. 2 minutes on each side. Add more butter if necessary.
6 Combine orange juice, rind, soy sauce and stock. Add to frying pan and bring to boil, simmer for 2–3 minutes.
7 Serve garnished with orange slices.

Crumbed brains

Serves: 4
Cooking utensil: frying pan
Preparation time: 15 minutes
Cooking time: 20 minutes

INGREDIENTS

4 sets lamb's brains
½ teaspoon salt
2 tablespoons (20 g) plain flour
2 shakes pepper
1 egg, beaten
2 tablespoons (40 mL) milk
½ cup (45 g) dried breadcrumbs
2 tablespoons (40 g) butter
2 rashers (100 g) bacon, fried
4 parsley sprigs (for garnish)

Method

1 *Blanch brains*: Place in saucepan with salt, cover with water and bring to boil. Strain.
2 Remove membrane and blood vessels.
3 Coat with flour and pepper.
4 Dip in beaten egg and milk mixture.
5 Roll in breadcrumbs.
6 Heat butter in frying pan and fry brains for 5–7 minutes. Drain.
7 Serve with bacon and garnished with parsley sprigs.

CRUMBED SWEETBREADS

Follow recipe for **Crumbed brains**, using 300 g sweetbreads.

Deep-frying

More information about this method of cooking can be found on p. 80.

Oils and fats suitable for deep-frying

Sunflower, peanut, maize, grapeseed, safflower and canola oils are all suitable for deep-frying as they have a smoke point (the temperature at which they start to burn) above 180°C.

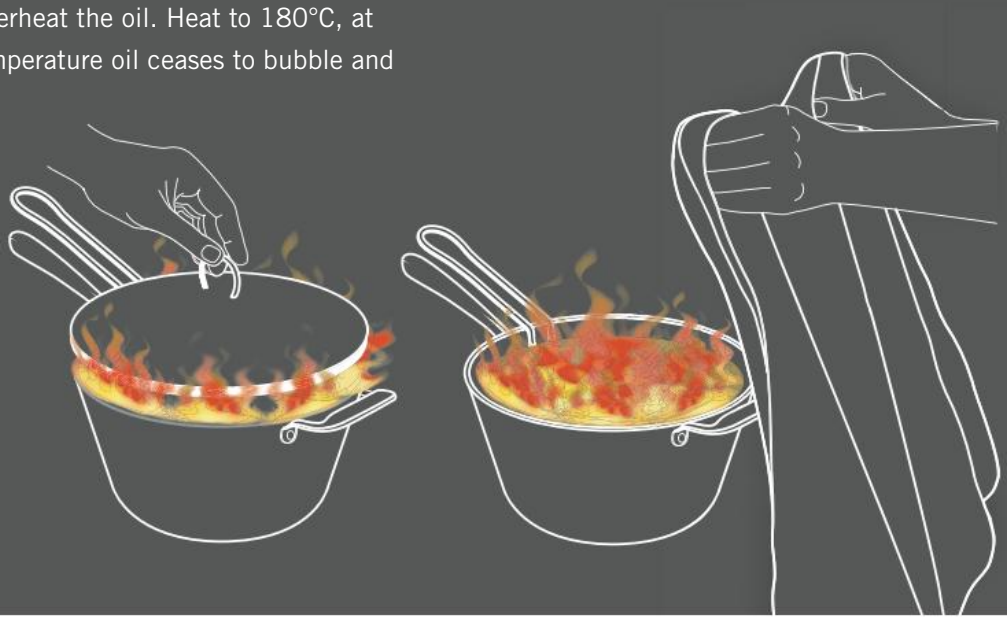
Coatings for deep-fried foods

Breadcrumb coating, see p. 204.

Batter coating, see recipe for **Sweet-and-sour pork**, p. 208.

SAFETY HINTS FOR FRYING

- Use a thermostatically controlled fryer if possible.
- If using a deep saucepan, it should completely cover the electric hotplate. If using a gas cooker, do not allow the gas flame to reach up the sides of the pan.
- Unless deep-fryer instructions indicate otherwise, the lid should not be placed on the pan during heating. Keep it beside the fryer in case of an emergency (see below).
- Do not overheat the oil. Heat to 180°C, at which temperature oil ceases to bubble and a small cube of bread browns in 20–30 seconds.
- Moist foods, such as potato chips, should be patted with a paper towel before frying, to reduce surface moisture. Water dropped into hot oil may cause an explosion.
- IF OIL CATCHES FIRE, SMOTHER IT WITH A LID OR FIRE BLANKET.
- After use, cool oil, strain into a bowl and keep in a cool place.



Sweet-and-sour pork *(Chinese)*

Serves: 4
Cooking utensils: deep-fryer with 6 cm depth of oil, saucepan
Special equipment: tongs, slotted spoon, paper towel
Preparation time: 30 minutes
Cooking time: 10–12 minutes

INGREDIENTS

300 g pork fillets
2 teaspoons (10 g) sugar
3 shakes pepper
2 teaspoons (10 mL) soy sauce
2 spring onions, sliced
2 cups cooked rice (see p. 269)



Sweet-and-sour pork

BATTER

1 cup (150 g) self-raising flour
¾ cup (190 mL) water

SWEET-AND-SOUR SAUCE

1 tablespoon (10 g) cornflour
440 g canned pineapple pieces, or 300 g pineapple pieces and 150 mL water
1 carrot (125 g), cut into matchsticks
½ red capsicum (65 g), cut into fine strips
½ green capsicum (65 g), cut into fine strips
1 tablespoon (20 mL) vinegar
1 tablespoon (20 mL) dry sherry

Method

1 See safety hints for frying (p. 207).
2 Cut pork into 2 cm cubes. Mix with sugar, pepper and soy sauce.
3 *Prepare batter*: Mix the flour and water to a smooth batter consistency.
4 Take meat, batter and tongs to bench next to hotplate.
5 Heat oil slowly to 180°C (oil ceases to bubble and small cube of bread browns in 20–30 seconds).
6 Dip each piece of meat in batter and place carefully in hot oil. Do not overcrowd deep-fryer. Cook for 5–7 minutes.
7 Lift out with slotted spoon and drain on paper towel. Place on serving dish and keep hot.
8 *Prepare sauce*: Blend cornflour with drained pineapple juice or water and place in saucepan with pineapple pieces, vegetables and vinegar. Stir until boiling. Cook for 30 seconds, add dry sherry.
9 Pour sauce over meat, sprinkle with spring onions and serve with rice.

Roasting

More information about this method of cooking can be found on p. 79.

GENERAL HINTS FOR ROASTING MEAT AND POULTRY

- Allow 100–175g meat or poultry per person, depending on the proportion of bone to flesh.
- Frozen poultry must be completely thawed before cooking.
- Cooking times given in recipes are approximate as shape and thickness of the meat and personal preference need to be taken into account. A meat thermometer should be used if possible. Insert the thermometer at least 10 cm into the thickest part of the meat, away from gristle and bone (or into the thigh of poultry). The internal temperature of the meat continues to rise for approximately 15 minutes after the meat has been removed from the oven.
- Meat may be wrapped in foil or placed in an oven bag. Place 1 tablespoon flour in the bag and shake. Make several holes in the bag before putting the meat in the oven. Meat may be placed on a wire rack over the baking dish.
- Vegetables suitable for roasting to accompany the meat include carrot, choko, marrow, onion, parsnip, potato, pumpkin and sweet potato. The usual serve per person is a piece of potato and a selection of two or three other vegetables. Prepare and cut into approximately 100g pieces, toss lightly in oil and roast until tender. Green or yellow vegetables may be cooked separately.
- Meat can be carved more easily if allowed to rest for 15 minutes on a serving plate.
- Meat and poultry may be roasted on a rotisserie or cooked in a frying pan. Follow the manufacturer's instructions that come with the appliance.



Roast beef

Sirloin, topside, rib-eye, rump or silverside roast are all suitable for this recipe.

Serves: 6

Cooking utensil: baking dish

Preparation time: 30 minutes

Cooking time and internal temperatures:

Cooking	Time per kilogram	Internal temperature when cooked
Rare	30–40 mins	60°C
Medium-rare	40–50 mins	70°C
Well done	40–60 mins	75°C

Oven temperature: 180°C

INGREDIENTS

1 kg beef
2 tablespoons (40 mL) water
600g each vegetable for roasting, cut into 100g pieces (e.g. potato, pumpkin, parsnip)
600g green vegetables (e.g. green beans, peas, broccoli)
Yorkshire pudding (p. 211)
2 cups (500 mL) Brown gravy (p. 211)



Method

1 Read general hints for roasting meat and poultry (see p. 209).
2 Set oven at 180°C.
3 Calculate how long your beef should be in the oven, according to the table above. This will determine whether your roasting vegetables should be put in the oven prior to the meat, or at the same time (allow one hour for your roast vegetables to cook). With a larger cut of meat, the vegetables will be added after the meat.
4 Place meat and water in baking dish. Put in oven and cook, basting every 20 minutes. Turn beef once during cooking to brown evenly.
5 Place vegetables in either a separate baking dish or arranged around the meat, allowing one hour for them to cook. Baste with a little oil, and turn them over after 15 minutes. (When using a large cut of meat that is already cooking, the hot juices of the meat can be used for basting.)
6 Make Yorkshire pudding.
7 When beef has been in the oven for the length of time required, insert meat thermometer to check it has reached preferred temperature (see table above). The vegetables should be browned on the outside and cooked through.
8 Lift meat and vegetables onto serving dishes and keep hot. Allow meat to stand, covered with foil, 15 minutes before carving.
9 Cook green vegetables.
10 Make brown gravy using liquid from green vegetables as stock.
11 Carve meat and serve with vegetables, brown gravy and Yorkshire pudding.

ROAST FILLET OF BEEF

Follow recipe for **Roast beef**. Use 750g fillet of beef. Before step 3, brown fillet in a hot pan. Cook at 180°C for 30–40 minutes, depending on thickness and preferred temperature (see table above).

ROAST VEAL

Follow recipe for **Roast beef**, using leg, shoulder or topside of veal. Cook 50–60 minutes per kilogram to internal temperature of 77 °C. Serve with 2 cups (500 mL) **Brown gravy** (below).

SEASONED ROAST BEEF

Follow recipe for **Roast beef**. Use boned sirloin or topside roast with pocket cut in side. Fill with 1 cup **Bread and herb seasoning** (p. 214). Skewer and tie into shape with string. Remove skewers and string before carving.

SEASONED ROAST VEAL

Follow recipe for **Roast beef**. Use boned leg, boned shoulder or topside of veal with pocket cut in side. Omit Yorkshire pudding and horseradish sauce. Fill with 1 cup **Apricot seasoning** (p. 214). Skewer and tie into shape with string. Remove skewers and string before carving.

Brown gravy

Quantity: 2 cups (500 mL)
Cooking utensil: baking dish
Preparation time: 5 minutes
Cooking time: 5 minutes

INGREDIENTS

3 tablespoons (30 g) plain flour
2 tablespoons fat left in baking dish
2 cups (500 mL) stock or vegetable water
3 shakes pepper

Method

1. Add flour to fat and stir until blended.
2. Stir over low heat until brown.
3. Remove from heat and gradually add liquid, stirring until smooth.
4. Bring to boil, simmer for 1–2 minutes, stirring.
5. Flavour and serve very hot in gravy jug.

Yorkshire pudding *(English)*

Serves: 6
Cooking utensil: 6-tray patty pan
Preparation time: 10 minutes
Cooking time: 20 minutes
Oven temperature: 200°C

INGREDIENTS

½ cup (75 g) plain flour
¼ teaspoon salt
1 egg, beaten
¼ cup (65 mL) milk
¼ cup (65 mL) water

Method

1. Set oven at 200°C.
2. Brush or spray patty pans with oil.
3. Sift flour and salt and make a well in centre.
4. Place egg in well and gradually work in the flour and half the liquid.
5. Beat for 1 minute and stir in remainder of liquid.
6. Pour into patty pans.
7. Bake for 20 minutes until golden-brown and crisp.
8. Serve with **Roast beef** (previous page).



Yorkshire pudding

Roast chicken

Frozen poultry must be completely thawed in the refrigerator or microwave oven before cooking. If cooked before fully thawed, the meat may not reach a sufficiently high temperature in the oven to destroy pathogenic bacteria, which can lead to food poisoning.

Serves: 6

Cooking utensil: baking dish

Special equipment: skewers; string; baking paper, foil or oven bag

Preparation time: 30 minutes

Cooking time: 70 minutes per kg chicken, 1 hour roast vegetables

Internal temperature: 88°C when cooked

Oven temperature: 190°C

INGREDIENTS

1.5 kg chicken
1 cup Bread and herb seasoning (p. 214)
1 tablespoon (20 mL) oil
600 g each vegetable for roasting, cut into 100 g pieces (e.g. potato, pumpkin, parsnip)
600 g green vegetables (e.g. green beans, peas, broccoli)
2 cups (500 mL) Brown gravy (p. 211)

Method

1 Read General hints for roasting meat and poultry (see p. 209).
2 Set oven at 190°C.
3 *Prepare chicken*: Remove neck, taking care not to damage the neck skin. Clean inside. Wash and dry with paper towel.
4 *Season*: With chicken breast resting on board, place some seasoning in neck cavity, draw skin over seasoning and secure with skewers. Bend the end section of each wing towards back, to rest over end of neck skin flap. Turn bird over, place remaining seasoning in body cavity, skewer cavity edges together. Tie legs together with string.
5 Brush oil over chicken. May be placed in oven bag, with holes to allow steam to escape.
6 Place chicken in baking dish, put in oven and cook. After 30 minutes, turn chicken over. To avoid excessive browning, cover breast with baking paper or foil.
7 One hour before chicken is cooked, add vegetables. Baste them and turn chicken.
8 After 15 minutes, turn vegetables.
9 Insert meat thermometer into thigh of chicken. At 88°C chicken is cooked.
10 Cook green vegetables.
11 Lift chicken and vegetables onto serving dish and keep hot. Remove skewers and string.
12 Make gravy using liquid from green vegetables as stock.
13 Carve chicken and serve with vegetables and brown gravy.

ROAST DUCKLING

Follow recipe for **Roast chicken**. To serve 6, use 1.8 kg duckling. Season with 1 cup **Sage and onion seasoning** (p. 214), or other seasoning. Remove oil glands from above tail. Cook at 190°C for 70 minutes per kg. Serve with 2 cups (500 mL) **Brown gravy** (p. 211) flavoured with rind and juice of 1 orange.

ROAST RABBIT

Follow recipe for **Roast chicken**. To serve 4, use 1 kg rabbit and 1 cup **Sage and onion seasoning** (p. 211) or other seasoning.

ROAST TURKEY

Follow recipe for **Roast chicken**. To serve 10–12, use 2.3–2.7 kg turkey and 3 cups **Sausage-meat seasoning** (p. 214) or other seasoning. Cook approx. 60 minutes per kg at 160°C. Turkey may be wrapped in foil or placed in large oven bag. Insert meat thermometer into thickest part of upper leg: 88°C indicates turkey is cooked. Serve with 2 cups (500 mL) **Brown gravy** (p. 211), cranberry sauce or **Redcurrant jelly sauce** (p. 216).



Roast chicken



Carving a chicken [Caption to come]

Bread and herb seasoning

Quantity: 1 cup
Preparation time: 15 minutes

INGREDIENTS

1 cup (40 g) fresh breadcrumbs
2 teaspoons chopped parsley
½ teaspoon dried thyme
or 2 teaspoons chopped fresh herbs
½ onion (65 g), finely chopped
½ teaspoon grated lemon rind
⅛ teaspoon ground nutmeg
½ teaspoon salt
3 shakes pepper
1 teaspoon (5 g) butter
2 tablespoons (40 mL) milk

Method

1 Place all ingredients except milk in bowl.
2 Gently rub butter into mixture.
3 Mix with milk.
4 Use for **Roast lamb** (next page), **Roast chicken** (p. 212), **Roast veal** (p. 211) and **Roast beef** (p. 210).



Bread and herb seasoning

APPLE AND RAISIN SEASONING

Follow recipe for **Bread and herb seasoning**. Add ½ cup (65 g) grated apple and 2 tablespoons (30 g) raisins. Use for **Roast turkey** (p. 213), **Roast lamb** (next page) and **Roast pork** (p. 217).

APRICOT SEASONING

Follow recipe for **Bread and herb seasoning**. Add 2 tablespoons (30 g) chopped dried apricots. Use for **Roast turkey** (p. 213), **Roast veal** (p. 211) and **Roast pork** (p. 217).

RICE AND WALNUT SEASONING

Follow recipe for **Bread and herb seasoning**. Omit breadcrumbs. Add ½ stalk (50 g) chopped celery, 1 cup cooked rice (see p. 269) and 2 chopped pickled walnuts or 2 tablespoons (15 g) chopped walnuts. Use for **Roast beef** (p. 210) and **Roast lamb** (next page).

SAGE AND ONION SEASONING

Follow recipe for **Bread and herb seasoning**. Omit thyme. Add ½ teaspoon crushed dried sage or 2 teaspoons chopped sage. Use for **Roast rabbit** (p. 213) and **Roast pork** (p. 217).

SAUSAGE-MEAT SEASONING

Follow recipe for **Bread and herb seasoning**, using finely chopped onion (125 g). Add 500 g sausage meat and 1 chopped apple (125 g) (optional). Use for **Roast turkey** (p. 213).

Roast lamb

Leg, shoulder or loin of lamb, back-straps and fillets are all suitable for this recipe.

Serves: 6

Cooking utensil: baking dish

Preparation time: 30 minutes

Cooking time: 1 hour per kg lamb, 1 hour roast vegetables

Internal temperature: 80°C when cooked

Oven temperature: 190°C

INGREDIENTS

1 kg lamb
fresh or dried rosemary sprigs
2 tablespoons (40 mL) water
600 g each vegetable for roasting, cut into 100 g pieces (e.g. potato, pumpkin, onion, marrow)
600 g green vegetables (e.g. green beans, peas, broccoli)
Mint sauce (2 tablespoons (40 mL) p. 216) or 100 mL Redcurrant jelly sauce (p. 216)
2 cups (500 mL) Brown gravy (p. 211)

Method

1 Read General hints for roasting meat and poultry (see p. 209). Set oven at 190°C.
2 Using knife, make slits in meat and insert rosemary sprigs.
3 Place meat and water in baking dish. Put in oven and cook, basting every 20 minutes. Turn lamb once during cooking to brown evenly.
4 Place vegetables in either a separate baking dish or arranged around the meat, allowing 1 hour for them to cook. Baste with a little oil, and turn them over after 15 minutes. (When using a large cut of meat that is already cooking, the hot juices of the meat can be used for basting.)
5 When lamb has been in the oven for 1 hour, insert meat thermometer to check if it has reached an internal temperature of 80°C. Vegetables should be browned on outside and cooked through.
6 Cook green vegetables. Make mint sauce or redcurrant jelly sauce.
7 Lift meat and vegetables onto serving dishes and keep hot.
8 Make gravy using liquid from green vegetables as stock.
9 Carve meat and serve with vegetables, brown gravy and sauce.

RACKS OF LAMB

Follow recipe for **Roast lamb**. Omit rosemary and mint sauce. Allow 1 rack of lamb per person (3 chops in each). Combine 1 cup (40 g) fresh breadcrumbs, 1 crushed garlic clove, 1 teaspoon chopped parsley, 2 tablespoons (40 g) melted butter. Spread mixture over the top of each rack and bake 20–25 minutes. Cover ends of bones with foil during cooking. May be marinated in **Honey marinade** (p. 191) or **Orange marmalade marinade** (p. 191) before cooking.

SEASONED ROAST LAMB

Follow recipe for **Roast lamb**. Omit rosemary and mint sauce. Use boneless leg or shoulder of lamb. Fill cavity with **Bread and herb seasoning** (previous page) or **Rice and walnut seasoning** (previous page), tie into shape using small skewers and string. Remove skewers and string before carving.

Mint sauce

Quantity: 2 tablespoons (40 mL)
Preparation time: 10 minutes, plus 15 minutes standing

INGREDIENTS

1 tablespoon mint leaves, finely chopped
½ teaspoon sugar
1 tablespoon (20 mL) boiling water
1 tablespoon (20 mL) vinegar

Method

1 Place mint and sugar in bowl, add boiling water and stir until sugar is dissolved.
2 Add vinegar and stand for 15 minutes.
3 Serve in small sauce jug.

Redcurrant jelly sauce

Quantity: 100 mL
Preparation time: 10 minutes

INGREDIENTS

2 tablespoons (40 mL) orange juice
2 tablespoons (40 g) redcurrant jelly
1 tablespoon (20 mL) vinegar
1 tablespoon chopped mint leaves

Method

1 Place orange juice and redcurrant jelly in saucepan. Heat gently until jelly has melted.
2 Add vinegar and mint.
3 Serve in small sauce jug.



Mint sauce

Roast pork

Loin, rolled loin, shoulder and rolled shoulder of pork are suitable for this recipe.

Serves: 6
Cooking utensil: baking dish
Preparation time: 30 minutes
Cooking time: 1¼ hours per kg meat, 1 hour roast vegetables
Internal temperature: 77°C when cooked
Oven temperature: 190°C

INGREDIENTS

1 kg pork
1 teaspoon (5 g) salt
1 teaspoon (5 mL) oil
600 g each vegetable for roasting, cut into 100 g pieces (e.g. potato, pumpkin, parsnip)
½ cup (125 mL) Apple sauce (see below)
600 g green vegetables (e.g. green beans, peas, broccoli)
2 cups (500 mL) Brown gravy (p. 211)

Method

1 Read General hints for roasting meat and poultry (see p. 209).
2 Set oven at 190°C.
3 *Prepare meat*: Using a sharp knife score skin at 1 cm intervals, cutting deeply almost into the fat layer. Rub salt into the incisions. This will ensure a crisp crackling.
4 Place meat and rind in baking dish with oil. Put in oven and cook, basting every 20 minutes. Turn pork once during cooking to brown evenly.
5 Place vegetables in either a separate baking dish or arrange around the meat, allowing 1 hour for them to cook. Baste with a little oil, and turn them over after 15 minutes. (When using a large cut of meat that is already cooking, the hot juices of the meat can be used for basting.)
6 When pork has been in the oven for 1¼ hours, insert meat thermometer to check if it has reached an internal temperature of 77°C. The vegetables should be browned on the outside and cooked through.
7 Make apple sauce.
8 Remove rind from pork.
9 Lift meat and vegetables onto serving dishes and keep hot. Allow meat to rest for 10–15 minutes before carving.
10 Cook green vegetables.
11 Make gravy.
12 Carve meat and serve with vegetables, apple sauce and brown gravy.

SEASONED ROAST PORK

Follow recipe for **Roast pork**. Use boned loin, leg or shoulder. Fill with 1 cup **Sage and onion seasoning** (p. 214). Skewer and tie into shape with string. Remove skewers and string before carving.

Apple sauce

MICROWAVE METHOD

Peel, core and slice 1 cooking apple (125 g). Microwave for 3 minutes on medium power in covered dish with 1 clove, 1 piece of lemon rind and 1 teaspoon water. Serve with **Roast pork**.

Baked honey pork fillets

This recipe may be made using 250g pork spare ribs.

Serves: 2

Cooking utensil: baking dish

Preparation time: 20 minutes, plus 1 hour marinating

Cooking time: 25 minutes

Oven temperature: 200°C

INGREDIENTS

2 teaspoons (10mL) tomato purée

1 tablespoon (20g) honey

1 teaspoon (5mL) light soy sauce

200g pork fillets

1 cup cooked rice (see p. 269)

SAUCE

¼ cup (65mL) Chicken stock (p. 331)

2 teaspoons (10mL) dry sherry

1 teaspoon (5g) honey

¼ teaspoon oyster or soy sauce

Method

1 Combine tomato purée, honey and soy sauce to make marinade.
2 Add pork fillets, cover and refrigerate for approx. 1 hour.
3 Set oven at 200°C.
4 Lift pork from marinade and place in flameproof baking dish. Reserve marinade.
5 Bake pork in oven for 25 minutes. Reduce to 180°C if overbrowning.
6 Place pork on plate, keep warm.
7 Combine marinade and sauce ingredients in baking dish, cook over low heat for 3 minutes, stirring continually.
8 Cut pork into thick slices, pour sauce over meat and serve with rice.

Baked lemon garlic chicken

Serves: 4

Cooking utensil: 2.5 L casserole dish

Preparation time: 25 minutes

Cooking time: 30 minutes

Oven temperature: 180°C

INGREDIENTS

600g boned chicken pieces

2 tablespoons (20g) plain flour

2 teaspoons paprika

LEMON GARLIC SAUCE

2 teaspoons (10mL) soy sauce

rind and juice of 2 lemons

1 garlic clove, crushed

Method

1 Set oven at 180°C. Brush or spray casserole with oil.
2 Remove skin and toss chicken pieces in flour and paprika.
3 Place chicken in single layer in casserole.
4 Cover and bake in oven for 15 minutes.
5 Combine sauce ingredients.
6 Turn chicken, spoon sauce over and return to oven uncovered. Bake for 15 minutes, or until tender, basting occasionally.

(Opposite) Baked lemon garlic chicken



Baked meat loaf

Serves: 4
Cooking utensil: 1.5 L ovenproof loaf pan
Preparation time: 20 minutes
Cooking time: 1 hour
Oven temperature: 180°C

INGREDIENTS

250 g minced beef
250 g sausage meat
½ cup (45 g) dried breadcrumbs
1 teaspoon (5 g) salt
6 shakes pepper
1 teaspoon chopped basil leaves
⅛ teaspoon dried thyme
1 onion (125 g), grated
1 egg, beaten

Method

1 Set oven at 180°C.
2 Place all ingredients in bowl and mix well.
3 Spread in loaf pan.
4 Bake for 45 minutes to 1 hour.
5 May be served warm with **Brown gravy** (p. 211), or cold sliced and with a salad.

MICROWAVE METHOD

Place mixture in ovenproof or microwave loaf pan and cover. Microwave on medium power for 13–15 minutes. Check if centre is cooked and cook a further 1–2 minutes if required. Stand for 8 minutes before serving.

FRUITY MEAT LOAF

Follow recipe for **Baked meat loaf**. Add 1 grated apple (125 g) and 2 tablespoons (30 g) sultanas at step 2.

MEAT LOAF WITH BACON

Follow recipe for **Baked meat loaf**. Add 100 g chopped bacon (2 rashers) at step 2.

TOMATO-TOPPED MEAT LOAF

Follow recipe for **Baked meat loaf**. After cooking, turn onto serving plate and cover with 1 cup (250 mL) **Tomato sauce** (p. 169).

CHEESE-TOPPED MEAT LOAF

Follow recipe for **Baked meat loaf**. After cooking, sprinkle with ½ cup (60 g) grated tasty cheese. Microwave 1 minute on high power.

POTATO-TOPPED MEAT LOAF

Follow recipe for **Baked meat loaf**. After cooking, cover loaf with 2 cups (400 g) mashed potato and sprinkle with ½ cup (60 g) grated tasty cheese. Microwave 1½–2 minutes on high power.

Chicken terrine

Serves: 6
Cooking utensil: 1.5 L ovenproof loaf pan
Preparation time: 20 minutes
Special equipment: aluminium foil
Cooking time: 1½ hours
Oven temperature: 160°C

INGREDIENTS

100 g streaky bacon, cut into thin rashers
300 g minced chicken
300 g boned chicken, chopped
1 onion (125 g), diced
1 garlic clove, crushed
1 tablespoon (20 mL) stock or white wine
1 tablespoon (10 g) green peppercorns
½ teaspoon dried thyme or 1 tablespoon chopped fresh thyme
1 cup (40 g) fresh breadcrumbs

Method

1 Set oven at 160°C.
2 Cut rind off bacon and flatten bacon with flat blade of knife. Line loaf pan with bacon.
3 Combine remaining ingredients and place mixture in loaf pan, pressing firmly into corners.
4 Cover with foil, place in oven and bake for 1½ hours.
5 Cool and refrigerate overnight in loaf pan, allowing meat to absorb juices.
6 Turn out, cut into 12 slices.

MICROWAVE METHOD

Cover with lid and microwave on high power for 5 minutes, then medium power for 8 minutes.

RABBIT TERRINE

Follow recipe for **Chicken terrine**. Replace chicken with 300 g minced rabbit and 300 g chopped rabbit.

TURKEY TERRINE

Follow recipe for **Chicken terrine**. Replace chicken with 300 g minced turkey and 300 g chopped turkey.

VEAL AND PORK TERRINE

Follow recipe for **Chicken terrine**. Replace chicken with 300 g minced pork and 300 g chopped veal.

Boiling

More information about this method of cooking can be found on page 78.

Corned beef

Corned silverside and corned brisket are suitable for this recipe.

Serves: 6

Cooking utensils: small saucepan, large saucepan (if pressure cooker not used)

Special equipment: string, pressure cooker

Preparation time: 20 minutes

Cooking time: 1½–2 hours if under 1.5 kg; 2–2½ hours if over 1.5 kg (40 minutes in pressure cooker for 750 g meat)



Corned beef

INGREDIENTS

750 g corned beef
4 peppercorns
1 tablespoon (20 mL) vinegar
2 teaspoons brown sugar
2 pimento (allspice berries)
2 cloves
1 bay leaf
4 small onions (400 g)
4 pieces carrot (400 g)
4 pieces parsnip, swede or white turnip (400 g)

SAUCE

1½ tablespoons (15 g) cornflour
2 teaspoons (10 g) sugar
2 teaspoons (10 g) grain mustard
¼ cup (65 mL) vinegar
¾ cup (190 mL) cooking liquid

Method

1 Wash meat in cold water. Trim and tie into shape if necessary.
2 Place meat in large saucepan, just cover with cold water, add flavourings and slowly bring to boil. Simmer for required time with lid on saucepan.
3 Prepare vegetables, cut into serving pieces and add to saucepan 30 minutes before serving.
4 *Make sauce*: Blend dry ingredients with mustard in small saucepan, add vinegar and liquid from cooking meat, bring to boil, stirring continually.
5 Lift meat and vegetables onto hot serving dish. Serve sauce separately.
6 If meat is to be served cold, allow it to cool in cooking water.

PICKLED PORK

Follow recipe for **Corned beef**, using pickled hand, shoulder, leg or belly of pork.

Stewing and braising

More information about this method of cooking can be found on page 78.

Main types of stews and braises

Braises contain large pieces of meat, such as oxtail, that have been browned, placed on a bed of vegetables, covered with stock and cooked slowly. Traditionally the vegetables were discarded after cooking and the cooking liquid thickened and served with the meat. Today, however, the vegetables are often served as part of the dish.

Fricassee (white stew) is made by simmering vegetables and white meats in stock until they are cooked. Thickener, such as flour or roux, is then added and the fricassee enriched with milk or cream. Potato or a cereal, such as rice, barley or rolled oats, may be added for extra thickening.

Stews contain meat, onions and flour, browned in oil or butter and cooked in stock, often with additional vegetables and spices. If the meat is to be cooked in a casserole, the fat is excluded from the ingredients and the meat is simply coated in flour and placed in the casserole, along with the other ingredients.

Doro wat *(Ethiopian)*

Ground Kashmiri chillies are deep red in colour, mild and can be purchased in many supermarkets. Alternatively, any ground mild chilli would be suitable.

Serves: 4
Cooking utensil: large saucepan or Dutch oven
Special equipment: mortar and pestle
Preparation: 15 minutes
Cooking time: 1 hour and 15 minutes

INGREDIENTS

4 large onions (600 g), finely diced
8 chicken drumsticks
½ cup (125 mL) white vinegar
¼ cup (60 mL) water
1 lemon, juiced
1¾ tablespoons Kashmiri chilli powder, or mild chilli powder
1 clove garlic, minced
¼ teaspoon black peppercorns
2 teaspoons cardamom seeds
2 teaspoons nigella seeds
2 teaspoons fennel seeds
½ cup (125 mL) olive oil
½ cup (125 mL) water or chicken stock
2 teaspoons salt
4 hard boiled eggs, shelled

Method

1 Place onion in large saucepan over low-medium heat, cover and gently cook, occasionally stirring until the onion softens, reduces and begins to brown, about 35–40 minutes.
2 Place chicken in bowl and cover with vinegar, water and lemon juice. Soak for 10 minutes.
3 Place chilli powder, pepper, cardamom, nigella and fennel seeds in mortar and pestle and finely grind. Add spices and oil to onions and stir through.
4 Drain chicken and add to onion mixture. Add water, cover and simmer until chicken is cooked through, about 30 minutes.
5 Stir in salt and eggs, cover, remove from the heat and set for 5–10 minutes while eggs absorb the stew flavours.
6 Serve hot with **Injera** (p. 488).

Basic beef stew

Gravy beef, topside, round, skirt, oyster blade, blade and chuck steak are all suitable for this recipe.

Serves: 4

Cooking utensil: saucepan with tight-fitting lid

Preparation time: 25 minutes

Cooking time: 1½ hours

INGREDIENTS

400–500 g steak
1 tablespoon (20 mL) oil
1½ tablespoons (15 g) plain flour
1½ cups (375 mL) stock
3 shakes pepper
1 onion (125 g), diced
1 carrot (125 g), sliced
1 parsnip or turnip (125 g), sliced
1 celery stalk (100 g), sliced
1 tablespoon chopped parsley (for garnish)

Method

1 Trim fat and sinew from beef, cut into 3 cm cubes.
2 Heat oil in saucepan and brown meat quickly on each side.
3 Remove from heat then lift meat from saucepan.
4 Add flour to saucepan and mix well.
5 Return to heat and cook slowly until light brown. Stir all the time.
6 Add stock and stir while bringing to boil.
7 Add pepper and vegetables.
8 Return meat to saucepan and simmer gently for 1¼ hours, stirring frequently.
9 Skim off fat. Taste stew and adjust flavour if necessary. Garnish with parsley and serve.

Note: May be cooked in casserole instead of saucepan. Place in oven at 180°C for 1¼ hours.

MICROWAVE METHOD

To microwave, use only 1 cup (250 mL) stock. Transfer to microwave dish at step 8, when meat is returned to pan. Microwave for 8 minutes on high power, then 15–20 minutes on medium power.

OXTAIL STEW

Follow recipe for **Beef stew**, using 800 g oxtail. Cook for 2½ hours.

Moroccan beef

Serves: 4
Cooking utensil: saucepan
Preparation time: 30 minutes
Cooking time: 1¼ hours

INGREDIENTS

400 g blade, oyster blade or round steak, diced
1 onion (125 g), peeled and diced
1 tablespoon (20 mL) olive oil
½ teaspoon saffron powder
3 shakes black pepper
2 teaspoons ground cinnamon
½ teaspoon ground ginger
1 cup (250 mL) water
1 strip lemon rind
1 cup (180 g) prunes, pips removed

GARNISH

1 cup (180 g) roasted almonds
2 mint sprigs

Method

1 Combine meat, onion, olive oil and spices in saucepan.
2 Add water. Cover and simmer for 1 hour, or until meat is tender.
3 Remove meat, leaving liquid.
4 *Make prune sauce*: Add lemon rind and prunes to liquid and cook without lid for 10 minutes, or until soft.
5 Place meat on serving dish, pour prune sauce over meat.
6 Sprinkle with toasted almonds and garnish with mint sprigs.

Note: May be cooked in casserole instead of saucepan. Place in oven at 180°C for 1½ hours.



Moroccan beef

Irish stew

Serves: 4
Cooking utensil: saucepan with tight-fitting lid
Preparation time: 25 minutes
Cooking time: 1¼ hours

INGREDIENTS

1 cup (250 mL) water
1 teaspoon (5 g) salt
3 shakes pepper
500–600 g forequarter chops
3 potatoes (450 g), peeled
2 onions (250 g), diced
1 celery stalk (100 g), sliced
½ turnip (65 g), diced
1 teaspoon chopped parsley (for garnish)

Method

1 Put water, salt and pepper into saucepan and bring to boil.
2 Trim fat from chops and cut chops into pieces. Thinly slice half the potatoes and cut remainder into chunks.
3 Place meat, thinly sliced potatoes, onions, celery and turnip in saucepan. Cover with lid and simmer for 45 minutes.
4 Remove fat, add remainder of potatoes. Simmer a further 30 minutes.
5 Taste and adjust flavour.
6 Serve, garnished with chopped parsley.

Note: May be cooked in casserole instead of saucepan. Place in oven at 180°C for 1½ hours.

Veal fricassee

Serves: 4
Cooking utensil: saucepan with tight-fitting lid
Preparation time: 30 minutes
Cooking time: 1 hour

INGREDIENTS

500 g veal chops or 400 g veal without bone
2 cups (500 mL) stock or water
6 peppercorns
1 onion (125 g), sliced
1 turnip (125 g), diced
2 celery stalks (200 g), sliced
1 tablespoon (20 g) butter
1½ tablespoons (15 g) plain flour
½ cup (125 mL) milk
3 shakes cayenne pepper
1 tablespoon chopped parsley (for garnish)

Method

1 Cut meat into neat pieces.
2 Bring stock and peppercorns to boil.
3 Add meat and vegetables. Place lid on saucepan.
4 Simmer for 1 hour until tender.
5 Lift meat and vegetables onto serving dish and keep warm. Remove peppercorns and fat, retain liquid.
6 Melt butter, add flour, stir until smooth. Stir in milk, then ½ cup (125 mL) cooking liquid and cayenne pepper. Bring to boil while stirring. Cook for 1 minute. Taste and flavour if necessary.
7 Pour sauce over meat and vegetables on serving dish.
8 Garnish with parsley.

CHICKEN FRICASSEE

Follow recipe for **Veal fricassee**, using 1.2 kg chicken, cut into pieces.

Veal and apricot casserole

Serves: 4
Cooking utensils: frying pan, 2 L casserole dish
Preparation time: 20 minutes
Cooking time: 45 minutes
Oven temperature: 180°C

INGREDIENTS

500 g veal chops
1 tablespoon (20 mL) oil
1 teaspoon chopped fresh ginger
2 onions (250 g), finely chopped
1 teaspoon (5 g) tomato paste
½ cup (125 mL) red wine
8 apricot halves (fresh or dried)
3 tablespoons (30 g) dried breadcrumbs

Method

1 Set oven at 180°C.
2 Brown chops in oil in frying pan.
3 Place all ingredients in casserole.
4 Cover casserole and cook for 45 minutes. Reduce temperature to 160°C if overbrowning.

PORK AND APPLE CASSEROLE

Follow recipe for **Veal and apricot casserole**, replacing veal with pork chops, trimmed. At step 3, add 2 peeled and sliced apples (250 g) instead of apricot halves.

Osso buco *(Italian)*

Serves: 4
Cooking utensil: large saucepan
Preparation time: 20 minutes
Cooking time: 1¼–1½ hours

INGREDIENTS

1 kg shin of veal, sawn into 8 rounds
1 tablespoon (10 g) plain flour
1 tablespoon (20 mL) oil
1 tablespoon (20 g) butter
6 shakes pepper
2 garlic cloves, chopped
1 onion (125 g), finely chopped
1 cup (250 mL) stock or water
¼ cup (65 mL) tomato paste
2 cups cooked noodles (see p. 269)
or cooked rice (see p. 269)
GARNISH
½ teaspoon grated lemon rind
1 tablespoon chopped parsley

Method

1 Coat meat with flour.
2 Heat oil and butter in saucepan.
3 Brown meat. Add pepper, garlic, onion, stock or water and tomato paste. Bring to boil.
4 Place lid on saucepan and simmer until tender, approx. 1¼ hours.
5 Serve with noodles or rice and sprinkle with lemon rind and parsley.

Note: May be cooked in casserole instead of saucepan at step 4. Place in oven at 180°C for 1¾ hours.

Beef olives

Serves: 4
Cooking utensils: 4 skewers, small saucepan, 2.5L casserole dish
Preparation time: 20 minutes
Cooking time: 1½ hours
Oven temperature: 180°C



INGREDIENTS

1 cup Bread and herb seasoning (p. 214)
4 thin slices (400g) round or topside steak
1 onion (125g) diced
1 tablespoon (20 mL) olive oil
2 tablespoons (20g) plain flour
1 cup (250 mL) stock or water
3 shakes pepper
1 tablespoon chopped parsley (for garnish)

Method

1 Set oven at 180°C.
2 Prepare seasoning.
3 Spread slices of meat with seasoning. Roll up and secure with skewers.
4 Heat oil and brown meat. Place in casserole.
5 Brown onion in oil, add flour and mix well. If too dry, add 2 teaspoons more oil.
6 Remove from heat. Add stock or water, stirring to mix. Add pepper and return to heat. Bring to boil, stirring continuously.
7 Pour into casserole, cover and cook in oven approximately 1½ hours at 180°C. Reduce to 160°C if overbrowning.
8 Remove skewers. Garnish with chopped parsley and serve.

MICROWAVE METHOD

If microwaving, use toothpicks rather than skewers. At step 7 place casserole in microwave oven and cook 5 minutes on high power. Stir, then cook 20 minutes on medium power.

FRUITY BEEF OLIVES

Follow recipe for **Beef olives** using 1 cup **Apricot seasoning** (p. 214) or 1 cup **Apple and raisin seasoning** (p. 214)

Rabbit in herb sauce

Serves: 4
Cooking utensil: large saucepan
Preparation time: 20 minutes
Cooking time: 1 hour

INGREDIENTS

1 rabbit (700 g), cut into pieces
4 tablespoons (40 g) flour
1 tablespoon (20 g) butter
1 tablespoon (20 mL) oil
½ onion (65 g), finely chopped
¼ cup (65 mL) Chicken stock (p. 331) or water
¼ cup (65 mL) white wine
rind and juice of ½ lemon
4 shakes pepper
2 tablespoons chopped parsley
2 tablespoons chopped fresh herbs (e.g. basil, sage, thyme)
3 tablespoons (60 mL) cream
2 cups cooked noodles (see p. 269)

Method

1 Dip rabbit pieces in flour.
2 Fry rabbit in butter and oil in saucepan until golden-brown. Remove.
3 Fry onion for 2 minutes, add stock or water, wine, lemon zest and juice, pepper and rabbit. Simmer for 45 minutes.
4 Remove rabbit pieces and place on serving dish. Keep warm.
5 Stir in parsley, herbs and cream. Reheat without boiling.
6 Pour sauce over rabbit and serve with noodles.

Curry

The word 'curry' comes from the Tamil word *kari*, meaning 'sauce'. It is a mixture of many spices, of which the most commonly blended are coriander, cumin, chilli, fennel, fenugreek and turmeric. Other, more fragrant spices may be added, including cardamom seeds, cinnamon sticks, cloves, nutmeg, lemon grass, fresh ginger, galangal, bay leaves, lime leaves and tamarind. These spice blends are also referred to as 'masala'. Garam masala is a basic blend that is varied to suit different dishes. Masala may be mixed with oil, water or vinegar to make a wet masala or curry paste.

Curry accompaniments

Pappadams are dried wafers made from wheat or lentil flour, usually purchased in packets. To prepare, heat oil in frying pan and fry them for 30 seconds and drain on paper towel. Alternatively, place several around the edge of the microwave turntable and microwave 1–2 minutes on high power.

Chutney—**Tomato chutney** (p. 167), mango and papaya.

Marinated vegetables—cucumber, tomato, onion, celery.

Fresh fruit and vegetables—cucumber, lemon wedges, banana, papaya, pineapple.

Dried fruits—sultanas, raisins, banana flakes, mango pieces.

Nuts—peanuts, almonds, cashews, macadamias.

Coconut—fresh, shredded or desiccated.

Coconut rice, which is made by adding 2 tablespoons (40 g) coconut milk powder to 2 cups cooked rice (see p. 269).

Bygan dhal (see page 271).

Traditional beef curry

Serves: 4
Cooking utensil: saucepan
Preparation time: 25 minutes
Cooking time: 1¾ hours

INGREDIENTS

400 g blade, chuck, round or skirt steak
1 tablespoon (20 mL) oil
1 onion (125 g), diced
1 tablespoon (10 g) curry powder
1 tablespoon (10 g) desiccated coconut
2 tablespoons (20 g) plain flour
1 apple (125 g), diced
1 banana (125 g), diced
1 potato (150 g), diced
1 tomato (125 g), diced
2 tablespoons (40 g) chutney
1 teaspoon (5 mL) lemon juice
1½ cups (375 mL) stock or water
6 shakes pepper
2 tablespoons (30 g) sultanas
2 cups cooked rice (see p. 269)

Method

1 Trim fat from steak and cut meat into 3 cm cubes.
2 Heat oil, brown meat and remove from saucepan. Keep warm.
3 Add onion, curry powder and coconut. Fry for 2 minutes to develop and mellow the curry powder flavour. Add flour, fry a further 1 minute.
4 Add remaining ingredients, except rice, and stir until boiling.
5 Add meat, return to boiling point, then simmer until tender (approx. 1½ hours).
6 Taste and adjust flavour.
7 Serve with rice and curry accompaniments (see p. 229).

Chicken curry

Serves: 2
Cooking utensil: saucepan
Preparation time: 20 minutes, plus 1 hour refrigeration
Cooking time: 1 hour 40 minutes

INGREDIENTS

1 tablespoon (25 g) green curry paste
2 shakes pepper
½ teaspoon sugar
500 g chicken pieces
1 tablespoon (20 mL) oil
1 cup (150 g) peeled and diced sweet potato
2 garlic cloves, crushed
1 onion (125 g), cut into wedges
1 small bay leaf
½ lemon grass stalk, finely chopped
½ cup (125 mL) Chicken stock (p. 331)
¼ cup (65 mL) coconut milk
1 cup cooked rice (see p. 269)

Method

1 Mix curry paste, pepper and sugar and rub onto chicken. Cover and refrigerate for 1 hour.
2 Heat oil, add sweet potato and brown, turning frequently. Remove.
3 Fry garlic, onion, bay leaf, lemon grass and chicken pieces 10–12 minutes. Add a little extra oil if necessary.
4 Add stock, simmer gently for 15 minutes, or until chicken is nearly tender.
5 Return sweet potato to saucepan, add coconut milk, simmer covered for 10 minutes, or until both chicken and sweet potato are tender.
6 Serve with rice.

Pastries

Aussie meat strudel

Serves: 4
Cooking utensils: 4-sided oven tray, frying pan
Preparation time: 20 minutes
Cooking time: 30–40 minutes
Oven temperature: 200°C, reduced to 170°C

INGREDIENTS

2 rashers (100 g) bacon, chopped
1 onion (125 g), diced
300 g minced beef
½ teaspoon dried thyme
1 teaspoon chopped parsley
½ cup (20 g) fresh breadcrumbs
1 tablespoon (20 mL) tomato sauce
½ apple (65 g), grated
3 shakes pepper
4 sheets filo pastry

Method

1 Set oven at 200°C. Spray or brush oven tray with oil.
2 Sautée bacon and onion in frying pan for 3 minutes.
3 Add meat, herbs, ¼ cup (10 g) breadcrumbs, tomato sauce, apple and pepper to frying pan. Cook a further 2 minutes. Cool.
4 Spray top surface of pastry with oil and sprinkle with remaining breadcrumbs.
5 Form meat mixture into a sausage-shaped roll and place across centre of pastry. Fold in narrow ends of pastry, then sides, moistening edges to make them stick.
6 Place on oven tray with join underneath. Spray or brush top with oil.
7 Bake for 10 minutes, reduce temperature to 170°C and cook a further 20–30 minutes.

Chicken in filo

Serves: 2
Preparation time: 15 minutes
Cooking utensil: 4-sided oven tray
Cooking time: 20 minutes
Special equipment: clean tea towel
Oven temperature: 200°C, reduced to 180°C

INGREDIENTS

4 sheets filo pastry, covered with damp cloth
2 chicken fillets (200–300 g)
1 tablespoon (20 g) chutney
2 dried apricots, chopped
2 spring onions, thinly sliced

Method

1 Set oven to 200°C. Spray or brush oven tray with oil.
2 Spray or brush surface of one sheet of filo with oil. Place second sheet of filo on top.
3 Place 1 chicken fillet at one end of filo sheets, spread half chutney on top and sprinkle with half apricots and spring onions. Wrap up in filo to form parcel.
4 Repeat with second chicken fillet and remaining chutney, apricots and spring onions.
5 Spray or brush with oil.
6 Bake for 8 minutes, then reduce to 180°C for further 8 minutes. Serve with tossed green salad.

Meat pie

Serves: 6
Cooking utensils: saucepan, 22 cm pie dish (1 L), 4-sided oven tray
Preparation time: 30 minutes
Cooking time: 1 hour meat mixture, 30–40 minutes for pie
Oven temperature: 220°C, reduced to 190°C

INGREDIENTS

750 g blade, topside or round steak
1 onion (125 g), diced
2 tablespoons (20 g) plain flour
6 shakes pepper
2 teaspoons chopped parsley
1¼ cups (315 mL) stock
250 g Flaky pastry (p. 390)
or Rough puff pastry (p. 391)
milk for glazing

Method

1 Cut meat into 2 cm pieces.
2 Place meat, onion, flour, pepper and chopped parsley in saucepan and mix.
3 Add stock, bring to boil and simmer for 1 hour, stirring frequently. Place meat mixture in pie dish.
4 Set oven at 220°C.
5 Roll out pastry to shape of pie dish and 5 cm larger all round. Cut a 2 cm strip from outside edge of pastry. Brush the edge of the pie dish with water. Fit the strip of pastry carefully around the edge, cut side out, without stretching it. Join ends neatly and brush strip with water. Using a rolling pin, lift large piece of pastry without stretching it, cover dish and press edges lightly. Trim edge and cut at 3 cm intervals, drawing flakes up with knife (see p. 385).
6 Glaze with milk and slit top of pie to allow steam to escape. Place on 4-sided oven tray.
7 Bake at 220°C for 20 minutes, then at 190°C for a further 10–20 minutes, until golden-brown.

MICROWAVE METHOD

At step 3, microwave for 5 minutes on high power, then 12 minutes on medium power.

STEAK AND KIDNEY PIE

Follow recipe for **Meat pie**. At step 2, add 2 lamb's kidneys.

STEAK AND MUSHROOM PIE

Follow recipe for **Meat pie**. At step 3, add 1¼ cups (125 g) sliced mushrooms after 30 minutes.

STEAK AND VEGETABLE PIE

Follow recipe for **Meat pie**. At step 2, add ½ diced carrot (65 g), 1 sliced celery stalk (100 g), ½ cup (75 g) peas, ½ diced parsnip (65 g).

Chicken pie

Serves: 6
Cooking utensils: 22 cm pie dish (1 L), 4-sided oven tray
Preparation time: 30 minutes
Cooking time: 30 minutes
Oven temperature: 220°C

INGREDIENTS

1 kg cooked chicken, diced
1 cup (250 mL) White sauce (p. 374)
2 rashers (100 g) bacon, sliced
2 eggs, hard-boiled and chopped
½ teaspoon lemon juice
¼ teaspoon grain mustard
3 shakes pepper
1 tablespoon chopped parsley
250 g Rough puff pastry (p. 391)

Method

1 Set oven at 220°C.
2 Combine chicken, white sauce, bacon, eggs, lemon juice, mustard, pepper and parsley. Place in pie dish.
3 Cook as in steps 5–7 of recipe for **Meat pie** (previous page).

Savoury mince tart

Serves: 6
Cooking utensils: 22 cm pie dish (1 L), 4-sided oven tray
Preparation time: 20 minutes
Cooking time: 50–55 minutes
Oven temperature: 200°C, reduced to 180°C

INGREDIENTS

250 g Shortcrust pastry (p. 386)
SAVOURY MINCE FILLING
400 g minced beef
1 potato (150 g), grated
1 onion (125 g), grated
2 tablespoons (40 mL) tomato sauce
3 shakes pepper
⅛ teaspoon ground nutmeg
1 egg, beaten
TOPPING
¼ cup (65 mL) tomato sauce
½ teaspoon honey
1 tablespoon (10 g) sesame seeds

Method

1 Set oven at 200°C.
2 Mix all filling ingredients together.
3 Roll out pastry 3 cm larger than pie dish. Brush edges of dish with water. Using a rolling pin, carefully lift pastry onto dish. Ease it into place without stretching it. Trim edge. May be decorated by pinching or with fork marks.
4 Spoon mixture into pastry.
5 Combine topping ingredients and spoon over meat mixture.
6 Place on oven tray. Bake at 200°C for 20 minutes, then at 180°C for a further 30–35 minutes.

TOMATO MINCE TART

Follow recipe for **Savoury mince tart**. Omit topping. Cover with 2 tomatoes (250 g), peeled and sliced. Sprinkle with 3 tablespoons (30 g) grated tasty cheese before placing in oven.

Other meat and poultry dishes

Beef stroganoff *(Russian)*

This dish may be made with fillet steak; simmer only 5 minutes.

Serves: 4

Cooking utensil: frying pan or saucepan

Preparation time: 20 minutes

Cooking time: 15–20 minutes

INGREDIENTS

400 g topside or rump steak
1 tablespoon (10 g) plain flour
2 tablespoons (40 g) butter
1 onion (125 g), chopped
1 cup (100 g) sliced mushrooms
1 garlic clove, crushed

SAUCE

1 tablespoon (20 g) butter
1 tablespoon (10 g) plain flour
1 tablespoon (20 g) tomato paste
1¼ cups (315 mL) stock or water
½ cup (125 mL) sour cream
2 cups cooked rice (see p. 269)
or cooked noodles (see p. 269)

Method

1 Cut meat into thin strips across the grain, and roll in flour.
2 Brown meat quickly in butter.
3 Add onion, mushrooms and garlic and cook until onion is brown and tender. Remove mixture from pan.
4 *Prepare sauce*: Melt butter, add flour, blend until smooth, cook for 1 minute. Add tomato paste and stock or water, stir until mixture thickens and boils.
5 Return meat and vegetables to pan, stir in sour cream and heat without boiling. If using topside steak, simmer for 30 minutes. Taste and adjust flavour.
6 Serve at once, accompanied by rice or noodles.

MEATBALLS IN STROGANOFF SAUCE

Follow recipe for **Beef stroganoff**. Use 400 g minced beef formed into 16 balls. Fry for 10 minutes, or microwave 3 minutes on high power, turn, then continue cooking 3 minutes on medium power.

Chilli con carne *(Mexican)*

Serves: 2
Cooking utensil: saucepan
Preparation time: 20 minutes
Cooking time: 30 minutes

INGREDIENTS

½ cup (100 g) dried pinto or kidney beans, or 440 g canned pinto or kidney beans, drained
2 teaspoons (10 mL) oil
125 g minced beef
½ onion (65 g), chopped
⅛ teaspoon chilli powder
1 tomato (125 g), diced
1 bay leaf, crushed
¼ teaspoon ground cumin
¼ teaspoon dried oregano
½ garlic clove, crushed
½ cup (125 mL) stock or water

Method

1 If using dried beans, soak for 6 hours and cook 1–1½ hours (see p. 269).
2. Heat oil and fry meat until lightly browned.
3 Add onion and fry until lightly browned.
4 Add other ingredients except beans to saucepan. Bring to boil and simmer for 30 minutes.
5 Heat beans separately, drain and serve around meat, or add to mixture 10 minutes before serving.

TACOS *(MEXICAN)*

Follow recipe for **Chilli con carne**. Heat 4 taco shells in oven at 180°C for 5 minutes. Fill shells with ½ cup (50 g) finely sliced lettuce, ¼ cup (30 g) grated tasty cheese, ½ diced tomato (65 g) and chilli con carne mixed with beans. May be served with taco sauce.



Chilli con carne

Quail with ginger sauce

Serves: 4
Cooking utensil: large saucepan
Preparation time: 30 minutes
Cooking time: 25 minutes

INGREDIENTS

4 quail
2 teaspoons (10 g) butter
1 carrot (125 g), diced
1 celery stalk (100 g), diced
1 tablespoon (20 g) golden syrup
2 garlic cloves (10 g), chopped
1 tablespoon (20 g) chopped fresh ginger
1 tablespoon (20 mL) light soy sauce
3 shakes black pepper
1 cup (250 mL) Chicken stock (p. 331)
1 tablespoon chopped parsley (for garnish)

Method

1 Brown quail in butter in saucepan.
2 Add other ingredients except stock and parsley. Cover and cook for 15 minutes, turning quail after 8 minutes.
3 Remove quail from saucepan, keep warm.
4 Add chicken stock to saucepan and heat until liquid is reduced by half.
5 Add parsley and spoon the sauce over the quail.



Quail with ginger sauce

Devilled kidneys

Serves: 2
Cooking utensil: small saucepan
Preparation time: 10 minutes
Cooking time: 7–10 minutes

INGREDIENTS

4 lamb's kidneys
2 teaspoons (10 g) butter
¼ teaspoon mustard
¼ teaspoon salt
2 shakes pepper
¼ teaspoon curry paste
1 tablespoon (20 mL) vinegar
2 tablespoons (40 mL) water
1 teaspoon plain flour
2 slices hot buttered toast
1 teaspoon chopped parsley (for garnish)

Method

1 Remove skin and core from kidneys. Dice kidneys.
2 Melt butter in saucepan, stir in kidneys and other ingredients, except toast and parsley.
3 Sauté for 7–10 minutes, stirring frequently.
4 Serve kidneys on buttered toast and garnish with parsley.

Chicken risotto *(Italian)*

Serves: 4
Cooking utensils: frying pan, medium saucepan, large saucepan
Preparation time: 20 minutes
Cooking time: 25 minutes

INGREDIENTS

250 g chicken, diced
1 onion (125 g), finely chopped
½ cup (50 g) sliced mushrooms
1 tablespoon (20 mL) olive oil
1½ cups (375 mL) Chicken stock (p. 331)
½ cup (100 g) short-grain or arborio rice
1 tablespoon (20 mL) olive oil, extra
75 g spinach leaves
1 tablespoon (10 g) grated tasty cheese
3 shakes black pepper

Method

1 Fry chicken, onion and mushrooms in oil for 5 minutes.
2 Bring chicken stock to boil in saucepan.
3 Place rice and oil in large saucepan, stir to coat rice with oil.
4 Add boiling stock ½ cup (125 mL) at a time to rice, bringing to boil each time before adding more.
5 Cook until stock is absorbed and rice is just tender. Add all remaining ingredients, reheat and serve.

CHICKEN-LIVER RISOTTO

Follow recipe for **Chicken risotto**, using 250 g chicken livers instead of chicken.

Lamb pilaf *(Turkish)*

Serves: 4
Cooking utensil: saucepan
Preparation time: 20 minutes
Cooking time: 25 minutes

INGREDIENTS

1 onion (125 g), chopped
1 tablespoon (20 g) butter
⅓ cup (70 g) basmati rice
1 cup (250 mL) stock
¼ teaspoon dried oregano
3 shakes pepper
2 tablespoons (40 g) tomato paste
2 tablespoons (30 g) raisins
2 cups (250 g) diced cooked lamb

Method

1 Sauté onion in butter until golden.
2 Add rice and stir until coated with butter.
3 Add stock, oregano and pepper.
4 Cover and simmer for 15 minutes.
5 Stir in tomato paste, raisins and lamb. Reheat and serve.

CHICKEN PILAF

Follow recipe for **Lamb pilaf**, using 2 cups (250 g) diced cooked chicken.

Quick pasta sauce

Simmer 250 g minced beef for 10 minutes until brown. Stir through 450 g pasta sauce or 2 cups (500 mL) **Fresh tomato sauce** (p. 372).

Lasagne *(Italian)*

Serves: 4
Cooking utensils: frying pan, 2.5 L ovenproof dish
Preparation time: 25 minutes
Cooking time: 45 minutes
Oven temperature: 180°C

INGREDIENTS

1 tablespoon (20 mL) olive oil
1 onion (125 g), chopped
1 garlic clove, crushed
250 g minced beef
2 tomatoes (250 g), chopped
125 g mushrooms, sliced
1 tablespoon (20 g) tomato paste
6 shakes pepper
½ cup (125 mL) water
200 g instant or cooked lasagne sheets
1 cup (250 mL) Cheese sauce (p. 374)
¼ cup (30 g) grated tasty cheese

Method

1 Set oven at 180°C. Brush or spray ovenproof dish with oil.
2 Heat oil in frying pan. Fry onion and garlic.
3 Add beef, tomatoes, mushrooms, tomato paste, pepper and water. Simmer for 10 minutes.
4 Place a thin layer of meat sauce in ovenproof dish, then a layer of lasagne. Repeat these layers. The top layer should be lasagne. Cover top layer with cheese sauce. Sprinkle with grated cheese.
5 Bake for 30 minutes until cheese is melted and golden-brown. Serve.

Spaghetti bolognaise *(Italian)*

Serves: 4
Cooking utensil: saucepan
Preparation time: 20 minutes
Cooking time: 45 minutes

INGREDIENTS

1 onion (125 g), chopped
1 garlic clove, crushed
1 tablespoon (20 mL) olive oil
250 g minced beef
½ cup chopped herbs (e.g. oregano, rosemary, basil, thyme, parsley)
2 tomatoes (250 g), chopped
1 tablespoon (20 g) tomato paste
½ cup (125 mL) water
¼ teaspoon pepper
200 g spaghetti
4 cups (1 L) boiling water
¼ teaspoon salt
4 tablespoons (40 g) grated parmesan cheese

Method

1 Fry onion and garlic in oil until light brown.
2 Stir in meat, fry until brown.
3 Add herbs, tomatoes, tomato paste, water and pepper. Simmer meat sauce for at least 30 minutes.
4 Cook spaghetti in boiling water with salt for 12–15 minutes until just tender. Drain, place on serving plates.
5 Pour sauce over spaghetti, sprinkle with cheese. Serve.

Shepherd's pie

Serves: 4
Cooking utensils: 2.5 L ovenproof dish, 4-sided oven tray
Preparation time: 15 minutes
Cooking time: 20 minutes
Oven temperature: 180°C

INGREDIENTS

2 cups (300 g) cooked minced lamb (or beef)
1 onion (125 g), grated
¼ teaspoon mixed dried herbs
2 tablespoons (40 mL) tomato sauce
¼ cup (65 mL) stock or water
3 cooked potatoes (450 g), mashed
4 parsley sprigs (for garnish)

Method

1 Set oven at 180°C. Brush or spray ovenproof dish with oil.
2 Combine all ingredients except potato and parsley and spoon into dish.
3 Spread potato on the top. Decorate potato with lines drawn with fork. Place dish on 4-sided oven tray.
4 Bake for 20 minutes until brown. Serve, garnished with parsley.

CHEESY SHEPHERD'S PIE

Follow recipe for **Shepherd's pie**. Add ¼ cup (30 g) grated tasty cheese to mashed potato and sprinkle with ¼ cup (30 g) grated cheese before placing in oven.

Moussaka *(The Balkans)*

Serves: 6
Cooking utensils: saucepan, frying pan, 2.5 L ovenproof dish
Preparation time: 20 minutes
Cooking time: 1 hour
Oven temperature: 180°C

INGREDIENTS

1 tablespoon (20 g) butter
1 onion (125 g), chopped
250 g minced beef or lamb
¼ cup (65 mL) tomato purée
½ cup (125 mL) water
3 shakes pepper
2 tablespoons chopped parsley
2 tablespoons (40 mL) olive oil, plus extra for greasing
2 eggplants (400 g), cut into 1 cm slices
2 potatoes (300 g), parboiled and sliced
2 tomatoes (250 g), sliced
1 cup (250 mL) Cheese sauce (p. 374)
¼ cup (10 g) fresh breadcrumbs
½ cup (60 g) grated tasty cheese

Method

1 Heat butter in saucepan, fry onion until light brown. Add meat and stir constantly until mixture browns.
2 Add tomato purée, water, pepper and parsley. Cover pan and cook slowly for 15 minutes. Stir frequently.
3 Set oven at 180°C. Brush or spray ovenproof dish with oil.
4 Heat oil in frying pan and fry eggplant until soft and lightly browned. Drain on paper towel.
5 Arrange half eggplant slices on base and sides of ovenproof dish. Spoon some meat mixture over eggplant slices. Arrange remainder of eggplant, potato slices, tomato slices and meat mixture in layers. Cover with cheese sauce. Sprinkle with breadcrumbs and grated cheese.
6 Bake for 30 minutes.



Moussaka



*9

Seafood

Seafood is an important part of the Australian diet. In recent years Australians have gradually increased their consumption of fish. This is due to the promotion of the nutritional value of fish and to improvements in seafood harvesting and transportation.

Seafood is harvested from both saltwater and freshwater sources and through fish farming, or aquaculture. Developments in aquaculture in Australia have increased the range and availability of seafood such as rainbow trout, Atlantic salmon, yabbies, marron and oysters.

Classification of seafood

Finfish (referred to as 'fish') have fins and gills and either:

- a bony internal skeleton and a covering of scales—for example, tuna and snapper; or
- a cartilaginous skeleton and no scales—for example, sharks and rays.

Shellfish have an outer shell, or exoskeleton, and are either:

- molluscs, with a hard outer shell—for example, oysters; or
- crustaceans, with a jointed exoskeleton that can be either hard, like a prawn's, or soft, like a squid's.

Fish and shellfish are quickly cooked and are ideal for busy people who have limited time to prepare food and for people looking for low-fat dishes. Fresh herbs, lightly cooked vegetables, or salads can be served with fish, providing a wide variety of tastes and textures.

Purchasing and quality

Allow 300 grams per person when buying whole fish, whole crustaceans or molluscs in the shell, 175 grams per person for fish cutlets and 150 grams per person for fish fillets or crustacean and mollusc flesh.



NUTRITIONAL VALUE

Studies indicate that including several serves of fish, which have a high content of omega-3 fatty acids, in the weekly diet can provide positive health benefits, including reduced risk of developing coronary heart disease.

Seafoods are high in protein and low in carbohydrate. They have varying quantities of fat (fish oil) and are an excellent source of minerals. Saltwater varieties of finfish and shellfish are a valuable source of the mineral iodine. All seafoods are good sources of selenium and fluoride and moderate sources of iron, zinc and magnesium. The bones in canned fish provide calcium and phosphorus.

White-flesh fish contain little fish oil, while fish with a darker, oily flesh consist of up to 15% fish oil and also provide a good source of fat-soluble vitamins. Fish oil contains omega-3 fatty acids, which have been shown to reduce blood triglyceride levels and therefore assist in reducing the incidence of coronary heart disease.

Crustaceans are the only seafood with a high cholesterol content, and intake of them should be regulated by those at risk of coronary heart disease.

FISH PRODUCTS

Canned seafood	Processed in water, oil or a sauce. Some cheaper fish varieties, such as Australian salmon or tuna, are suitable for patties and casseroles, while others, such as red salmon and herrings in sauce, may be served cold with salads.
Dried fish	Dried and salted or dried and smoked. It should be soaked in water before cooking to restore some of the moisture and remove excess salt.
Fish roe	Fish eggs, often used as a garnish for fish dishes. Salmon roe is a product commonly available in Australia.
Frozen seafood	If purchased frozen, it keeps for approximately 3 months in the home freezer. Follow instructions on the label for storage, thawing and cooking. Fish is sometimes thawed by the retailer and repacked, and may be labelled as 'thawed fish, previously frozen'. It must not be refrozen in the home freezer as bacteria develop each time it is thawed. Home freezers are not suitable for freezing fresh fish as they cannot freeze the flesh quickly enough to prevent deterioration.
Pickled seafood	Covered with an acidic liquid, such as vinegar or lemon juice, to coagulate the protein; examples are rollmops and mussels.
Smoked fish	Smoked and partially dried, such as cod and trout. Smoked salmon is sugar-cured. Bottled, smoked saithe can be used as a flavouring or garnish.

- Fresh fish should have firm and moist flesh; the gills should be blood-red and there should be no unpleasant odour.
- Crustaceans may be purchased cooked (the skeleton is bright-pink or red) or raw (the skeleton is dull-pink or brown); raw prawns are usually labelled 'green prawns'.
- Molluscs should have no odour and be of good fresh appearance.

Seafood should be stored in the home refrigerator as soon as possible after purchase. It should be kept cold at all times and cooked within 2–3 days of purchase.

In the recipes in this chapter, several varieties of seafood are recommended as suitable. Many other varieties are available and may be substituted. Watch for seasonal availability, which influences the price.



FISH AVAILABLE IN AUSTRALIA

Fish	Cooking/uses	Texture	Flavour	Cost*
Atlantic salmon	Bake, grill, pan-fry, poach, steam	Dark-pink, firm	Delicate	$$$
Australian salmon	Bake, casserole; fish cakes	Soft, oily	Strong	$
Barracouta	Pan-fry, poach	Pink, firm, oily	Mild	$
Barramundi	Bake, grill, pan-fry	White, large flakes	Mild	$$$
Blue-eye (Trevalla)	Bake, grill, pan-fry, poach	Firm, white when cooked	Mild	$$
Blue grenadier	Poach, casserole	Grey/white, very soft	Strong	$$
Boarfish	Big spine. Bake, grill, pan-fry	Firm, moist	Mild, sweet	$$
Bonito	Grilled, pan-fry	Oily	Strong	$
Bream, e.g. black, silver	Bake, grill, pan-fry, poach, steam	Dry, flaky	Mild	$$
Carp, European	Casserole; fish cakes	Dry, bony	Muddy	$
Cod, smoked, e.g. Shetland, blue	Poach, steam	Firm, coarse	Strong	$$
Coral trout	Bake, grill, pan-fry, poach, steam	White, moist, flaky	Delicate	$$$
Eel, e.g. longfin, shortfin	Pan-fry	White, firm, oily	Strong	$
Flake (or shark)	Deep-fry, grill, pan-fry	White, firm, boneless	Mild	$
Flathead, e.g. tiger, sand, rock	Bake, grill, pan-fry, poach, steam; soup	Firm, dry, flaky	Mild	$$
Flounder	Grill or pan-fry whole, steam	Firm, fine	Delicate	$
Garfish	Grill or pan-fry whole	Firm, dry, bony	Delicate, sweet	$
Gurnard	Casserole, pan-fry	Firm, slightly dry	Mild	$
Hake (smoked and sold as smoked cod)	Poach	Firm, coarse	Strong	$$
John Dory	Bake, grill, pan-fry, poach	Firm, fine	Delicate	$$$
King Dory	Pan-fry, poach	Firm, fine	Delicate	$$
Leatherjacket	Pan-fry, poach	White, firm, few bones	Mild	$
Luderick	Pan-fry, poach	White, soft	Mild	$
Morwong	Pan-fry, poach	Dry, flaky	Mild	$
Mullet	Casserole; fish cakes	Oily	Strong	$
Mulloway	Bake, grill, pan-fry	Pink, firm, slightly dry	Mild	$$

Fish	Cooking/uses	Texture	Flavour	Cost*
Orange roughy	Pan-fry, poach; soup	White, firm, no bones	Mild	$$
Oreodory	Pan-fry, poach	Firm, fine	Delicate	$$
Pilchards	Grill, pan-fry	Dark, oily	Strong	$
Pink ling	Grill, pan-fry; soup	Moist, flaky, few bones	Delicate	$
Red emperor	Bake, grill, pan-fry, poach	White, moist, flaky	Delicate	$$$
Redfin	Pan-fry, poach	White, firm	Mild	$$
Sardines	Deep-fry, grill, pan-fry	Dark, oily	Strong	$
Silver Dory	Pan-fry, poach	Firm, fine	Delicate	$$
Snapper	Bake, grill, pan-fry, poach, steam	Moist, flaky	Mild	$$
Stargazer	Bake, grill, pan-fry, poach, steam	Moist, flaky	Mild	$$
Swordfish	Pan-fry, poach	Firm, fine	Delicate	$$
Trevally	Bake, pan-fry, grill	Firm, dry	Strong	$$
Tropical snapper	Bake, grill, pan-fry, poach, steam	Pink, fine	Mild	$$
Trout, e.g. rainbow, ocean	Bake, grill, pan-fry, poach, steam (if smoked, needs no cooking)	Pink, oily	Strong	$$
Trumpeter	Bake, grill, pan-fry, poach, steam	Pink, moist	Mild	$$
Tuna, e.g. yellowfin, albacore	Grill, pan-fry; sushi	Dark red, firm	Strong	$$$
Warehou, e.g. silver, blue	Bake, grill, pan-fry, poach	Moist, flaky	Mild	$$
Whitebait	Deep-fry or pan-fry	Dark flesh, small	Strong	$
Whiting, e.g. King George, school	Grill, pan-fry, poach, steam	White, fine, some bones	Mild, sweet	$$$

* Cost: $ low cost, $$ medium cost, $$$ high cost

The names of common seafood for retail sale have been agreed upon across Australia.

They may be checked at **www.seafoodservices.com.au**.

Commonly used fish



Barramundi



Rainbow trout



Snapper



Mackeral



Bonito



King George whiting



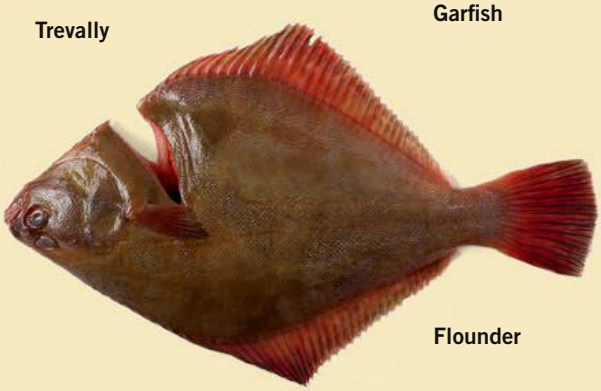
Flathead



Trevally



Garfish



Flounder

Commonly used shellfish



SHELLFISH AVAILABLE IN AUSTRALIA

Shellfish	Cooking/uses	Texture	Flavour	Cost*
Abalone, e.g. blacklip, greenlip	Stir-fry; Asian dishes	White with black/ green pigment, firm	Delicate	$$$
Bug, e.g. Balmain, Moreton Bay	(See crustacean preparation, p. 250)	Soft	Delicate, sweet	$$$
Calamari, e.g. southern	Deep-fry, pan-fry	White, very firm	Mild	$$
Crab, e.g. mud, blue swimmer, spannner	(See crustacean preparation, p. 250)	Soft	Delicate, sweet	$$$
Cuttlefish	Deep-fry, pan-fry	White, very firm	Mild	$
Lobster, rock	(See crustacean preparation, p. 250)	White, firm	Sweet, delicate	$$$
Marron (freshwater crayfish)	(See crustacean preparation, p. 250)	Firm	Sweet, delicate	$$$
Mussels, e.g. blue, black	Poach, steam, casserole; soup	Yellowish, soft	Mild	$
Oysters, e.g. Sydney rock, Tasmanian, Pacific	Serve raw or grill	Soft	Delicate	$$$
Pipi	Poach, steam, casserole; soup	Cream, soft	Very mild	$
Prawns, e.g. king, tiger, banana (shrimp are small prawns)	If green (raw), pan-fry or poach before using	White with pink markings, firm	Strong, sweet	$$
Scallops, e.g. commercial (roe on), saucer (roe off)	Pan-fry, poach, steam	White, soft, with edible orange roe	Delicate	$$
Squid, e.g. arrow	Deep-fry, pan-fry	White, very firm	Mild	$
Yabbies	(See crustacean preparation, p. 250)	Firm	Sweet, delicate	$$

* Cost: $ low cost, $$ medium cost, $$$ high cost
The names of seafood for retail sale have been officially agreed upon across Australia.
They may be checked at **www.seafoodservices.com.au**.

Preparation

Fish

- Fish is usually sold with the internal organs removed. If the organs have not been removed, remove them as soon as possible as they contain bacteria that will cause the flesh to deteriorate quickly. Remove scales by scraping from tail to head and rinsing under running water.
- To prepare **whole fish**, leave the head and tail on. Fins may be cut off with a pair of scissors.
- To prepare **fish fillets**, two boneless pieces are cut, one from each side of the backbone, and the skin is removed:

– *To fillet:* Place the fish on a cutting board and, with a sharp knife, cut to the backbone under the gill fin. Turn the blade of the knife and cut along the backbone to the tail. Turn the fish over and repeat the process on the other side.

– *To remove the skin:* Place the fillet skin side down, slit at the tail between the skin and flesh, then ease the skin off with the knife.

- For fish cutlets, cut across the backbone to form slices.



Filleting a fish:
cutting to backbone under gill fin (top),
cutting along backbone to tail (second from top)
Removing the skin from a fillet (third from top)
Cutting a fish into cutlets (bottom)

Shellfish

MOLLUSCS

- If purchased unopened, use an oyster opener to force the shell open. Remove the flesh, unless it is to be served in the shell, as is done with oysters, for example. Take care to remove any pieces of shell from the flesh.
- If the flesh requires cooking, the shells may be opened more easily by steaming the molluscs for a short time. Any molluscs that do not open with cooking must be discarded.

CRUSTACEA

- If the exoskeleton is bright-pink or red, the crustacean has been cooked prior to purchase and can be eaten without further cooking. If it is dull-pink or brown, then it must be cooked prior to eating.
- To prepare a live crustacean, wrap in plastic wrap and place in the freezer for ½–1 hour. Place in large saucepan of boiling salted water. Bring back to boil and simmer for 3 minutes for prawns, bugs, crabs and yabbies; and 5 minutes for each kilogram of lobster. Remove from water and allow to cool in the refrigerator. The flesh turns white and the exoskeleton bright-pink or red during cooking.

Cooking methods

Seafood cooks more quickly than meat. The flesh is less fibrous and is arranged in flakes separated by connective tissue. When the collagen in the connective tissue is converted to gelatine by heat, the flakes separate. As the gelatine (a protein) coagulates, the flesh turns white. Seafood should be removed from heat as soon as the flesh turns white and starts to flake easily. Overcooking will harden the protein and make the flesh tough and dry.

Baking is usually reserved for whole fish of medium size, such as bream or mullet. The fish is baked in a medium-heat oven and may be filled with seasoning to add flavour.

Deep-frying entails coating small pieces or fillets of fish, such as flake and tiger flathead, or prawns with batter or with egg and breadcrumbs and then deep-frying the fish in oil for a short time. Fat or oil used for frying fish should be kept only for this purpose as it may absorb some fish flavours during cooking.

Grilling is suitable for small fish, which may be whole or in fillets or cutlets, such as snapper cutlets, trout and garfish. The fish can be either placed on foil and cooked under a hot griller or wrapped in foil and cooked on a barbecue.

Pan-frying or sautéing involves shallow-frying quickly in oil, butter, margarine or dairy blend. Suitable types are prawns, silver trevally and orange roughy. The fish may be served with a sauce.

Poaching is used for flaky, white-flesh seafood, such as blue-eye trevalla, blue cod, redfin and scallops. The seafood is cooked in a small amount of flavoured liquid in a pan and then served with a sauce made from the cooking liquid.

Microwaving involves placing the fish in a covered microwave dish and allowing 5 minutes at medium power for each 500 g of fish. Care must be taken not to overcook.

Baked fish

Atlantic salmon, Australian salmon, barramundi, snapper, rainbow trout and bream are all suitable for this recipe. Consult the table on pp. 244–5 for other fish suitable for baking.

Serves: 4
Cooking utensils: oven tray
Preparation time: 25 minutes
Cooking time: 30–40 minutes
Oven temperature: 180°C

INGREDIENTS

1 whole fish (1 kg)
1 tablespoon chopped parsley
1 cup (40 g) fresh breadcrumbs
1 onion (125 g), finely chopped
½ teaspoon lemon rind
3 shakes pepper
1 tablespoon (20 g) butter or spray oil
lemon wedges (for garnish)

Method

1 Set oven at 180°C.
2 *Prepare fish:* Scale and clean. Make 3 diagonal cuts on each side of fish.
3 Mix parsley, breadcrumbs, onion, lemon rind and pepper. Sprinkle half the mixture on foil spread on oven tray.
4 Place fish on foil and sprinkle with remainder of breadcrumb mixture or place mixture inside fish. Dot with butter, or spray lightly with oil.
5 Cover with foil. Bake for 10 minutes. Remove foil and continue to bake until flesh is white and flakes easily (10–20 minutes).
6 Serve garnished with lemon wedges.

Note: For larger fish, allow 5 minutes extra for each kg.

MICROWAVE METHOD

Microwave 6–7 minutes, or until cooked, on medium power. Do not use foil, cover with a lid.

BAKED FISH WITH CORIANDER DRESSING

Follow method for **Baked fish**. Serve with dressing: sauté 1 chopped garlic clove with 1 tablespoon (20 g) butter, add ¾ cup (190 mL) natural yoghurt, 2 tablespoons chopped coriander and the juice of 1 lime.



Fish cakes

Australian salmon, European carp, mullet, canned tuna and canned Australian salmon are all suitable for this recipe.

Serves: 4
Cooking utensil: frying pan
Preparation time: 25 minutes
Cooking time: 5–8 minutes

INGREDIENTS

500 g cooked fish, boned and chopped, or 425 g canned fish
1 cup (150 g) mashed potato
1 tablespoon chopped parsley
1 tablespoon (20 mL) lemon juice
3 shakes pepper

COATING

1 egg
2 tablespoons (40 mL) milk
3 tablespoons (30 g) plain flour
½ cup (45 g) dried breadcrumbs
2 tablespoons (40 mL) oil

DIPPING SAUCE

2 tablespoons (40 mL) lemon juice
1 teaspoon (5 g) sugar
2 tablespoons (40 mL) fish sauce
½ teaspoon chopped chilli or sweet chilli sauce

Method

1 Mix fish, potato, chopped parsley, lemon juice and pepper.
2 Spread mixture on plate and divide into 8 or 16 portions.
3 Shape into cakes, croquettes or small balls.
4 Beat egg and milk together.
5 Coat fish in flour, dip in egg-and-milk mixture, coat in breadcrumbs. Press crumbs on firmly.
6 Heat oil in frying pan, add fishcakes in batches and fry carefully.
7 Turn after 3 minutes and continue to cook gently until golden-brown.
8 Lift and drain on paper towel.
9 Combine dipping sauce ingredients and serve in a small dish beside fish cakes.

SPICY THAI FISH BALLS

Follow method for **Fish cakes**. Omit potato and parsley. Use 1 cup (40 g) fresh breadcrumbs and 1 tablespoon chopped coriander. Add 1 tablespoon (20 mL) sweet chilli sauce at step 1. Divide into 16 portions at step 2.

Little fish pies

Australian salmon, European carp, mullet, flathead and canned Australian salmon are suitable for this recipe.

Makes: 8 pies, to serve 4
Cooking utensils: 8 patty pans, 4-sided oven tray
Preparation time: 20 minutes
Cooking time: 20 minutes
Oven temperature: 200°C

INGREDIENTS

200 g cooked tuna or 185 g canned tuna, drained
2 tablespoons (40 mL) light sour cream
1 tablespoon chopped parsley
500 g Flaky pastry (p. 390)
or Rough puff pastry (p. 391)
GARNISH
4 lemon slices
1 tablespoon chopped parsley

Method

1 Set oven at 200°C.
2 Combine fish, sour cream and chopped parsley.
3 Roll out two-thirds pastry to 3 mm thickness, large enough to cut 8 rounds (for tops) with 6 cm cutter.
4 Place flat pastry scraps evenly on top of remaining pastry.
5 Roll out pastry, cut 8 rounds for bottoms with 8 cm cutter.
6 Place pastry bottoms in patty pans. Divide fish mixture between each.
7 Brush lightly around edge with water, position tops. Gently press edges together.
8 Glaze and slit tops. Place on oven tray and bake for 10 minutes. Reduce temperature to 180°C if necessary and bake a further 10 minutes.
9 Remove from pans and serve garnished with lemon and parsley.

FISH PIE

Follow method for **Little fish pies**, using 22 cm pie dish (1 L) instead of patty pans. See p. 385 for how to prepare double-crust pies.

ATLANTIC SALMON AND LEEK PIE

Follow method for **Little fish pies**, using 200 g Atlantic salmon as fish. Add 1 leek (150 g), sliced and 100 g half-cooked and diced potato at step 2. Use 22 cm pie dish (1 L) instead of patty pans.
See p. 385 for how to prepare double-crust pies.

Fish parcels

Atlantic salmon, blue-eye trevalla, King Dory, redfin, stargazer, school whiting and green (raw) prawns are all suitable for this recipe. Consult the table on pp. 244–5 for other fish suitable for poaching.

Serves: 4
Cooking utensil: 4-sided oven tray
Preparation time: 20 minutes
Cooking time: 15–20 minutes
Oven temperature: 180°C

INGREDIENTS

8 spring onions
8 sheets filo pastry, covered with damp cloth
1 tablespoon (20 mL) oil or spray oil
4 × 100 g pieces fish (400 g)
1 tomato (125 g), chopped
½ avocado, sliced
8 shakes pepper

Method

1 Set oven at 180°C. Brush or spray oven tray with oil.
2 Slice white part of spring onions finely. Retain green leaves for tying fish parcels.
3 Spray or brush surface of one sheet of filo with oil. Place second sheet of filo pastry on top.
4 Place a piece of fish at one end of filo pastry, top fish with a quarter of the tomato, avocado, sliced spring onion and pepper.
5 Roll up and gently tie ends with spring onion tops to form a parcel shaped like a bon-bon.
6 Repeat steps 2 to 5 with remaining pastry and fish portions. Spray or brush with oil.
7 Bake for 15–20 minutes, until parcels are crisp and light brown.

Note: May be served with ½ cup (125 mL) *Cornflour sauce* (p. 370), with 2 tablespoons lemon juice and 2 tablespoons chopped dill added.

Grilled fish

Albacore tuna, sweetlip bream, flounder, garfish, King George whiting, mulloway, ocean trout, tiger flathead and green (raw) prawns are all suitable for this recipe. Consult the table on pp. 244–5 for other fish suitable for grilling.

Serves: 2
Cooking equipment: griller or barbecue
Special equipment: sheet of oiled aluminium foil
Preparation time: 20 minutes
Cooking time: 10–15 minutes

INGREDIENTS

2 whole fish (300 g each) or 2 fillets (150 g each) or 2 cutlets (175 g each)
2 teaspoons (10 mL) olive oil or spray oil
2 teaspoons (10 g) butter
¼ teaspoon lemon juice
1 shake pepper
1 teaspoon chopped parsley
GARNISH
2 lemon wedges
2 teaspoons chopped parsley

Method

1 Turn on griller or barbecue.
2 *Prepare fish:* If fish is whole, Scale and clean; make two cuts at thickest part.
3 Place fish on foil, brush or spray with olive oil.
4 Cook 5 minutes on either side. Brush or spray with olive oil when turning.
5 Combine butter, lemon juice, pepper and parsley and divide into 2.
6 When flesh of fish is white and flakes easily, lift onto serving plates.
7 Serve with butter mixture and garnish with lemon wedges and parsley.

GRILLED MARINATED FISH

Follow method for **Grilled fish** (previous page). At step 2, marinate fish for 1 hour in refrigerator in a mixture of 1 tablespoon (20 mL) dry sherry, 1 teaspoon brown sugar, 2 teaspoons (10 g) chopped fresh ginger, ½ sliced spring onion and 1 tablespoon (20 mL) soy sauce, turning after ½ hour. Grill fish as in steps 3 and 4. Heat marinade and pour over fish when serving.

Fish satays with coconut-cream sauce

Blue-eye trevalla, leatherjacket, Silver Dory, stargazer, snapper, rock flathead or other firm-textured fish are suitable for this recipe. Consult the table on pp. 244–5 for other fish suitable for grilling.

Serves: 4
Cooking equipment: griller
Special equipment: 8 bamboo skewers soaked in water 1 hour
Preparation time: 20 minutes, plus 1 hour marinating
Cooking time: 5–7 minutes

INGREDIENTS

600 g fish
1 tablespoon (20 g) mild spicy curry paste
1 tablespoon (20 mL) lemon juice
2 cups cooked rice (see p. 269)

COCONUT-CREAM SAUCE

½ onion (65 g), finely chopped
1 teaspoon (5 mL) oil
1 tablespoon (20 mL) lemon juice
½ cup (125 mL) coconut cream
1 teaspoon chilli sauce

Method

1. Cut fish into 2 cm cubes.
2. Mix fish, curry paste and lemon juice and marinate 1 hour in refrigerator.
3. Thread fish onto skewers.
4. Grill for 5–7 minutes, brushing with marinade during cooking.
5. *Make sauce:* Fry onion in oil, add other ingredients and stir until boiling.
6. Serve satays on bed of rice with sauce poured over them.



Fish satays with coconut-cream sauce

Grilled sardines

Serves: 4
Cooking equipment: griller
Special equipment: sheet of oiled aluminium foil
Preparation time: 10 minutes
Cooking time: 10 minutes

INGREDIENTS

400 g fresh sardines
1 teaspoon (5 mL) olive oil
rind and juice of 1 lemon
2 spring onions, sliced
1 tablespoon chopped parsley
½ teaspoon salt
3 shakes pepper
4 lemon slices (for garnish)

Method

1 *Butterfly sardines:* Open and flatten along backbone. Place on foil, brush with olive oil.
2 Combine lemon rind and juice, spring onions, parsley, salt and pepper and sprinkle over sardines.
3 Grill for 5 minutes on each side.
4 Serve garnished with lemon slices.

Cheesy fish mornay

Blue grenadier, coral trout, flake, luderick, orange roughy, red emperor and silver trevally are all suitable for this recipe. Consult the table on pp. 244–5 for other fish suitable for poaching.

Serves: 4
Cooking utensils: 1.5 L ovenproof dish, small saucepan
Preparation time: 15 minutes
Cooking time: 20–30 minutes
Oven temperature: 180°C

INGREDIENTS

400 g fish pieces
2 tablespoons (40 g) butter
1 onion (125 g), sliced
2 tablespoons (20 g) flour
1 cup (250 mL) milk
2 tablespoons chopped dill
2 tablespoons (40 mL) white wine
1 cup (120 g) grated tasty cheese
3 shakes pepper
¾ cup (30 g) fresh breadcrumbs

Method

1 Set oven at 180°C. Brush or spray ovenproof dish with oil.
2 Cut fish into 12–16 pieces and place in ovenproof dish.
3 Melt butter, fry onion for 2 minutes without browning. Add flour and cook, stirring, 1 minute.
4 Add milk slowly, stirring while heating, to make sauce.
5 Add dill, wine, half the cheese and pepper, pour sauce over fish.
6 Mix breadcrumbs and remaining cheese, sprinkle over top of dish.
7 Bake for 20–30 minutes until top is golden-brown.

Mediterranean fish

Blue grenadier, coral trout, flake, luderick, orange roughy, red emperor and silver trevally are all suitable for this recipe. Consult the table on pp. 244–5 for other fish suitable for poaching.

Serves: 1
Cooking utensil: frying pan with lid
Preparation time: 10 minutes
Cooking time: 12–15 minutes

INGREDIENTS

2 teaspoons (10 mL) olive oil
½ onion (65 g), thinly sliced
1 tomato (125 g), diced
¼ capsicum (30 g), sliced
1 fish fillet (150 g) or cutlet (175 g)
4 black olives, pips removed
1 teaspoon chopped basil

Method

1 Heat oil, add onion and sauté until transparent. Add tomato and capsicum. Sauté 1–2 minutes.
2 Add fish and place half the vegetables on top of fish. Cook for 5 minutes with lid on.
3 Turn fish and place other half of vegetables on top. Add olives and basil. Cook a further 7–10 minutes, until flesh of fish is white.
4 Serve.

MICROWAVE METHOD

Place all ingredients in microwave dish, cover and microwave for 4 minutes on medium power. Add 2 minutes for each extra serving.

Pan-fried fish

Barramundi, bream, flounder, garfish, John Dory, snapper and Silver Dory are suitable for this recipe. Consult the table on pp. 244–5 for other fish suitable for pan-frying.

Serves: 4
Cooking utensil: frying pan
Preparation time: 10 minutes
Cooking time: 8 minutes

INGREDIENTS

4 fish cutlets (500 g) or fillets (400 g)
2 tablespoons (20 g) plain flour
2 tablespoons (40 g) butter
½ onion (65 g), finely sliced
GARNISH
2 tablespoons chopped parsley
4 lemon wedges

Method

1 Coat fish in flour.
2 Heat butter, fry onion until transparent.
3 Add fish and fry for 3–4 minutes on each side, until flesh has just turned white.
4 Place fish and onion on serving dish and garnish with parsley and lemon wedges.

FISH VERONIQUE

Follow method for **Pan-fried fish**. Add 1 cup (100 g) seedless grapes at step 4.

ROCK LOBSTER MEDALLIONS

Follow method for **Pan-fried fish**. Replace fish with 400 g rock lobster tail, cut into medallions.

TROUT AMANDINE

Follow method for **Pan-fried fish**, using a whole rainbow trout or ocean trout. Cook 5–6 minutes on each side, until flesh has turned pink. Garnish with ¼ cup (30 g) toasted almond slivers.

Poached fish in lemon sauce

Blue-eye trevalla, blue warehou, barracouta, orange roughy, pink ling, bream, stargazer and trumpeter are all suitable for this recipe. Consult the table on pp. 244–5 for other fish suitable for poaching.

Serves: 4
Cooking utensil: frying pan
Preparation time: 20 minutes
Cooking time: 10 minutes

INGREDIENTS

4 fish cutlets (500 g) or fillets (400 g)
4 lemon wedges (for garnish)
SAUCE
1 tablespoon (20 g) butter
1 tablespoon (10 g) plain flour
¼ cup (65 mL) cream
rind of 1 lemon
1 tablespoon (20 mL) lemon juice
3 shakes pepper

Method

1 Place approx. 2 cm water in frying pan and bring to the boil.
2 Place fish in water and simmer very gently until flesh is white and flakes easily (8–10 minutes).
3 Lift carefully onto serving plate and keep warm. Reserve cooking liquid.
4 *Make sauce*: Melt butter, add flour, stirring until smooth. Stir in ½ cup reserved cooking liquid. Stir until boiling. Cook for 1 minute. Add cream, lemon rind, lemon juice and pepper.
5 Pour sauce over fish and serve garnished with lemon wedges.

MICROWAVE METHOD

Place fish and 1 tablespoon (20 mL) white wine or water in microwave dish, cover and microwave for 3–4 minutes on medium power, until flesh is white and flakes easily. *Sauce*: Melt butter in 1 L microwave jug, stir in flour. Microwave 1 minute on medium power. Stir in cooking liquid, made up to ¾ cup (190 mL) with water or fish stock, and microwave a further 1 minute on medium power. Stir, then microwave 1 minute, until sauce thickens. Add cream, lemon rind, lemon juice and pepper. Pour sauce over fish and serve garnished with lemon wedges.

POACHED FISH IN MUSHROOM SAUCE

Follow method for **Poached fish in lemon sauce**. Add 1 cup (100 g) sliced mushroom to sauce, cook for 1 minute.

POACHED FISH IN WINE SAUCE

Follow method for **Poached fish in lemon sauce**. Replace ¼ cup (65 mL) cooking liquid with ¼ cup (65 mL) white wine.

STEAMED FISH IN LEMON SAUCE

Follow method for **Poached fish in lemon sauce**. At step 1, steam fish in steamer for 10 minutes. Use ½ cup (125 mL) **Fish stock** (p. 332) or milk in the sauce.

Smoked cod in parsley sauce

Blue cod, Shetland cod and smoked cod (hake) are suitable for this recipe.

Serves: 4
Cooking utensil: large saucepan
Preparation time: 20 minutes
Cooking time: 15 minutes

INGREDIENTS

400 g smoked fish
1 teaspoon (5 mL) lemon juice
1 cup (250 mL) Parsley sauce (p. 374)
GARNISH
4 lemon wedges
1 tablespoon chopped parsley

Method

1 Cut fish into serve sizes.
2 Place in saucepan and add sufficient cold water to cover, add lemon juice.
3 Bring to boil, simmer for 5 minutes.
4 Remove saucepan from heat, allow to stand for 10 minutes.
5 Lift fish from water. Skin may be removed.
6 Serve on hot plate, pour sauce over. Garnish with lemon wedges and parsley.

SMOKED COD AND CORN CASSEROLE

Follow method for **Smoked cod in parsley sauce** to step 5. Place cooked fish in 2.5 L ovenproof dish. Make sauce using liquid from 210 g can sweetcorn kernels and milk. Mix sauce, sweetcorn kernels and 1 tablespoon diced capsicum with fish. Sprinkle with 2 tablespoons (10 g) fresh breadcrumbs and heat for 15 minutes in oven set at 180°C.

SMOKED COD WITH PARSLEY BUTTER

Follow method for **Smoked cod in parsley sauce**. Omit sauce. Serve with 2 tablespoons (40 g) butter mixed with 2 tablespoons chopped parsley and 1 teaspoon (5 mL) lemon juice.

Quick fish in tomato and basil sauce

Serves: 4
Cooking utensil: microwave dish
Preparation time: 10 minutes
Cooking time: 10 minutes

INGREDIENTS

4 tomatoes (500 g)
or 425 g canned, chopped tomatoes
¼ cup (65 mL) red wine
1 garlic clove, crushed
1 onion (125 g), chopped
4 fish cutlets (700 g)
2 tablespoons chopped basil
2 cups (200 g) fresh noodles

Method

1 Place tomatoes, wine, garlic and onion in microwave dish and cook on high power for 5 minutes.
2 Add fish cutlets, cook 1–2 minute on medium power, until fish turns white and flakes easily.
3 Add basil, allow to stand for 2 minutes.
4 Pour boiling water over noodles, allow to stand for 2 minutes.
5 Drain noodles, place on plates. Put fish fillets on top, pour tomato-and-basil sauce over.

MICROWAVE METHOD

Blue-eye trevalla, blue warehou, barracouta, orange roughy, pink ling, silver trevally, stargazer and trumpeter are all suitable for this recipe. Consult the table on pp. 244–5 for other fish suitable for poaching.

Salmon and trout terrine

Makes: 8 slices
Cooking utensil: 500 mL terrine pan or small loaf pan
Preparation time: 40 minutes

INGREDIENTS

FIRST LAYER

105 g canned red salmon
1 tablespoon (12 g) gelatine
¼ cup (65 mL) hot water
½ cucumber (65 g), diced
1 tablespoon (20 g) mayonnaise

SECOND LAYER

1 smoked trout (250 g)
75 g cream cheese
1 teaspoon (5 g) gelatine
1 tablespoon (20 mL) hot water

GARNISH

1 tablespoon (20 g) salmon roe
1 tablespoon chopped dill

Method

1 Line terrine pan with plastic wrap.
2 *First layer:* Drain canned salmon and remove bones.
3 Dissolve gelatine in hot water.
4 Place all first layer ingredients in food processor and blend.
5 Spoon into terrine or loaf pan and spread evenly.
6 *Second layer:* Remove head, skin and bones from trout. Place flesh in food processor with cream cheese.
7 Dissolve gelatine in hot water, add to food processor and blend until smooth. Spoon on top of first layer.
8 Cover, place in refrigerator and allow to chill for 3–4 hours.
9 *To serve:* Turn onto serving plate, remove plastic wrap and garnish with salmon roe and dill. For individual serves, cut into 1.5 cm slices.

Tuna and noodle casserole

Serves: 4
Cooking utensil: 2.5 L ovenproof dish
Preparation time: 20 minutes
Cooking time: 30 minutes
Oven temperature: 190°C

INGREDIENTS

425 g can tuna
1 cup (250 mL) White sauce (p. 374)
2 teaspoons chopped parsley
2 teaspoons (10 mL) lemon juice
1 cup cooked noodles (see p. 269)
½ cup (20 g) fresh breadcrumbs

GARNISH

4 lemon wedges
1 tablespoon chopped parsley

Method

1 Set oven at 190°C. Brush or spray ovenproof dish with oil.
2 Combine tuna, white sauce, chopped parsley and lemon juice.
3 Layer noodles and fish mixture in dish.
4 Top with breadcrumbs, spray with oil. Bake for 30 minutes.
5 Garnish with lemon and parsley.

MICROWAVE METHOD

Microwave for 10 minutes on medium power.

Thai fish

Barramundi, bream, flounder, garfish, John Dory, snapper and Silver Dory are all suitable for this recipe. Consult the table on pp. 244–5 for other fish suitable for grilling or pan-frying.

Serves: 4

Cooking utensils: deep dish, frying pan

Preparation time: 20 minutes, plus 30 minutes marinating

Cooking time: 10–12 minutes

INGREDIENTS

4 whole fish (300 g each)
2 tablespoons chopped coriander
1 garlic clove, chopped
2 tablespoons (40 mL) lime or lemon juice
2 tablespoons (40 mL) sweet chilli sauce
2 tablespoons (40 mL) soy or fish sauce
2 tablespoons (20 g) cornflour
1 teaspoon (5 mL) oil
2 cups cooked noodles (see p. 269)

Method

1 *Prepare fish*: Scale and clean, place in dish.
2 Combine coriander, garlic, lemon or lime juice and sauces and pour over fish. Allow to marinate for at least 30 minutes in refrigerator.
3 Remove fish and roll in cornflour. Reserve marinade.
4 Heat oil and fry fish 5–6 minutes, turn gently and continue to cook a further 5–6 minutes.
5 Heat reserved marinade. Serve fish with hot noodles and pour marinade over.



Thai Fish



Paella *(Spanish)*

Serves: 6
Cooking utensil: large wok or frying pan
Preparation time: 40 minutes
Cooking time: 30 minutes

INGREDIENTS

1 tablespoon (20 mL) oil
1 onion (125 g), chopped
2 garlic cloves, crushed
2 tomatoes (250 g), chopped
½ red capsicum (65 g), chopped
¾ cup (150 g) rice
1½ cups (375 mL) Fish or Chicken stock (p. 332 or 331)
⅛ teaspoon saffron or turmeric
300 g (12–18) green (raw) prawns
½ cup (75 g) peas
12–18 mussels, in shells
1 cup (150 g) chopped cooked chicken
4 black olives (for garnish)

Method

1 Heat oil in wok or pan and fry onion and garlic for 2 minutes.
2 Add tomatoes, capsicum and rice. Mix well.
3 Add the stock and saffron or turmeric. Stir until mixture boils. Cover and simmer for 20 minutes. Add extra stock if necessary.
4 Shell prawns, leaving tail ends on, and remove dark vein.
5 Add prawns, peas, mussels and chicken to rice mixture. Mix gently but thoroughly with a fork while reheating.
6 Garnish with olives. Serve immediately.

(Opposite) Paella

Prawns in coconut-cream curry

Serves: 4
Cooking utensil: frying pan
Preparation time: 10 minutes
Cooking time: 10–12 minutes

INGREDIENTS

1 tablespoon (20 mL) oil
1 garlic clove, crushed
2 teaspoons chopped fresh ginger
2 teaspoons (10 g) mild spicy curry paste
1 onion (125 g), thinly sliced
400 g green (raw) prawns, shelled (800 g with shells)
200 mL coconut milk or cream
2 cups cooked rice (see p. 269)

Method

1 Heat oil and sauté garlic, ginger and curry paste for 1 minute.
2 Add onion and cook until soft.
3 Add prawns and cook until prawns become opaque (2–3 minutes). Add coconut milk or cream.
4 Cook, gently stirring all the time until heated through.
5 Serve on a bed of rice.

FISH IN COCONUT-CREAM CURRY

Follow method for **Prawns in coconut-cream curry**, using 400 g fish, cut into 2 cm cubes. Use fish with firm texture suitable for pan-frying (see table on pp. 244–5). Serve with noodles or 2 cups cooked rice (see p. 269).

SCALLOPS IN COCONUT-CREAM CURRY

Follow method for **Prawns in coconut-cream curry**, using 400 g scallops. Serve with noodles or 2 cups cooked rice (see p. 269).

Spaghetti marinara

Fettuccine, linguine and penne could also be used in this recipe.

Serves: 4

Cooking utensil: large saucepan

Preparation time: 15 minutes

Cooking time: 20 minutes

INGREDIENTS

150 g spaghetti
4 cups (1 L) boiling water
¼ teaspoon salt
1 onion (125 g), diced
2 garlic cloves, crushed
1 tablespoon (20 mL) olive oil
3 tomatoes (375 g), chopped
1 tablespoon (20 g) tomato paste
2 cups (300 g) fresh seafood (e.g. fish, prawns, scallops, crabmeat, calamari, oysters, mussels)
3 shakes pepper
1 tablespoon chopped fresh basil

Method

1. Cook spaghetti in boiling water and salt for 12–15 minutes until al dente. Drain.
2. Fry onion and garlic in oil, add tomatoes and tomato paste. Cook for 5 minutes then add spaghetti. Shake over heat for 30 seconds.
3. Add seafood, pepper and basil. Mix with care to gently cook the seafood.
4. Garnish with fresh basil leaves, if desired.

(Opposite) Spaghetti marinara

Spicy prawns

Tiger flathead, barracouta, morwong, pilchards, pink ling, redfin and silver warehou are all suitable for this recipe.

Serves: 4

Cooking utensil: wok

Preparation time: 10 minutes

Cooking time: 15 minutes

INGREDIENTS

800 g green (raw) prawns
1 teaspoon curry powder
1 tablespoon (20 mL) olive oil
1 onion (125 g), diced
1 garlic clove, crushed
2 cups (200 g) fresh noodles
1 teaspoon chopped fresh ginger
50 g snow peas
½ red capsicum (65 g), sliced
100 g spinach leaves
1 tablespoon (20 g) tomato paste
2 tablespoons (40 mL) sweet chilli and ginger sauce

Method

1. Peel and clean prawns, roll in curry powder.
2. Heat oil in wok, fry onion and garlic for 2 minutes.
3. Add prawns and cook for 1 minute.
4. Pour boiling water over noodles. Allow to stand for 2 minutes, then drain.
5. Combine all ingredients in wok. Heat for 1 minute and serve.

SPICY CALAMARI

Follow method for **Spicy prawns**. Replace prawns with 400 g calamari or arrow squid, cut into rings. Cook calamari for 3 minutes.



Smoked salmon roulade

Serves: 4
Cooking utensils: small saucepan, 1 L (24 × 30 cm) Swiss roll cake pan
Special equipment: clean tea towel, electric beater or whisk
Preparation time: 20 minutes
Cooking time: 30 minutes
Oven temperature: 170°C

INGREDIENTS

2 tablespoons (40 g) butter
3 tablespoons (30 g) plain flour
1 cup (250 mL) milk
3 eggs, separated

FILLING

150 g sliced smoked salmon, chopped
¾ cup (190 mL) sour cream
3 shakes pepper

Method

1 Set oven at 170°C. Brush or spray cake pan with oil and line base with baking paper.
2 Melt butter in saucepan, stir in flour.
3 Add milk slowly, stirring continually, while bringing to boil.
4 Remove from heat and beat in egg yolks. Cool.
5 Using an electric beater or whisk, beat egg whites until stiff.
6 Fold egg yolk mixture into egg whites very lightly.
7 Pour into cake pan.
8 Bake for 30 minutes. *Test if cooked*: Press lightly with a finger in the centre of the roulade–the impression should disappear at once.
9 Spread tea towel on bench. Turn roulade onto tea towel, remove paper and trim crusts off sides. Quickly roll up in tea towel. Allow to stand for 2 minutes.
10 Mix filling ingredients.
11 Unroll roulade. Spread with filling. Roll up.
12 Cut into 8 slices and serve.

CRABMEAT AND SPINACH ROULADE

Follow method for **Smoked salmon roulade**. Omit smoked salmon, use 105 g canned crabmeat and 125 g cooked spinach with 1 cup (250 mL) sour cream as filling.



*10 Vegetarian

Plant-based eating can provide all the nutrients required for good health, particularly when eggs and dairy products are included in the diet. Vegetarian dishes tend to include a great variety of ingredients and are often high in fibre—both essential factors in a balanced diet. There are compelling reasons for Australians to increase their intake of vegetables and other plant foods. These delicious recipes can be enjoyed by everyone.

Increasing numbers of Australians are choosing to make vegetarian dishes the focus of their diet and to reduce their consumption of animal foods. The reasons for this may include considerations of cost or health, or simply a preference for the taste and texture of plant-based foods. Others may avoid animal products for ethical, religious or dietary reasons.

In many regions of the world, fruit, vegetables, nuts, dried peas and beans (legumes) and cereal grains have always formed a major part of the diet.

Three main vegetarian diets

Lacto-ovo-vegetarian includes eggs and dairy foods, such as milk, cheese, butter and yoghurt.
Lacto-vegetarian includes dairy products, such as milk, cheese, butter and yoghurt.
Vegan includes only vegetable products; a vegan diet is not recommended for very young children because they have high energy and protein needs. Special care needs to be taken with children on all vegetarian diets, especially vegan diets.



NUTRITIONAL VALUE

Food contains protein in either complete or incomplete form. Complete proteins contain all the essential amino acids necessary for humans and are generally in animal-based foods; incomplete proteins lack one or more of these essential amino acids (see p. 15 for further information). Quinoa, soy beans and soy bean products such as tofu, soy milk and soy flour are vegetable-based foods that contain all the essential amino acids. However, by using foods from two or more of the different vegetable groups—for example, combining legumes with cereal grains and nuts—all the essential amino acids can be provided.

Iron is found in leafy green vegetables and dried fruit. Yeast extract, cereal grains and nuts provide the B-group vitamins.

A major nutritional advantage of vegetarian meals is that they are often high in fibre and low in kilojoules and fat.

COOKING CEREALS AND LEGUMES*

Product	Amount	Cooking method
Chickpeas	1 cup (200 g)	Pour 1 L (4 cups) water and ½ teaspoon salt over chickpeas; leave 12–24 hours in refrigerator; drain; bring to boil in fresh water; simmer for 1–1½ hours
Couscous	1 cup (200 g)	Add to 500 mL (2 cups) boiling stock or water; bring back to boil; remove from heat, cover and stand for 5 minutes; stir with fork
Dried beans, e.g. soy, brown, navy, borlotti, cannellini, haricot, black eye	1 cup (200 g)	Pour 1 L (4 cups) water and 1 teaspoon salt over beans; leave 6 hours (or overnight, if possible) in refrigerator; drain; bring to boil in fresh water; simmer for 1–1½ hours until tender; drain
Dried peas, e.g. split peas	1 cup (200 g)	Pour 1 L (4 cups) water and 1 teaspoon salt over peas; leave 6 hours (or overnight, if possible) in refrigerator; drain; bring to boil in fresh water; simmer for 1–1½ hours until tender; drain
Lentils, brown or green	1 cup (200 g)	Bring to boil in 1 L (4 cups) water and ½ teaspoon salt; simmer for 30 minutes until tender; drain
Lentils, red	1 cup (200 g)	Bring to boil in 1 L (4 cups) water and ½ teaspoon salt; simmer for 15–20 minutes until tender; drain
Noodles, fresh	150 g	Boil 1 L (4 cups) water and ½ teaspoon salt; pour over noodles, leave for 2 minutes; drain
Noodles, dried, thick	150 g	Boil 1 L (4 cups) water and ½ teaspoon salt; add noodles, simmer for 5 minutes; drain
Noodles, dried, thin	150 g	Boil 1 L (4 cups) water and ½ teaspoon salt; add noodles, simmer for 3 minutes; drain
Pasta, dried	150 g	Boil 1 L (4 cups) water and ½ teaspoon salt; add pasta, simmer for 10–12 minutes; drain
Pasta, fresh	150 g	Boil 1 L (4 cups) water and ½ teaspoon salt; add pasta, simmer for 5 minutes; drain
Pasta, dried, wholemeal	150 g	Boil 1 L (4 cups) water and ½ teaspoon salt; add pasta, simmer for 40 minutes; drain
Polenta (instant)	½ cup (75 g)	Mix into 375 mL (1½ cups) water or stock and ½ teaspoon salt; bring to boil, stirring continuously; simmer for 5 minutes, stirring continually. Alternatively, place polenta, salt and water in microwave dish, cover; microwave for 3 minutes on high power; stir, cover and microwave a further 2½ minutes
Rice, white	¾ cup (150 g)	**Boiling method:** boil 1 L (4 cups) water and ½ teaspoon salt; add rice, simmer for 12 minutes; drain. **Absorption method:** cover with cold water to 2 cm above rice; bring slowly to boil, cover with lid, and simmer for 10–15 minutes, until cooked and all water is absorbed
Rice, wholegrain (brown)	¾ cup (150 g)	Boil 1 L (4 cups) water and ½ teaspoon salt; add rice, simmer for 45 minutes; drain (May be cooked by absorption method as with white rice for 25–30 minutes)

* To yield 2 cups of cooked product.

Bok choy and ginger rice noodle stir-fry *(Thai)*

Serves: 4
Cooking utensils: large saucepan, wok
Preparation time: 15 minutes
Cooking time: 30 minutes

INGREDIENTS

500 g vegetables (e.g. snow peas, capsicum, corn kernels, green beans, celery, baby corn)
250 g baby bok choy
500 g flat rice noodles
2 teaspoons (10 mL) oil
1 onion (125 g), thinly sliced
2 tablespoons (40 g) chopped fresh ginger
1 tablespoon (20 mL) sweet chilli sauce
1 tablespoon (20 mL) soy sauce

Method

1. Prepare vegetables, cutting into bite-sized pieces.
2. Wash bok choy, leave whole. Cook for 3 minutes in boiling water, drain.
3. Cook noodles in boiling water for 3 minutes. Drain.
4. Heat oil in wok, fry onion for 1 minute.
5. Add vegetables and ginger, fry for 5 minutes.
6. Add noodles and sauces. Stir gently until heated through.
7. Serve on warm plate.



Bok choy and ginger rice noodle stir-fry

Beans in tomato sauce
(North American)

A recipe based on the traditional dish, Boston beans. Brown sugar may be replaced with molasses.

Serves: 4

Cooking utensil: saucepan

Preparation time: overnight soaking, plus 15 minutes

Cooking time: 30 minutes

INGREDIENTS

1 cup (200 g) dried haricot or cannellini beans, or 440 g canned beans, drained
1 onion (125 g), chopped
1 garlic clove, crushed
1 teaspoon (5 mL) oil
2 tomatoes (250 g), chopped
2 tablespoons (40 g) tomato paste
2 teaspoons (10 g) brown sugar
1 tablespoon (20 mL) vinegar
1 teaspoon mustard

Method

1 If using dried beans, soak for 6 hours or overnight and cook 1–1½ hours (see p. 269).
2 Fry onion and garlic in oil until tender.
3 Add all other ingredients.
4 Stir until boiling. Simmer for 30 minutes.

BAKED BEANS IN TOMATO SAUCE

Follow recipe for **Beans in tomato sauce**, using soaked beans. At step 4, place all ingredients in 2.5 L casserole and bake in oven at 180°C for 45 minutes.

Bygan dhal
(Indian)

A traditional Indian accompaniment to dishes, particularly curries.

Serves: 4

Cooking utensils: saucepan, frying pan

Preparation time: 20 minutes

Cooking time: 20 minutes

INGREDIENTS

1 cup (250 mL) water
½ cup (100 g) red lentils
1 eggplant (200 g)
¼ teaspoon curry paste
¼ teaspoon wholegrain mustard
½ teaspoon salt
1 tablespoon (20 mL) oil
1 onion (125 g), finely chopped
1 tomato (125 g), diced
½ teaspoon lemon juice

Method

1 Bring water to boil, add lentils and cook gently for 5 minutes.
2 Cut eggplant into 2 cm cubes (do not remove skin).
3 Add eggplant, curry paste, mustard and salt to lentils. Continue cooking until eggplant is tender (approx. 10 minutes).
4 Heat oil in frying pan. Fry onion until tender and lightly browned.
5 Stir onion and tomato into lentil mixture. Cook for 5 minutes. Add lemon juice. Should have consistency similar to porridge.

Cheese and tomato roulade

Serves: 4
Cooking utensils: small saucepan, 1 L (24 × 30 cm) Swiss roll cake pan
Special equipment: clean tea towel, electric beater or whisk
Preparation time: 20 minutes
Cooking time: 30 minutes
Oven temperature: 170ºC

INGREDIENTS

2 tablespoons (40 g) butter
3 tablespoons (30 g) plain flour
1 cup (250 mL) milk
3 eggs, separated

FILLING

1 cup (250 g) smooth ricotta cheese
200 g semidried tomatoes
3 shakes pepper
¼ cup (30 g) grated tasty cheese

Method

1 Set oven at 170ºC. Brush or spray cake pan with oil and line base with baking paper.
2 Melt butter in small saucepan, stir in flour.
3 Add milk slowly, stirring continually, while bringing to boil.
4 Remove from heat and beat in egg yolks. Cool.
5 Using an electric beater or whisk, beat egg whites until stiff.
6 Fold egg yolk mixture into egg whites very lightly.
7 Pour into cake pan.
8 Bake for 30 minutes. *Test if cooked:* Press lightly with a finger in the centre of the roulade—the impression should disappear at once.
9 *Make filling:* Mix ricotta cheese with semidried tomatoes, pepper and cheese. Add a little cream if too thick to spread.
10 Spread clean tea towel on bench. Turn roulade onto tea towel, remove paper and trim crusts off sides. Quickly roll up in tea towel. Allow to stand for 2 minutes.
11 Unroll roulade. Spread with filling. Roll up.
12 Cut into 8 slices and serve.

CORN AND CHEESE ROULADE

Follow recipe for **Cheese and tomato roulade**. Use fresh corn kernels instead of tomatoes.

Cashew and carrot loaf

Makes: 1 loaf, to serve 4
Cooking utensil: 1 L medium loaf pan
Preparation time: 25 minutes
Cooking time: 45 minutes
Oven temperature: 180ºC

INGREDIENTS

1 cup (40 g) stale wholemeal breadcrumbs
2 carrots (250 g), grated
2 zucchini (200 g), grated
1 onion (125 g), chopped
1 cup (100 g) chopped cashew nuts
1 egg
½ cup (75 g) wholemeal self-raising flour
1 teaspoon chopped fresh ginger
2 tablespoons chopped parsley
1 tablespoon (20 mL) tahini

Method

1 Set oven at 180 ºC. Brush or spray loaf pan with oil and line base with baking paper.
2 Combine all ingredients.
3 Place in loaf pan.
4 Bake for 45 minutes.
5 Serve hot or cold, sliced.

Curried lentil patties

These patties are delicious served with salad or vegetables with a dash of mango chutney on top.

Serves: 4

Cooking utensils: saucepan, frying pan

Preparation time: 15 minutes, plus overnight refrigeration

Cooking time: 10 minutes



INGREDIENTS

1 cup (200 g) red lentils
2 cups (500 mL) water
1 teaspoon (5 g) curry paste
½ cup (85 g) diced cooked potato
½ cup (85 g) diced cooked pumpkin
½ cup (60 g) fresh or frozen peas
2 tablespoons chopped parsley
2 tablespoons (20 g) wholemeal plain flour
1 tablespoon (40 mL) olive oil
1 tablespoon butter

Method

1 Wash lentils in strainer, place in saucepan with water. Bring to boil and simmer for 5–10 minutes, or until all water is absorbed.
2 Add curry paste, cooked vegetables, peas and parsley.
3 Refrigerate for at least 30 minutes.
4 Shape into patties and roll in flour.
5 Heat oil and butter together and fry 4–5 minutes on each side, or until golden-brown.

Curried lentil patties

Cheese soufflé

Serves: 4
Cooking utensils: small saucepan, 4 × 250 mL (8 cm) soufflé dishes or a 1 L (14 cm) soufflé dish, oven tray
Preparation time: 30 minutes
Cooking time: 30 minutes
Oven temperature: 170°C

INGREDIENTS

2 tablespoons (40 g) butter
3 tablespoons (30 g) plain flour
1 cup (250 mL) milk
3 eggs, separated
1 cup (120 g) grated tasty cheese

Method

1 Set oven at 170°C. Spray or brush soufflé dishes with oil.
2 Melt butter in small saucepan, stir in flour.
3 Add milk slowly, stirring continually, while bringing to boil.
4 Remove from heat and beat in egg yolks. Add cheese. Cool.
5 Beat egg whites until stiff.
6 Fold egg yolk mixture into egg whites very lightly.
7 Spoon mixture into soufflé dishes and place dishes on oven tray.
8 Bake for 30 minutes until risen and golden-brown.
9 Serve immediately.

Couscous with herbs *(Moroccan)*

Serves: 4
Cooking utensils: saucepan, frying pan
Preparation time: 5 minutes
Cooking time: 10 minutes

INGREDIENTS

2 cups (500 mL) vegetable stock or water
1 cup (200 g) couscous
1 tablespoon (20 mL) olive oil
1 onion (125 g), diced
½ teaspoon Moroccan spice mix
½ cup chopped herbs such as mint, parsley, basil

Method

1 Boil stock or water, add couscous and stir while bringing to boil.
2 Remove from heat and allow to stand, covered, for 5 minutes.
3 Heat oil and fry onion for 2 minutes. Add couscous, spice mix and herbs.
4 Stir gently with fork to heat through and serve as accompaniment to other dishes.

Fried rice

For a non-vegetarian variation, add cooked diced chicken or pork, prawns or bacon.

Serves: 4

Cooking utensils: large saucepan, deep frying pan or wok

Preparation time: 10 minutes

Cooking time: 20 minutes

INGREDIENTS

1 cup (200 g) rice
4 cups (1 L) boiling water
¼ teaspoon salt
1 tablespoon (20 mL) oil
2 eggs, beaten
1 onion (125 g), chopped
1 garlic clove, crushed
½ cup (50 g) bean shoots
½ cup (50 g) sliced mushrooms
1 tablespoon (20 mL) soy sauce
2 spring onions, chopped (for garnish)

Method

1 Cook rice in boiling water and salt for 12 minutes. Drain, rinse and cool.
2 Heat 1 teaspoon oil in frying pan. Fry egg until set.
3 Remove egg and cut into small pieces.
4 Add remaining oil and fry onion and garlic until onion is transparent.
5 Add rice, bean shoots, mushrooms, soy sauce and egg pieces, stirring gently. Cook for 1 minute.
6 Garnish with spring onions and serve.



Fried rice

Frittata *(Italian)*

Serves: 4
Cooking utensil: non-stick frying pan
Special equipment: baking paper
Preparation time: 20 minutes
Cooking time: 20–30 minutes

INGREDIENTS

1 onion (125 g), chopped
400 g grated vegetables (e.g. zucchini, carrot)
2 tablespoons (20 g) self-raising flour
3 shakes pepper
3 eggs, beaten
½ cup (60 g) grated tasty cheese

Method

1 Cut baking paper to fit base of frying pan. Spray or brush paper with oil.
2 Combine all ingredients.
3 Pour into frying pan.
4 Cook 10–15 minutes until base is brown.
5 Turn over onto plate, remove baking paper.
6 Return paper to frying pan. Slide frittata from plate back into frying pan and continue to cook further 10–15 minutes until brown.

LEEK AND ZUCCHINI FRITTATA

Follow recipe for **Frittata**, using 200 g sliced leeks and 200 g grated or sliced zucchini.

TOMATO AND ZUCCHINI FRITTATA

Follow recipe for **Frittata**, using 200 g sliced tomatoes and 200 g grated or sliced zucchini.



Frittata

Egg and onion pie

Serves: 6
Cooking utensils: saucepan, 22 cm (1 L) pie dish
Preparation time: 15 minutes
Cooking time: 25–30 minutes
Oven temperature: 200ºC, reduced to 160ºC

INGREDIENTS

500 g Shortcrust pastry (p. 386)
2 onions (250 g), sliced
1 teaspoon (5 mL) olive oil
6 eggs
6 spring onions, chopped
6 shakes black pepper
1 teaspoon (5 mL) milk (for glaze)

Method

1 Set oven at 200 ºC.
2 Roll out two-thirds pastry and line pie dish (see p. 384).
3 Sauté onions in oil for 7–10 minutes until golden-brown.
4 Break eggs into pastry case, sprinkle with spring onions, onion and pepper.
5 Slash egg yolks with a knife.
6 Cover pie with remaining pastry. Glaze top with milk.
7 Bake for 15 minutes at 200ºC, reduce temperature to 160ºC and bake further 15 minutes.

Macaroni cheese

For a variation, add a cup of cooked cauliflower or broccoli/broccolini florets to the cheese sauce.
Serves: 4
Cooking utensils: saucepan, ovenproof dish
Preparation time: 20 minutes
Cooking time: 15–20 minutes
Oven temperature: 180ºC

INGREDIENTS

1½ cups (150 g) macaroni
4 cups (1 L) boiling water
¼ teaspoon salt
1 tablespoon (20 g) butter
1½ tablespoons (15 g) plain flour
1 teaspoon mustard
1¼ cups (315 mL) milk
1 cup (120 g) grated tasty cheese
¼ cup (25 g) dried breadcrumbs

Method

1 Set oven at 180ºC. Brush or spray ovenproof dish with oil.
2 Cook macaroni in boiling water with salt for 12 minutes.
3 *Make sauce:* Melt butter, add flour and cook for 30 seconds. Remove from heat and add mustard, then add milk gradually. Stir until boiling and add half the cheese.
4 Drain macaroni and mix with sauce.
5 Place in ovenproof dish. Mix remainder of cheese with breadcrumbs and sprinkle on top.
6 Bake in top of oven for 15–20 minutes.

MACARONI AND TOMATO CASSEROLE

Follow recipe for **Macaroni cheese**. Cover macaroni mixture at step 5 with 1 sliced tomato (125 g) and 1 sliced onion (125 g) sautéed in 1 teaspoon (5 g) butter.

Polenta with vegetable topping *(Italian)*

Serves: 4
Cooking utensils: saucepan, 2 cm deep flat square dish
Special equipment: aluminium foil, griller
Preparation time: 20 minutes, plus 1 hour refrigeration
Cooking time: 25 minutes

INGREDIENTS

½ cup (75 g) instant polenta
1½ cups (375 mL) water
2 tablespoons chopped parsley
1 egg
2 tablespoons (20 g) grated tasty cheese

VEGETABLE TOPPING

1 tablespoon (20 mL) oil
1 onion (125 g), chopped
1 tomato (125 g), chopped
1 zucchini (100 g), grated
8 black olives, sliced
½ cup (60 g) grated tasty cheese (for garnish)

Method

1 Mix polenta and water in saucepan, bring to boil, simmer for 5 minutes, stirring continually (see p. 269 for microwave method). Cool slightly.
2 Add parsley, egg and grated cheese. Spread in dish. Place in refrigerator for 1 hour to become firm.
3 Make vegetable topping: Heat oil in saucepan, brown onion, add tomato and zucchini and simmer for 15 minutes, add olive slices.
4 Cut polenta base into 8. Place on foil under hot griller until golden-brown. Turn over, grill lightly on other side.
5 Place vegetables on polenta slices, garnish with grated cheese and grill until brown.

HERBED POLENTA WITH TOMATO SAUCE

Follow recipe for **Polenta with vegetable topping**. Add 2 tablespoons chopped herbs or 1 teaspoon dried mixed herbs to polenta before cooling. For tomato sauce, use 2 tomatoes and omit olive slices and zucchini from vegetable topping.

Quiche *(French)*

Full-cream milk is preferable to reduced-fat milk, as the quiche will not set firm if reduced fat milk is used. For a richer quiche, replace half the milk with cream.

Serves: 6
Cooking utensil: 22 cm (1 L) quiche dish
Preparation time: 15 minutes
Cooking time: 25–30 minutes
Oven temperature: 200°C, reduced to 160°C

INGREDIENTS

250 g Shortcrust pastry (p. 386)
or 4–6 sheets filo pastry
6 spring onions, chopped
1½ cups (375 mL) milk, warmed
4 eggs, beaten
3 shakes pepper
1 tomato (125 g), sliced
½ cup (60 g) grated tasty cheese

Method

1 Set oven at 200°C.
2 Roll out pastry and line quiche dish. (see p. 384), or line dish with filo pastry.
3 Brush or spray filo pastry lightly with oil between layers.
4 Combine the spring onions, milk, eggs and pepper and pour into pastry base.
5 Place tomato slices on top and cover with grated cheese.

6 Bake for 10 minutes at 200°C, reduce temperature to 160°C and bake until set.
7 May be served hot or cold.

ASPARAGUS QUICHE

Follow recipe for **Quiche**. Half the milk may be replaced with 250 g natural yoghurt. Omit tomato and arrange asparagus spears in a cartwheel pattern on top before baking.

LEEK AND CHEESE QUICHE

Follow recipe for **Quiche**. Use Swiss cheese. Half the milk may be replaced with cream. Blanch 1 sliced leek (150 g) in boiling water, drain and add to milk-and-egg mixture.

SPINACH QUICHE

Follow recipe for **Quiche**. Half the milk may be replaced with 250 g ricotta or low-fat cottage cheese. Add ½ cup (75 g) blanched spinach and ¼ teaspoon ground nutmeg to milk-and-egg mixture.

Quick crustless quiche

Serves: 6
Cooking utensil: 22 cm (1 L) quiche dish
Preparation time: 20 minutes
Cooking time: 35–40 minutes
Oven temperature: 200°C, reduced to 160°C

INGREDIENTS

4 eggs, beaten
1½ cups (375 mL) milk
½ cup (75 g) self-raising flour
1 zucchini (100 g), grated
1 carrot (125 g), grated
1 onion (125 g), diced
1 potato (150 g), grated
1 tablespoon chopped parsley
1 cup (120 g) grated tasty cheese

Method

1 Set oven at 200°C. Brush or spray quiche dish with oil.
2 Combine all ingredients except ½ cup (60 g) of cheese.
3 Pour into quiche dish and sprinkle remaining cheese on top.
4 Bake for 15 minutes at 200°C, reduce temperature to 160°C and bake 20–25 minutes until set.

MICROWAVE METHOD

Place in 22 cm (1.75 L) 1microwave ring-cake pan. Cover and cook on medium power for 10 minutes.

Spaghetti and Napoli sauce *(Italian)*

Serves: 4
Cooking utensils: large saucepan, medium saucepan
Preparation time: 15 minutes
Cooking time: 20 minutes

INGREDIENTS

150 g spaghetti or other pasta (e.g. tagliatelle, fettuccine)
4 cups (1 L) boiling water
¼ teaspoon salt
4 roma tomatoes or 420 g canned diced tomatoes
1 onion (125 g), chopped
1 garlic clove, crushed
1 tablespoon (20 mL) olive oil
1 tablespoon chopped basil
6 shakes black pepper

Method

1 Cook pasta in large saucepan in boiling water with salt for 12–15 minutes unil al dente.
2 Remove skins from tomatoes and dice.
3 Fry onion and garlic in medium saucepan in oil until transparent.
4 Add tomatoes, basil and pepper, and simmer for 15 minutes.
5 Drain pasta, place on serving plate and pour sauce over.

FETTUCCINE MEDITERRANEAN

Follow recipe for **Spaghetti and Napoli sauce**, using fettuccine instead of spaghetti. Garnish with 4 black olives, 4 green olives and ¼ cup (30 g) grated parmesan cheese.

SPINACH RAVIOLI WITH TOMATO AND BASIL SAUCE

Follow recipe for **Spaghetti and Napoli sauce**, using 300 g spinach-filled ravioli instead of spaghetti. Cook only 5 minutes. Use 2 tablespoons chopped basil in the sauce. Garnish with ¼ cup (30 g) grated parmesan cheese

Ratatouille *(French)*

Serves: 4
Cooking utensil: 2.5 L flameproof casserole or deep frying pan
Cooking time: 45 minutes
Oven temperature: 180°C

INGREDIENTS

1 tablespoon (20 mL) olive oil
1 onion (125 g), sliced
1 eggplant (200 g), sliced
1 red capsicum (125 g), sliced
2 tomatoes (250 g), peeled and sliced
1 zucchini (100 g), sliced
1 garlic clove, crushed
6 shakes pepper

Method

1 Set oven at 180°C.
2 Place olive oil in casserole. Add onion and cook for 5 minutes.
3 Layer eggplant and capsicum. Cook 10 minutes. Do not stir.
4 Add tomatoes, then zucchini, garlic and pepper.
5 Cover and bake for 30 minutes, or cook over low heat if using a frying pan.
6 Serve hot or cold.

Spanikopita *(Greek)*

Makes: 19 triangles
Cooking utensil: 4-sided oven tray
Preparation time: 20 minutes
Cooking time: 25–30 minutes
Oven temperature: 180°C

INGREDIENTS

olive oil spray
250 g cooked spinach, chopped
250 g feta cheese (low-fat if desired)
3 spring onions, chopped
1 egg, beaten
375 g filo pastry (approximately 20 sheets)

Method

1 Set oven at 180°C. Spray or brush oven tray with oil.
2 Mix spinach, feta cheese, spring onions and egg.
3 Fold 1 sheet filo pastry into 3 lengthways, spray with olive oil.
4 Place 1 tablespoon filling at lower edge of pastry. Fold into small triangle. Continue folding along length of pastry to make a triangle.
5 Repeat to make 19 triangles.
6 Spray tops of triangles with oil.
7 Bake for 25–30 minutes.

SWEET POTATO AND CORIANDER PARCELS

Follow recipe for **Spanikopita**. Omit spinach. Use 250 g cooked sweet potato, diced into 1 cm cubes. Half of the feta cheese may be replaced with 125 g tofu. Add 2 tablespoons chopped fresh coriander.

PUMPKIN AND CHICKPEA PARCELS

Follow recipe for **Spanikopita**. Omit spinach and half the feta cheese. Use 250 g cooked butternut pumpkin, diced into 1 cm cubes, and 125 g cooked, mashed chickpeas (65 g uncooked, see p. 269) and 1 teaspoon ground cumin.



Top: placing the filling on the filo pastry;
Middle: folding the filo;
Bottom: the completed triangle

Spicy chickpea hotpot

For a variation, replace sweet potato with pumpkin.

Serves: 4
Cooking utensil: large saucepan
Preparation time: 15 minutes
Cooking time: 30 minutes

INGREDIENTS

1 cup (200 g) dried chickpeas
or 440 g canned chickpeas, drained
1 onion (125 g), chopped
2 tablespoons (40 mL) olive oil
1 tablespoon (10 g) plain flour
1 cup (250 mL) water
½ sweet potato (160 g), grated
2 celery stalks (200 g), sliced
2 tablespoons (40 g) tomato paste
1 tablespoon (20 g) mustard
1 garlic clove, crushed
2 tablespoons (40 mL) sweet chilli sauce
½ cup (75 g) fresh or frozen peas

Method

1 If using dried chickpeas, soak for 12–24 hours and cook 1–1½ hours (see p. 269).
2 Fry onion in oil.
3 Add flour and stir until brown. Remove from heat.
4 Add water slowly, bring to boil and add other ingredients, except peas.
5 Simmer for 20 minutes, add peas, cook further 10 minutes.

SPICY BORLOTTI BEAN HOTPOT

Follow recipe for **Spicy chickpea hotpot**. Replace chickpeas with ¾ cup (150 g) dried borlotti beans (soak for 6 hours, cook 1–1½ hours) or 440 g canned borlotti beans.

Spicy lentil noodles

Serves: 4
Cooking utensils: 2 large saucepans
Preparation time: 15 minutes
Cooking time: 30 minutes

INGREDIENTS

2 teaspoons (10 mL) oil
1 onion (125 g), finely chopped
4 tomatoes (500 g) or 425 g canned, chopped
½ cup (100 g) brown or green lentils
1 tablespoon (20 g) sweet chilli sauce
1 teaspoon (5 mL) Worcestershire sauce
2 tablespoons (40 g) tomato paste
300 g fresh or dried noodles
2 tablespoons (20 g) grated tasty cheese

Method

1 Heat oil in saucepan.
2 Add onion and sauté until soft.
3 Add tomatoes, lentils, sauces and tomato paste.
4 Bring to boil and simmer gently for 30 minutes until lentils are tender.
5 Cook noodles for 10 minutes (dried) or 5 minutes (fresh) (see p. 269). Drain.
6 Add noodles to lentil mixture and mix gently.
7 Serve hot, sprinkled with grated cheese.

Stir-fried vegetables

Use a high heat and short cooking time to give vegetables a bright colour and crisp texture.

Serves: 4
Cooking utensil: wok or deep frying pan
Preparation time: 20 minutes
Cooking time: 7 minutes

INGREDIENTS

1 tablespoon (20 mL) oil
½ onion (65 g), sliced
1 celery stalk (100 g), sliced
½ cup (60 g) broccoli florets
½ cup (60 g) sliced green beans
½ carrot (65 g) or ½ red capsicum (65 g), sliced
½ cup (50 g) snow peas
100 g bok choy, sliced
1 tablespoon (20 mL) water or vegetable stock
½ cup (50 g) bean shoots
1 tablespoon (20 mL) soy sauce

Method

1 Heat oil in wok.
2 Add onion, stir for 1 minute.
3 Add remaining vegetables except bean shoots. Add water or stock. Stir gently for 3 minutes.
4 Add bean shoots. Continue stirring 1–2 minutes, until crisp-cooked.
5 Add soy sauce and serve.

HONEYED PUMPKIN STIR-FRY

Follow recipe for **Stir-fried vegetables**. Replace 200 g vegetables with 200 g pumpkin diced into 2 cm cubes, microwaved or steamed until tender. Add pumpkin and ½ cup (50 g) pepitos (roasted pumpkin seeds) at step 4. Mix 1 tablespoon (20 g) honey with soy sauce before adding.

TOFU VEGETABLE STIR-FRY

Follow recipe for **Stir-fried vegetables**. Replace 200 g vegetables with 200 g firm tofu diced into 2 cm cubes.

THAI VEGETABLE STIR-FRY

Follow recipe for **Stir-fried vegetables**. Stir in 2 tablespoons (40 mL) coconut milk, 2 tablespoons chopped fresh coriander at Step 4.

Tofu sesame sticks *(Japanese)*

Makes: 4 sticks, to serve 2
Cooking utensil: frying pan
Preparation time: overnight marinating, plus 15 minutes
Cooking time: 10 minutes

INGREDIENTS

150 g firm tofu
1 tablespoons (20 mL) Teriyaki sauce (p. 373)
2 teaspoons wholemeal plain flour
1 tablespoon (12 g) sesame seeds
2 teaspoons (10 mL) oil

Method

1 Cut tofu into 4 sticks and marinate in teriyaki sauce, overnight if possible, in refrigerator.
2 Combine flour and sesame seeds and coat tofu sticks.
3 Heat oil, fry tofu sticks until golden-brown on each side.
4 Bring remaining marinade to boil and pour over tofu.

SWEET-AND-SOUR TOFU

Follow recipe for **Tofu sesame** sticks. Serve with 2 cups (500 mL) **Sweet-and-sour sauce** (p. 208).

TOFU SATAYS WITH PEANUT SAUCE

See p. 195.

Vegetable curry

For added flavour, use sweet potato or pumpkin instead of potato.

Serves: 4
Cooking utensil: large saucepan
Preparation time: 20 minutes
Cooking time: 25 minutes

INGREDIENTS

1 cup (200 g) dried red kidney or borlotti beans,
or 440 g canned beans, drained
1 tablespoon (20 mL) oil
1 onion (125 g), chopped
1 garlic clove, crushed
1 teaspoon chopped fresh ginger
1 tablespoon (20 g) curry paste
2 potatoes (300 g), diced
125 g green beans, sliced
1 carrot (125 g), sliced
1 celery stalk (100 g), sliced
1 zucchini (100 g), sliced
1 cup (250 mL) water
2 tablespoons (20 mL) coconut milk or coconut cream
2 cups cooked rice (see p. 269)

Method

1 If using dried beans, soak for 6 hours and cook 1–1½ hours (see p. 269).
2 Heat oil and gently fry onion, garlic, ginger and curry paste until onion is tender.
3 Add all vegetables and sauté for 5 minutes.
4 Add water, coconut milk and cooked, drained beans and bring to boil. Simmer for 10 minutes.
5 Serve with cooked rice and curry accompaniments (see p. 229).



Vegetable curry

Vegetarian lasagne *(Italian)*

Serves: 4
Cooking utensil: 2.5 L ovenproof dish or lasagne dish
Preparation time: 30 minutes
Cooking time: 30–40 minutes
Oven temperature: 180°C

INGREDIENTS

1 tablespoon (20 mL) olive oil
1 onion (125 g), chopped
1 garlic clove, crushed
4 tomatoes (500 g) or 400 g canned, chopped
½ zucchini (50 g)
½ carrot (65 g), grated
1 tablespoon (20 g) tomato paste
3 shakes pepper
1 tablespoon chopped basil
200 g sweet potato or pumpkin, sliced
125 g instant lasagne sheets
1 cup (100 g) mushrooms, sliced (or spinach, chopped)
1 cup (250 mL) Cheese sauce (p. 374)
½ cup (60 g) grated tasty cheese

Method

1 Set oven at 180°C. Brush or spray ovenproof dish with oil.
2 Heat oil, sauté onion and garlic for 2 minutes.
3 Add tomatoes, zucchini, carrot, tomato paste, pepper and basil.
4 Stir over low heat 15 minutes until sauce thickens.
5 Cook sweet potato or pumpkin slices in steamer or microwave oven until just tender.
6 Place a thin layer of vegetable sauce in dish, then a layer of lasagne, then mushrooms (or spinach) and sweet potato or pumpkin. Repeat these layers; the top layer should be lasagne. Cover top layer with cheese sauce. Sprinkle with grated cheese.
7 Bake for 30 minutes.

TOFU LASAGNE

Follow recipe for **Vegetarian lasagne**. Replace 75 g lasagne with 250 g tofu, drained and cut into 1 cm thick slices. Bake at 180°C for 30 minutes.

Tortilla *(Spanish)*

A style of omelette that is cut into wedges and served warm or cold.

Serves: 2
Cooking utensil: non-stick frying pan
Special equipment: griller
Preparation time: 15 minutes
Cooking time: 20 minutes

INGREDIENTS

1 potato (150 g), cut into 1 cm slices
½ onion (65 g), sliced
2 teaspoons (10 mL) olive oil
4 eggs, beaten
½ cup (125 mL) milk
½ teaspoon salt
3 shakes pepper
1 teaspoon chopped parsley (for garnish)

Method

1 Sauté potato and onion in oil for 5–10 minutes.
2 Mix eggs, milk, salt and pepper and pour over potato and onion mix. Cook gently until mixture sets.
3 Brown top under hot griller.
4 Allow to cool slightly, loosen mixture from pan and slide onto plate.
5 Cut into four wedges, garnish with parsley and serve warm or cold.

Vegetarian risotto *(Italian)*

¼ cup (65 mL) dry white wine may be added with the last of the stock.

Serves: 4
Cooking utensil: large saucepan
Special equipment: griller
Preparation time: 30 minutes
Cooking time: 20 minutes

INGREDIENTS

1 red capsicum (125 g)
1 onion (125 g), finely chopped
1 tablespoon (20 mL) olive oil
1 cup (200 g) arborio rice
3 cups (750 mL) boiling vegetable stock
¼ teaspoon pepper
100 g semidried tomatoes
¼ cup (25 g) sliced mushrooms
1 tablespoon chopped parsley
50 g parmesan cheese, shaved (for garnish)

Method

1 Cut capsicum in half lengthways, remove seeds, and grill or hold over gas flame until skin is blistered. Place in sealed plastic bag for 10 minutes to loosen skin. Remove skin, cut capsicum into strips.
2 Fry onion in oil for 5 minutes, add rice, stir over heat 1 minute.
3 Add 1 cup boiling stock and black pepper, stir while bringing quickly to boil. Add half the capsicum, tomatoes, mushrooms and parsley.
4 Simmer until stock is absorbed, then add remainder of hot stock, half at a time, stirring until each addition is absorbed before adding the next. Stir continually and cook until rice is tender but firm.
5 Stir in remaining capsicum, tomatoes and mushrooms.
6 Garnish with parmesan cheese and remaining parsley.

PUMPKIN AND SPINACH RISOTTO

Follow recipe for **Vegetarian risotto**, replacing capsicum with 100 g spinach, washed and chopped and 1 cup (150 g) cooked diced pumpkin.

SPINACH AND TOMATO RISOTTO

Follow recipe for **Vegetarian risotto**, replacing capsicum with 100 g spinach, washed and chopped.

FENNEL RISOTTO

Follow recipe for **Vegetarian risotto**, replacing capsicum, tomato, mushroom and parsley with 1 medium fennel bulb, washed and thinly sliced.



*11

Breakfast and lunch

Variety may be the spice of life, but it is also a great strategy for a balanced diet. Paying attention to our daily meals and consciously varying our choices increases our nutrient intake. By making sure breakfast and lunch are not skipped, or rushed, we are more likely to make better food choices throughout the day.

Breakfast

Breakfast is an important meal as the energy starter for the day. Busy lifestyles call for quickly prepared, nutritious breakfasts including egg dishes, fruit smoothies, muesli or porridge.

SUGGESTIONS FOR BREAKFAST

- Bircher-style muesli (next page)
- Boiled egg (p. 290)
- Eggs Benedict (p. 290)
- Egg flip (p. 294)
- Fluffy English omelette (p. 292)
- French omelette (p. 293)
- French toast (p. 291)
- Fruit smoothie (p. 294)
- Fruity porridge (right)
- Grilled bacon (p. 291)
- Grilled grapefruit (p. 293)
- Hot chocolate (p. 294)
- Low-fat muesli (next page)
- Poached egg (p. 290)
- Porridge (right)
- Scrambled egg (p. 291) on toast



Porridge

Serves: 1
Preparation time: 5 minutes
Cooking time: 2 minutes

INGREDIENTS

½ cup (50 g) quick-cook rolled oats
1 cup (250 mL) water

MICROWAVE METHOD

Method

1 Microwave rolled oats and water for 2 minutes on medium power.
2 Serve with milk and 1 teaspoon honey or fruit yoghurt.

Note: Porridge can be simmered in a saucepan 4–10 minutes instead of using the microwave oven. Stir continually and add a little extra water.

FRUITY PORRIDGE

Follow recipe for **Porridge**, replacing ½ cup (125m L) water with ½ cup (125 mL) fruit juice. Add ½ grated apple (65 g) and 1 tablespoon (15 g) sultanas.

Bircher-style muesli *(Swiss)*

To reduce fat content, use reduced-fat milk instead of cream.

Serves: 3

Preparation time: 15 minutes, plus overnight refrigeration

INGREDIENTS

1 cup (100 g) quick-cook rolled oats
¼ cup (30 g) chopped hazelnuts
1 apple (125 g), grated
½ cup (125 mL) cream
2 tablespoons (30 g) sultanas
juice and grated rind 1 lemon
juice and grated rind 1 orange

Method

1 Mix all ingredients to a creamy consistency.
2 Allow to stand overnight in refrigerator.
3 Add milk if too stiff.
4 Store in refrigerator. Use within 3 days.

Low-fat muesli

This muesli can be stored in an airtight container for up to 1 month.

Serves: 2

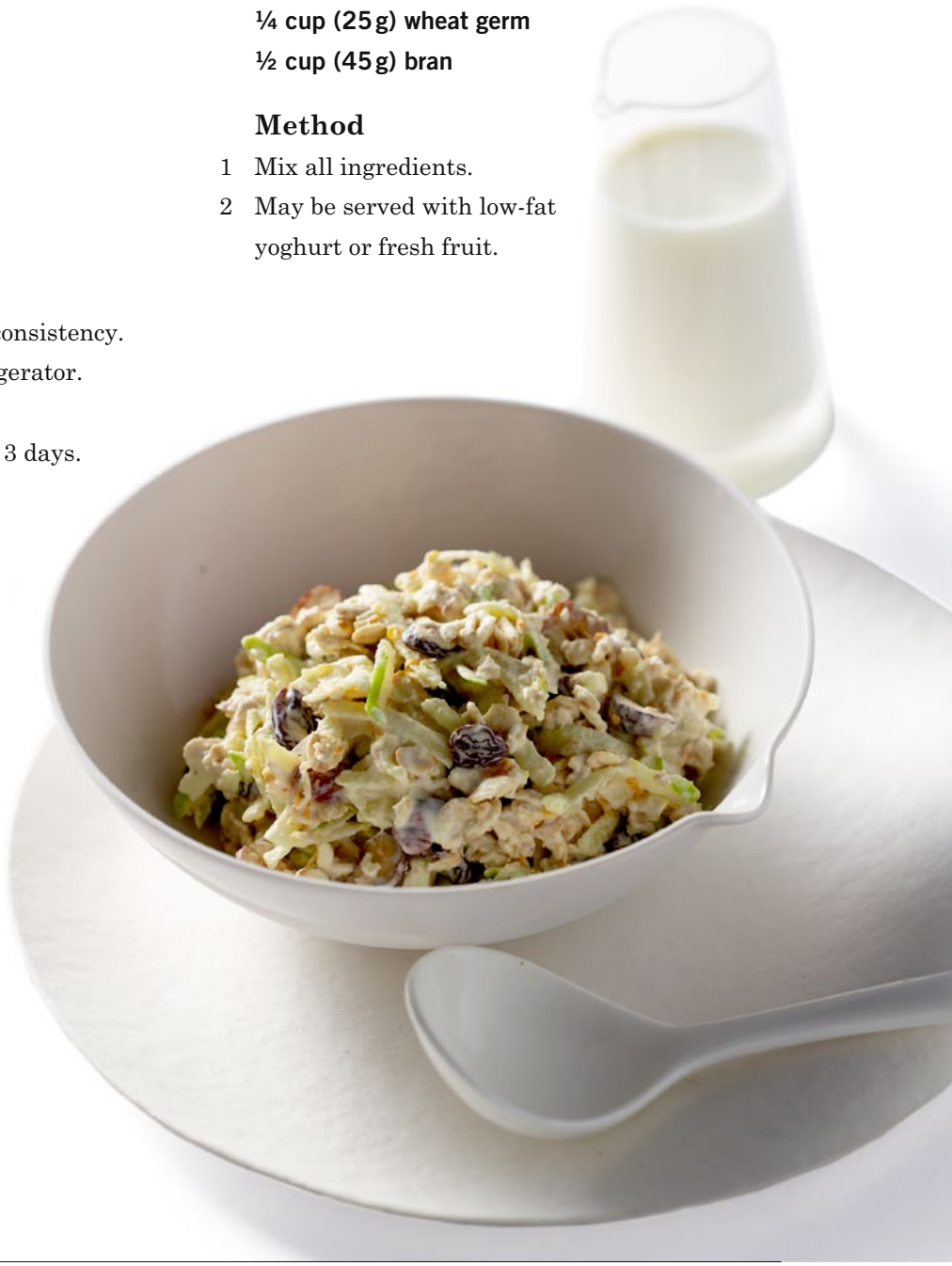
Preparation time: 10 minutes

INGREDIENTS

1 cup (100 g) quick-cook rolled oats
¼ cup (30 g) flaked almonds
2 tablespoons (30 g) sultanas
¼ cup (25 g) wheat germ
½ cup (45 g) bran

Method

1 Mix all ingredients.
2 May be served with low-fat yoghurt or fresh fruit.



Bircher-style muesli

Boiled egg

Serves: 1
Cooking utensil: small saucepan
Serving utensil: egg cup
Preparation time: 1 minute

INGREDIENTS

1 egg

Method

1 Place egg in saucepan.
2 Add water to cover egg.
3 Bring slowly to simmer.
4 Simmer for 3 minutes.
5 Remove egg from saucepan, place in egg cup. Slice top off egg and serve. May be served with hot buttered toast.

HARD-BOILED EGG

Follow recipe to step 3 in **Boiled egg**. Simmer for 4 minutes, turn off heat and leave in saucepan 5 minutes. Cool quickly in cold water to prevent dark ring around yolk. Remove shell.

Poached egg

Serves: 1
Cooking utensil: saucepan or frying pan
Preparation time: 10 minutes

INGREDIENTS

½ teaspoon vinegar
1 egg
1 slice hot buttered toast

Method

1 Fill saucepan with water to a depth of 5 cm, bring to boil. Add vinegar.
2 Break egg into cup. Gently slide egg into saucepan.
3 Allow water to simmer gently for 2–3 minutes, until egg white is set.
4 Lift egg carefully, drain off water and place egg on toast.

EGGS BENEDICT

Follow recipe for **Poached egg**. Omit toast. Serve egg on ½ muffin, toasted. Cover with 1 tablespoon (10 mL) Hollandaise sauce (p. 371). Place under griller to warm.



Boiled eggs

Scrambled egg

Serves: 1
Cooking utensil: small saucepan
Preparation time: 10 minutes

INGREDIENTS

1 egg, beaten
1 shake pepper
2 tablespoons (40 mL) milk
1 teaspoon (5 g) butter
1 slice hot buttered toast
¼ teaspoon chopped parsley (for garnish)

Method

1 Mix egg, pepper and milk.
2 Melt butter in saucepan, add egg mixture.
3 Allow to thicken over gentle heat, stirring continually. Do not overcook.
4 Pile on toast. Garnish with parsley and serve.

French toast

A quick and popular snack or breakfast that can be served with crispy bacon.
Serves: 1
Cooking utensil: frying pan
Preparation time: 10 minutes

INGREDIENTS

1 egg
2 tablespoons (40 mL) milk
4 shakes pepper
2 slices day-old bread
1 tablespoon (20 g) butter

Method

1 Beat egg, milk and pepper.
2 Pour over bread on plate. Turn bread over.
3 Allow bread to stand for 1–2 minutes in egg mixture.
4 Melt butter and fry bread until golden-brown on both sides.

Grilled bacon

Grill rashers or slices of bacon 3 minutes.

Grilled bacon rolls

1 Remove rind from 1 thin rasher (50 g) of bacon and cut into 8.
2 With back of knife, gently stretch each piece of bacon. Roll up and place all on 1 or 2 skewers.
3 Grill 3–5 minutes, turning frequently, until fat is transparent.
4 Use as garnish or accompaniment.

Fluffy English omelette

Serves: 1
Cooking utensils: omelette pan or frying pan
Special equipment: griller
Preparation time: 25 minutes
Cooking time: 5–10 minutes

INGREDIENTS

2 eggs
3 shakes pepper
2 tablespoons (40 mL) water
2 teaspoons (10 g) butter
1 teaspoon choped parsley (for garnish)

Method

1 Separate egg whites from yolks.
2 Add pepper and water to egg yolks and beat until creamy.
3 Beat egg whites until stiff, fold in yolks.
4 Melt butter in pan and pour in the egg mixture.
5 Cook slowly until brown underneath.
6 Place under hot griller and cook until top surface is set and lightly browned. Overcooking will shrink omelette.
7 Loosen edges of omelette from pan, and cut almost through centre with sharp knife. With spatula, fold in half. Slip onto hot serving plate.
8 Flavouring can be added before omelette is folded in half.
9 Garnish with parsley and serve at once.

BACON OMELETTE

Follow recipe for **Fluffy omelette**. At step 8, add ½ rasher (25 g) chopped fried bacon.

CHEESE OMELETTE

At step 8, add 2 tablespoons (20 g) grated cheese.

CHICKEN OMELETTE

At step 8, add ¼ cup (40 g) diced cooked chicken and 1 teaspoon chopped parsley.

HAM OMELETTE

At step 8, add 2 tablespoons (30 g) chopped ham and ⅛ teaspoon mustard.

HERB OMELETTE

At step 3, add 1 teaspoon finely chopped herbs (e.g. thyme, marjoram or basil).

MUSHROOM OMELETTE

At step 8, add ½ cup (50 g) mushrooms, sautéed.

TOMATO AND ONION OMELETTE

Cooked ½ peeled and diced tomato (65 g) and 1 chopped spring onion. Add to omelette at step 8.

SPANISH OMELETTE

Follow recipe for Tomato and onion omelette, adding 1 tablespoon diced celery and 1 tablespoon diced red capsicum. Pour over omelette on serving plate.

French omelette

*For flavourings, see **Fluffy English omelette** variations on the previous page. Flavourings can be added to the omelette in a number of ways: they can be included with the beaten eggs, sprinkled over the omelette while it is cooking, placed on one half of the cooked omelette before the other half is folded over, poured over the cooked omelette or served as an accompaniment.*

Serves: 1
Cooking utensil: omelette pan or frying pan
Preparation time: 15 minutes
Cooking time: 5 minutes

INGREDIENTS

2 eggs
¼ teaspoon salt
3 shakes pepper
2 tablespoons (40 mL) water
2 teaspoons (10 g) butter
1 teaspoon chopped parsley (for garnish)

Method

1 Prepare flavourings and keep warm. Warm serving plate.
2 Beat eggs slightly, add salt, pepper and water.
3 Heat butter in pan and pour in egg mixture. Cook over low heat. Stir gently with figure 8 movements until mixture commences to thicken. Allow to cook until set on top and golden-brown on base.
4 When omelette has set, tilt the pan away from you, and loosen around the sides. Place flavourings on the half of the omelette away from the handle. Fold the other half of omelette over flavours as you tip omelette onto serving plate.
5 Garnish with parsley and serve at once.

Grilled grapefruit

Serves: 4
Cooking utensil: griller
Preparation time: 15 minutes

INGREDIENTS

2 grapefruit
1 tablespoon (15 g) brown sugar
½ teaspoon mixed spice

Method

1 Cut grapefruit in half. Discard centre core and pips.
2 Loosen pulp from pith and cut pulp into segments.
3 Spread top of each grapefruit with sugar and mixed spice.
4 Grill 4 minutes until lightly browned.
5 Serve on small plates or in dishes.

MICROWAVE METHOD

Microwave for 30 seconds on high power instead of grilling.

Egg flip

Serves: 1
Special equipment: blender
Preparation time: 5 minutes

INGREDIENTS

1 egg
½ teaspoon sugar (optional)
¾ cup (190 mL) warm or cold milk
4 drops vanilla essence
ground nutmeg

Method

1 Beat egg, sugar, milk and vanilla essence in a bowl using blender.
2 Strain and pour into glass. Sprinkle nutmeg on top and serve.

BANANA FLIP

Follow recipe for **Egg flip**, adding 1 mashed banana in step 1. Do not strain.

BANANA NOG

Follow recipe for **Banana flip**, adding 2 tablespoons (40 g) ice-cream or yoghurt.

(Opposite) Fruit smoothie

Fruit smoothie

Serves: 2
Special equipment: blender
Preparation time: 10 minutes

INGREDIENTS

1 cup (250 mL) milk
⅓ cup (85 mL) natural yoghurt
¾ cup (110 g) chopped fruit
(e.g. strawberries, banana)

Method

1 Chill all ingredients.
2 Purée all ingredients in blender.
3 Serve cold.

Hot chocolate

MICROWAVE METHOD

Serves: 1
Preparation time: 5 minutes
Cooking time: 2 minutes

INGREDIENTS

2 teaspoons (5 g) cocoa powder
1 teaspoon brown sugar
1 cup (250 mL) low-fat milk

Method

1 Mix cocoa powder, sugar and 2 tablespoons (40 mL) milk.
2 Heat remaining milk in microwave oven (low power for 1 minute).
3 Pour milk onto cocoa mixture. Mix well and serve.

BANANA CHOCOLATE

Follow recipe for **Hot chocolate**. Mash 1 ripe banana with the cocoa powder and sugar or place all ingredients in blender. Heat for 1 minute after blending.



Lunch

Having a lunch meal in the middle of the day provides fuel to stay focused and energised while working, studying or playing. With a little thought and planning, lunches can be creative, varied and nutritious. Lunch should include some protein, complex carbohydrate and fruit and vegetable options. Choosing fresh ingredients with an array of colours will ensure a variety of nutrients.



SUGGESTIONS FOR LUNCH

- **Beefburgers (right)**
- **Bruschetta (next page)**
- **Caesar salad wraps (next page)**
- **Chicken burritos (p.298)**
- **Cornish pasties (p.299)**
- **Country chicken loaf (p. 298)**
- **Herbed French bread (p. 320)**
- **Nachos with guacamole (p. 300)**
- **Potato wedges (p. 301)**
- **Potatoes with crispy bacon (p.301)**
- **Pumpkin pie (p. 303)**
- **Salmon mousse (p. 303)**
- **Sandwiches (pp. 304–7)**
- **Sausage rolls (p. 304)**
- **Tandoori chicken wraps (p. 302)**

Note: **Chapter 12 (Starters and snacks), Chapter 13 (Soups) and Chapter 14 (Salads) contain further lunch ideas.**

Beefburgers

Beefburgers may be served in a hamburger bun with grilled rashers of bacon, a fried egg, sliced pineapple, cheese, tomato and gherkin.

Makes: 8
Cooking utensil: frying pan
Preparation time: 20 minutes
Cooking time: 12–15 minutes

INGREDIENTS

400 g minced beef
1 tablespoon (20 mL) tomato sauce
2 teaspoons (10 mL) Worcestershire sauce
¼ cup (10 g) fresh breadcrumbs
1 onion (125 g), grated
1 egg, beaten
6 shakes black pepper
¼ cup (40 g) plain flour
2 tablespoons (40 mL) oil
1 cup (250 mL) Barbecue sauce (p. 369)

Method

1 Place meat, sauces, breadcrumbs, onion, egg and pepper in a bowl and mix well.
2 Divide into 8 and shape into 2–3 cm thick rounds.
3 Coat with flour.
4 Heat oil and fry burgers 12–15 minutes, turning once.
5 Drain on paper towel and serve with barbecue sauce.

MICROWAVE BEEFBURGERS

Follow recipe for **Beefburgers**. Omit oil. Place burgers on plate with space between each one. Cover with paper towel and cook for 4 minutes on high power. Turn and cook 4 minutes on medium power.

MICROWAVE MEATBALLS

Follow recipe for **Beefburgers**. Omit oil. Divide mixture into 20. Arrange meatballs on plate with space between each. Do not cover. Microwave for 3 minutes on high power. Turn and cook 3 minutes on medium power.

Tomato and goat cheese bruschetta

Makes: 8
Cooking utensil: grill pan
Preparation time: 10 minutes
Cooking time: 4–5 minutes

INGREDIENTS

2 cups (400 g) ripe tomatoes, roughly chopped
1 (50 g) shallot, finely diced
⅓ cup fresh basil leaves, chopped
¼ cup (60 mL) olive oil
2 tablespoons (40 mL) sherry vinegar
salt and black pepper, to taste
1 tablespoon (20 mL) olive oil, for grilling
8 slices rustic sourdough bread, sliced 1 cm thick
1 large clove garlic, peeled and halved
200 g goat cheese, crumbled

Method

1 Place tomatoes, shallots, basil, oil and vinegar in bowl and toss to combine. Season to taste with salt and pepper and set aside.
2 Place grill pan over medium to high heat and lightly oil. Grill both sides of the bread slices until lightly toasted. Rub toasts with garlic (cut side down) to impart a garlic flavour and discard the used garlic clove.
3 Place the toasts on a serving platter and spoon over tomato mixture. Crumble goat cheese over top and serve.

Caesar salad wraps

Serves: 4
Preparation time: 10 minutes
Cooking time: 5 minutes

INGREDIENTS

8 cos lettuce leaves, torn into bite-size pieces
1 spring onion, thinly sliced
2 tablespoons (40 g) shredded parmesan cheese
¼ cup (65 mL) Caesar dressing (p. 364)
4 tortillas
2 hard-boiled, eggs, sliced
1 roma tomato, sliced

Method

1 Place lettuce, onion, cheese and dressing into bowl, toss to coat well.
2 Spread mixture onto tortillas. Place egg and tomato slices evenly over tortilla.
3 Fold one end of tortilla about 1 cm over filling. Fold right and left sides over folded end, overlapping.
4 Secure with a toothpick and serve.

Chicken burritos *(Mexican)*

Makes: 4
Cooking utensils: frying pan, oven tray
Special equipment: aluminium foil
Preparation time: 10 minutes
Cooking time: 18 minutes
Oven temperature: 160°C

INGREDIENTS

1 tablespoon (20 mL) oil
1 chicken breast (100 g), thinly sliced
½ onion (65 g), thinly sliced
1 tablespoon (20 g) burrito seasoning mix
⅔ cup (165 mL) water
4 tortillas
4 lettuce leaves
1 tomato (125 g), thinly sliced
⅓ cup (40 g) grated tasty cheese
1 tablespoon (20 mL) sour cream
1 tablespoon (20 mL) mild tomato salsa

Method

1 Heat oil in frying pan. Cook chicken and onion over medium heat for 5 minutes.
2 Stir in burrito seasoning mix and water. Simmer for 3 minutes.
3 Set oven at 160°C. Wrap tortillas in foil and place on oven tray. Heat in oven for 10 minutes.
4 Place lettuce leaves in centre of warmed tortillas, top with chicken, tomato, grated cheese, sour cream and salsa.
5 Fold bottom over filling. Fold in one side to form a pocket. Repeat with remaining tortillas.

Country chicken loaf

Serves: 2
Cooking utensils: frying pan, oven tray
Preparation time: 20 minutes
Cooking time: 20 minutes
Oven temperature: 180°C

INGREDIENTS

2 round bread rolls
1 tablespoon (20 mL) melted butter
FILLING
½ onion (65 g), chopped
1 tablespoon (20 g) butter
1 chicken breast (100 g), diced
1 tablespoon (10 g) plain flour
1 teaspoon (5 g) curry paste
¼ cup (25 g) chopped mushrooms
1 tomato (125 g), chopped
½ cup (125 mL) hot water

Method

1 Set oven at 180°C.
2 Cut top from rolls, scoop out centre of base. Make crumbs from centre.
3 Brush inside of rolls with melted butter and bake for 5 minutes on oven tray.
4 Fry onion in butter in frying pan for 2 minutes.
5 Add chicken, fry until golden-brown.
6 Add flour and curry paste, fry for 1 minute.
7 Add mushrooms, tomato and crumbs from rolls.
8 Gradually add water, stir until thickened.
9 Spoon into bread cases, cover with top and bake for 10 minutes until crisp.

(Opposite) Making a Cornish pasty: Rolling out pastry (left), filling (centre), the finished pasty (right)

Cornish pasties

Makes: 6
Cooking utensil: 4-sided oven tray
Preparation time: 30 minutes
Cooking time: 40–45 minutes
Oven temperature: 200°C, reduced to 180°C

INGREDIENTS

250 g minced beef
1 onion (125 g), chopped
1 potato (150 g), diced
½ carrot (65 g), diced
¼ turnip (35 g), diced
½ teaspoon salt
6 shakes pepper
1 teaspoon chopped parsley
500 g pastry Shortcrust pastry (p. 386)
1 tablespoon (20 mL) milk for glaze

Method

1 Set oven at 200°C.
2 Combine meat, vegetables, salt, pepper and chopped parsley.
3 Divide pastry into 6 equal parts and knead each into a ball. Roll each piece into a round the size of a saucer.
4 Place an equal portion of prepared mixture on each round.
5 Brush halfway around the edges of the pastry with water and join edges together over the top of the mixture. Pinch a small frill over the join and shape pasties into a half moon.
6 Place on oven tray and pierce top with fork. Glaze with milk.
7 Bake at 200°C for 10 minutes, then at 180°C for 30–35 minutes.

VEGETABLE PASTIES

Follow recipe for **Cornish pasties**, replacing beef with 250 g mixed vegetables (e.g. peas, sweet potato, celery, tomato, swede, parsnip).


Making a cornish pasty:
Rolling out pastry


Filling


Finished pasty

Egg and bacon pie

Follow recipe for **Egg and onion pie** (p. 277). Replace onions with 2 rashers (100 g) chopped bacon.

Guacamole *(Mexican)*

This can be served as a dip with fresh bread, corn chips or flat bread.

Makes: 1 cup (250 g)

Preparation time: 15 minutes

INGREDIENTS

1 avocado, lightly mashed
1 spring onion, finely chopped
½ tomato (65 g), finely diced
1 tablespoon (20 mL) lemon juice
1 tablespoon (20 mL) sweet chilli sauce
or 1 small chilli, finely chopped

Method

Mix all ingredients. Texture should be coarse and chunky.

Nachos with guacamole *(Mexican)*

A popular dish that can be made hotter by adding more chilli.

Serves: 4

Cooking utensils: ovenproof dish, saucepan

Preparation time: 20 minutes

Cooking time: 20 minutes

Oven temperature: 180°C

INGREDIENTS

440 g canned red kidney beans, drained
4 tomatoes (500 g), peeled and diced
1 garlic clove, crushed
½ small red chilli, finely chopped
2 spring onions, finely chopped
250 g corn chips
1 cup (120 g) grated tasty cheese
1 cup (250 g) Guacamole (left)
½ cup (125 mL) sour cream

Method

1 Set oven to 180 °C. Brush or spray ovenproof dish with oil.
2 In saucepan, cook kidney beans, tomatoes, garlic, chilli and spring onions for 10 minutes.
3 Place in ovenproof dish. Cover with corn chips and grated cheese.
4 Cook for 10 minutes.
5 Spread guacamole on top and swirl sour cream over it. Serve.

Potato wedges

Serves: 2
Cooking utensils: microwave dish, oven tray
Special equipment: aluminium foil
Preparation time: 10 minutes
Cooking time: 8–10 minutes
Oven temperature: 200°C

INGREDIENTS

500 g potatoes
2 tablespoons (40 mL) oil, or oil spray
2 teaspoons paprika

Method

1 Set oven to 200°C.
2 Scrub potatoes, leave skin on, cut into wedges.
3 Place in microwave dish, cover and microwave for 3 minutes on high power.
4 Spread wedges on foil-lined oven tray, brush or spray with oil, sprinkle with paprika.
5 Grill or bake wedges in oven for 8–10 minutes, until brown.

Potatoes with crispy bacon

These can also be served as a finger food or appetiser.
Makes: 8
Cooking utensil: steamer
Preparation time: 15 minutes
Cooking time: 15 minutes

INGREDIENTS

8 chat potatoes
1 rasher (50 g) bacon, chopped and fried (for garnish)
FILLING
4 tablespoons (80 mL) sour cream
1 tablespoon chopped chives

Method

1 Steam potatoes until soft (about 10 minutes).
2 Cut cross in top, squeeze to open.
3 Mix sour cream and chives. Place in potatoes.
4 Garnish with crispy bacon.



Potatoes with crispy bacon



Tandoori chicken wraps

Tandoori chicken wraps with mint raita

Serves: 4
Cooking Utensil: Grill pan or grying pan
Special equipment: Food processer
Preparation time: 25 minutes
Cooking Time: 10 minutes

INGREDIENTS

½ (65 g) Spanish onion, chopped
1 clove garlic, peeled
10 g fresh ginger, peeled and chopped
1½ tablespoons (30 mL) lemon juice
½ teaspoon turmeric
1 teaspoon cumin, ground
1 teaspoon coriander, ground
½ teaspoon salt
½ teaspoon black pepper, ground
shake cayenne
1¼ cups (315 mL) Greek yoghurt
600 g chicken thighs, cut into strips
½ cup mixed, mint and coriander leaves
½ teaspoon roasted cumin seeds, ground
80–100 g rocket leaves
4 roti wraps

Method

1 Blend onion, garlic, ginger, lemon juice, turmeric, cumin, coriander, salt, pepper, cayenne and ½ cup yoghurt together in food processor until smooth. Pour over chicken, toss to coat and refrigerate for 20 minutes.
2 Blend together remaining yoghurt with the mint, coriander, roasted cumin, salt and pepper until smooth, cover and refrigerate.
3 Cook chicken over medium heat for 4–5 minutes, or until cooked through.
4) Divide rocket evenly between wraps, top with chicken and drizzle with minted yoghurt from refrigerator. Roll up to enclose filling and serve.

Pumpkin pie

This pie can also be served as a dessert.

Serves: 6

Cooking utensils: 22 cm pie dish, oven tray

Preparation time: 30 minutes

Cooking time: 55 minutes

Oven temperature: 180°C

INGREDIENTS

500 g pumpkin, peeled and cubed

500g Shortcrust pastry (p. 386)

1 egg

⅔ cup (165 g) sugar

1 teaspoon ground cinnamon

¼ teaspoon ground ginger

⅛ teaspoon ground nutmeg

1 cup (250 mL) evaporated milk

¼ cup (65 mL) sour cream

Method

1 Set oven to 180°C.
2 Microwave pumpkin for 10 minutes. Mash well.
3 Roll out pastry to 5 mm thickness. Line pie dish and place on oven tray.
4 Beat egg slightly, mix in pumpkin and remaining ingredients.
5 Fill pie shell with pumpkin mixture and bake approx. 45 minutes. Slip a knife into pie about 3 cm from edge. If pie shows a cut when knife is drawn to side, it is cooked; if there is still liquid, continue to cook.
6 Cool and serve with sour cream.

Salmon mousse

Serves: 4

Cooking utensils: 4 x 125 mL dariole moulds or ramekins.

Preparation time: 15 minutes, plus overnight

INGREDIENTS

1 tablespoon (12 g) gelatine

½ cup (125 mL) hot water

300 g cooked Atlantic salmon or 210 g canned red salmon

½ cup (125 mL) sour cream

1 tablespoon (20 mL) lemon juice

2 spring onions, finely chopped

3 shakes pepper

4 lettuce leaves

Method

1 Dissolve gelatine in hot water.
2 Mix dissolved gelatine with salmon, salmon liquid (if using canned), sour cream, lemon juice, spring onions and pepper.
3 Pour into moulds and allow to set in refrigerator overnight.
4 Turn out onto lettuce leaves on plates.

Sausage rolls

Makes: 20 small rolls
Cooking utensil: 4-sided oven tray
Preparation time: 20 minutes
Cooking time: 15–20 minutes
Oven temperature: 220°C, reduced to 190°C

INGREDIENTS

500 g sausage meat
½ onion (65 g), finely diced
1 teaspoon chopped parsley
2 tablespoons (40 mL) tomato sauce
3 shakes pepper
500 g Flaky pastry (p. 390)
or Rough puff pastry (p. 391)
4 tablespoons (40 g) plain flour (for dusting)
1 teaspoon (5 mL) milk for glazing

Method

1 Set oven at 220°C.
2 Mix sausage meat, onion, parsley, tomato sauce and pepper.
3 Roll out pastry on a lightly floured surface to form a 40 × 18 cm rectangle. Cut pastry in half lengthways.
4 Shape meat into two sausages, the same length as the pastry.
5 Place one sausage meat portion on top of one pastry sheet and moisten edges of pastry with water.
6 Fold pastry over meat, with cut edge on the side. Trim cut edges.
7 Cut into 10 pieces and place on oven tray. Mark with a knife. Repeat with remaining meat and pastry.
8 Glaze with milk and bake at 220°C for 10 minutes, then at 190°C for further 10–15 minutes.

Sandwiches

The Earl of Sandwich is credited with inventing the sandwich. It is said that he ordered his dinner of roast beef to be served between two slices of bread so he could eat while still playing cards.

Sandwiches can be large enough to make a substantial lunch or a between-meal snack, or they can be served as a small savoury food. A sandwich with a protein filling (such as meat, egg, fish, cheese or legumes) accompanied by salad vegetables makes a balanced meal. For extra flavour, fillings with a little mayonnaise, mustard, cream cheese or pesto can be spread on the bread. Wholemeal and wholegrain bread usually contain more fibre than white bread.

Asparagus rolls

These may also be made using sliced ham with mustard-flavoured mayonnaise.

Makes: 8
Preparation time: 15 minutes

INGREDIENTS

8 thin slices fresh bread
1 tablespoon (20 mL) Mayonnaise (p. 364)
8 asparagus spears, lightly cooked
8 shakes pepper

Method

1 Remove crusts from bread.
2 Spread mayonnaise on bread.
3 Place asparagus tip diagonally on each slice, season with pepper.
4 Roll up diagonally. Press lightly.

Note: May be wrapped in plastic wrap and refrigerated for 1 hour to hold shape.



SUGGESTIONS FOR SANDWICHES

BREAD

- Wholemeal bread
- Wholegrain and multigrain bread
- Flavoured bread, such as herb and cheese
- Bread rolls
- Dark bread, such as rye and pumpernickel
- Sourdough bread
- Flat bread and pocket bread
- French bread sticks, or baguettes
- Croissants, or brioche
- Focaccia, or ciabatta
- Bagels

FILLINGS

- Tuna and **Tabouli** (p. 356)
- Chopped chicken and mango chutney
- Cream cheese, sweet chilli sauce and canned salmon
- Salami and **Tabouli** (p. 356)
- Tasty cheese with grated apple in yoghurt
- Chopped hard-boiled eggs with mayonnaise and chopped black olives
- Sliced tomato, basil and **Hummus** (p. 311)
- Semidried tomato, chopped celery, sliced white onion and cream cheese
- Sliced cucumber and grated carrot

Ribbon sandwiches

Makes: 8

Preparation time: 30 minutes

INGREDIENTS

12 slices square sandwich bread

Fillings as in method

Method

1 Mix each filling separately:

- Mix 100 g finely chopped ham with ¼ teaspoon mustard and 2 tablespoons (40 mL) **Mayonnaise** (p. 364).
- Mix 3 hard-boiled and mashed eggs with ½ teaspoon curry paste, ½ teaspoon chopped parsley, 2 tablespoons (40 mL) **Mayonnaise** (p. 364) and cayenne to taste.
- Mix 105 g canned and drained red or pink salmon with 1 teaspoon lemon juice, 2 tablespoons (40 mL) **Mayonnaise** (p. 364) and pepper to taste.

2 Using one-third of each filling and 4 slices of bread, make 3 sandwich stacks.

3 Cut off the crusts, cut each stack into 8 rectangles.

BLT (bacon, lettuce and tomato sandwich)

A popular sandwich, particularly when made with rye bread.

Serves: 1

Preparation time: 10 minutes

INGREDIENTS

2 teaspoons (10 g) butter, margarine
2 slices bread
or dairy blend
2 teaspoons (10 mL) Mayonnaise (p. 364)
FILLING
2 lettuce leaves
½ thin bacon rasher (25 g), grilled
1 tomato (125 g), sliced

Method

1. Spread butter, margarine or dairy blend on one side of each slice of bread.
2. Spread mayonnaise over butter.
3. Place lettuce leaf on one slice.
4. Cut bacon in half and place a piece on lettuce leaf.
5. Place tomato slices on bacon. Freshly ground pepper may be added.
6. Place lettuce leaf and second piece of bacon on top, then second slice of bread, buttered side down.
7. Cut in half and serve.

CHEESE, CHIVE AND CELERY SANDWICH

Follow recipe for **BLT**. Replace bacon and tomato with a mixture of ½ cup (60 g) grated tasty cheese, 1 tablespoon snipped chives and 1 tablespoon finely diced celery.

CHICKEN AND AVOCADO SANDWICH

Follow recipe for **BLT** using pumpernickel bread. Replace bacon and tomato with ½ soft, ripe avocado and ½ cup (75 g) chopped cooked chicken.

MEAT LOAF AND CHUTNEY TOASTED SANDWICH

Follow recipe for **BLT**. Replace filling with 1 thick slice **Baked meat loaf** (p. 220) or 75 g cooked sausage, 1 thick slice (30 g) tasty cheese and 1 tablespoon (20 g) tomato chutney. Spread chutney on one side of each slice of bread, add meat loaf and cheese and cover with second slice. Melt a little butter in frying pan and fry sandwich over gentle heat for 5 minutes. Sandwich may also be toasted on both sides under griller and butter spread on outside when browned—or a sandwich toaster may be used. Cut in half and serve.



BLT

Chicken and mango open Danish sandwich

Serves: 1

Preparation time: 15 minutes

INGREDIENTS

1 tablespoon (20 mL) Mayonnaise (p. 364)

2 slices rye bread

TOPPING

2 red lettuce leaves (e.g. radicchio)

2 slices (100 g) cooked chicken

¼ mango or 8 slices canned mango

8 snow peas, strings removed

chives (for garnish)

Method

1. Spread mayonnaise on one side of each slice of bread.
2. Place lettuce leaves on mayonnaise.
3. Place chicken on lettuce.
4. Cut mango into 8 slices lengthways (if not using canned mango).
5. Blanch snow peas for 30 seconds in boiling water.
6. Alternate 4 mango slices and snow peas on each slice, overlapping slightly.
7. Garnish with chives.

EGG AND ASPARAGUS OPEN DANISH SANDWICH

Follow recipe for **Chicken and mango open Danish sandwich**. Replace chicken, mango and snow peas with 100 g fresh, lightly cooked asparagus spears, 1 tablespoon (20 mL) **Mayonnaise** (p. 364) and 1 sliced hard-boiled egg. Garnish with 1 finely sliced spring onion.

HAM AND TOMATO OPEN DANISH SANDWICH

Follow recipe for **Chicken and mango open Danish sandwich**. Replace chicken, mango and snow peas with 100 g sliced ham, ½ (65 g) sliced tomato and 50 g sliced Swiss cheese. Garnish with 1 finely sliced spring onion.

SALAMI AND TABOULI OPEN DANISH SANDWICH

Follow recipe for **Chicken and mango open Danish sandwich**. Replace chicken, mango and snow peas with 100 g sliced salami, 50 g **Tabouli** (p. 356) and 4 thin slices red capsicum.



Chicken and mango open Danish sandwich

Fruity cottage cheese bread roll

This can be made using a brioche, croissant or bagel instead of a roll. For larger quantities, buy a French bread stick, fill using 4 times the filling quantities, and then cut into manageable pieces. Low-fat cottage cheese reduces the fat level.

Serves: 1

Preparation time: 15 minutes

INGREDIENTS

1 bread roll

FILLING

3 tablespoons (60 g) cottage cheese or cream cheese

1 tablespoon (20 g) diced dried fruit or 1 packet fruit medley

1 tablespoon (20 g) chopped walnuts or pecans

Method

1. Split bread roll.
2. Mix filling ingredients.
3. Spread one half of roll with mixture and close two halves.

BEEF AND PICKLE BREAD ROLL

Follow recipe for **Fruity cottage cheese bread roll**. Replace filling with 75 g sliced cooked beef, 1 tablespoon (20 g) mustard pickles, 1 sliced gherkin and 1 sliced pickled onion. Bread may be spread with 2 teaspoons (10 g) butter and the filling topped with a lettuce leaf.

CURRIED-EGG BREAD ROLL

Follow recipe for **Fruity cottage cheese bread roll**. Replace filling with 1 hard-boiled egg mashed with 1 teaspoon (5 g) curry paste and 1 tablespoon (20 mL) **Mayonnaise** (p. 364). Bread may be spread with 2 teaspoons (10 g) butter and the filling topped with a thinly sliced lettuce leaf.

HAM AND CHEESE CROISSANT

Follow recipe for **Fruity cottage cheese bread roll**, using a croissant. Cut croissant in half. Replace filling with 2 slices Swiss cheese and 1 slice (20 g) ham. Stack cheese and ham on base of croissant. Cover with top. Microwave 30 seconds on medium power, or heat in oven at 180°C for 5 minutes. Serve garnished with 1 tablespoon alfalfa sprouts and 1 cherry tomato.

Salad-filled pocket bread

Many flat breads are suitable for use with sandwich fillings: they may be rolled up with meat slices, rolled around meat and vegetable fillings, or folded into a parcel with salad fillings.

Serves: 1

Preparation time: 12 minutes

INGREDIENTS

1 slice flat bread (e.g. pita bread, mountain bread, pocket bread, lavash)

FILLING

1 small lettuce leaf, thinly sliced

1 tablespoon grated carrot

2 tablespoons alfalfa sprouts

1 spring onion, thinly sliced

1 tablespoon thinly sliced celery

1 tablespoon very thinly sliced red cabbage

Method

1. Mix salad vegetables for filling.
2. Place in pocket of bread or wrap as a parcel with bread.



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Snacks and starters

As our way of life in Australia becomes more informal, we are eating quickly prepared snacks and purchasing ready-to-eat food more often. Many purchased snacks and meals may be high in fat and sugar and one way of encouraging a balanced diet is to prepare snacks and meals at home.

Many of the recipes in this chapter can be served as snacks, finger food or starters, depending on the occasion.

Snack food is easy to prepare and can be eaten on the run—between meals or as a meal. A wide variety of bread can be used in snacks, such as flat bread, multigrain loaves, focaccia, baguettes and sourdough. See the suggestions for snacks on this page or choose from the many other options in the chapter.

Finger food is popular for serving at parties and on other social occasions. It is small, tasty food that can be easily eaten using the fingers. It often consists of a base, such as a small pastry case, a round of pumpernickel bread or a dry biscuit, with a tasty topping and a garnish. It also includes food such as party pies, dolmades or wontons. Finger food may be served cold or hot and is usually attractively presented on a platter.

A starter is served at the table as the first course of a meal. It is usually a small serve of light and tasty food, such as seafood with avocado, pâté on toast, spring rolls with dipping sauce—or it may include a variety of different ingredients such as antipasto. Some of the finger food recipes in this chapter can be adapted as starters by increasing the serving size and adjusting the presentation. See page 313 for finger food and starters ideas.



SUGGESTIONS FOR SNACKS

For many Australians, snacks form a substantial part of daily food intake, so it is important that they also contribute to a well-balanced diet. Snack food that contains some protein, fibre and not too much fat can also be served for lunch.

- **Ham and cheese croissant (p. 308)**
- **Mountain bread with Hummus (p. 311)**
- **Nachos with guacamole (p. 300)**
- **Fluffy English omelette (p. 292) rolled in mountain bread**
- **Open Danish sandwich (p. 307)**
- **Potato wedges (p. 301)**
- **Salad-filled pocket bread (p. 308)**
- **Sandwich (p. 305)**
- **Scrambled egg (p. 291) in baguette**

Eggplant dip – Baba ganoush *(Middle Eastern)*

Serves: 6
Cooking utensil: oven tray
Special equipment: blender
Cooking time: 20–25 minutes
Oven temperature: 180°C

INGREDIENTS

1 large eggplant (300 g)
2 tablespoons (40 mL) lemon juice
2 garlic cloves, crushed
2 teaspoons (10 mL) olive oil
2 tablespoons (40 mL) tahini

Method

1 Cut eggplant in half lengthways and place on oiled oven tray, cut sides down.
2 Bake for 20–25 minutes until tender. Cool.
3 Place cooled eggplant and remaining ingredients in blender, blend until smooth.
4 Place in bowl and serve on platter with dry biscuits or **Vegetable crudités** (p. 312).

Hummus *(Middle Eastern)*

Serves: 6
Special equipment: blender
Preparation time: 15 minutes

INGREDIENTS

1 cup (250 g) cooked chickpeas (see p. xxx) or 310 g canned chickpeas
½ cup (125 g) tahina
3 shakes pepper
1 teaspoon (5 mL) olive oil
2 garlic cloves, crushed
¼ cup (65 mL) lemon juice

Method

1 Drain and rinse chickpeas.
2 Purée chickpeas in blender.
3 Add tahina, pepper, oil, garlic and lemon juice. Blend until smooth.
4 Serve with flat bread, fresh bread or **Vegetable crudités** (p. 312), or use as a sandwich spread.

Cheese dip

A basic dip that can be varied with the addition of tasty ingredients.

Serves: 6

Preparation time: 10 minutes

INGREDIENTS

125 g cream cheese or ricotta cheese
¼ cup (65 mL) Mayonnaise (p. 364) or sour cream
2 teaspoons (10 mL) lemon juice
1 tablespoon chopped chives

Method

1 Mix all ingredients.
2 Serve on platter with dry biscuits or **Vegetable crudités** (right).
Note: Can be stored in airtight container in refrigerator for 2–3 days.

AVOCADO AND CHILLI DIP

Follow recipe for **Cheese dip**. Add 1 mashed avocado, 1 teaspoon (5 mL) sweet chilli sauce, 1 tablespoon chopped semidried tomatoes, 1 tablespoon chopped semidried capsicum and 1 chopped spring onion.

FRENCH ONION DIP

Follow recipe for **Cheese dip**. Add 1 packet salt-reduced French onion soup mix, mixed with ¼ cup (65 mL) milk.

SALMON AND SPRING ONION DIP

Follow recipe for **Cheese dip**. Add 105 g canned and drained salmon and 1 sliced spring onion.

SMOKED SALMON DIP

Follow recipe for **Cheese dip**, using **Mayonnaise** (p. 364) rather than sour cream. Add 100 g chopped smoked salmon and juice of 1 lemon.

Vegetable crudités

Serves: 8–10

Cooking utensil: large saucepan

Preparation time: 20 minutes

INGREDIENTS

2 carrots (250 g)
1 celery stalk (100 g)
½ red capsicum (65 g)
½ green capsicum (65 g)
1 zucchini (100 g)
1 cup (120 g) cauliflower florets
1 cup (120 g) broccoli florets
1 cup (100 g) button mushrooms

Method

1 Cut carrots, celery, capsicums and zucchini into sticks approx. 1 × 1 × 8 cm.
2 Plunge all vegetables (except mushrooms and celery) into boiling water for 20 seconds, drain and plunge into iced water. Drain.
3 Arrange vegetables on serving platter with dip.

Tzatziki dip *(Greece)*

Serves: 6

Preparation time: 15 minutes

INGREDIENTS

½ small cucumber (75 g)
½ cup (125 g) natural yoghurt
1 garlic clove, crushed
1 teaspoon lemon juice
1 tablespoon finely chopped mint

Method

1. Peel cucumber and finely chop.
2. Beat or whisk yoghurt until smooth.
3. Stir in garlic, lemon juice and mint.
4. Add cucumber to yoghurt. Mix thoroughly.



SUGGESTIONS FOR FINGER FOOD AND STARTERS

Finger foods and starters may be served cold or hot. They are often set out on a platter in an attractive display, or they may be served indvidually.

BASE

- Bread (fresh or toasted), e.g. white, brown, pumpernickel, rye, herb
- Dry biscuits or corn chips
- Flat breads, e.g. mountain bread, lavash, **Pocket bread** (p. 490), pita bread
- French bread stick or baguette, sliced
- Sliced cucumber, cherry tomatoes, fresh dates, 4 cm-length celery sticks
- Small pastry cases, made from **Shortcrust pastry** (p. 386) or **Cheese pastry** (p. 388)
- Tiny pikelets, blini or scones
- Tiny steamed new potatoes

SPREAD OR FILLING

- Commercial dips, including semidried tomato, semidried capsicum, smoked salmon, eggplant and hummus dips
- Margarine, butter or dairy blend
- **Cheese dip** (previous page), **Hummus** (p.311)
- Sour cream, crème fraîche, cream cheese, natural yoghurt, **Mayonnaise** (p. 368), mascarpone
- Tapenade, pesto, skordalia, **Aioli** (p. 368), spiced plum sauce

TOPPINGS AND GARNISHES

- Salmon roe, smoked trout, anchovies, prawns, crabmeat, rollmops
- Gherkins, olives, mushrooms, asparagus, thinly sliced coleslaw, chopped chives
- Goat's or sheep's cheese, bocconcini
- Mini-burgers, cooked sliced sausage, ham, fried crispy bacon pieces
- Sprigs of coriander, parsley, dill, basil (chopped or whole)
- Tomato, apricot or cucumber salsa, tomato or mango chutney

OTHER IDEAS FOR FINGER FOODS AND STARTERS

- Antipasti (p.314)
- Avocado seafood (p.314)
- Chicken and coriander savoury pastries (p.315)
- Coriander and vegetable rice-paper rolls (p.316)
- Cream cheese and olive savouries (p.317)
- Devilled eggs (p.318)
- Dolmades (p.324)
- Felafels (p.319)
- Kofte (p.321)
- Mini pizzas (p.321)
- Mini quiches (p.320)
- Oysters in the shell (p.322)
- Party pies (p.323)
- Pâté and mountain bread pinwheels (p.323)
- Prunes in bacon (p.318)
- Seafood cocktail (p.327)
- Prawn and coriander triangles (p.326)
- Sweetcorn and capsicum savoury puffs (p.326)
- Vietnamese spring rolls (p.328)
- Wontons (p.327)

Antipasti *(Italian)*

Originating as a dish served 'before the pasta', antipasti is a selection of savoury foods served at the beginning of a meal.

Serves: 4

Preparation time: 10 minutes

INGREDIENTS

Choose 6–8 portions of food for each person from the following:

- **Semidried tomatoes (p. 173)**
- **Semidried capsicums (p. 173)**
- **sliced salami, prosciutto, pancetta or cooked sausage**
- **smoked, soused or pickled fish, shellfish or molluscs**
- **gherkins, olives, pickled mushrooms, cauliflower, carrot, eggplant, grilled artichoke hearts**
- **cheese (e.g. bocconcini)**

Method

1 Arrange on platter or individual plates.

2 Serve with crusty bread, focaccia or ciabatta.

Avocado seafood

Serves: 2

Preparation time: 15 minutes

INGREDIENTS

1 avocado

1 teaspoon (5 mL) lemon juice

2 lettuce leaves

125 g mixed seafood (e.g. prawns, oysters, salmon, mussels, crayfish)

2 tablespoons (40 mL) Mayonnaise (p. 364) or French dressing (p. 363)

1 teaspoon caviar or small piece of seafood (for garnish)

Method

1 Wash avocado, cut in half lengthways and remove stone (see p. 125). Sprinkle with lemon juice.

2 Wash and dry lettuce leaves. Place on two plates.

3 Place avocado halves on lettuce, spoon seafood into cavities. Spoon mayonnaise or French dressing over seafood and garnish with caviar or seafood.



Chicken and coriander savoury pastries

A basic recipe for hot savoury pastries. Fillings can be used in either the puffs or the pastries. Pastry cases may be bought, made from ready-made pastry, or prepared using ***Rough puff pastry*** *(p. 391) or* ***Flaky pastry*** *(p. 390).*

Makes: 24
Cooking utensils: oven tray, saucepan
Preparation time: 20 minutes
Cooking time: 15 minutes
Oven temperature: 220°C

INGREDIENTS

PASTRY

500 g Rough puff pastry (p. 391)
1 teaspoon (5 mL) milk (for glaze)

FILLING

1 tablespoon (20 g) butter
1½ tablespoons (15 g) plain flour
½ cup (125 mL) milk
1 cup (150 g) chopped cooked chicken
½ bunch coriander, chopped (save several sprigs for garnish)

Method

1 Set oven at 220°C.
2 Roll pastry to 5 mm thickness and cut out 48 rounds 4 cm in diameter.
3 Using 2 cm cutter, cut the centre out of 24 of these.
4 Place the 24 whole rounds (bases) on an oven tray and brush the tops lightly with water.
5 Place the 24 rings (sides) on the moistened pastry bases. Glaze with milk.
6 Bake the pastries near the top of the oven for 15 minutes. Remove when golden-brown.
7 *Make filling:* In saucepan, melt butter. Add flour and cook for 1 minute. Add milk slowly while stirring. Cook 1 minute. Add chicken and coriander. Keep hot.
8 Place filling in pastries. Reheat at 150°C for 5 minutes.
9 Serve, garnished with coriander.

ASPARAGUS BALSAMIC SAVOURY PASTRIES

Follow recipe for **Chicken and coriander savoury pastries**, replacing chicken and coriander filling with 1 cup (250 g) chopped cooked or canned asparagus (retain 24 tiny pieces from tips for garnish) and 1 teaspoon (5 mL) balsamic vinegar. Garnish with asparagus tips.

Coriander and vegetable rice-paper rolls

Makes: 24

Preparation time: 30 minutes

INGREDIENTS

24 rice-paper wrappers, 12 cm square or round

FILLING

50 g cellophane noodles or dried rice vermicelli
1 Lebanese cucumber (125 g)
1 carrot (125 g), peeled
125 g red cabbage
50 g snow peas, blanched
1 bunch (50 g) chives
1 bunch (50 g) coriander
2 tablespoons (40 mL) black bean sauce

DIPPING SAUCE

1 teaspoon chopped mint
rind and juice of 1 lime
1 teaspoon (5 g) sugar

Method

1 Soak noodles 10 minutes in warm water and drain. Cut into 5 cm lengths.
2 Cut cucumber, carrot, cabbage and snow peas into julienne strips 2 × 2 mm × 5 cm long. Cut chives into 5 cm lengths.
3 Dip 6 sheets rice-paper in water for 30 seconds and spread on bench. Take each vegetable and a quarter of noodles and divide between 6 rice-papers, placing in bundles with top edge of vegetables level with edge of rice-paper. Add 2 sprigs coriander to each bundle, with top of leaves above edge of paper. Pour ⅓ teaspoon black bean sauce over each bundle of vegetables.
4 Roll up rice-paper to form parcel, with one end open so tops of vegetables are visible.
5 Repeat steps 3 and 4 three more times with remaining vegetables and rice-papers. Place on serving dish.
6 Mix dipping sauce ingredients and serve in separate bowl.



Making a coriander and vegetable rice-paper roll:
cutting the vegetables (left); rolling up a wrapper (centre); the finished rolls (right)

Cream cheese and olive savouries

A basic recipe for finger food, served cold, that uses tasty toppings on a variety of bases. See page 313 for further suggestions.

Makes: 16

Preparation time: 10 minutes

INGREDIENTS

BASE

16 crisp dry biscuits or rounds of rye bread (approx. 4 cm diameter)

SPREAD

4 tablespoons (80 g) cream cheese

2 black olives, chopped

GARNISH

16 black olive slices

Method

1 Mix cream cheese and chopped black olives.
2 Spread on each round of base.
3 Garnish with olive slices.

SARDINES AND SEMIDRIED TOMATOES ON CHEESY FINGERS

Follow recipe for **Cream cheese and olive savouries**, using 2 × 4 cm fingers of crisp-cooked **Cheese pastry** (p. 388) as the base, 5 tablespoons (100 g) tomato pesto as the spread, and canned or tiny cooked fresh sardines as the topping. Garnish with semidried tomato pieces.

SMOKED SALMON AND MASCARPONE ON WHOLEMEAL PIKELETS

Follow recipe for **Cream cheese and olive savouries**, using a base of 16 tiny **Pikelets** (p. 406) made with wholemeal flour. Use 100 mL mascarpone mixed with 1 teaspoon capers as the spread, and smoked salmon slices as the topping. Garnish with sprigs of dill.

SPICY TUNA AND CREAM CHEESE SAVOURIES

Follow recipe for **Cream cheese and olive savouries**, using a base of 16 × 4 cm rounds of pumpernickel bread, and a spread made from 100 g drained canned tuna, 1 tablespoon (20 g) tomato pesto, 1 teaspoon (5 mL) sweet chilli sauce and 2 chopped black olives. Garnish with black olive slices.

OYSTER CANAPÉS WITH LIME MAYONNAISE

Follow recipe for **Spicy tuna and cream cheese savouries**, using 16 × 4 cm rounds of fresh wholemeal bread as the base, 100 mL **Mayonnaise** (p. 364) mixed with 1 teaspoon (5 mL) lime juice as the spread, and fresh or smoked oysters as the topping. Garnish with tiny slices of lime.

Prunes in bacon – Devils on horseback

Makes: 36
Cooking utensil: 4-sided oven tray
Special equipment: 36 toothpicks
Preparation time: 30 minutes
Cooking time: 15 minutes
Oven temperature: 180°C

INGREDIENTS

2 tablespoons (40 g) chutney
3 shakes pepper
36 prunes, pitted
250 g lean bacon rashers
1 tablespoon chopped parsley (for garnish)

Method

1 Set oven at 180°C.
2 Mix chutney and pepper. Place half-teaspoonfuls into the centre cavity of each prune.
3 Cut bacon into 3 × 8 cm strips and wrap one around each prune. Secure with a toothpick.
4 Bake for 15 minutes.
5 Serve, garnished with parsley.

Devilled eggs

Serves: 8
Preparation time: 15 minutes

INGREDIENTS

4 hard-boiled eggs
2 tablespoons (40 mL) Mayonnaise (p. 364)
paprika
parsley sprig (for garnish)

Method

1 Cut eggs in half lengthways.
2 Remove yolks and press through coarse sieve over bowl.
3 Mix yolks with mayonnaise.
4 Pipe or spoon mixture back into egg 'boats'.
5 Decorate each with a shake of paprika.
6 Serve on platter, garnished with parsley.

CURRIED DEVILLED EGGS

Follow recipe for **Devilled eggs**. Add 2 teaspoons (10 g) curry paste to egg-yolk mixture.

Felafels *(Middle Eastern)*

Often served with pita bread and hummus or yoghurt dip.

Serves: 4
Cooking utensils: saucepan, frying pan
Special equipment: food processor or blender
Preparation time: 20 minutes
Cooking time: 6 minutes

INGREDIENTS

1 cup (200 g) dried chickpeas
or 440 g canned chickpeas, drained
1 onion (125 g), chopped
2 tablespoons (40 g) tahini
½ cup chopped parsley
6 shakes pepper
¼ cup (40 g) wholemeal plain flour
½ cup (75 g) sesame seeds
1 tablespoon (10 g) wholemeal plain flour, extra
1 tablespoon (20 mL) oil
1 cup (250 mL) Yoghurt dressing (p. 364)

Method

1 If using dried chickpeas, soak for 12–24 hours and cook 1–½ hours (see p. 269).
2 Place chickpeas, onion, tahini, parsley, pepper, flour and sesame seeds in food processor or blender. Blend until smooth.
3 Shape spoonfuls of mixture into small balls. Roll in extra flour.
4 Heat oil in frying pan and fry felafels 2–3 minutes on each side.
5 Serve with yoghurt dressing.



Felafels

Herbed French bread

*Serve with **Antipasti** (p. 314), with salad or on its own.*

Serves: 6
Special equipment: aluminium foil
Preparation time: 10 minutes
Cooking time: 5 minutes
Oven temperature: 200°C

INGREDIENTS

1 baguette bread stick (approx. 60 cm)
80 g butter
1 tablespoon chopped fresh herbs
1 tablespoon (20 mL) lemon juice

Method

1 Set oven to 200°C.
2 Cut baguette into 2 cm slices, without cutting through lower crust.
3 Combine butter, herbs and lemon juice.
4 Spread each slice with butter mixture and re-form into a loaf.
5 Wrap loaf in aluminium foil and place in oven for 5 minutes.
6 Serve hot to accompany barbecue meals and salads.

GARLIC FRENCH BREAD

Follow recipe for **Herbed French bread**. Add 2 crushed garlic cloves to butter mixture.

Mini quiches

Makes: 16
Cooking utensils: 12-hole patty pans
Preparation time: 20 minutes
Cooking time: 35 minutes
Oven temperature: 190°C, reduced to 180°C

INGREDIENTS

500 g Shortcrust pastry (p. 386)
FILLING
2 eggs, beaten
1 cup (250 mL) milk, warmed
2 rashers (100 g) bacon, finely chopped
2 spring onions, finely chopped

Method

1 Set oven to 190°C.
2 Roll out pastry to 5 mm thickness.
3 Use a 6 cm round cutter to cut 16 rounds and place in patty pans.
4 Bake at 190°C for 15 minutes.
5 Mix eggs, milk, bacon and spring onions. Pour some into each tart case.
6 Bake at 180°C for 20 minutes, until mixture is just firm.



Mini quiches

Mini pizzas

This recipe uses basic scone dough as the base for a tasty pizza topping.

Makes: 30–35
Cooking utensil: oven tray
Preparation time: 20 minutes
Cooking time: 7–10 minutes
Oven temperature: 180°C

INGREDIENTS

olive oil spray
1 tablespoon (20 g) butter (or margarine or dairy blend)
2 cups (300 g) self-raising flour
¼ teaspoon salt
1 cup (250 mL) milk

TOPPING

½ cup (125 g) tomato paste or tapenade
2 cups (500 g) chopped savoury food (e.g. a selection from mushrooms, capsicum, ham, salami, tomatoes, olives, anchovies and prawns)
1 cup (120 g) grated tasty cheese

Method

1 Set oven 180°C. Brush or spray oven tray with oil.
2 Rub butter into flour and salt, using the fingertips.
3 Mix into a soft dough with the milk. Add more milk if required.
4 Turn onto a lightly floured surface and knead until smooth.
5 Roll out 5 mm thick and cut into 4 cm rounds.
6 Spread each round thinly with tomato paste or tapenade.
7 Place savoury food on top and sprinkle with grated cheese.
8 Bake for 7–10 minutes.

Kofte *(Middle Eastern)*

Makes: 20
Cooking utensil: frying pan
Preparation time: 10 minutes
Cooking time: 5 minutes

INGREDIENTS

500 g minced lamb
1 teaspoon (5 g) salt
1 teaspoon (5 g) pepper
1 tablespoon ground cumin
1 tablespoon (20 mL) oil

Method

1 Flatten mince onto a plate and sprinkle with salt and pepper.
2 Add cumin and knead until sticky.
3 Roll mixture into small walnut size balls.
4 Flatten with hands into a small disc.
5 Fry on medium–low heat and turn after 1–2 minutes. Cook for a further 1–2 minutes. Remove from pan and repeat with remaining kofte.
6 Serve with **Tzatziki dip** (p. 312).

Oysters in the shell

Serves: 4

Preparation time: 15 minutes

INGREDIENTS

24 oysters (2 dozen), opened and in shells
4 cups crushed ice
8 thin slices brown bread
2 teaspoons (10 g) butter (or margarine or dairy blend)
4 lemon wedges (for garnish)
1 tablespoon chopped parsley

Method

1 Keep oysters cool.
2 Spread 1 cup ice on each of four plates.
3 Arrange 6 oysters in shells on ice on each plate.
4 Spread bread with butter, sandwich together. Remove crusts and cut into quarters.
5 Garnish with lemon wedges and serve with quartered sandwiches.

OYSTERS WITH LIME DRESSING

Follow recipe for **Oysters in the shell**. Mix 1 tablespoon (20 mL) lime juice, 1 teaspoon (5 mL) balsamic vinegar, 2 teaspoons (10 mL) olive oil, ¼ teaspoon pepper to make lime dressing. Spoon over oysters and garnish with snipped chives.

OYSTERS WITH SEAFOOD SAUCE

Follow recipe for **Oysters in the shell**. Mix ¼ cup (65 mL) tomato sauce, ¼ cup (65 mL) cream, 1 teaspoon (5 mL) Worcestershire sauce and 1 teaspoon (5 mL) lemon juice to make seafood sauce. Place sauce in a tiny bowl (e.g. egg cup) in centre of each plate of oysters.



Oysters in the shell

Party pies

Makes: 6
Cooking utensils: saucepan, 6 small pie dishes, 4-sided oven tray
Preparation time: 30 minutes
Cooking time: 25–30 minutes
Oven temperature: 220°C, reduced to 190°C

INGREDIENTS

400 g minced beef
1 onion (125 g), diced
1 tablespoon (10 g) plain flour
6 shakes pepper
2 teaspoons chopped parsley
½ cup (125 mL) stock or water
500 g Flaky pastry (p. 390)
or Rough puff pastry (p. 391)
milk (for glaze)

Method

1 Place meat, onion, flour, seasoning and parsley in saucepan and stir well. Add stock or water.
2 Stir until boiling, simmer for 15 minutes. Cool.
3 Set oven at 220°C.
4 Roll out half the pastry, 3 mm thick. Cut 6 rounds for tops.
5 Place flat pastry scraps evenly on top of remaining pastry. Roll out pastry, cut larger rounds to line pie dishes.
6 Line the dishes with large rounds of pastry, fill with cool meat mixture, moisten edges of pastry with water and place the tops on. Press lightly. Slit tops.
7 Glaze with milk, place on oven tray and bake at 220°C for 10 minutes, then at 190°C for 15 minutes.
8 Lift pies from dishes onto hot serving plate.

SMALL CURRY PIES

Follow recipe for **Party pies**, adding 1 tablespoon (20 g) curry paste to the meat mixture at step 1.

Pâté and mountain bread pinwheels

Mountain bread is a thin flat bread that can be used as a base for a range of dips and fillings.

Makes: 16
Preparation time: 10 minutes

INGREDIENTS

1 sheet mountain bread
150 g chicken liver pâté

Method

1 Spread pâté on mountain bread.
2 Roll up and cut into 1 cm slices.

AVOCADO PINWHEELS

Follow recipe for **Pâté and mountain bread pinwheels**. Use 4 thin slices fresh bread, crusts removed, instead of mountain bread. Spread with ½ mashed avocado with black pepper and salt, or with 125 g **Guacamole** (p. 300). Roll up in plastic wrap and refrigerate for 1 hour prior to slicing into rounds.

Dolmades

Makes: 25
Cooking utensils: saucepan, frying pan with lid
Preparation time: 30–35 minutes
Cooking time: 30–35 minutes

INGREDIENTS

25 preserved vine leaves
2 (280 g) brown onions, finely diced
¼ cup (60 mL) olive oil
½ cup (100 g) rice, washed
⅛ teaspoon ground allspice
⅛ teaspoon ground cinnamon
¼ teaspoon salt
1 tablespoon toasted pine nuts
1 tablespoon currants
1½ cups (375 mL) water
1 tablespoon dill, chopped
1 tablespoon mint, chopped
1 tablespoon parsley, chopped
1 lemon, thinly sliced
extra ¼ cup olive oil

Method

1 Place vine leaves in large bowl, cover with cold water and soak for 5–8 minutes to remove salt brine. Drain, rinse and pat dry, laying leaves flat on workbench.
2 Sauté onions in oil over medium heat for 4–6 minutes until translucent. Add rice, and stir through to coat well. Add ground spices, pine nuts and currants, mix through.
3 Pour over water, increase heat and bring to boil. Reduce heat, cover with tight-fitting lid and simmer for 10–12 minutes until cooked. Add chopped herbs and stir through to combine.
4 Place 1½ tablespoons of rice mixture onto bottom end of leaf. Roll forward while tucking in sides of leaf, and roll tightly into a log shape. Repeat with remaining rice and leaves.
5 Place dolmades snugly together in pan. Place lemon slices on top, cover with water and place a plate on top to hold dolmades down while cooking.
6 Place the pan over medium heat and simmer for 30–35 minutes, or until the dolmades are tender. Remove from stove, remove plate and pour over extra olive oil. Allow to cool.
7 Serve at room temperature as a starter, or as part of a mezze platter.

(Opposite) Dolmades



Prawn and coriander triangles

A basic recipe for finger food using a toast base and tasty toppings.

Makes: 24

Special equipment: food processor, griller

Preparation time: 15 minutes

Cooking time: 3–4 minutes

INGREDIENTS

6 slices toasted bread

4 sprigs coriander (for garnish)

TOPPING

300 g raw (green) small prawns, shelled and deveined

2 tablespoons chopped chives

2 teaspoons crushed chopped lemon grass

1 tablespoon chopped coriander

2 teaspoons (10 mL) fish sauce

2 teaspoons (10 mL) sweet chilli sauce

1 teaspoon (5 mL) lime or lemon juice

Method

1 Combine topping ingredients in food processor.
2 Remove crusts from toast.
3 Spread shrimp mixture on toast. Cut each slice into 4 triangles.
4 Place under griller, grill until brown.
5 Garnish with coriander sprigs and serve.

SARDINE AND LIME TRIANGLES

Follow recipe for **Prawn and coriander triangles**, using 300 g mashed canned sardines instead of prawns, and lime juice instead of lemon juice. Omit lemon grass and coriander.

Sweetcorn and capsicum savoury puffs

*Fillings used in **Chicken and coriander savoury pastries** (see p. 315) can also be used in these puffs. Pastry cases may be purchased ready-made.*

Makes: 24

Cooking utensils: saucepan, oven tray

Preparation time: 20 minutes

Heating time: 5 minutes

Oven temperature: 150°C

INGREDIENTS

24 small Choux pastry puffs (p. 393)

FILLING

1 tablespoon (20 g) butter

1½ tablespoons (15 g) plain flour

½ cup (125 mL) milk

1 cup (150 g) sweetcorn kernels

½ green capsicum (65 g), finely chopped

Method

1 *Make filling:* In saucepan, melt butter. Stir in flour and cook for 1 minute. Add milk slowly while stirring. Cook a further 1 minute.
2 Add sweetcorn and capsicum. Keep warm.
3 Cut tops off puffs and spoon in filling. Replace tops.
4 Place on oven tray and reheat at 150°C for 5 minutes.

PRAWN AND CHAMPIGNON SAVOURY PUFFS

Follow recipe for **Sweetcorn and capsicum savoury puffs**, replacing corn and capsicum filling with 1 cup (150 g) chopped, cooked fresh or canned prawns, ½ cup (50 g) sliced champignons and 1 teaspoon (5 mL) fish sauce. Garnish with small pieces of lime.

SALMON AND DILL SAVOURY PUFFS

Follow recipe for **Sweetcorn and capsicum savoury puffs**, replacing corn and capsicum filling with 1 cup (250 g) chopped, cooked fresh, smoked or canned salmon, ¼ cup chopped dill and 2 tablespoons (40 mL) lemon juice. Garnish with sprigs of dill.

Seafood cocktail

Serves: 4
Preparation time: 15 minutes

INGREDIENTS

400 g cooked mixed seafood (e.g. prawns, oysters, salmon, mussels, crayfish)
3 shakes black pepper
3 tablespoons (60 mL) lemon juice
¼ cup (65 mL) tomato sauce
¼ cup (65 mL) cream
1 teaspoon (5 mL) Worcestershire sauce
1 tablespoon (20 mL) dry sherry
4 thin slices lemon (for garnish)

Method

1 Gently combine seafood, pepper and 2 tablespoons lemon juice. Chill for 30 minutes then place in four cocktail glasses or small dishes.
2 Mix tomato sauce, cream, Worcestershire sauce, remaining lemon juice and sherry. Spoon over seafood.
3 Serve, garnished with lemon slices.

Wontons *(Asian)*

Makes: 20
Cooking utensils: steamer, deep-fryer
Preparation time: 30 minutes
Cooking time: steaming 2 minutes, frying 3 minutes

INGREDIENTS

1 packet wonton wrappers
½ cup (125 mL) oil
sweet chilli, plum or dipping sauce (to serve)
FILLING
200 g medium green (raw) prawns
180 g minced pork
1 spring onion, chopped
2 teaspoons (10 mL) oyster sauce
½ teaspoon salt
1 teaspoon (5 g) sugar
1 teaspoon (5 g) chicken stock powder

Method

1 *Make filling:* Shell, wash and devein prawns. Chop prawn meat into small pieces.
2 Place chopped prawns, pork and spring onion in bowl and combine. Stir in oyster sauce, salt, sugar and stock powder. Mix well.
3 Put 1 teaspoon mixture in centre of each wonton wrapper. Use the pleat/pinch method to make each wonton.
4 Steam half wontons until translucent.
5 Heat oil and deep-fry steamed wontons for approx. 3 minutes until golden-brown and crispy.
6 Repeat process with second batch.
7 Serve with sweet chilli, plum or soy dipping sauce.

Vietnamese spring rolls

Makes: 24
Cooking utensil: small frying pan
Preparation time: 30 minutes
Cooking time: 8–10 minutes

INGREDIENTS

24 spring roll wrappers, 10 × 10 cm
½ cup (125 mL) vegetable oil

FILLING

6 dried shiitake mushrooms
50 g cellophane noodles or dried-rice vermicelli
250 g minced pork
¼ cup chopped Vietnamese mint
1 carrot (125 g), grated
2 tablespoons (40 mL) sweet chilli sauce
2 spring onions, thinly sliced
1 tablespoon (20 mL) fish sauce

DIPPING SAUCE

1 teaspoon (5 mL) fish sauce
rind and juice of 1 lemon juice
1 garlic clove, crushed
1 small red chilli, finely chopped

Method

1 Soak mushrooms and noodles for 10 minutes in warm water, drain and chop.
2 Mix filling ingredients.
3 Place 1 teaspoon filling on a spring roll wrapper.
4 Roll up, folding in the sides, moisten edges to hold. Repeat with remaining filling and spring roll wrappers.
5 Heat vegetable oil in frying pan, fry spring rolls 8–10 minutes. Turn several times. Drain.
6 Mix dipping sauce ingredients and serve in separate bowl.



Vietnamese spring rolls



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Soups

Soups may be served as a light meal or at the beginning of dinner. A hearty thick soup, such as corn chowder or minestrone, served with crusty bread makes a nutritious meal, while a chilled soup like vichyssoise can be served as a refreshing first course. Soups provide contrast in flavour, colour and texture to the other dishes of a meal.

Classification of soups

Thin soups

Broths are made from water and contain diced meat, vegetables and cereal, garnished with chopped parsley; for example, gravy broth.

Stock soups are made from meat, fish, vegetable or chicken stock. The soup is named after the main ingredient; for example, chicken soup.

Consommés (double broths) are made from meat stock that has been flavoured and enriched by additional meat and vegetables and clarified with egg white and egg shells. The strained liquid should be crystal clear, well flavoured and completely free from fat. Consommés may be served chilled. They are named after their garnish; for example, julienne consommé.

NUTRITIONAL VALUE

Broth, stock soups and consommés provide very small amounts of minerals, protein and carbohydrate. Simmering meat and bones in water releases gelatine, an incomplete protein that forms a gel when cold. Thick soups containing a number of ingredients are richer in food nutrients, particularly carbohydrates, and may contain a small amount of fat.



Thick soups

Purée soups are made from fresh or dried vegetables, puréed and thickened with blended flour or cornflour; for example, pea soup.

Cream soups are fresh vegetable, chicken or fish soups. The vegetable soups are puréed and are named after the main vegetable; for example, cream of asparagus soup. They may be thickened with blended flour and enriched with milk or cream. If hot, they can be served with croutons. Some cream soups (such as iced cucumber soup) may be served chilled.

Fish or **seafood soup** is made from fish stock, thickened with roux or cereal. It is named after the fish or seafood used; for example, oyster soup.

Stock

Stock is used as the base of many soups and is made by simmering bones, meat, vegetables and flavours in water for several hours. Different types of stock include **Beef stock** (next page), **Chicken stock** (next page), **Vegetable stock** (next page) and **Fish stock** (p. 332). Commercially prepared stock concentrates—such as beef or chicken in liquid, cube or powder form—may be used as a substitute for fresh stock. They usually have a high salt content and additional salt is not necessary.

Using a pressure cooker

By using a pressure cooker, it is possible to produce well-flavoured stock or soup in one-third of the normal time. Recipe booklets supplied by the manufacturers show the necessary modifications to the usual proportions and state the cooking time required. It is important to remember that the cooker should not be more than half full when all ingredients have been added. Thickening should be added at the end of the cooking process.



GUIDELINES FOR MAKING STOCK

- **Use a heavy stockpot or saucepan with a tight-fitting lid.**
- **Use fresh meat, bones and vegetables. Potato or parsnip clouds the stock, and cabbage gives an 'off' flavour.**
- **Bones from roast joints, scraps from meat and poultry (cooked or uncooked), and trimmings of vegetables may be added. Never add fat.**
- **Strain when cooked; vegetables allowed to remain in the stock will cause fermentation.**
- **When cool, lift fat from surface and keep stock in a refrigerator or freeze in small individual containers.**

Using a slow cooker

Delicious flavoursome soups can be prepared with a slow cooker, which is an electric benchtop appliance that maintains a relatively low temperature for many hours and allows unattended cooking. Most soup recipes are readily adaptable to slow cooking because they are already 'one pot' meals. It's best to boil dried beans for 10 minutes beforehand, especially kidney beans, to ensure toxins are destroyed.

Beef stock

Quantity: 8 cups (2 L)
Cooking utensil: stockpot or large saucepan
Preparation time: 15 minutes
Cooking time: 2 hours

INGREDIENTS

1.5 kg beef bones
2 teaspoons (10 g) salt
10 cups (2.5 L) water
1 carrot (125 g), chopped
1 turnip (125 g), chopped
1 onion (125 g), chopped
2 celery stalks (200 g), chopped
3 pimentos (allspice)
bouquet garni
6 peppercorns

Method

1 Wash bones and remove any fat.
2 Put bones, salt and water into stockpot or saucepan.
3 Bring slowly to boil.
4 Add vegetables and flavourings, simmer for 2 hours.
5 Strain and allow to cool. Remove fat before using.
6 Keep in refrigerator or freeze.

CHICKEN STOCK

Follow recipe for **Beef stock**. Use chicken bones and giblets instead of meat. Simmer for 1 hour.

LAMB STOCK

Follow recipe for Beef stock. Use lamb bones instead of beef.

VEGETABLE STOCK

Follow recipe for **Beef stock**. Omit bones. Use a variety of vegetables. Flavour with peppercorns, nutmeg and herbs. Simmer for 1 hour.

Fish stock

Quantity: 4 cups (1 L)
Cooking utensil: large saucepan
Preparation time: 10 minutes
Cooking time: 20 minutes

INGREDIENTS

250 g fish bones and head
4 cups (1 L) cold water
1 teaspoon (5 g) salt
1 onion (125 g), chopped
1 celery stalk (100 g), chopped
1 slice lemon
3 parsley sprigs
2 peppercorns

Method

1 Wash bones and head and place in saucepan with water and salt.
2 Bring slowly to the boil.
3 Add vegetables and flavourings, simmer for 20 minutes.
4 Strain through a fine strainer.
5 Use for fish soups and sauces.

Broth

Serves: 6
Cooking utensil: large saucepan or pressure cooker
Preparation time: 35 minutes
Cooking time: 1¼ hours

INGREDIENTS

250 g lamb neck or shank
6 cups (1.5 L) water
1 teaspoon (5 g) salt
6 shakes pepper
¼ cup (50 g) pearl barley
¼ carrot (35 g)
¼ turnip (35 g)
½ onion (65 g)
1 celery stalk (100 g)
1 teaspoon chopped parsley (for garnish)

Method

1 Soak meat and bones in water with salt and pepper for 30 minutes. Bring slowly to the boil.
2 Wash pearl barley and add as soon as soup is boiling. Simmer for 1 hour.
3 Prepare and dice vegetables into 1 cm pieces. Add to soup and simmer 15 minutes before serving.
4 Remove fat and bones, adjust flavour and consistency if necessary, and serve some of each ingredient in each soup bowl. Garnish with parsley.

CHICKEN BROTH

Follow recipe for **Broth**. Omit lamb and pearl barley. Use chicken carcase or 250 g uncooked chicken. Add ¼ cup (50 g) rice at step 2 and simmer for 30 minutes. Dice chicken into 1 cm pieces after cooking.

Consommé *(French)*

A clear soup, French in origin.

Serves: 4

Cooking utensil: large saucepan

Preparation time: 25 minutes

Cooking time: 30 minutes

INGREDIENTS

½ carrot (65 g)
¼ turnip (35 g)
½ onion (65 g)
½ celery stalk (50 g)
4 cups (1 L) Beef stock (p. 331)
1 egg white, lightly beaten
125 g lean beef, thinly sliced
4 peppercorns
salt and pepper to taste
1 egg shell, crushed

Method

1 Prepare and roughly dice vegetables.
2 Place stock in saucepan. Add egg white, stirring well. Add all other ingredients, placing egg shell on surface.
3 Bring slowly to the boil. A 'raft' of egg shells, meat and vegetables should form on surface and trap the fine particles of meat and vegetables.
4 Reduce heat, cover and simmer very gently for 30 minutes. The 'raft' should remain intact until cooking is nearly finished.
5 Carefully lift out 'raft' and discard. Place coffee filter paper in strainer or funnel. Pour ½ cup (125 mL) boiling water through filter paper to clear any impurities. Discard water.
6 Strain consommé liquid slowly through filter paper. Repeat until liquid is clear.
7 Reheat and add suitable garnish before serving.

CHILLED CONSOMMÉ

Follow recipe for **Consommé**. After step 6, chill both consommé and cooked garnish and combine just before serving.

JARDINIÈRE CONSOMMÉ

Follow recipe for **Consommé**. *Prepare garnish:* ½ cup (65 g) each of carrot, turnip and celery cut into 1 cm cubes. Simmer in stock for 3 minutes. Strain and add to reheated consommé.

JULIENNE CONSOMMÉ

Follow recipe for **Consommé**. *Prepare garnish:* ½ cup (65 g) each of carrot, turnip and celery, cut into match-like strips 4 cm long. Simmer in stock for 3 minutes. Strain and add to reheated consommé.

MACEDOINE CONSOMMÉ

Follow recipe for **Consommé**. *Prepare garnish:* ½ cup (65 g) each of carrot, turnip and celery cut into fancy shapes. Simmer in stock for 3 minutes. Strain and add to reheated consommé.

Cream of vegetable soup

For extra richness, ¼ cup (65 mL) cream may be added.

Serves: 4
Cooking utensil: saucepan
Preparation time: 25 minutes
Cooking time: 30 minutes

INGREDIENTS

1 tablespoon (20 g) butter
2 cups (300 g) prepared and roughly diced main vegetable (see following variations)
1 cup (150 g) prepared and roughly diced flavouring vegetables (see following variations)
1 tablespoon (10 g) plain flour
3 shakes pepper
2 cups (500 mL) Beef, Chicken or Vegetable stock (p. 331) or water
¾ cup (190 mL) milk
4 tablespoons (80 mL) cream or sour cream
24–32 Croutons (p. 344)

Method

1 Melt butter and sauté vegetables for 5 minutes.
2 Remove from heat and stir in flour.
3 Return to heat, add pepper and stock and stir until boiling. Simmer until vegetables are tender—approx. 20 minutes.
4 Purée soup (or use electric blender). Return soup to saucepan, add milk and reheat without boiling.
5 Adjust flavours and consistency if necessary.
6 Add cream, or swirl 1 tablespoon into the centre of each serve. Serve with croutons and suitable garnish.

CREAM OF ASPARAGUS SOUP

Follow recipe for **Cream of vegetable soup**. Use 2 cups (300 g) asparagus as main vegetable and ½ cup (65 g) each of onion and celery as flavouring vegetables. Garnish with cooked asparagus tips, 2 cm long.

CREAM OF CARROT SOUP *(CRÉCY SOUP)*

Follow recipe for **Cream of vegetable soup**. Use 2 cups (250 g) carrot as main vegetable and ⅓ cup (50 g) each of onion, turnip and celery as flavouring vegetables. Add ⅛ teaspoon ground nutmeg at step 2.

CREAM OF CAULIFLOWER SOUP *(CRÈME DU BARRY SOUP)*

Follow recipe for **Cream of vegetable soup**. Use 2½ cups (300 g) cauliflower as main vegetable and ⅓ cup (50 g) each of onion and celery as flavouring vegetables. Add 1 bay leaf at step 3, remove before puréeing. Garnish with ½ cup (60 g) cooked cauliflower florets. May be served chilled.

CREAM OF CELERY SOUP

Follow recipe for **Cream of vegetable soup**. Use 2 cups (300 g) celery as main vegetable and ½ cup (65 g) each of onion and turnip as flavouring vegetables. Garnish with 1 tablespoon chopped parsley or snipped chives.

CREAM OF LEEK SOUP

Follow recipe for **Cream of vegetable soup**. Use 2½ (300 g) leeks as main vegetable and ½ cup (65 g) each of celery and turnip. Garnish with 1 teaspoon yoghurt or grated cheese per serve.

CREAM OF MUSHROOM SOUP

Follow recipe for **Cream of vegetable soup**. Use 3 cups (300 g) mushrooms as main vegetable and ½ cup (65 g) each of onion and celery as flavouring vegetables. Garnish with 1 teaspoon diced ham per serve.

CREAM OF POTATO SOUP

Follow recipe for **Cream of vegetable soup**. Use 2 cups (300 g) potato as main vegetable and ½ cup (65 g) each of onion and celery as flavouring vegetables. Garnish with ½ cup (60 g) grated cheese and 1 tablespoon chopped parsley or ½ cup (75 g) cooked sliced sausage.

CREAM OF PUMPKIN SOUP
(MARIANNE SOUP)

Follow recipe for **Cream of vegetable soup**. Use 2 cups (300 g) pumpkin as main vegetable and ¼ cup (30 g) each of celery, onion, carrot and turnip as flavouring vegetables. Add juice and grated rind of 1 orange or 1 tablespoon crushed lemon grass at step 3. The cream may be replaced with coconut milk.

CREAM OF ZUCCHINI SOUP

Follow recipe for **Cream of vegetable soup**. Use 1½ cups (300 g) zucchini as main vegetable (leave skin on) and ½ cup (65 g) each of celery and onion as flavouring vegetables. Add ⅛ teaspoon tarragon at step 3. Garnish with 1 teaspoon snipped chives or 1 teaspoon tossed almonds per serve.

ICED CUCUMBER SOUP

Follow recipe for **Cream of vegetable soup**, using chicken stock. Use 2 cups (300 g) cucumber as main vegetable (leave skin on) and ½ cup (65 g) onion as flavouring vegetable. Light sour cream may be used instead of cream. Garnish with 1 teaspoon snipped chives per serve. Chill before serving.

VICHYSSOISE

Follow recipe for **Cream of vegetable soup**, using chicken stock. Use 1½ cups (225 g) potato, 1 cup (120 g) leeks and ½ cup (75 g) celery as main and flavouring vegetables. Add ⅛ teaspoon cayenne at step 3. Garnish with 1 teaspoon snipped chives per serve. Chill before serving.



Cream of vegetable soup

Avgolemono – Egg and lemon soup *(Greek)*

Serves: 4
Cooking utensil: large saucepan
Preparation time: 20 minutes
Cooking time: 15–20 minutes

INGREDIENTS

4 cups (1 L) Chicken stock (p. 331)
¼ cup (50 g) rice
2 eggs
1 tablespoon (20 mL) lemon juice
2 teaspoons chopped mint (for garnish)

Method

1 Bring stock to boil and add rice. Cook 10–12 minutes, until just tender. Reduce heat.
2 Beat eggs until frothy. Add lemon juice and stir in about 3 tablespoons hot stock. Slowly pour the mixture into stock, stirring continuously.
3 Heat slowly for about 2 minutes, until mixture thickens slightly. Do not allow soup to boil, or egg will curdle.
4 Adjust flavours, garnish with mint and serve at once.

Chicken and leek soup

Serves: 4
Cooking utensil: large saucepan
Preparation time: 20 minutes
Cooking time: 25 minutes

INGREDIENTS

4 cups (1 L) Chicken stock (p. 331) or water
1 leek (150 g), thinly sliced
¼ cup (50 g) rice
1 cup (150 g) diced cooked chicken
1 cup (250 mL) milk
1 tablespoon chopped parsley (for garnish)

Method

1 Place stock, leek and rice in saucepan, bring to boil and simmer for 15–20 minutes, until rice is cooked.
2 Add chicken and milk and reheat without boiling.
3 Serve garnished with parsley.

Corn chowder *(North American)*

Serves: 6
Cooking utensil: large saucepan
Preparation time: 25 minutes
Cooking time: 20–25 minutes

INGREDIENTS

2 bacon rashers (100 g), chopped
½ onion (65 g), chopped
1 celery stalk (100 g), diced into 1 cm cubes
¾ cup (110 g) diced potato
1 teaspoon (5 g) salt
3 shakes cayenne
2 cups (500 mL) water
2 tablespoons (20 g) plain flour
2 cups (500 mL) milk
250 g canned or frozen sweetcorn kernels
1 tablespoon chopped red capsicum
1 tablespoon chopped parsley
36–48 Croutons (p. 334) (for garnish)

Method

1 Lightly fry bacon, onion and celery. Do not brown.
2 Add potato, cook for 1 minute.
3 Add salt and cayenne to taste then water. Cover and simmer for 10 minutes.
4 Blend flour with ¼ cup (65 mL) milk. Add remaining milk to vegetables.
5 Add blended flour to saucepan, stir until boiling and cook for 3 minutes.
6 Add corn, capsicum and parsley. Adjust consistency to a thick soup, using a little cream if necessary.
7 Garnish with croutons and serve.

Borsch *(Russian)*

A soup combining sweet and sour flavours with the brilliant colour of beetroot.

Serves: 6
Cooking utensil: large saucepan
Preparation time: 25 minutes
Cooking time: 1 hour

INGREDIENTS

500 g beetroot
125 g minced beef
2 tomatoes (250 g), chopped
1 onion (125 g), chopped
4 cups (1 L) water
1 teaspoon (5 g) salt
6 shakes pepper
1 tablespoon (20 mL) vinegar
1 teaspoon (5 g) sugar
2 tablespoons (40 mL) sour cream (for garnish)

Method

1 Peel beetroot and grate on coarse grater.
2 Place beef, tomatoes, onion, water, salt and pepper in saucepan, bring to boil and simmer for 20 minutes.
3 Add vinegar, beetroot and sugar and simmer a further 20 minutes.
4 Taste, adjust flavour and consistency if necessary. Serve at once, garnished with sour cream.

Fish soup

Flathead, snapper, blue grenadier and bream are all suitable for this recipe.

Serves: 4
Cooking utensil: large saucepan
Preparation time: 20 minutes
Cooking time: 10 minutes

INGREDIENTS

100 g fish head, skin, etc.
to make 2 cups (500 mL) stock
400 g fish fillets
1 tablespoon (20 g) butter
1 tablespoon (10 g) plain flour
¾ cup (190 mL) milk
¼ cup (65 mL) light cream
1 teaspoon (5 mL) lemon juice
1 teaspoon chopped parsley or dill (for garnish)

Method

1 Use fish head, skin, etc. to make Fish stock (p. 332).
2 Cut fish into 1 cm cubes.
3 Melt butter in saucepan, stir in flour, add fish stock slowly and stir until boiling. Simmer for 2 minutes.
4 Add fish, simmer for 2 minutes.
5 Add milk and cream, reheat without boiling.
6 Add lemon juice, taste, and adjust flavour and consistency.
7 Serve garnished with parsley or dill.

OYSTER SOUP/BISQUE

Follow recipe for **Fish soup**. Omit fish and add 12 oysters at step 4. Do not simmer.

ROCK LOBSTER SOUP/BISQUE

May also be known as crayfish soup.
Follow recipe for **Fish soup**. Omit fish and add 125 g diced rock lobster at step 4. Do not simmer. Add 1 teaspoon (5 g) tomato paste at step 5.

French onion soup

Serves: 4
Cooking utensil: large saucepan
Preparation time: 20 minutes
Cooking time: 40 minutes

INGREDIENTS

4 onions (500 g)
2 tablespoons (40 g) butter
1 tablespoon (10 g) plain flour
4 cups (1 L) Beef stock (p. 331)
3 shakes pepper
4 tablespoons (40 g) grated cheese
4 slices French bread stick

Method

1 Peel and thinly slice onions and fry slowly in butter until light brown.
2 Remove from heat and stir in flour. Blend thoroughly then add stock and mix well, add pepper.
3 Stir until boiling. Simmer for 20 minutes.
4 Taste, adjust flavour and consistency if necessary.
5 Sprinkle cheese on bread, grill lightly.
6 Serve soup in bowl and place cheesed bread on top.

Gazpacho *(Spanish)*

A soup served cold, which is delicious on a hot summer's day.

Serves: 4

Preparation time: 20 minutes

INGREDIENTS

4 tomatoes (500 g) or 425 g canned, chopped
¼ red capsicum (35 g)
1 Lebanese cucumber (125 g)
¼ onion (35 g)
1 garlic clove, crushed
1 teaspoon (5 mL) olive oil
2 cups (500 mL) Chicken stock (p. 331)
1 tablespoon (20 mL) vinegar
½ teaspoon Tabasco sauce
3 shakes pepper

Method

1 Finely chop tomatoes, capsicum, cucumber and onion.
2 Stir all ingredients together.
3 Taste and adjust seasoning if necessary.
4 Chill and serve.

Crab and corn soup *(Vietnamese)*

Serves: 4

Cooking utensil: large saucepan

Preparation time: 15 minutes

Cooking time: 20 minutes

INGREDIENTS

6 cups (1.5 L) Chicken stock (p. 331)
1 onion (125 g), finely chopped
1 garlic clove, crushed
210 g fresh or canned crabmeat
310 g canned creamed sweetcorn
1 tablespoon (10 g) plain flour
1 tablespoon (20 mL) water
1 egg, lightly beaten

GARNISH

2 spring onions, thinly sliced
½ bunch coriander, chopped

Method

1 Bring chicken stock, onion and garlic to boil.
2 Add crabmeat and sweetcorn.
3 Mix flour and water to a paste, add to stock and simmer for 1 minute.
4 Remove from heat. Add egg, stirring gently to form threads in mixture.
5 Place in serving bowls and garnish with spring onions and coriander.

VIETNAMESE CRAB AND ASPARAGUS SOUP

Follow recipe for **Crab and corn soup**. Omit sweetcorn. Use 200 g fresh, lightly cooked chopped asparagus at step 2.

Pea soup

A richly flavoured winter soup.

Serves: 4

Cooking utensil: saucepan or pressure cooker

Preparation time: 20 minutes

Cooking time: 30–40 minutes

INGREDIENTS

½ cup (100 g) split green or yellow peas
4 cups (1 L) Beef stock (p. 331) or water
6 shakes black pepper
¼ turnip (35 g), chopped
2 celery stalks (200 g), chopped
½ carrot (65 g), chopped
1 onion (125 g), chopped
1 mint sprig or ¼ teaspoon dried mint
1 piece bacon or bacon bone
1 tablespoon (10 g) plain flour
¼ cup (65 mL) cold water
24–32 Croutons (p. 344)

Method

1 Rinse peas in strainer and place in stock.
2 Combine all ingredients, except flour and croutons, in saucepan.
3 Bring to boil and simmer for 30–40 minutes, or until vegetables are tender.
4 Remove bacon bone and purée soup (or use an electric blender). Return to saucepan.
5 Blend flour with water, add to soup.
6 Stir until boiling and simmer for 1 minute.
7 Adjust flavour and consistency if necessary. Serve with croutons.

VEGETARIAN VARIATION

For a vegetarian soup, use **Vegetable stock** (p. 331) and omit bacon bone.

BEAN SOUP

Follow recipe for **Pea soup**. Omit split peas. Use ½ cup (100 g) haricot or lima beans, soaked overnight if possible. Add 2 diced tomatoes (250 g) at step 2.

DUTCH PEA SOUP

Follow recipe for **Pea soup**. Add 2 cooked and sliced frankfurts or sausages at step 6.

LENTIL SOUP

Follow recipe for **Pea soup**. Omit split peas. Use ½ cup (100 g) red lentils. Add ½ teaspoon curry paste at step 3 if desired.

LENTIL AND TOMATO SOUP

Follow recipe for **Pea soup**. Omit split peas. Use ½ cup (100 g) red lentils. Add 2 diced tomatoes (250 g) at step 3.

PEA AND TOMATO SOUP

Follow recipe for **Pea soup**. Add 2 diced tomatoes (250 g) at step 3.

Sweet and sour fish noodle soup

Serves: 4
Cooking utensils: large soup pot
Preparation time: 15 minutes
Cooking time: 25 minutes

INGREDIENTS

6 cups (1.5 L) fish stock or vegetable stock
2 stalks lemongrass, bruised
4 kaffir lime leaves
3 cloves garlic, peeled and sliced
1 × 3 cm piece of ginger, sliced
2 star anise
2 bird's eye chillies, split in half
150 g glass noodles (bean thread noodles or rice vermicelli)
2 tablespoons (40 mL) fish sauce
1 tablespoon (20 g) tamarind paste
1½ tablespoons (30 g) grated palm sugar
100g sugar snap peas, cut in thirds
½ cup (75 g) julienned carrot (p. 346–7)
500g uncooked snapper, diced
coriander leaves

Method

1 Place stock in large pan over medium heat and add lemongrass, lime leaves, garlic, ginger, star anise and chillies. Bring to boil, reduce heat and simmer for 20 minutes to infuse the flavours.
2 Place noodles in bowl, cover with warm water for 5–6 minutes, drain and set aside.
3 Strain stock, reserve the liquid and discard the solids. Return stock to heat, add fish sauce, tamarind paste, sugar, sugar snap peas, carrots and fish and simmer for 4–5 minutes until fish is cooked through.
4 Add noodles, stir through until warmed and garnish with coriander leaves to serve.

Minestrone *(Italian)*

This hearty soup is a meal in itself.
Serves: 8
Cooking utensil: large saucepan
Preparation time: 30 minutes
Cooking time: 45 minutes

INGREDIENTS

½ cup (100 g) dried cannellini, lima or black-eyed beans or 325 g canned beans, drained
½ leek (50 g), sliced
½ onion (65 g), chopped
½ rasher (25 g) bacon, chopped
6 cups (1.5 L) beef stock or water
3 shakes pepper
½ cup (65 g) diced carrot
½ cup (65 g) diced turnip
½ cup (65 g) diced potato
1 celery stalk (100 g), diced
2 tablespoons (40 g) tomato paste
⅓ cup (50 g) macaroni
⅓ cup (50 g) broken spaghetti
½ cup (50 g) shredded cabbage
2 tablespoons (20 g) grated parmesan cheese (for garnish)

Method

1 If using dried beans, soak in water for at least 6 hours and cook 1½ hours (p. 269).
2 Fry leek and onion with bacon, add beans, stock or water, pepper, carrot, turnip, potato, celery, tomato paste, macaroni and spaghetti. Cook for 30 minutes.
3 Add cabbage, simmer for 10 minutes.
4 Serve garnished with grated cheese.

Spicy fish soup *(Vietnamese)*

Serves: 4
Cooking utensil: large saucepan
Preparation time: 15 minutes
Cooking time: 10 minutes

INGREDIENTS

4 cups (1 L) Fish stock (p. 332) or water
1 tablespoon (20 mL) fish sauce
1 teaspoon (5 g) tamarind paste
1 tablespoon (20 mL) sweet chilli sauce
1 cup (100 g) bean shoots
100 g vermicelli or rice noodles
4 spring onions, chopped
200 g fish, diced (e.g. flathead)
1 tomato (125 g), diced
1 tablespoon chopped Vietnamese mint
1 tablespoon chopped coriander

Method

1 Place all ingredients, except mint and coriander, in saucepan and bring to boil. Simmer gently for 10 minutes.
2 Add mint and coriander before serving.

Beef and vegetable soup

Serves: 4
Cooking utensil: large saucepan
Preparation time: 10 minutes
Cooking time: 10 minutes

INGREDIENTS

4 cups (1 L) Beef stock made with beef bones (p. 331)
1 cup diced or julienne vegetables (e.g. onion, carrot, celery, turnip)
1 teaspoon chopped parsley (for garnish)

Method

1 Heat stock, add vegetables and cook for 5 minutes until tender.
2 Taste and adjust flavours.
3 Serve garnished with parsley.

CHICKEN AND VEGETABLE SOUP

Follow recipe for **Beef and vegetable soup** using **Chicken stock** (p. 331) and adding ½ cup (75 g) diced chicken.

FISH AND VEGETABLE SOUP

Follow recipe for **Beef and vegetable soup** using **Fish stock** (p. 332) and adding ½ cup (75 g) diced fish.

Pho bo *(Vietnamese)*

Pho is often a meal in itself and is served for breakfast and lunch. Each person is served about 2 cups (500 mL) soup in a large bowl.

Serves: 4
Cooking utensil: large saucepan
Preparation time: 20 minutes
Cooking time: 35 minutes

INGREDIENTS

500 g beef spare ribs
6 cups (1.5 L) water
1 teaspoon chopped fresh ginger
2 tablespoons (40 mL) fish sauce
1 onion (125 g), finely chopped
125 g fresh rice noodles or 75 g dried noodles
½ bunch coriander, chopped
2 spring onions, thinly sliced
1 small red chilli, thinly sliced
1 lime, cut into wedges

Method

1 Bring spare ribs, water, ginger, fish sauce and onion slowly to boil. Simmer for 30 minutes.
2 Lift out bones. Remove meat, dice and return to saucepan.
3 Reheat to boiling point. If using dried noodles, add and cook for 2 minutes.
4 In each serving bowl, place noodles, coriander and spring onions. Pour hot liquid over.
5 Serve red chilli and lime wedges separately.

PHO GA

Follow recipe for **Pho bo**. Omit beef. At step 1, add 500 g chicken bones, with a small amount of chicken attached.



Pho bo







Croutons

To serve 6: Cut 1 slice day-old bread, 1 cm thick, into 1 cm cubes. Heat 4 tablespoons (80 mL) oil in frying pan and fry cubes of bread until golden-brown. Drain on paper towel and serve with thick soups (6–8 croutons per bowl).

MICROWAVE CROUTONS

To serve 6: Cut 1 slice day-old bread, 1 cm thick, into 1 cm cubes. Place in microwave dish. Spray with oil, microwave on high power, uncovered, for 2 minutes. Stir, cook further 2 minutes. Stand uncovered for 5 minutes to crisp. Serve with thick soups (6–8 croutons per bowl).

MICROWAVE SPICY CROUTONS

To serve 6: Cut 1 slice day-old bread, 1 cm thick, into 1 cm cubes. Place in microwave dish. Spray with oil, sprinkle with ¼ teaspoon paprika, ¼ teaspoon garlic salt, ¼ teaspoon curry powder, ¼ teaspoon dried parsley, mix gently. Microwave on high power, uncovered, for 2 minutes. Stir, cook further 2 minutes. Stand uncovered for 5 minutes to crisp. Serve with thick soups (6–8 croutons per bowl).

Making croutons: cutting the bread (top); spraying the bread with oil (centre); in the soup (bottom)



*14 Salads

A freshly prepared salad provides colour, flavour and texture to a meal. It can also add interest and a variety of essential nutrients to the diet. Cold salads are refreshing in summer and may be served instead of cooked vegetables with grilled or barbecued meat and fish or other dishes. Warm salads may be served as a starter or as a lunch dish. Salads containing meat, eggs, nuts, legumes or other protein foods may be served as a meal.

Vegetables used in salads

Blanched vegetables

Vegetables such as asparagus, cauliflower, broccoli, green beans, snow peas and zucchini can be blanched. This process involves placing the vegetables in boiling water for 30–60 seconds and then refreshing in iced water for 30 seconds. Blanching stops enzyme action and enhances colour while still retaining the crispness of the vegetable.

Cooked vegetables

Vegetables such as beetroot, potato, pumpkin, parsnip and artichoke hearts may be prepared and cooked for use in salads (see chapter 6).



NUTRITIONAL VALUE

Salads made from raw vegetables and fruits provide vitamins, minerals and fibre. Salads containing meat, fish, eggs, cheese, legumes or soy bean products add protein to the diet. Oil-based salad dressings increase the fat content of salads, but using polyunsaturated oils, such as safflower or sunflower oil, or monounsaturated oils, such as olive or canola oil, will mean the intake of saturated fats is reduced.

Uncooked vegetables

Many salad vegetables do not require cooking (see chapter 6) and special preparation techniques can be used to add visual interest to salads. These are listed below.

AVOCADO

Commonly available varieties include Fuerte, Haas and Sharwill. Cut in half lengthways and twist to separate. Remove stone by inserting the blade of a knife into the stone and twisting. Peel skin from flesh. The flesh may be served sliced or it can be mashed and combined with other ingredients.

CAPSICUM

Commonly available varieties are green, red or yellow in colour. To prepare, cut off top and either remove seeds and cut into rings, or halve, remove seeds and dice finely or cut into strips. To enhance the flavour, cut into halves or quarters and hold over a gas flame, or place under a hot griller until blistered and blackened. The skin is then easily removed if placed in a plastic bag for 10 minutes to steam.

CARROT

Carrots can be presented in many ways, depending on the intended texture and effect. They may be sliced on the diagonal to be crisp and chunky, or grated for a soft but colourful effect. To julienne a carrot chop it into lengths, cross-section each one lengthways then slice each section into narrow sticks.

CELERY

Celery may be finely diced and combined with other ingredients. To make celery curls, cut 6 cm lengths, then cut to within 2 cm of the end of each stick to form thin parallel strips. The strips curl when placed in ice-cold water for about 30 minutes.

CUCUMBER

Commonly available varieties are the green, Lebanese, telegraph and apple cucumbers. Score lengthways with a fork and slice thinly. Cucumbers may also be peeled, cut into small dice and combined with other ingredients.

FLOWERS

Marigolds, nasturtiums, viola and violets are edible, and add zest and colour to a green salad.

GHERKIN

Slice or dice finely. Gherkins may be cut into fancy shapes by slicing lengthways into 3 cm strips, almost to the stem end. Spread into a fan, and press the uncut end lightly so that the fan holds its shape.

MUSHROOMS

Most varieties may be used uncooked in salads. Wipe and use whole, sliced or chopped. Mushrooms do not need to be washed.





RADISH, ROUND

Radishes may be cut into roses. Trim root and stalk and, using the tip of a vegetable knife, mark six petals from root end to stalk. With the point of the knife, gently lift the skin back to form petals, taking care to leave the petals joined at the stalk end. Place in ice-cold water for 30 minutes to open and curl slightly.

SPRING ONION

Spring onions may be finely sliced and combined with other ingredients. To make curls, trim the green tops to within 4 cm of the white, and cut the remaining green section into parallel strips. These form curls when placed in ice-cold water for approximately 30 minutes.

TOMATO

Tomatoes can be presented in thin slices, wedges or diced chunks. Cherry tomatoes and baby romas can be used whole or cut in half. Heirloom tomatoes are a recent and welcome addition to the standard varieties available in Australia thanks to seed savers networks and keen gardeners. These traditional tomato varieties come in greens, yellows, reds, pinks and even black in a range of shapes and sizes. They provide visual interest to a wide range of salads.



(Above) Heirloom tomatoes;
(Top right) Julienne carrots;
(Right) Marigolds, nastutiums and violas

Broad bean and toasted almond salad

Serves: 2
Serving dish: salad bowl
Preparation time: 15 minutes

INGREDIENTS

1 cup (100 g) cooked broad beans
1 tablespoon (20 mL) Mayonnaise (p. 364) or French dressing (p. 363)
1 tablespoon chopped chives or spring onions
¼ cup (25 g) toasted or smoked almonds

Method

1 Combine broad beans and mayonnaise or French dressing.
2 Add chives or spring onions and almonds and mix through.
3 Chill and serve.

Broccoli salad

Broccolini may be substituted for broccoli.
Serves: 2
Serving dish: salad bowl
Preparation time: 15 minutes

INGREDIENTS

6 cherry tomatoes
1 cup (120 g) blanched broccoli
½ tablespoons (30 mL) French dressing (p. 363)

METHOD

1 Wash tomatoes.
2 Place broccoli in bowl, arrange tomatoes around.
3 Add dressing and serve immediately.

Caesar salad

Serves: 2
Cooking utensil: frying pan
Serving dish: salad bowl
Preparation time: 20 minutes
Cooking time: 2 minutes

INGREDIENTS

2 slices bread, 2 cm thick
1 tablespoon (20 mL) olive oil
1 garlic clove, chopped
½ cos lettuce
2 eggs, boiled 2 minutes (soft-boiled)
½ cup (60 g) shaved parmesan cheese
2 anchovy fillets
juice of ½ lemon
2 shakes black pepper
2 teaspoons (10 mL) olive oil, extra

Method

1 Cut bread into 2 cm cubes and fry in oil with garlic.
2 Wash lettuce and tear large leaves into pieces.
3 Place all ingredients in salad bowl and mix gently.

MICROWAVE METHOD

In step 1, croutons can be made in microwave. See page 344.

SMOKED-CHICKEN CAESAR SALAD

Follow recipe for **Caesar salad**. Add ½ cup (75 g) chopped smoked chicken.

Chicken salad

Serves: 4
Serving dish: salad bowl
Preparation time: 20 minutes

INGREDIENTS

2 cups (300 g) diced cooked chicken
2 celery stalks (200 g), sliced
6 shakes black pepper
1 tablespoon chopped parsley
¼ cup (65 mL) light sour cream
or Yoghurt dressing (p. 364)
¼ cup (40 g) chopped toasted almonds

Method

1 Combine all ingredients except almonds in salad bowl. Mix well.
2 Chill and serve with almonds sprinkled on top.

CHICKEN AND GREEN BEAN SALAD

Follow recipe for **Chicken salad**. At step 1, add 1 cup (120 g) blanched sliced green beans.

CHICKEN AND MANDARIN SALAD

Follow recipe for **Chicken salad**. At step 1, add 1 mandarin broken into segments. Garnish with 2 teaspoons (10 g) capers.

CHICKEN AND MANGO SALAD

Follow recipe for **Chicken salad**. At step 1, add 1 teaspoon curry paste and ½ peeled and diced mango.

Coleslaw

Serves: 4
Serving dish: large salad bowl
Preparation time: 25 minutes

INGREDIENTS

2 cups (200 g) finely shredded cabbage
½ cup (100 g) finely diced Lebanese cucumber
½ cup (75 g) finely diced celery
¼ cup (30 g) diced red capsicum
¼ teaspoon paprika
1 teaspoon (5 g) grain mustard
3 tablespoons (60 mL) Mayonnaise (p. 364)
3 tablespoons (60 mL) French dressing (p. 363)

Method

1 Combine all ingredients in salad bowl.
2 Toss lightly and serve.

RED COLESLAW

Follow recipe for **Coleslaw**. Replace 1 cup (100 g) cabbage with 1 cup (100 g) red cabbage.

TROPICAL COLESLAW

Follow recipe for **Coleslaw**. Add one or more of: ½ cup pineapple pieces, ½ cup grated carrot, ½ cup sultanas, ½ cup diced apple, ½ cup diced orange.

Cucumber and yoghurt salad

Serves: 4
Serving dish: salad bowl
Preparation time: 10 minutes

INGREDIENTS

1 green cucumber (250 g)
½ teaspoon salt
3 shakes pepper
½ cup (125 mL) natural yoghurt
1 tablespoon chopped dill

Method

1 Wash cucumber and slice very thinly.
2 Combine all ingredients in salad bowl.
3 Chill thoroughly.

Gado gado *(Indonesian)*

Serves: 6
Cooking utensil: small saucepan
Serving dish: salad platter
Preparation time: 30 minutes
Cooking time: 20 minutes

INGREDIENTS

PEANUT SAUCE

2 teaspoons (10 mL) oil
1 onion (125 g), finely chopped
1 garlic clove, crushed
1 teaspoon chilli powder
1 teaspoon (5 g) curry paste
½ cup (60 g) chopped unsalted peanuts
¼ cup (65 mL) red wine vinegar
2 tablespoons (40 g) peanut butter
1 cup (250 mL) water
2 teaspoons (10 mL) soy sauce

SALAD INGREDIENTS

1 cup (100 g) bean shoots
½ cup (60 g) green beans, blanched
1 carrot (125 g), sliced and blanched
1 small cucumber, sliced
1 cup (120 g) cauliflower florets, blanched
2 hard-boiled eggs, sliced

Method

1 Heat oil in saucepan, add onion and garlic. Sauté for 2 minutes.
2 Add chilli powder and curry paste. Cook 1 minute.
3 Add peanuts, vinegar, peanut butter, water and soy sauce.
4 Bring to boil, simmer for 10 minutes. Allow to cool.
5 Prepare vegetables and place in groups on serving platter.
6 Serve with peanut sauce and sliced egg on top.

Green salad

Serves: 2
Serving dish: salad bowl
Preparation time: 10 minutes

INGREDIENTS

100 g prepared lettuce or mixed salad leaves
¼ cucumber (60 g), thinly sliced
1 spring onion, thinly sliced
1 teaspoon chopped parsley
1 tablespoon (20 mL) French dressing (p. 363)

Method

1 Tear lettuce leaves into pieces and place in salad bowl.
2 Mix with other ingredients just before serving.

TOSSED SALAD

Follow recipe for **Green salad**. For variety, add some of the following: ¼ diced capsicum, 1 sliced radish, 50 g semidried tomatoes or cherry tomatoes, 4 black or green pitted olives, 25 g prepared snow peas or sugar peas, 10 g edible flowers (see p. 347), 25 g artichoke hearts, ¼ sliced avocado, 1 sliced mushroom.

Greek salad

Serves: 6
Serving dish: salad bowl
Preparation time: 15 minutes

INGREDIENTS

4 tomatoes (500 g)
1 small red onion
1 Lebanese cucumber
125 g pitted black olives
125 g feta cheese
½ cup (125 mL) olive oil
2 teaspoons oregano
½ teaspoon salt, or to taste

Method

1 Cut tomatoes into wedges, and place in salad bowl.
2 Peel and slice onion. Roughly cut cucumber into cubes or wedges. Add to salad bowl.
3 Add olives and cheese, which can be crumbled by hand or with a fork.
4 Mix oil, oregano and salt together. Drizzle over salad. Toss ingredients gently.
5 Serve with bread, such as Greek-style flat bread or Italian ciabatta.



Greek salad

Mushroom salad

Serves: 4
Serving dish: salad bowl
Preparation time: 10 minutes

INGREDIENTS

250 g mushrooms (e.g. enoki, oyster, shiitake)
1 cup chopped parsley
3 tablespoons (60 mL) French dressing (p. 363)

Method

1 Wipe mushrooms and tear or cut into thin slices. (If using enoki, keep whole.)
2 Combine mushrooms, parsley and dressing in salad bowl. Chill and serve.

Mushroom and asparagus salad

Serves: 2
Serving dish: Small saucepan, platter
Preparation time: 15 minutes

INGREDIENTS

80 g asparagus
100 g button mushrooms, halved
¼ red capsicum, julienned (p. 346–7)
½ cup rocket
¼ cup (65 mL) fresh orange juice
1 tablespoon (20 mL) white balsamic vinegar
1 tablespoon (20 mL) honey
¼ cup (65 mL) olive oil
2 teaspoons shallots, finely diced
salt and cracked black pepper to taste

Method

1 Cut asparagus into three even pieces, blanche, then refresh in iced water.
2 Place asparagus, mushrooms, capsicum and rocket in bowl and toss together.
3 *Dressing:* Place the orange juice, vinegar, honey, oil and shallots in mixing bowl, whisk together until combined and season with salt and pepper to taste.
4 Pour dressing over salad, tossing to coat and serve.



Mushroom and asparagus salad

Pasta salad

Serves: 4
Cooking utensil: saucepan
Serving dish: salad bowl or platter
Preparation time: 25 minutes
Cooking time: 12 minutes

INGREDIENTS

1 cup (100 g) pasta
200 g ham
1 celery stalk (100 g), diced
2 spring onions, sliced
3 tablespoons (60 mL) Mayonnaise (p. 364)
½ teaspoon prepared horseradish
3 shakes pepper
4 lettuce leaves (e.g. red oakleaf, cos)
GARNISH
1 tomato, cut into wedges
½ red capsicum, sliced thinly

Method

1 Cook pasta in boiling, salted water for 10–12 minutes. Drain and rinse.
2 Cut ham into julienne strips.
3 Combine pasta, ham, celery, spring onions, mayonnaise, horseradish and pepper.
4 Chill and place mixture in lettuce leaves in salad bowl or on platter. Garnish with tomato wedges and sliced capsicum and serve.

SMOKED TROUT AND NOODLE SALAD

Follow recipe for **Pasta salad**, replacing pasta with 100 g fresh noodles and ham with 200 g smoked trout.

Potato salad

Serves: 4
Cooking utensil: saucepan
Serving dish: salad bowl or platter
Preparation time: 15 minutes
Cooking time: 15 minutes

INGREDIENTS

3 waxy potatoes (450 g) (e.g. Nicola or Pontiac)
2 tablespoons chopped spring onions or chives
2 teaspoons chopped mint
3 tablespoons (60 mL) Mayonnaise (p. 364)
4 lettuce leaves, to serve

Method

1 Scrub potatoes and cut into 1 cm dice.
2 Place in saucepan, cover with cold water and bring to boil. Turn off heat and allow to stand for 5 minutes.
3 Drain and cool.
4 Add spring onions or chives and mint to potatoes.
5 Pour mayonnaise over to bind the vegetables. Chill.
6 Serve on lettuce leaves in salad bowl or on platter.

MICROWAVE METHOD

At step 2, microwave for 3–5 minutes on high power.

Roasted pumpkin, chickpea and feta salad

Serves: 4
Cooking utensil: roasting pan
Serving dish: salad bowl
Preparation time: 15 minutes
Cooking time: 20–25 minutes
Oven temperature: 200°C

INGREDIENTS

300 g butternut pumpkin, peeled and diced into 3 cm cubes
2 Spanish onions, peeled and cut into 8 slices each
2 red capsicums, deseeded and cut into 8 pieces each
¼ cup (60 mL) olive oil
½ teaspoon salt
½ teaspoon black pepper
3 tablespoons (60 mL) sherry vinegar
2 tablespoons (40 mL) olive oil
400 g can chickpeas, drained and rinsed
¼ cup parsley leaves, chopped
80 g mixed leaves, baby spinach, radicchio, and rocket
150 g Greek-style fetta

Method

1 Set oven at 200°C.
2 Place pumpkin, onions and capsicum in roasting pan. Drizzle with oil and season with salt and pepper. Place in oven and roast for 20–25 minutes until vegetables are tender and cooked through.
3 Remove from oven, place in large bowl and toss through vinegar, olive oil and chickpeas. Cool for 4–5 minutes then toss through remaining ingredients and serve warm, or at room temperature.

Roast vegetable and coriander salad

Sweet potato can be used with, or instead of, the pumpkin and parsnip.
Serves: 4
Cooking utensil: roasting pan
Serving dish: salad bowl
Preparation time: 20 minutes
Cooking time: 20 minutes
Oven temperature: 200°C

INGREDIENTS

150 g pumpkin
150 g sweet potato
150 g parsnip
1 tablespoon (20 mL) olive oil
1 tablespoon (20 mL) balsamic vinegar
1 tablespoon (20 mL) sweet chilli and ginger sauce
4 tablespoons chopped coriander stalks
coriander leaves (for garnish)

Method

1 Set oven at 200°C.
2 Peel pumpkin, sweet potato and parsnip. Cut into 2 cm rough dice. Mix with olive oil.
3 Roast vegetables for 20 minutes, turning every 5 minutes. Cool.
4 Mix vinegar and coriander stalks. Pour over vegetables.
6 Garnish with coriander leaves just before serving.

MICROWAVE METHOD

At step 2, microwave for 5 minutes on high power.

Rice and egg salad

Serves: 4
Cooking utensil: saucepan
Serving dish: salad bowl
Preparation time: 20 minutes
Cooking time: 12 minutes white rice, 45 minutes brown rice

INGREDIENTS

½ cup (100 g) jasmine, basmati or brown rice, or white and wild rice mix
2 hard-boiled eggs, chopped
2 spring onions, sliced
1 celery stalk (100 g), diced
½ red capsicum (65 g), diced
¼ cup (40 g) grated carrot
3 tablespoons (60 mL) Quick salad dressing (p. 363).

Method

1 Cook rice in boiling salted water.
2 Combine all ingredients and mix lightly. Chill well and serve in salad bowl.

FRUIT-AND-NUT RICE SALAD

Follow recipe for **Rice and egg salad**. Omit egg. Add ½ cup (90 g) sultanas, ⅓ cup (40 g) pine nuts and 2 teaspoons chopped glacé ginger.

Salade Niçoise *(French)*

This can be made using 100 g Atlantic salmon instead of tuna. Cook salmon for 1 minute in a microwave oven on medium power.
Serves: 6
Cooking utensil: saucepan
Serving dish: salad platter
Preparation time: 25 minutes
Cooking time: 20 minutes

INGREDIENTS

DRESSING
¼ cup (65 mL) olive oil
1 tablespoon (20 mL) lemon juice
1 tablespoon (20 mL) red wine vinegar
1 garlic clove, crushed
SALAD INGREDIENTS
500 g small new potatoes
100 g baby green beans, topped
6 cos lettuce leaves, torn
50 g baby spinach leaves
1 tomato (125 g), chopped
2 hard-boiled eggs, quartered
185 g canned Italian-style tuna, drained and broken into small chunks
8 anchovy fillets in oil, drained and halved
1 tablespoon chopped parsley
50 g black olives

Method

1 *Make dressing:* Combine all ingredients and whisk well.
2 Cook potatoes in boiling water until just tender, drain, cool. Cut into halves.
3 Cook beans for 4 minutes in boiling water, drain, cool.
4 Place lettuce and spinach leaves on large platter and top with potato, beans, tomato, egg, tuna and anchovy halves.
5 Sprinkle with parsley and scatter on olives.
6 Drizzle dressing over salad.

Spicy lima bean salad

Dried beans, such as red kidney beans, cannellini beans, black-eyed beans or a bean mix, may be used.

Serves: 4
Serving dish: salad bowl
Preparation time: 10 minutes

INGREDIENTS

2 tablespoons (40 mL) French dressing (p. 363)
2 teaspoons (10 mL) sweet chilli and ginger sauce
440 g canned lima beans, drained
4 spring onions, sliced
½ cup (75 g) finely diced celery

Method

1 Add French dressing and sauce to beans. Cover and cool in refrigerator.
2 Mix in spring onions and celery and serve in salad bowl.

Note: If using dried beans, soak for 6 hours and cook in water for 1–1½ hours, until just tender. Drain. Cool.

Tabouli *(Mediterranean)*

Serves: 2
Cooking utensil: small saucepan
Serving dish: salad bowl
Preparation time: 20 minutes
Cooking time: 5 minutes

INGREDIENTS

¼ cup (25 g) burghul or cracked wheat
½ cup (125 mL) boiling water
1 tomato (125 g), chopped
1 garlic clove, crushed
1 spring onion, sliced
1 cup chopped flat-leaf parsley
1 tablespoon chopped mint
1 tablespoon (20 mL) lemon juice
1 tablespoon (20 mL) olive oil

Method

1 Wash burghul or cracked wheat and place in boiling water for 5 minutes. Drain.
2 Combine burghul with prepared vegetables, parsley and mint.
3 Mix lemon juice and oil, stir through burghul mixture.
4 Serve in salad bowl.



Tabouli

Summer salad

Serves: 4
Serving dish: salad bowl
Preparation time: 20 minutes

INGREDIENTS

½ cup (50 g) sultana grapes
½ cup (75 g) orange or mandarin segments
½ cup (50 g) bean sprouts or alfalfa
½ cup (75 g) diced telegraph cucumber
½ cup (75 g) diced celery
1 avocado, sliced
1 cup (100 g) sliced snow peas
3 tablespoons (60 mL) French dressing (p. 363)
¼ cup (25 g) toasted almonds (for garnish)

Method

1 Combine fruits and vegetables in salad bowl.
2 Pour dressing over just before serving.
3 Garnish with toasted almonds.

Thai salad

Serves: 4
Special equipment: griller
Serving dish: salad bowl
Preparation time: 20 minutes

INGREDIENTS

DRESSING

½ cup (125 mL) coconut cream
2 teaspoons (10 mL) lime juice
1 teaspoon (5 mL) sesame oil
1 teaspoon (5 g) honey
¼ teaspoon fish sauce

CROUTONS

1 teaspoon chopped coriander
1 teaspoon sesame seeds
1 teaspoon (5 g) butter, softened
1 slice bread, toasted on one side

SALAD INGREDIENTS

2 baby bok choy, blanched and sliced
½ yellow capsicum (65 g), cut into julienne strips
½ red capsicum (65 g), cut into julienne strips
½ cup (40 g) mung beans
½ cup (40 g) bean sprouts
½ zucchini (50 g), grated
1 tablespoon chopped coriander

Method

1 M*ake dressing:* Shake all ingredients together in a screw-top jar.
2 *Make croutons:* Combine coriander, sesame seeds and butter. Spread mixture on untoasted side of bread. Toast under griller. Cut into cubes.
3 Combine salad vegetables, coriander and dressing in salad bowl.
4 Sprinkle croutons over and toss.

Tomato and basil salad

Serves: 6
Serving dish: salad bowl
Preparation time: 15 minutes

INGREDIENTS

4 tomatoes (500 g), sliced
6 spring onions, chopped
¼ cup basil leaves
rind and juice of 1 lime
1 tablespoon (20 mL) balsamic vinegar

Method

Combine all ingredients and serve.

CAPRESE SALAD (ITALIAN)

Follow recipe for **Tomato and basil salad**. Add 200 g bocconcini and arrange on a platter as the three colours of the Italian flag.



Tomato and basil salad

Tomato, onion and cucumber salad

Serves: 4
Serving dish: salad bowl
Preparation time: 15 minutes

INGREDIENTS

2 tomatoes (250 g)
½ Lebanese cucumber (125 g)
½ white onion (65 g)
¼ teaspoon salt
3 shakes pepper
1 teaspoon (5 g) sugar
1 tablespoon (20 mL) white wine vinegar
1 teaspoon chopped parsley (for garnish)

Method

1 Wash tomatoes and slice thinly.
2 Peel, score and slice cucumber thinly.
3 Remove skin and slice onion thinly.
4 Arrange tomatoes, cucumber and onion in layers in salad bowl, sprinkling with salt, pepper and sugar.
5 Pour vinegar over and serve garnished with parsley.

Tortellini salad

Serves: 6
Cooking utensil: saucepan
Serving dish: Large salad bowl
Preparation time: 30 minutes
Cooking time: 12 minutes

INGREDIENTS

500 g tortellini
2 red capsicums (250 g)
½ cup (75 g) semidried tomatoes
450 g canned artichoke hearts, drained
4 spring onions, sliced
¼ cup basil leaves
1 tablespoon (20 mL) lemon juice
1 tablespoon (20 mL) balsamic vinegar
2 teaspoons (10 g) grain mustard
6 shakes pepper
¼ cup (65 mL) olive oil

Method

1 Cook tortellini in boiling salted water for 12 minutes. Drain and refrigerate 1 hour.
2 Slice capsicums thinly. Blanch and drain.
3 Add capsicum, tomatoes, artichoke hearts and spring onions to tortellini.
4 Chop basil leaves and mix with lemon juice, vinegar, mustard and pepper, adding oil slowly.
5 Pour over salad and serve in salad bowl.

Warm chicken salad

Serves: 4
Cooking utensil: frying pan
Serving dish: salad platter
Preparation time: 20 minutes, plus 2 hours marinating
Cooking time: 8 minutes

INGREDIENTS

4 chicken breast fillets (400 g), cut into strips
1 tablespoon (20 g) green curry paste
2 red capsicums (250 g), sliced into thin strips
2 cups (120 g) snow peas
1½ cups (180 g) broccoli florets
1¼ cups (150 g) green beans, cut into 5 cm lengths
½ cup (125 mL) Chicken stock (p.331)
1 teaspoon chopped fresh ginger
4 sprigs coriander (for garnish)

Method

1. Coat chicken in green curry paste. Marinate for 2 hours.
2. Blanch capsicum, snow peas, broccoli florets and green beans. Strain, cool.
3. Fry chicken in frying pan until golden brown (approx. 5 minutes). Remove from pan and cool.
4. Add stock and ginger to pan and boil for 3 minutes to reduce liquid.
5. Arrange vegetables on platter and place chicken on top. Pour warm liquid over and serve garnished with coriander.

MICROWAVE METHOD

At step 1, microwave coated chicken on defrost setting for 2 minutes instead of marinating 2 hours.

WARM BEEF SALAD

Follow recipe for **Warm chicken salad**. Replace chicken with 400 g fillet or rump steak. Grill steak, in one piece, until rare. Cool 10 minutes and slice thinly. Serve as for chicken.

Vietnamese coleslaw

Serves: 4
Serving dish: salad bowl
Preparation time: 20 minutes

INGREDIENTS

2 cups (200 g) finely shredded Chinese cabbage (wom bok)
1 medium carrot (125 g), cut into julienne strips
1 celery stalk (100 g), thinly sliced
¼ cup chopped Vietnamese mint
¼ cup (40 g) chopped peanuts
1 cup (200 g) finely sliced rare beef or cooked chicken

DRESSING

4 tablespoons (80 mL) rice wine vinegar
2 teaspoons (10 g) caster sugar
¼ teaspoon dried chilli flakes
2 teaspoons (10 mL) lime juice
2 teaspoons (10 mL) fish sauce

Method

1. Place all salad ingredients in a bowl.
2. Prepare dressing by combining thoroughly in a small bowl.
3. Pour dressing over salad and mix thoroughly.

Warm potato salad

For added colour, dice ½ red capsicum and add to mixture.

Serves: 4
Cooking utensil: saucepan
Serving dish: salad bowl
Preparation time: 20 minutes
Cooking time: 10 minutes

INGREDIENTS

2 waxy potatoes (300 g)
(e.g. Nicola or Pontiac)
1 celery stalk (100 g), sliced
½ white onion (65 g), finely sliced
1 tablespoon chopped parsley
2 tablespoons (40 mL) natural yoghurt or light sour cream
1 tablespoon (20 g) grain mustard

Method

1 Scrub potatoes, cut into 1 cm dice. Place in cold water in saucepan and bring to boil. Remove from heat, allow to stand for 5 minutes. Drain, keep warm.
2 Mix all ingredients gently in salad bowl and serve.

WARM BACON AND POTATO SALAD

Follow recipe for **Warm potato salad**, adding 1 rasher (50 g) bacon, diced and lightly fried.

WARM EGGPLANT AND SPINACH SALAD

Follow recipe for **Warm potato salad**, using 150 g cooked and diced eggplant. Add ½ cup spinach leaves instead of parsley.

WARM PUMPKIN SALAD

Follow recipe for **Warm potato salad**, using 150 g cooked and diced pumpkin. Coriander may be used instead of parsley.

Waldorf salad

Serves: 4
Serving dish: salad bowl
Preparation time: 15 minutes

INGREDIENTS

1 Granny Smith apple (125 g)
1 red apple (125 g)
2 tablespoons (40 mL) Mayonnaise (p. 364)
1 celery stalk (100 g), finely diced
½ cup (50 g) walnut or pecan pieces

Method

1 Core and cut apples into 1 cm dice or thin slices.
2 Combine with mayonnaise and celery.
3 Spoon into bowl, garnish with walnut or pecan pieces.



Waldorf salad

Zucchini salad

Serves: 4
Cooking utensil: saucepan
Serving dish: salad bowl
Preparation time: 15 minutes

INGREDIENTS

2 zucchini (200 g), sliced
1 garlic clove, crushed
½ teaspoon salt
3 shakes cayenne
¼ cup (65 mL) sour cream or natural yoghurt

Method

1 Blanch zucchini. Strain and cool.
2 Combine all ingredients in salad bowl and chill. Serve.

ZUCCHINI AND APPLE SALAD

Follow recipe for **Zucchini salad**. Add 1 apple (125 g), cored and cut into thin slices at step 2.

Salad dressings

Salad dressings add flavour and enhance the appearance of a salad. There is a wide variety of dressings, from the rich egg-and-oil-based mayonnaise to the lighter vinegar and oil mixtures.

The amount of dressing to add to a salad depends on personal taste and the type of salad prepared. The guideline should be to add less rather than more, with the option to add more at the table. The kilojoule value can be reduced by choosing a dressing with a lower oil content or a commercially prepared no-oil dressing.

Dressings should be added to a salad just prior to serving to prevent wilting of the salad greens.

Types of dressing

Vinaigrette is a mixture of vinegar and oil in the proportions of 1 part oil to 1 part vinegar. Mustard, chopped herbs and crushed garlic may be added.

Emulsion is a mixture of two liquids that cannot normally be combined. Mayonnaise is an example of an emulsion. An emulsion is created by adding one ingredient—in this case oil—slowly while mixing another ingredient—the egg yolks—rapidly. This disperses and suspends tiny droplets of one liquid through another. In mayonnaise, egg yolk is called the emulsifier; its function is to stabilise the mixture.

French dressing

Will keep for several weeks in the refrigerator.

Quantity: ¼ cup (65 mL)

Preparation time: 5 minutes

INGREDIENTS

2 tablespoons (40 mL) olive, sunflower, safflower or canola oil
1 tablespoon (20 mL) wine vinegar, cider vinegar or herb vinegar
½ teaspoon salt
1 teaspoon (5 g) grain mustard
1 teaspoon (5 g) sugar
1 garlic clove, chopped (optional)

Method

1 Combine all ingredients in a screw-top jar. Shake to mix.
2 Add 1–2 tablespoons to salad just prior to serving.

Quick salad dressing

Quantity: 2 cups (500 mL)

Preparation time: 5 minutes

INGREDIENTS

1 tablespoon (20 g) mustard
½ teaspoon salt
400 g condensed skim milk
¾ cup (190 mL) vinegar

Method

1 Blend mustard, salt and condensed milk.
2 Gradually stir in vinegar or mix all ingredients in blender.
3 Store in refrigerator. Use as required.



Salad dressings

Mayonnaise

This is quickly and easily made in a food processor or blender, adding the oil one drop at a time. It will keep for several weeks in the refrigerator.

Quantity: 1 cup (250 mL)

Preparation time: 15 minutes

INGREDIENTS

2 egg yolks
¼ teaspoon salt
3 shakes cayenne pepper
½ teaspoon mustard
½ teaspoon sugar
¾ cup (185 mL) light olive oil
2 tablespoons (40 mL) white wine vinegar

Method

1 Place egg yolks in bowl with flavourings and beat slightly.
2 Add oil a drop at a time, beating rapidly until thick and creamy.
3 Add vinegar a drop at a time, beating well. Extra vinegar can be added to obtain desired consistency.
4 Use as required.

Note: Freshly chopped herbs, such as basil, chives, parsley or tarragon, can be added just before use.

Yoghurt dressing

For variety, add 1 tablespoon of flavouring ingredient, such as ginger, honey, grain mustard or chopped fresh herbs. Will keep for 1–2 weeks in the refrigerator.

Quantity: 1 cup (250 mL)

Preparation time: 5 minutes

INGREDIENTS

1 cup (250 mL) natural yoghurt
1 teaspoon (5 mL) lemon juice
½ teaspoon sugar
¼ teaspoon salt

Method

1 Combine all ingredients.
2 Add 1–2 tablespoons to salad just before serving.

Caesar dressing

Can be kept in a sealed jar in the refrigerator for 1–2 weeks. Egg can be omitted from this recipe but the dressing will not be as thick and creamy.

Quantity: 1 cup (250 mL)

Preparation time: 5 minutes

INGREDIENTS

1 egg
1 tablespoon (20 mL) red wine vinegar
1 teaspoon (5 mL) lemon juice
1 teaspoon (5 mL) Worcestershire sauce
1 teaspoon (5 mL) Dijon mustard
1 garlic clove, crushed
½ cup (125 mL) olive oil
¼ teaspoon salt

Method

1. Break egg into a bowl and add all other ingredients.
2. Whisk vigorously until dressing is thick, smooth and shiny.



*15

Sauces

Sauces—both savoury and sweet—are liquids or semi-liquids that are used to enhance the appearance, taste and moisture of dishes. Mint sauce, for example, is added to roast lamb to enhance flavour. Chocolate sauce moistens a pudding.

Basic sauces

Basic sauces, or mother sauces, are used for making variations of the original sauce. There are five groups of basic sauces. Various agents are used to thicken sauces (next page).

1 **Brown sauce** (demi-glace) or **Espagnole sauce** are brown stock-based sauces that are thickened with a brown roux.
2 **Velouté** is made with white stock and a 'blond' roux.
3 **Béchamel sauce** is made with milk and white roux.
4 **Fresh tomato sauce** is red in colour and tomato-based.
5 **Emulsions** are sauces such as Hollandaise or mayonnaise.



Basic sauces

Thickening agents

Roux consists of flour and melted fat (butter, margarine, dairy blend or oil), blended to a smooth paste then cooked over a low heat to burst the starch grains. The longer the roux is cooked, the deeper the colour will be. A white roux is light beige, a blond roux is pale gold while a brown roux is cooked to deep golden brown. Three of the five basic sauces are thickened with a roux.

Starch, found in flour, is blended with a small amount of liquid to a paste before being combined with the rest of the liquid; for example, cornflour sauce.

Egg yolk may be used in both a cooked sauce, such as custard sauce, or an uncooked sauce, such as mayonnaise.

Butter may be melted to combine with other ingredients, as in hollandaise sauce, or used unmelted, as in brandy sauce.

Beurre manié is a paste used to thicken sauces and gravies when the consistency needs adjusting after cooking has finished. *To make:* blend 3 tablespoons (60 g) butter with 3 tablespoons (30 g) plain flour. *To use:* add ½ teaspoon at a time, stir until melted and reheat after each addition to cook the starch.
To store: place in a covered jar in refrigerator.



Roux making: melting butter or oil (left); stirring in flour (middle); blending to a smooth paste (right)

Savoury sauces

Aioli *(Spanish)*

This garlic mayonnaise is an emulsion sauce, popular with Spanish tapas.

Makes: 1 cup (250 mL)
Special equipment: food processor
Preparation time: 10 minutes

INGREDIENTS

2 garlic cloves, chopped
¼ cup (65 mL) lemon juice
2 egg yolks
2 cups (500 mL) olive oil
¼ teaspoon salt
¼ teaspoon pepper

Method

1 Process garlic, lemon juice and egg yolks in food processor until smooth.
2 With the motor running, slowly add olive oil in a thin and steady stream until mixture is thick and creamy.
3. Season with salt and pepper.

Béarnaise sauce

This is a tarragon-flavoured sauce to serve with grilled meat and fish.

Makes: 1 cup (250 mL)
Cooking utensil: saucepan
Preparation time: 10 minutes
Cooking time: 15 minutes

INGREDIENTS

½ cup (125 mL) white wine
2 tablespoons (40 mL) tarragon vinegar
1 spring onion, chopped
2 peppercorns, crushed
2 tarragon sprigs, chopped
1 chervil sprig, chopped
3 egg yolks
¾ cup (190 g) butter, melted

Method

1 In saucepan, combine white wine, vinegar, spring onion, peppercorns and herbs.
2 Simmer until liquid is reduced by half. Allow to cool.
3 Beat vigorously, while adding egg yolks (one at a time) and butter.
4 Continue to beat until sauce thickens.



Aioli

Béchamel sauce

Makes: 2 cups (500 mL)
Cooking utensils: 2 saucepans
Preparation time: 5 minutes
Cooking time: 10-12 minutes

INGREDIENTS

1 bay leaf
2 cloves
1 small onion, peeled
2 cups (500mL) milk
50g butter
50g plain flour
¼ teaspoon salt
¼ teaspoon white pepper

Method

1 Stud onion with bay leaf, using 2 cloves to secure it. Place onion in saucepan and pour in milk. Bring to a simmer over medium heat for 2–3 minutes.
2 Remove from heat and set aside for 10–15 minutes while flavours infuse.
3 Place butter in another saucepan and melt over medium heat. Add flour and cook, stirring, for 1–2 minutes until paste (roux) is golden in colour.
4 Remove onion from milk and discard. Using a whisk, gradually incorporate milk into roux mixture, whisking until smooth and thick.
5 Bring to boil then reduce to simmer and cook for further 5 minutes. Season with salt and pepper.

Brown sauce

This basic brown sauce can be flavoured and used with savoury dishes.
Makes: 1 cup (250 mL)
Cooking utensil: small saucepan
Preparation time: 5 minutes
Cooking time: 15 minutes

INGREDIENTS

1 onion (125 g), diced
2 tablespoons (40 g) butter
2 tablespoons (20 g) plain flour
1 cup (250 mL) stock (p. 331) or water
1 teaspoon (5 mL) Worcestershire sauce

Method

1 Fry onion in butter until light brown.
2 Add flour, stirring with a wooden spoon, until mixture is light brown.
3 Remove from heat. Gradually add stock or water, stirring continually.
4 Return to heat and stir until boiling. Add Worcestershire sauce, reduce heat and simmer for 1 minute.
5 Flavour and use as required.

BARBECUE SAUCE

Follow recipe for **Brown sauce**. Add 1 crushed garlic clove with onion at step 1. Add 1 tablespoon (20 mL) vinegar, 1 teaspoon (5 g) grain mustard and 1 teaspoon brown sugar at step 3.

BROWN MUSHROOM SAUCE

Follow recipe for **Brown sauce**. Add ½ cup (50 g) chopped and sautéed mushrooms or 125 g canned mushrooms in butter sauce.

BROWN ONION SAUCE

Follow recipe for **Brown sauce**. Use 1 extra diced onion (125 g).

Cornflour sauce

A low-fat sauce that can be made with different flavourings.

Makes: 1 cup (250 mL)
Cooking utensil: saucepan
Preparation time: 5 minutes
Cooking time: 10 minutes

INGREDIENTS

1½ tablespoons (15 g) cornflour
1 cup (250 mL) milk
½ teaspoon salt
3 shakes pepper

Method

1 In a bowl, blend cornflour with ¼ cup (65 mL) milk.
2 Heat remainder of milk in saucepan until almost boiling.
3 Pour over cornflour, stirring with a wooden spoon.
4 Return to saucepan. Stir over heat until boiling, reduce heat and simmer for 30 seconds.
5 Add salt and pepper.

MICROWAVE METHOD

Blend cornflour with milk and microwave on high power for 1 minute. Stir and cook a further 1 minute on high power. Stir again and cook for another minute. Add salt and pepper.

Espagnole sauce

A form of Brown sauce.

Makes: 1 cup (250 mL)
Cooking utensil: saucepan
Preparation time: 15 minutes
Cooking time: 40 minutes

INGREDIENTS

2 tablespoons (40 g) butter
2 tablespoons (20 g) plain flour
1½ cups (375 mL) Beef stock (p. 331)
½ carrot (65 g), chopped
1 onion (125 g), chopped
½ teaspoon dried mixed herbs
or Bouquet garni (see p. 67)
1 tablespoon (20 g) tomato paste
1 tablespoon (15 g) chopped bacon
2 shakes black pepper

Method

1 Melt butter in saucepan, add flour.
2 Stir with wooden spoon until light brown.
3 Remove from heat. Add stock gradually, stirring continually.
4 Return to heat, stir until boiling. Add remaining ingredients, reduce heat and simmer for 30 minutes.
5 Strain through sieve, reheat and use as required.

Hollandaise sauce

A sharp, buttery sauce to serve with vegetables like asparagus and green beans.

Makes: 100 mL
Cooking utensil: double saucepan
Preparation time: 15 minutes
Cooking time: 15 minutes

INGREDIENTS

¼ cup (65 g) butter
2 egg yolks, beaten
2 tablespoons (40 mL) lemon juice
3 shakes pepper

Method

1. Melt butter in top of double saucepan over simmering water in base.
2. Allow butter to cool slightly, then mix in egg yolks, lemon juice and pepper.
3. Place over simmering water and stir with wooden spoon until thickened.

MICROWAVE METHOD

Melt butter on medium power for 30 seconds, mix in other ingredients. Microwave 30 seconds on medium power, then stir. Microwave a further 30 seconds.

Peanut sauce

Makes: ¾ cup (190 mL)
Cooking utensil: saucepan
Preparation time: 10 minutes

INGREDIENTS

1 tablespoon (20 mL) oil
½ onion (65 g), finely chopped
1 garlic clove, crushed
¼ teaspoon sambal oelek
1 teaspoon (5 mL) fish sauce
6 tablespoons peanut butter (crunchy or smooth)
¼ cup (65 mL) water
1 teaspoon (5 mL) soy sauce
1 teaspoon (5 g) sugar
1 teaspoon (5 mL) lemon juice

Method

1. Heat oil in saucepan. Sauté onion and garlic until soft.
2. Add sambal oelek and fish sauce, stir for 1 minute.
3. Add peanut butter and water. Stir until thoroughly mixed together, then remove from heat.
4. Stir in soy sauce, sugar and lemon juice.
5. If necessary, more water can be added to achieve a thick pouring consistency.

Fresh tomato sauce *(Italian)*

A quickly made tomato sauce to serve with meat, fish and pasta dishes.

Makes: 2 cups (500 mL)
Cooking utensil: saucepan
Preparation time: 10 minutes
Cooking time: 25 minutes

INGREDIENTS

1 tablespoon (20 mL) olive oil
1 onion (125 g), chopped
1 garlic clove, chopped
4 roma tomatoes (500 g), diced
1 tablespoon chopped basil
1 teaspoon dried oregano
6 shakes black pepper

Method

1 Heat oil in saucepan, lightly fry onion and garlic.
2 Add tomatoes, herbs and pepper. Simmer for 15 minutes.

SAVOURY MEAT SAUCE

Follow recipe for **Fresh tomato sauce**, adding 250 g minced beef at step 1. Simmer for 30 minutes.

Tartare sauce

A tasty sauce to serve with grilled or fried fish dishes.

Makes: ½ cup (125 mL)
Preparation time: 10 minutes

INGREDIENTS

½ cup (125 mL) Mayonnaise (p. 364)
1 teaspoon (5 mL) vinegar
1 teaspoon chopped gherkin
1 teaspoon chopped capers
1 teaspoon chopped parsley

Method

Combine all ingredients.

Salsa *(Mexican)*

An uncooked spicy sauce of tomatoes, onions and chilli to accompany Mexican foods.

Makes: 1 cup (250 mL)
Serving dish: large bowl
Preparation time: 10 minutes

INGREDIENTS

½ red capsicum, diced
440 g canned chopped tomatoes
or 3 medium-sized tomatoes, diced
½ red onion (65 g), diced
2 garlic cloves, chopped
¼ teaspoon salt
1 tablespoon (20 mL) olive oil
¼ teaspoon dried oregano

Method

Place all ingredients in bowl and combine.

Teriyaki sauce *(Japanese)*

A sauce traditionally used as a marinade in Japanese cooking.

Makes: 1 cup (250 mL)
Cooking utensil: saucepan
Preparation time: 10 minutes
Cooking time: 10 minutes

INGREDIENTS

1 tablespoon (10 g) cornflour
2½ tablespoons (50 mL) soy sauce
2 tablespoons (40 g) sugar
1 garlic clove, chopped
1 teaspoon chopped fresh ginger
1 cup (250 mL) Beef stock (p. 331)

Method

1 Blend together cornflour, soy sauce, sugar, garlic and ginger in saucepan.
2 Stir in stock.
3 Heat and stir until thick.



Salsa

White sauce

A basic white sauce that can be varied with additional flavourings.

Makes: 1 cup (250 mL)
Cooking utensil: small saucepan
Preparation time: 10 minutes
Cooking time: 10 minutes

INGREDIENTS

1 tablespoon (20 g) butter
1½ tablespoons (15 g) plain flour
1 cup (250 mL) milk
½ teaspoon salt
6 shakes pepper

Method

1 Melt butter in saucepan.
2 Add flour, stirring with a wooden spoon.
3 Cook slowly for 30 seconds, stirring continually. Do not allow to brown. Remove from heat.
4 Add milk gradually and stir until smooth.
5 Return to heat and stir until boiling. Reduce heat and stir for 1 minute.
6 Use as required.

MICROWAVE METHOD

Melt butter, add flour. Microwave on medium power for 30 seconds. Add milk gradually, stirring continually. Cook on high power for 1 minute. Stir. Microwave a further 1½ minutes, add other ingredients and microwave another 30 seconds.

CHEESE SAUCE

Follow recipe for **White sauce**. Add 3 tablespoons (30 g) grated tasty cheese and ¼ teaspoon mustard after adding milk.

CURRY SAUCE

Follow recipe for **White sauce**. Add 1 teaspoon (5 g) curry paste and ½ teaspoon lemon juice. Fry curry paste in butter when making roux.

MUSTARD SAUCE

Follow recipe for **White sauce**. Add 1 teaspoon (5 g) mustard, 1 tablespoon (20 mL) vinegar and 1 teaspoon (5 g) sugar after adding milk.

PARSLEY SAUCE

Follow recipe for **White sauce**. Add 1 tablespoon chopped parsley.

THICK WHITE SAUCE

Follow recipe for **White sauce**, using 2 tablespoons (40 g) butter and 3 tablespoons (30 g) plain flour.

WHITE ONION SAUCE

Follow recipe for **White sauce**. Sauté ¼ diced onion (30 g) in 1 teaspoon (5 g) butter for 2 minutes. Add 1 tablespoon chopped parsley after milk.

Velouté sauce

A rich and creamy sauce to enhance poultry and vegetable dishes.

Makes: 1 cup (250 mL)
Cooking utensils: 2 saucepans
Preparation time: 5 minutes
Cooking time: 20 minutes

INGREDIENTS

2 cups (500 mL) Chicken stock (p. 331)
3 tablespoons (60 g) butter
3 tablespoons (30 g) plain flour
2 tablespoons (40 mL) cream
¼ teaspoon salt
¼ teaspoon pepper

Method

1 Heat chicken stock in saucepan until hot, do not boil.
2 In second saucepan, melt butter over medium heat.
3 Add flour, stir for 2–3 minutes to form a roux. The colour should gradually darken. (A light-yellow to golden-yellow colour is required for this sauce.)
4 Remove pan from heat to allow roux to cool slightly.
5 Pour chicken stock into pan and return to the heat. Whisk liquid vigorously into the roux.
6 Reduce heat to low and continue stirring until sauce becomes smooth.
7 Stir in cream and season with salt and pepper.

Sweet sauces

Brandy butter

Makes: 300 g
Preparation time: 10 minutes

INGREDIENTS

½ cup (125 g) butter, softened
1½ cups (195 g) icing sugar
¼ cup (65 mL) brandy
ground nutmeg

Method

1 Beat butter and icing sugar until light and creamy.
2 Mix in brandy. Place in small dish and dust with nutmeg.



Brandy butter

Brandy sauce

Makes: 400 mL
Cooking utensil: saucepan
Preparation time: 10 minutes
Cooking time: 25 minutes

INGREDIENTS

1 cup (250 g) sugar
1 cup (250 mL) water
2 tablespoons (20 g) arrowroot
1 teaspoon (5 g) butter
¼ cup (65 mL) brandy

Method

1 Melt sugar over low heat. Boil to soft-crack stage (i.e. 132–143°C, see p. 62). Sugar will be light brown.
2 Remove from heat and allow to cool.
3 Add half the water, heat gently, stirring until mixed.
4 Mix arrowroot and remaining water, add to sugar mixture. Stir over heat until thickened.
5 Add butter and brandy. Serve hot.

Caramel sauce

Makes: 1 cup (250 mL)
Cooking utensil: small saucepan
Preparation time: 10 minutes
Cooking time: 5 minutes

INGREDIENTS

¼ cup (65 g) butter
1 cup (180 g) brown sugar
1 tablespoon (20 g) golden syrup
⅓ cup (85 mL) evaporated milk
¼ teaspoon vanilla essence

Method

1 Combine all ingredients except vanilla essence in saucepan and bring slowly to boil, stirring continually. Simmer for 1 minute.
2 Allow to cool, add vanilla essence and use as required.



Caramel sauce

Chocolate sauce

This sauce keeps well in the refrigerator.

Makes: 300 mL

Cooking utensil: saucepan

Preparation time: 5 minutes

Cooking time: 10 minutes

INGREDIENTS

½ cup (65 g) cocoa powder

½ cup (125 g) sugar

1 cup (250 mL) water

1 tablespoon (20 g) butter

Method

1. Blend cocoa powder, sugar and water to a paste in saucepan. Stir until boiling, simmer for 3 minutes.
2. Add butter, stir until blended, and bring to boil again. Simmer 4 minutes.
3. Serve hot or cold.

MICROWAVE METHOD

Blend cocoa powder and water and microwave for 30 seconds on medium power. Stir. Microwave a further 1 minute on high power, then add sugar and butter. Microwave another 1 minute on high power.

Confectioner's custard

A filling for tarts and profiteroles. For meringue-topped dishes, use 2 egg yolks in custard and 2 egg whites in meringue.

Makes: 1 cup (250 mL)

Cooking utensil: saucepan

Preparation time: 10 minutes

Cooking time: 10 minutes

INGREDIENTS

2 tablespoons (40 g) butter

¼ cup (40 g) plain flour

¾ cup (190 mL) milk

2 egg yolks or 1 egg, beaten

1 tablespoon (20 g) sugar

½ teaspoon vanilla essence

Method

1. Melt butter in saucepan, add flour and stir until smooth.
2. Add milk and stir until boiling. Cook for 1 minute, cool slightly.
3. Add egg, beat well. Add sugar and vanilla essence. Cool.

Custard powder sauce

Makes: 1 cup (250 mL)
Cooking utensil: small saucepan
Preparation time: 10 minutes
Cooking time: 10 minutes

INGREDIENTS

1½ tablespoons (15 g) custard powder
1 cup (250 mL) milk
1 egg, beaten (optional)
1 tablespoon (20 g) sugar

Method

1 In a bowl, blend custard powder with ¼ cup (65 mL) milk.
2 Heat remainder of milk in saucepan until almost boiling.
3 Pour over blended custard powder, stirring with a wooden spoon.
4 Return to saucepan. Stir over heat until boiling, reduce heat and simmer for 30 seconds.
5 Add to egg and sugar, stirring until well mixed.

MICROWAVE METHOD

Blend custard powder with milk and microwave on high power for 1 minute. Stir. Microwave a further 1 minute on high power. Stir again and then microwave another 1 minute, or until boiling. Add to egg and sugar.

Custard sauce

Makes: 1 cup (250 mL)
Cooking utensil: double saucepan
Preparation time: 15 minutes
Cooking time: 15 minutes

INGREDIENTS

1 cup (250 mL) milk
2 eggs or 3 egg yolks
1 tablespoon (20 g) sugar
¼ teaspoon vanilla essence

Method

1 Warm milk in top of double saucepan. Remove from heat.
2 Mix eggs or egg yolks and sugar, add to warmed milk.
3 Return to heat, cook over simmering water, stirring with a wooden spoon until mixture coats back of spoon.
4 Remove from heat, add vanilla essence.

Note: If sauce curdles, remove from heat at once, pour into cold basin and beat well with a whisk or electric beater.

Fruit sauce

Makes: 1 cup (250 mL)
Cooking utensil: small saucepan
Preparation time: 10 minutes
Cooking time: 5 minutes

INGREDIENTS

1 tablespoon (10 g) arrowroot
½ cup (125 mL) water
½ cup (125 mL) fruit juice or puréed fruit
1 tablespoon (20 mL) lemon juice
1 tablespoon (20 g) sugar or honey

Method

1 In saucepan, blend arrowroot with water.
2 Add fruit juice or fruit and lemon juice, bring to boil, stirring continually. Simmer for 30 seconds.
3 Add sugar or honey to taste.

MICROWAVE METHOD

Blend arrowroot with water. Microwave for 30 seconds on medium power. Stir. Microwave a further 1 minute on high power. Add other ingredients. Reheat for 10 seconds.

LEMON FRUIT SAUCE

Follow recipe for **Fruit sauce**. Use ¼ cup (65 mL) water, ¼ cup (65 mL) lemon juice and 1 teaspoon grated lemon rind.

ORANGE FRUIT SAUCE

Follow recipe for **Fruit sauce**, using ½ cup (125 mL) orange juice and 2 teaspoons grated orange rind.

PASSIONFRUIT SAUCE

Follow recipe for **Fruit sauce**, using pulp and juice of 2 passionfruit.

Lemon curd

Makes: 2 cups (500 mL)
Cooking utensil: double saucepan
Preparation time: 15 minutes
Cooking time: 45 minutes

INGREDIENTS

⅓ cup (85 g) butter
1 cup (250 g) sugar
2 eggs, beaten
rind and juice of 2 lemons

Method

1 Place butter and sugar in top of double saucepan, mix. Blend in eggs, then add lemon rind and juice.
2 Place over simmering water in base of saucepan. Stir occasionally until mixture thickens (approx. 20–30 minutes).
3 Scald washed jars and their lids by dipping in boiling water. Drain upside-down to dry.
4 Cool lemon curd, place in jars and seal.
5 Store in refrigerator. Keeps 2–3 weeks.

PASSIONFRUIT BUTTER

Follow recipe for **Lemon curd**. Omit lemon rind. Add pulp of 4 passionfruit. Store in refrigerator.



Strawberry coulis

Makes: 1 cup (250 mL)
Cooking utensil: saucepan
Preparation time: 10 minutes
Cooking time: 5 minutes

INGREDIENTS

1 punnet (250 g) strawberries, hulled
1 tablespoon (20 mL) water
2 tablespoons (40 g) sugar

Method

1 Warm strawberries and water in saucepan, stirring all the time. Bring to boil and remove from heat immediately.
2 Add sugar.
3 Push through sieve, cool and serve.

MANGO COULIS

Follow recipe for **Strawberry coulis**. Use 250 g sliced mango instead of strawberries.

RASPBERRY COULIS

Follow recipe for **Strawberry coulis**. Use 250 g raspberries instead of strawberries.



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Pastry

Pastry is used as a case or cover for sweet or savoury mixtures in pies, pasties, tarts, flans, rolls, dumplings and fruit slices. Good pastry is light and crisp. The crisp texture is due to the high proportion of fat to flour and the small amount of liquid used in mixing.

Types of pastry



Shortcrust pastries

Biscuit pastry for sweet biscuits, small tarts and slices.
Cheese pastry for small cases and biscuits with savoury fillings.
Shortcrust pastry for sweet and savoury pies, tarts, turnovers and pasties.
Rich shortcrust pastry for tarts, flans and pies. It is used when a richer, crisper result is desired.

Flaky and puff pastries

Flaky and puff pastries are made through a process of rolling and folding that produces many layers of dough and fat.
Flaky pastry for sausage rolls, savoury and fruit pies, meat and fish patties, jam tarts or tartlets.
Puff pastry for elaborate pastries, patties and vol-au-vents. Because it is expensive and time-consuming to make, it is often bought commercially prepared.
Rough puff pastry is a little richer than flaky pastry and is often used as a substitute when making savoury and fruit pies, meat and fish patties, sausage rolls and apple pies. This pastry may be served cold.

NUTRITIONAL VALUE

Pastry consists of flour and fat and is an energy-dense food. It should be consumed in moderation as part of a balanced diet.



Filo, or strudel, pastries

The word 'filo' comes from the Greek *phyllo*, which means 'leaf'. The recipe for filo pastry is not given in this book as commercially prepared filo pastry is usually used. Use three or four paper-thin layers and brush or spray between each layer—or every second layer to reduce the fat content—with butter or oil for a crisp finish.

Choux pastries

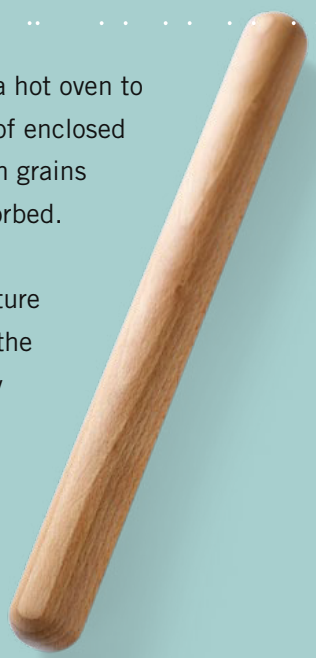
The dough of choux pastry expands on baking to form hollow puffs. The puffs resemble little cabbages, hence the use of the French word choux, which means 'cabbage'. Attractive sweets and savouries can be made with choux pastry.

Commercially prepared pastries

Packaged shortcrust pastry mixes require liquid to be added before the pastry is ready for use.
Precooked pastries include flans, vol-au-vents, patty cases and choux pastry cases.
Ready to use pastry may be bought by the roll or in sheets.

GENERAL HINTS FOR PASTRY MAKING

- Handle the pastry as little as possible and use the fingertips only for rubbing in the fat.
- Add liquid gradually as an excess causes a sticky, unmanageable dough, and the addition of extra flour results in tough pastry. Sprinkle the board and rolling pin very lightly with flour.
- Coolness is the key to good results. Pastries are improved by being cooled in a refrigerator between rollings. Allow pastry to 'rest' by placing it in the refrigerator for a short time before using.
- Roll pastry to the required size and shape on baking paper; use the paper to transfer the pastry to the baking pan or the top of the pie or tart.
- Most pastries are baked in a hot oven to cause a sudden expansion of enclosed air and rupture of the starch grains so that fats are rapidly absorbed.
- After the pastry is lightly browned, the oven temperature should be reduced to allow the filling to cook and the pastry to become crisp.



Ingredients for pastry making

FLOUR

Generally plain flour is used. Shortcrust pastry may require a raising agent; add baking powder or use a mixture of plain and self-raising flour.

FAT

The word 'fat' refers to all types of fat and oil used in baking. For pastry making, fat should be firm. Butter, margarine, lard, clarified fat or a mixture of these are used. Butter gives the best flavour. Lard gives crispness to pastry. These firm fats are often referred to as 'shortening'. The higher the fat content, the 'shorter' (and more crumbly) the pastry.

LIQUID

Water is generally used and should be cold. Less water is required when egg yolk and lemon juice are used. The quantity of water required may vary because of the differing moisture content in flour.

GLAZE

With the exception of choux pastry, pastry is glazed before it is baked to give a glossy finish. Only the top surface is glazed because glaze on the cut-side of surfaces prevents the separation of layers of flaky pastries.

Savoury glaze is made from beaten egg and milk, or milk only, and is used for meat and savoury pastries.

Sweet glaze is made from beaten egg white and sugar, or equal quantities of water and dissolved sugar, and is used for sweet pastries. Honey, warmed in a microwave oven, may also be used.







Techniques for pastry making

Note: The amounts quoted apply to a standard 22 cm pie dish.

Lining a pie dish or flan ring to make a pastry case

Use 250 g Shortcrust pastry (p. 386), Rich shortcrust pastry (p. 387), Biscuit pastry (p. 389) or Cheese pastry (p. 388).

1 Roll out the pastry on a floured board or bench to the shape of the pie dish or flan ring and 3 cm larger all round. If a flan ring is used, place it on an oven tray. The dough may be rolled out on baking paper.
2 Brush the edge of the dish or flan ring with water.
3 Roll the pastry onto the rolling pin and unroll it over the pie dish or flan ring. If using baking paper, slide or invert the pastry into position. Ease the pastry into place without stretching it. Trim the edge with a sharp knife. Flute the edge to the level of the dish for shortcrust pastries.

Lining a pie dish (top); trimming edge (centre); fluting edge of pastry (bottom)



Using foil or baking paper and rice to prevent rising when blind baking (left); covering pie (centre); trimming pastry (right)

Blind baking a pastry case

Blind baking is the process of baking a pie crust or other pastry without the filling.

1 To retain the shape of the unfilled pastry case during baking, press a piece of foil or baking paper into the case large enough to cover the edge of the pastry to prevent excess browning. Fill the case with rice or dried beans.
2 Bake at 190°C for 10 minutes. Remove the foil or paper and beans, reduce the temperature to 180°C and continue baking for a further 20 minutes until the pastry is light golden-brown and crisp.
3 Pastry cases may be stored in an airtight container and used as required.
4 Small pastry cases may be baked in patty pans. Pierce the bottom of the pastry. Bake at 190°C for 5 minutes, reduce the temperature to 180°C and continue baking for a further 10 minutes until the pastry is light golden-brown and crisp.

Covering a pie with pastry

Use 250 g Shortcrust pastry (p. 386), Flaky pastry (p. 390) or Rough puff pastry (p.391).

1 Roll out the pastry on a floured board or bench to the shape of the pie dish or plate, 5 cm larger all round and 3 mm thick. The dough may be rolled out on baking paper.
2 Cut a 2 cm strip from right around the outside edge of the pastry.
3 Place the filling in the pie dish.
4 Brush the edge of the dish with water.
5 Fit the strip of pastry carefully around the edge without stretching it. Join the ends neatly and brush the strip with water.
6 Roll the pastry onto the rolling pin and unroll it over the pie dish or plate. If using baking paper, slide or invert the pastry into position. Press the edges together lightly.
a **Shortcrust pastries:** Trim the edges with a sharp knife and pinch into a frill, or mark with a teaspoon or fork.
b **Flaky pastries:** Trim the edges with a sharp knife. Cut the edge at 3 cm intervals, drawing up flakes lightly with the knife.
7 Slit the top of the pie to allow steam to escape, and decorate as desired.
8 Glaze. Stand the dish on a 4-sided oven tray for baking.

Preparing a double-crust pie

Use 500 g Shortcrust pastry (right), Flaky pastry (p. 390) or Rough puff pastry (p. 391).

1 Divide the pastry into two portions—approximately two-thirds and one-third.
2 Roll out the two-thirds portion of pastry on baking paper to the shape of the pie dish and 3 cm larger all round.
3 Brush the edge of the dish with water.
4 Slide or invert the pastry into position. Ease the pastry into place without stretching it. The pastry should come just over the top of the rim.
5 Arrange the filling in the pie dish.
6 Brush the edges with water.
7 Roll out the small portion of pastry to fit the top. Roll it onto the rolling pin and unroll it over the pie. If using baking paper, slide or invert the pastry into position. Press the edges together lightly.
8 Trim the edges and pinch the frill for shortcrust pastry or rough puff pastry. For flaky pastry, cut the edge at 3 cm intervals, drawing up flakes lightly with the knife.
9 Slit the top to allow steam to escape, and decorate as desired.
10 Glaze with Sweet glaze (p. 383) or Savoury glaze (p. 383). Stand the dish on a 4-sided oven tray for baking.

Shortcrust pastries

Shortcrust pastry

For quick mixing, all ingredients may be combined in a food processor.

Quantity: 500 g
Preparation time: 20 minutes

INGREDIENTS

1 cup (150 g) plain flour
1 cup (150 g) self-raising flour
½ teaspoon salt
½ cup (125 g) butter (or margarine or dairy blend)
⅓–½ cup (85–125 mL) water
¼ teaspoon lemon juice

Method

1 Mix flours and salt.
2 Add butter and rub into flour using fingertips until mixture resembles breadcrumbs.
3 Gradually add sufficient water and lemon juice to flour mixture to form a firm dough, leaving the bowl clean.
4 Sprinkle board with flour, turn dough onto board and knead lightly until smooth.
5 Sprinkle flour on rolling pin, roll pastry to size and shape as required:

- Lining a pie dish or flan ring (p. 384)
- Covering a pie with pastry (p. 385)
- Preparing a double-crust pie (left).

Rich shortcrust pastry

For quick mixing, all ingredients may be combined in a food processor.

Quantity: 400 g

Preparation time: 30 minutes, plus 5 minutes refrigeration

INGREDIENTS

1½ cups (225 g) plain flour
¼ teaspoon salt
½ cup (125 g) butter
1 egg yolk
1 tablespoon (20 mL) water
¼ teaspoon lemon juice

Method

1 Mix flour and salt.
2 Lightly rub butter into flour using fingertips.
3 Mix egg yolk, water and lemon juice together.
4 Add liquid to flour mixture and carefully combine ingredients into a ball, leaving the bowl clean.
5 Turn onto floured board and knead lightly. Refrigerate for 5 minutes.
6 Roll out and use as required:

- Lining a pie dish or flan ring (p. 384)
- Covering a pie with pastry (p. 385)
- Preparing a double-crust pie (previous page).



SHORTCRUST PASTRIES: TIPS FOR PRODUCT QUALITY

QUALITY CRITERIA

- Crisp and light texture
- Golden-brown colour
- Even shape, no shrinking at edges

IDENTIFYING PROBLEMS

Poorly textured pastry:

- Wrong proportion of fat added
- Slow handling when rubbing in fat caused fat to melt
- Too much water added or dough unevenly mixed
- Pastry handled too much when kneaded and rolled
- Too much flour used on the pastry board
- Oven temperature too low
- Fat insufficiently rubbed in

Pastry breaks and crumbles easily:

- Too much fat used
- Insufficient water added
- Pastry not kept cool

Shrinkage of pastry:

- Pastry overstretched when being rolled out or shaped
- Pastry insufficiently rested after kneading

Poor appearance in cheese pastries:

- Coarsely grated cheese used
- Mixture over-handled after adding the cheese
- Oven too hot, causing the cheese to melt too quickly

Wholemeal pastry

For quick mixing, all ingredients may be combined in a food processor.

Quantity: 500 g

Preparation time: 20 minutes, plus 5 minutes refrigeration

INGREDIENTS

2 cups (300 g) wholemeal plain flour
½ teaspoon salt
½ cup (125 g) butter (or margarine or dairy blend)
⅓–½ cup (85–125 mL) water

Method

1 Mix flour and salt.
2 Rub butter into flour.
3 Add liquid to flour mixture and lightly combine ingredients into a ball, leaving the bowl clean.
4 Turn onto floured board and knead lightly. Refrigerate for 5 minutes.
5 Roll out and use as required:
   - Lining a pie dish or flan ring (p. 384)
   - Covering a pie with pastry (p. 385)
   - Preparing a double-crust pie (p. 386).

Cheese pastry

For quick mixing, all ingredients may be combined in a food processor.

Quantity: 300 g

Preparation time: 30 minutes, plus 5 minutes refrigeration

INGREDIENTS

1 cup (150 g) plain flour
¼ teaspoon salt
⅛ teaspoon cayenne
¼ teaspoon mustard powder
2 tablespoons (40 g) butter
⅓ cup (40 g) finely grated cheese
1 egg yolk
2–3 tablespoons (40–60 mL) water
¼ teaspoon lemon juice

Method

1 Mix flour, salt, cayenne and mustard.
2 Rub butter into flour mix. Add cheese.
3 Mix egg yolk, water and lemon juice.
4 Add liquid to flour mixture and lightly combine ingredients into a ball, leaving bowl clean.
5 Turn onto floured board and knead lightly. Refrigerate for 5 minutes.
6 Roll out and use as required:
   - Lining a pie dish or flan ring (p. 384)
   - Covering a pie with pastry (p. 385)
   - Preparing a double-crust pie (p. 386).

Biscuit pastry

For quick mixing, all ingredients may be combined in a food processor.

Quantity: 400 g

Preparation time: 30 minutes, plus 5 minutes refrigeration

INGREDIENTS

¾ cup (110 g) plain flour
¾ cup (110 g) self-raising flour
½ cup (125 g) caster sugar
½ cup (125 g) butter (or margarine or dairy blend)
1 egg, beaten

Method

1 Mix flours. Add sugar.
2 Rub butter into dry ingredients.
3 Add egg to flour mixture and mix into a firm dough, leaving bowl clean.
4 Lift onto a lightly floured board, knead lightly. Refrigerate for 5 minutes.
5 Roll out and use as required:
   - Lining a pie dish or flan ring (p. 384)
   - Covering a pie with pastry (p. 385)
   - Preparing a double-crust pie (p. 386).

Chocolate pastry

Quantity: 400 g

Special equipment: food processor

Preparation time: 15 minutes, plus 10 minutes refrigeration

INGREDIENTS

1 cup (150 g) plain flour
⅓ cup (45 g) cocoa powder
⅓ cup (85 g) caster sugar
⅓ cup (100 g) cold butter, diced
1 egg, beaten

Method

1 Place flour, cocoa powder, sugar and diced butter in food processor and pulse until it resembles fine bread crumbs.
2 Slowly add the egg and process until the mixture is just coming together.
3 Remove from processor, lift onto a lightly floured board.
4 Knead gently into a ball. Cover with plastic wrap and refrigerate 10 minutes.
5 Roll out and use as required.
   - Lining a pie dish or flan ring (p. 384)
   - Covering a pie with pastry (p. 385)
   - Preparing a double-crust pie (p. 386).

Flaky and puff pastries

Flaky pastry

Quantity: 500 g

Preparation time: 40 minutes, plus 10 minutes refrigeration

INGREDIENTS

1⅔ cups (250 g) plain flour
¼ teaspoon salt
⅓–½ cup (85–125 mL) water
¼ teaspoon lemon juice
⅔ cup (165 g) butter (or margarine or dairy blend)

Method

1 Mix flour and salt. Combine water and lemon juice.
2 Soften butter slightly with a knife and divide into four.
3 Rub one portion of butter into flour.
4 Add liquid to flour slowly, mixing to a firm dough.
5 Turn onto floured board and knead lightly until pastry is smooth and pliable.
6 Roll pastry into a rectangular shape.
7 Spread second portion of butter on top two-thirds of pastry.
8 Fold in three by placing the lower third over centre third, and top third over lower third. Rest pastry in refrigerator for 5 minutes.
9 Turn pastry so that the folded edge is to the left. Press rolling pin at intervals along pastry, to evenly distribute the butter. Roll out again, rolling away from you, to keep the layers of flakes even in the pastry. Use short, light strokes and keep pastry in good rectangular shape. Rest pastry in refrigerator for 5 minutes between each rolling and folding.
10 Proceed as before until the remaining portions of butter have been used.
11 Cover and place pastry in refrigerator until required:
- Covering a pie with pastry (p. 385)
- Preparing a double-crust pie (p. 386).

Folding flaky pastry: butter spread in flakes on pastry (left); folding the pastry (centre); second rolling (right)



FLAKY PASTRIES: TIPS FOR PRODUCT QUALITY

QUALITY CRITERIA

- Evenly risen
- Crisp and light texture
- Golden-brown colour

IDENTIFYING PROBLEMS

Pastry not sufficiently flaky:

- Different fats not blended sufficiently before being added to flour
- Pastry not kept cool; warm fat blended with flour instead of remaining in layers

Poorly textured pastry:

- Pastry over-handled or rolled too much
- Too much water added
- Pastry not kept sufficiently cool
- Dough kneaded too much
- Too much flour used on pastry board
- Oven temperature too low to burst starch grains quickly and absorb fat

Pastry hard on outside and heavy inside:

- Pastry undercooked
- Oven temperature too high, causing outside of pastry to brown before it was cooked through

Shrinkage of pastry:

- Dough overstretched during rolling process
- Insufficient time allowed for relaxation of dough between rollings and before cooking
- Pastry not kept cool during preparation
- Oven temperature too low

Uneven rising of pastry:

- Fat unevenly distributed
- Uneven pressure during rolling
- Pastry not kept with squared corners during rolling and folding
- Pastry not turned in correct direction during rolling and folding
- Dough overstretched during rolling process
- All of the edges not cut
- Insufficient time allowed for relaxation of dough between rollings and before cooking

Rough puff pastry

Quantity: 500 g

Preparation time: 40 minutes, plus 10 minutes refrigeration

INGREDIENTS

1⅔ cups (250 g) plain flour
¼ teaspoon salt
¾ cup (190 g) butter (or margarine or dairy blend)
1 egg yolk
½ cup (125 mL) water
¼ teaspoon lemon juice

Method

1 Mix flour and salt.
2 Cut butter into pieces the size of a walnut and add to flour. Do not rub in.
3 Beat egg yolk, add water and lemon juice.
4 Add liquid to flour slowly and mix to a soft dough without breaking pieces of butter.
5 Turn onto floured board, shape into rectangle.
6 Roll pastry lightly, keeping rectangular shape.
7 Sprinkle lightly with flour and fold in three by placing lower third over centre third, and top third over lower third. Rest pastry in refrigerator for 5 minutes.
8 Turn pastry so that the folded edge is to the left. Press rolling pin at intervals along pastry to evenly distribute the butter. Roll out again, rolling away from you, to keep the layers of flakes even in the pastry. Use short light strokes and keep pastry in good rectangular shape.
9 Proceed as before, sprinkling with flour and rolling and folding until pastry has been rolled and folded three times. Rest pastry in refrigerator for 5 minutes after each folding.
10 Cover and place pastry in refrigerator until required:
   - Covering a pie with pastry (p. 385)
   - Preparing a double-crust pie (p. 386).



CHOUX PASTRIES: TIPS FOR PRODUCT QUALITY

QUALITY CRITERIA

- Evenly risen
- Crisp and light texture
- Golden-brown colour

IDENTIFYING PROBLEMS

Puffs did not rise:

- Too much liquid
- Flour added before water boiled
- Oven too cool

Soggy puffs:

- Inaccurately measured ingredients
- Mixture insufficiently beaten
- Puffs not sufficiently cooked
- Oven door opened too soon

Puffs do not hold shape:

- Mixture not cooled before adding eggs
- Insufficient beating between additions of eggs
- Mixture not cooled sufficiently before piped onto tray

Choux pastries

Choux pastry

Cooking utensil: saucepan
Preparation time: 20 minutes

INGREDIENTS

¾ cup (110 g) plain flour
¾ cup (190 mL) water
¼ cup (65 g) butter
3 eggs

Method

1 Place flour on a piece of baking paper.
2 Put water and butter into saucepan, stir over low heat until butter is melted. Bring to boil.
3 Remove from heat immediately, add flour all at once.
4 Stir vigorously with a wooden spoon until mixture leaves sides of saucepan and forms a smooth ball.
5 Allow to cool 2 minutes.
6 Add eggs one at a time, beating well after each addition. (Electric beater may be used.) Beat until mixture is smooth and glossy.
7 Cool thoroughly before using. May be refrigerated.

Choux pastry puffs

Makes: 16 large puffs or 24 small puffs
Cooking utensils: 2 oven trays, brushed with water
Special equipment: piping bag fitted with 2 cm plain nozzle (or use spoon)
Preparation time: 30 minutes
Cooking time: 45–50 minutes large puffs, 30–40 minutes small puffs
Oven temperature: 220ºC, reduced to 180ºC

INGREDIENTS

Choux pastry (previous page)

Method

1 Set oven at 220ºC.
2 Fill piping bag with mixture and pipe onto trays, cutting off mixture with a wet knife. Leave space between each puff. Pipe 16 large puffs (approx. 1 tablespoon each) or 24 small puffs (approx. 1 teaspoon each). (If not using a piping bag, use a teaspoon or tablespoon.)
3 Bake at 220ºC, reducing to 180ºC after 15 minutes. Cook until puffs are golden-brown in colour, have a definite sheen and no beads of moisture are visible.
4 Cool on cake cooler.
5 Partly split puffs to release steam and ensure crispness. Remove any soft mixture if necessary.
6 Fill with sweet or savoury mixture, or store in an airtight container until required.

CHOCOLATE ÉCLAIRS

Follow recipe for **Choux pastry puffs**, piping mixture onto trays in 8 cm lengths (makes 18 éclairs). Using 2 cups (500 mL) whipped cream, fill puffs. Ice with **Chocolate glacé icing** (p. 444).

CREAM PUFFS

Follow recipe for **Choux pastry puffs**. Using 2 cups (500 mL) whipped cream, fill puffs and dust with 2 tablespoons (20 g) icing sugar just before serving.

PROFITEROLES

Follow recipe for **Choux pastry puffs**, making 30 small puffs. Using 400 mL **Confectioner's custard** (p. 377), fill puffs. Serve as dessert with **Fruit sauce** (p. 379).



Chocolate éclairs

Croquembouche *(French)*

Serves: 12–15
Cooking utensil: saucepan
Serving utensil: 43 cm diameter semi-circle of cardboard formed into a cone, covered with foil, standing on serving dish
Preparation time: 45 minutes

INGREDIENTS

3 quantities Choux pastry (p. 392) made into 72 very small puffs
600 mL Confectioner's custard (p. 377)
or 600 mL cream, whipped with 2 tablespoons (40 g) caster sugar

CARAMEL

2 cups (500 g) sugar
½ cup (125 mL) water

Method

1 Make a small hole in base of each puff and pipe in a little confectioner's custard or cream.
2 *Prepare caramel:* Dissolve sugar in water over low heat. Boil rapidly without stirring until mixture just begins to turn light golden, remove from heat.
3 Place one row of puffs around base of cone. Quickly dip a small part of each remaining puff in caramel so puffs stick together to form a tower around cone. If caramel sets, gently reheat to melt.
4 To make fine threads of caramel, dip wooden spoon into remaining caramel, and quickly pull up and down the tower. These strands hold puffs in place.
5 Allow to cool before serving.

Sweet pie case variation

Biscuit crumb crust

Cooking utensil: 20 cm springform cake pan (1.75 L), or 1 L sponge pan lined with foil
Preparation time: 15 minutes, plus 30 minutes refrigeration

INGREDIENTS

⅔ cup (165 g) butter
2 cups (240 g) crushed sweet biscuits
1 teaspoon ground cinnamon

Method

1 Melt butter and stir in crushed biscuits and cinnamon.
2 Press evenly into pan using a straight-sided glass to form a right angle between sides and base of crust.
3 Refrigerate for 30 minutes, then use as required.



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Scones, muffins and pancakes

Generations of children have learnt to cook with the recipes in this chapter, and as adults have continued to take pleasure in these quick, easy and delicious snacks and treats.

Scones, muffins and pancakes are mixtures of flour and liquid, quickly cooked and served as a snack or light meal. They are best eaten soon after cooking, but may be frozen for up to 1 month. If they are to be frozen, they should be allowed to cool and then wrapped in plastic wrap. Before use, unwrap and thaw for 10 to 20 minutes on a plate, or warm in a microwave oven on defrost setting for 2 minutes.

Scones

Scones are made from flour, raising agent and milk mixed to a soft dough. They are baked for a short time in a hot oven, resulting in a light, flaking texture and crisp crust. Plain, cheese or savoury scone dough may be used for dumplings in an oven-baked casserole and as a base for Pizza (p. 490). Uncooked scone dough may be placed on the top of a casserole or hotpot 30 minutes before it has finished cooking to make a tasty topping. Devonshire tea includes freshly baked scones served with berry jam and thick, whipped cream.

NUTRITIONAL VALUE

Scones, muffins and pancakes are high in carbohydrates because their main ingredient is flour. Wholemeal flour increases the fibre content. Other nutrients depend on the flavourings used; for example, serving with cream and jam increases the fat and sugar content, as does adding chocolate. The addition of cheese increases fat and protein; whereas, fruit and vegetables add fibre.



SCONES AND MUFFINS: TIPS FOR PRODUCT QUALITY

QUALITY CRITERIA

- Golden-brown crust
- Well shaped and evenly risen
- Light cream-coloured crumb
- Fine, flaky soft texture

IDENTIFYING PROBLEMS

Heavy and not well risen:

- Proportion of liquid too low
- Dough not handled lightly, especially during kneading
- Oven not hot enough
- Oven temperature too high, allowing gluten to set before carbon dioxide has expanded

Loss of shape:

- Dough too soft; too much liquid used
- Not cleanly cut with scone cutter or knife
- Careless handling
- Scraps from the first rolling not well kneaded
- Glaze allowed to run down sides of scones
- Oven tray too heavily greased
- Incorrect positioning of oven tray, causing uneven distribution of heat

Rough surface on baked scones:

- Mixture too dry
- Uneven or insufficient mixing and kneading

Top too pale and base too dark:

- Incorrect size of oven tray—too large to allow heat to circulate
- Oven temperature too low, requiring longer cooking time
- Positioned too low in oven

Basic scones

Makes: 12
Cooking utensil: non-stick oven tray
Special equipment: scone cutter
Preparation time: 15 minutes
Cooking time: 10–12 minutes
Oven temperature: 220°C

INGREDIENTS

2 cups (300 g) self-raising flour
¼ teaspoon salt
1 tablespoon (20 g) butter (or margarine or dairy blend)
1 cup (250 mL) milk
1 tablespoon (20 mL) milk, extra (for glaze)

Method

1 Set oven at 220°C.
2 Mix flour and salt. Rub butter into flour mixture using fingertips.
3 Mix into a soft dough using most of the milk. Add a little more milk if required.
4 Turn onto a lightly floured board and knead for a short time until smooth.
5 Roll out 2 cm thick and cut into 12 shapes using a 5 cm round cutter or knife.
6 Arrange on oven tray and glaze tops with extra milk.
7 Bake for 10–12 minutes until golden-brown. Scones are ready when sides are set.
8 Cool on cake cooler.
9 When cool, break in half and butter lightly. Serve.

Note: Suitable for freezing for up to 1 month. Warm frozen scones for 2 minutes on defrost in microwave oven before serving.

BUTTERMILK SCONES

Follow recipe for **Basic scones**. Replace 1 cup (250 mL) milk with 1 cup (250 mL) buttermilk.

CHEESE SCONES

Follow recipe for **Basic scones**. Sift ¼ teaspoon cayenne and ¼ teaspoon mustard powder with flour and add ⅔ cup (80 g) grated tasty cheese to flour mixture.

DAMPER

One of the staples of early European settlers in Australia, made from cheap and readily available ingredients and cooked over hot coals. Follow recipe for **Basic scones** and bake in one large round, marked into 8 wedges. After baking, break into wedges for serving. The dough may also be shaped into a loaf and cut into slices after baking.

FRESH HERB SCONES

Follow recipe for **Basic scones**. After step 2, add 2 tablespoons each of snipped chives, chopped dill and chopped parsley, or other fresh herbs.

PIZZONES

Follow recipe for **Basic scones**. Roll scone dough out to 5 mm thick. Cut into 10 cm rounds. Spread with tomato paste, and a selection of chopped mushrooms, chopped capsicum, pineapple pieces, ham and salami strips, tomato slices, anchovies, olives or prawns. Top with grated tasty cheese. Cook at 180°C for 7–10 minutes.

RICH SCONES

Follow recipe for **Basic scones**. Replace ¼ cup (65 mL) milk with ¼ cup (65 mL) cream.

WHOLEMEAL SCONES

Follow recipe for **Basic scones**, replacing 1 cup (150 g) self-raising flour with 1 cup (150 g) wholemeal self-raising flour. Cook an extra 2–3 minutes.

WHOLEMEAL FRESH HERB SCONES

Follow recipe for **Wholemeal scones**. After step 2, add 2 tablespoons each of snipped chives, chopped dill and chopped parsley, or other fresh herbs.

WHOLEMEAL DATE SCONES

Follow recipe for **Wholemeal scones**. After step 2, add ½ cup (90 g) chopped dates and 1 tablespoon (20 g) caster sugar.

FRUIT SCONES

Follow recipe for **Basic scones**. After step 2, add ½ cup (90 g) dried fruit, (e.g. sultanas, currants, raisins or dates) and 1 tablespoon (20 g) caster sugar.



Fruit scones

Pumpkin scones

Makes: 12
Cooking utensil: non-stick oven tray
Preparation time: 25 minutes
Cooking time: 10–15 minutes
Oven temperature: 220°C

INGREDIENTS

1 tablespoon (20 g) butter (or margarine or dairy blend)
2 cups (300 g) self-raising flour
1 tablespoon (20 g) sugar
¾ cup (150 g) mashed cooked pumpkin
1 egg, beaten
1 tablespoon (20 mL) milk
1 tablespoon (20 mL) milk, extra (for glazing)

Method

1 Set oven at 220°C.
2 Rub butter into flour using fingertips.
3 Stir in sugar, pumpkin and egg. Mix with sufficient milk to form soft dough.
4 Turn onto lightly floured board and knead for a short time until smooth.
5 Roll out 2 cm thick. Cut into 12 scones using a knife.
6 Arrange on oven tray and glaze tops with extra milk.
7 Bake for 10–15 minutes until golden-brown.
8 Lift onto cake cooler. Serve with butter.

Note: Suitable for freezing for up to 1 month. Warm frozen scones for 2 minutes on defrost in microwave oven.

MICROWAVE METHOD

The chopped pumpkin can be microwaved for 3 minutes on high power.

Gem scones

Gem irons are the heavy, cast-iron patty-pan trays traditionally used for gem scones. Shallow patty-pan trays can be used instead and do not require preheating.

Makes: 24
Special equipment: gem irons
Preparation time: 20 minutes
Cooking time: 10–12 minutes
Oven temperature: 180°C

INGREDIENTS

2 tablespoons (40 g) butter, softened
⅓ cup (85 g) caster sugar
1 egg, beaten
1½ cups (225 g) self-raising flour
½ cup (125 mL) milk

Method

1 Set oven at 180°C and heat gem irons for 10 minutes.
2 Cream butter and sugar. Add egg, mixing well.
3 Add flour and milk alternately, one-third at a time. Stir gently and thoroughly.
4 Grease gem irons with butter. Quickly half fill with mixture.
5 Bake for 10–12 minutes.
6 Cool on cake cooler and serve with butter.

Note: Suitable for freezing for up to 1 month. Warm frozen scones for 2 minutes on defrost in microwave oven.

Fruit scone rolls

A quickly made morning tea with many variations. All variations can also be made by replacing half the flour with wholemeal self-raising flour.

Makes: 12

Cooking utensil: non-stick oven tray or non-stick 22 cm round cake pan (2.25 L)

Preparation time: 15 minutes

Cooking time: 15–20 minutes

Oven temperature: 200ºC, reduced to 180ºC

INGREDIENTS

2 tablespoons (40 g) butter (or margarine or dairy blend)
2 cups (300 g) self-raising flour
1 cup (250 mL) milk
2 tablespoons (40 g) softened butter (for spreading)
2 tablespoons (40 mL) milk, extra (for glazing)

FILLING

¼ cup (45 g) sultanas
¼ cup (45 g) currants
1 tablespoon (15 g) mixed peel
1 tablespoon (20 g) caster sugar
½ teaspoon mixed spice
½ teaspoon ground cinnamon

Method

1 Set oven at 200ºC.
2 Rub butter into flour using fingertips.
3 Mix into soft dough using most of the milk. Add a little more milk if required.
4 Turn onto lightly floured board and knead for a short time until smooth.
5 Roll out into a 30 × 20 cm rectangle and spread with softened butter.
6 Mix filling ingredients and sprinkle over dough. Roll up.
7 Cut into 12 slices. Arrange closely on oven tray and glaze with extra milk.
8 Bake at 200ºC for 10 minutes, then 180ºC for further 5–10 minutes until golden-brown.
9 Cool on cake cooler. Serve with butter, margarine or dairy blend.
Note: Suitable for freezing for up to 1 month. Warm frozen rolls for 2 minutes on defrost in microwave oven.

HAM SCONE ROLLS

Follow recipe for **Fruit scone rolls**, replacing filling with 1 tablespoon (20 g) grain mustard, 3 tablespoons (45 g) chopped ham, 1 tablespoon grated onion and 1 tablespoon chopped parsley.

CHUTNEY AND HAM SCONE ROLLS

Follow recipe for **Fruit scone rolls**, replacing filling with 3 tablespoons (45 g) chopped ham, 1 tablespoon grated onion, 1 tablespoon chopped parsley and 3 tablespoons (60 g) fruit chutney.

BUTTERSCOTCH SCONE ROLLS

Follow recipe for **Fruit scone rolls.** Omit filling. Cream 3 tablespoons (60 g) softened butter and 3 tablespoons (45 g) brown sugar, and spread on dough at step 6.

Muffins

Muffins are made from self-raising flour and may be used as a substitute for bread. They are mixed quickly and are baked when the mixture is still lumpy. They may be sweet or savoury, and make a nutritious snack.

Apple muffins

Makes: 6 large, 12 small
Cooking utensils: non-stick muffin pans
Preparation time: 15 minutes
Cooking time: 15–20 minutes
Oven temperature: 200°C

INGREDIENTS

cooking oil spray (for greasing)
1½ cups (225 g) self-raising flour
1½ teaspoons ground cinnamon
¼ cup (65 g) caster sugar
1 apple (125 g), grated
2 tablespoons (40 mL) canola oil or melted dairy blend
¾ cup (190 mL) milk
1 egg, beaten

Method

1 Set oven at 200°C. Brush or spray pans with oil.
2 Mix flour, cinnamon and sugar. Mix in grated apple.
3 Mix oil, milk and egg.
4 Use a knife to stir milk mixture into flour mixture until just mixed and still lumpy.
5 Place in muffin pans and bake for 15–20 minutes.
6 Serve warm with butter, margarine or dairy blend.

MICROWAVE METHOD

Using microwave muffin pans, cook on high power for 4 minutes.

APRICOT AND ALMOND MUFFINS

Follow recipe for **Apple muffins**. Omit apple and cinnamon. At step 4, add ½ cup (75 g) fresh or canned chopped apricots, and ½ cup (60 g) chopped or flaked almonds.

BANANA BRAN MUFFINS

Follow recipe for **Apple muffins**, replacing ½ cup (75 g) self-raising flour with ½ cup (45 g) bran and 1 teaspoon baking powder. Replace apple and cinnamon with 2 mashed bananas.

BLUEBERRY MUFFINS

Follow recipe for **Apple muffins**. Omit apple and cinnamon. At step 4, add 100 g fresh or frozen blueberries.

WHOLEMEAL APPLE MUFFINS

Follow recipe for **Apple muffins**, replacing ½ cup (75 g) self-raising flour with ½ cup (75 g) wholemeal self-raising flour.



Cheese and chive muffins

Savoury muffins can be made quickly for the lunch box.

Makes: 6 large, 12 small
Cooking utensils: non-stick muffin pans
Preparation time: 15 minutes
Cooking time: 15–20 minutes
Oven temperature: 200°C

INGREDIENTS

cooking oil spray (for greasing)
1½ cups (225 g) self-raising flour
½ cup (60 g) grated tasty cheese
2 tablespoons chopped chives
2 tablespoons (40 mL) canola oil or melted dairy blend
¾ cup (190 mL) milk
1 egg, beaten

Method

1 Set oven at 200°C. Brush or spray muffin pans with oil.
2 Mix flour, cheese and chives.
3 Beat oil with milk and egg.
4 Use a knife to stir milk mixture into flour until just mixed and still lumpy.
5 Place in muffin pans and bake for 15–20 minutes.
6 Serve warm with butter, margarine or dairy blend.

(Opposite) Blueberry muffins

MICROWAVE METHOD

Using microwave muffin pans, cook on high power for 4 minutes.

CORN MUFFINS

Follow recipe for **Cheese and chive muffins**. Omit cheese and chives. Replace ½ cup (75 g) self-raising flour with ½ cup (75 g) polenta and 1 teaspoon baking powder. Add ½ cup (75 g) cooked corn kernels at step 3.

PUMPKIN MUFFINS

Follow recipe for **Cheese and chive muffins**. Omit cheese and chives. At step 4, add ½ cup (100 g) cooked mashed pumpkin and ½ teaspoon mixed spice.

SALMON AND DILL MUFFINS

Follow recipe for **Cheese and chive muffins**. Omit cheese and chives. At step 4, add ½ can (75 g) salmon, drained, and 2 tablespoons chopped dill.

WHOLEMEAL CHEESE AND CHIVE MUFFINS

Follow recipe for **Cheese and chive muffins**, replacing ½ cup (75 g) self-raising flour with ½ cup (75 g) wholemeal self-raising flour.

Pancakes

Pancakes are thin, flat cakes made from a batter of flour, egg and milk that is cooked in a small amount of butter or oil in a frying pan. They may be served with sweet or savoury fillings or toppings.

Basic pancakes

Makes: 12–15
Cooking utensil: 16 cm frying pan
Preparation time: 20 minutes, plus 30 minutes standing time

INGREDIENTS

1 cup (150 g) plain flour
½ teaspoon salt
1 egg, beaten
1½ cups (375 mL) milk

Method

1 Sift flour and salt and make a well in centre.
2 Place egg in well and use a wooden spoon to gradually work in the flour and half the milk. A blender may be used.
3 Beat well for 1 minute and stir in remainder of milk.
4 Allow to stand for 30 minutes before cooking, to soften the cellulose in the starch grains and produce a lighter batter.
5 Brush frying pan with oil. Place on heat.
6 When pan is hot, use a ¼ cup (65 mL) measure to pour in sufficient batter to just cover base of pan. Cook until set and lightly browned on base.
7 Turn pancake with a spatula or by tossing. Cook until brown on other side.
8 Turn onto plate and keep warm.
9 Repeat steps 5–8 to make 12–15 pancakes.
10 Serve with savoury filling (see next page) or sweet filling (see p. 521).



Crepes

BUTTERMILK PANCAKES

Follow recipe for **Basic pancakes**. Replace milk with 1½ cups (375 mL) buttermilk. Any of the savoury fillings listed below may be used.

CRÊPES

Follow recipe for **Basic pancakes**. Add extra ¼ cup (65 mL) milk and make 20 thin crêpes. May be served with sweet or savoury fillings.

WHOLEMEAL PANCAKES

Follow recipe for **Basic pancakes**, replacing ½ cup (75 g) flour with ½ cup (75 g) self-raising wholemeal flour.

FILLED PANCAKES

CHICKEN AND HAM PANCAKES

Follow recipe for **Basic pancakes**. Make 2 cups (500 mL) **White sauce** (p. 374) and add 2 cups (300 g) cooked, chopped chicken and ham combined, 2 tablespoons chopped parsley and 1 teaspoon (5 g) grain mustard. Reheat sauce mixture and spread on pancakes. Roll up and serve.

HAM AND MUSTARD PANCAKES

Follow recipe for **Basic pancakes**. Use 1 very thin slice of ham for each pancake. Spread each pancake with ½ teaspoon grain mustard, cover with ham, roll up and serve garnished with parsley.

MEXICAN CORNMEAL PANCAKES

Follow recipe for **Basic pancakes**. Replace ½ cup (75 g) flour with ½ cup (75 g) polenta and 1 teaspoon baking powder. Make 3 cups (750 mL) **Savoury meat sauce** (p. 372) and place 3 tablespoons on each pancake, fold in half. Serve as a light meal.

SEAFOOD PANCAKES

Follow recipe for **Basic pancakes**. Make 2 cups (500 mL) **White sauce** (p. 374) and add 500 g cooked seafood, 1 tablespoon chopped parsley and juice of 1 lemon. Reheat sauce mixture and spread on pancakes. Roll up and serve.

SPINACH AND CHEESE PANCAKES

Follow recipe for **Basic pancakes**. Add 125 g chopped spinach to the uncooked batter at step 2. Roll pancakes lightly after cooking and keep warm. Make 2 cups (500 mL) **Cheese sauce** (p. 374) and pour over pancakes before serving.

VEGETABLE PANCAKE STACKS

Follow recipe for **Basic pancakes**. Make 2 cups (500 mL) **White sauce** (p. 374) or use 500 g cottage cheese. Add 2 cups (300 g) cooked, chopped vegetables (e.g. asparagus, cauliflower, broccoli, zucchini or spinach) and reheat. Spoon on pancakes, stack pancakes 3 high and cut into 4 wedges. Serve garnished with chopped parsley.

Pikelets (Drop scones)

Makes: 24–30
Cooking utensil: frying pan
Special equipment: 2 clean tea towels
Preparation time: 10 minutes
Cooking time: 3–4 minutes for each panful

INGREDIENTS

1 cup (150 g) self-raising flour
2 tablespoons (40 g) caster sugar
⅔ cup (165 mL) milk
1 egg, beaten
1 tablespoon (20 g) butter (or margarine or dairy blend)

Method

1 Mix flour and sugar and make well in centre.
2 Add milk to egg and pour into well. Use a wooden spoon to gradually beat in the flour.
3 Brush frying pan with a little of the butter. Place over heat.
4 When pan is hot, place spoonfuls of mixture in frying pan. When bubbles appear on surface of pikelets, turn with a spatula. Allow to brown on other side and cook through.
5 Brush frying pan with butter between batches of pikelets.
6 Lift onto cake cooler covered with a clean tea towel. Cover pikelets to keep them soft.
7 Pikelets may be served buttered or with jam and whipped cream.

APPLE PIKELETS

Follow recipe for **Pikelets**. Add 1 grated apple (125 g) to batter before cooking.

BLINI

The Russian version of pikelets, smaller in size and made with sour cream. In Russia they are often made with buckwheat. Follow recipe for **Pikelets**. Omit sugar and replace ⅔ cup (165 mL) milk with ¾ cup (185 mL) light sour cream. Use 1 tablespoon (20 mL) batter for each blini. Makes 25–30. Serve as a base for savouries and hors d'oeuvres (see p. 313).

FLAPJACKS

An American version of pikelets, larger in size and served with maple syrup. Follow recipe for **Pikelets**. Omit sugar. Use ⅓ cup (185 mL) batter for each flapjack. Makes 10. Serve as a dessert, breakfast dish or snack, each topped with 1 teaspoon (5 g) butter and 1 tablespoon (20 mL) maple syrup.



Pikelets



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Cakes

Cake making provides an opportunity to be creative and to add a touch of individuality. Some cakes may be quickly and easily prepared for snacks, and others—such as rich fruit cakes—may be prepared and decorated for special occasions.

Methods used in cake making

Beating: The eggs, or egg whites, and sugar are beaten until thick, then the dry ingredients are carefully folded in. The beating method produces a lightly textured cake. The lightness depends on the amount of air incorporated. Sponges should be served within 1 to 2 days as they do not remain moist for very long.

Creaming: The butter, margarine or dairy blend is creamed with the sugar until the mixture resembles whipped cream. Blending may be done with a wooden spoon, whisk, food processor or electric beater. The eggs are added and the mixture beaten. Flour and milk are folded in alternately. Cakes made by the creaming method contain a higher ratio of butter/margarine/dairy blend to flour than cakes made by other methods and have a richer flavour. They will remain moist for up to 1 week.

Quick-mix, or melt-and-mix: The ingredients are placed in a bowl with oil or melted butter, mixed and then baked, often in a microwave oven. The texture of the cakes is usually coarse, causing them to become dry within 3 to 4 days, or a little longer if they contain fruit or vegetables, such as apple or carrot.

Rubbing-in: The butter, margarine or dairy blend is rubbed into the flour with the fingertips, pastry blender or food processor until the mixture resembles breadcrumbs. Other dry ingredients are added, followed by the moist ingredients. Cakes and loaves made by this method tend to be drier than those mixed by other methods, and will keep for only 3 to 4 days.

Refer to page 457 for photos of these methods in the biscuit chapter.



NUTRITIONAL VALUE

Cakes supply mainly carbohydrate and fat, with a small amount of protein from eggs. To reduce saturated fat in the diet, use oils with a high proportion of polyunsaturated fats, such as canola oil. Cakes low in fat and high in fibre provide a nutritious and tasty snack.

Processes used to combine ingredients

Beating or whipping: Ingredients are blended rapidly, enclosing as much air as possible. An electric beater, rotary beater or whisk may be used.

Creaming: The sugar is beaten with the butter, margarine or dairy blend until the mixture resembles whipped cream. A wooden spoon, whisk, electric beater or food processor may be used.

Stirring or mixing: Ingredients are combined in a circular motion using a spoon.

Folding: Two mixtures are combined, retaining as much air as possible. The lighter mixture is placed on the heavier one; for example, flour on beaten eggs and sugar. A metal spoon is used to gently cut down through the mixtures, folding the heavier over the lighter mixture. Using as few strokes as possible, folding continues until blending is complete. It is important to retain air already beaten into the mixture.

INGREDIENTS FOR CAKE MAKING

The quality of the ingredients used in making cakes influences the final result. Further information on basic ingredients can be found in chapter 2, p. 44.

BUTTER, MARGARINE, DAIRY BLEND OR OIL

The fat used in cakes is often referred to as shortening. Butter, margarine or dairy blend may be used interchangeably. Oil gives a coarser texture and should only be used if specifically called for in a recipe.

EGGS

Eggs should be fresh. The size of the eggs may affect the result. Recipes in this book are given for extra-large eggs, approximately 60g each.

FLOUR

Cake flours are fine in texture and have a low gluten content to give a soft texture. Mixtures containing cream of tartar must be baked immediately, but those with phosphate aerators can stand before baking without deteriorating. The amount of liquid absorbed by flour may vary.

MILK

Usually fresh milk is used. Reconstituted powdered milk may be substituted.

SUGARS

Sugars vary in texture. In cake making, caster sugar blends most readily. Brown sugar may be used to vary the flavour and colour.

Measuring techniques

See chapter 3, pp. 74–5.

Preparation of cake pans

Cake pans should be brushed or sprayed with oil. Cakes will be easier to turn out if the base of the pan is lined with baking paper.

LINING ROUND PANS

Use baking paper and cut a base 1 cm smaller than the pan. Cut a straight strip 3 cm longer than the circumference and 3 cm deeper than the side of the pan. Fold a 2 cm strip along one edge of the straight piece and make cuts in this from the edge to fold at 2 cm intervals. Fit this strip into the pan, with folded cut edge on the base. Brush or spray with oil. Place the round base piece of paper over this.

LINING SQUARE OR OBLONG PANS

Cut baking paper large enough to cover the pan and extend 3 cm above the top of the pan. Mark the size and shape of the base in the centre of the paper and cut from the edges down to each corner. Fold, and place the paper in the pan.





Lining a round cake pan: measuring baking paper base (left); cutting in from the edge (centre); lining the pan (right)

TYPES OF CAKE PANS

Size (cm)	Volume	Diameter (cm)	Serves
Round			
18	1 L	18	8
20	1.5 L	20	8–10
22	2.25	22	12–14
Ring			
22	1.75 L	22	12
24	2.5 L	24	16
Deep springform			
20	1.75 L	20	10–12
22	2.5 L	22	12–14
24	3.25 L	24	18–20
Sponge	1 L	20	8
Patty pans	30 mL (⅛ cup) ea	—	12 to tray
Muffin pans			
Small	65 mL (¼ cup) ea	—	12 to tray
Large	185 mL (¾ cup) ea	—	6 to tray

RECTANGULAR CAKE PANS

Size (cm)	Volume (L)	Length (cm)	Width (cm)	Serves
Square				
18	1.5	18	18	10
20	2.5	20	20	16
Loaf pans				
Medium	1.0	22	10	10
Large	1.5	23	13	14
Nut (cylinder)	1.0	22	10	10
Swiss roll	1.0	30	24	10

Cake pans

The volume of cake pans is measured in litres (L). The volume can be compared by measuring the amount of water each pan will hold. Pans with slightly different dimensions, but which hold the same volume, will produce satisfactory results.

Baking cakes and oven management

As every oven varies slightly, the oven temperatures and baking times given for each recipe in this chapter should be used as a guide only. Temperatures may need to be lowered by up to 10°C if a fan-forced oven is used.

To convert temperatures in Fahrenheit to Celsius, use a conversion chart or halve the cooking temperature when it falls between 200°F and 450°F; for example, 350°F is equivalent to 175°C.

OVEN TEMPERATURES

Description	Thermostat
Plate warming	60°C
Cool	100–110°C
Slow	150–170°C
Moderate	170–190°C
Moderately hot	190°C
Hot	200°C
Very hot	220–240°C

Effect of dry heat on flour mixtures

The effect of dry heat on flour mixtures is described in the following steps:

1 Fat and sugar are melted.
2 Starch grains burst and absorb the melted fat, sugar and other liquids.
3 The raising agent gives off carbon dioxide, which expands when heated and stretches the protein gluten, thus causing the cake to rise.
4 As the temperature of the cake increases, the heat sets the proteins and the cake retains its shape.
5 The golden-brown surface of the cake is formed by caramelisation and by the 'Maillard reaction' (see below).

Caramelisation: Sugar caramelises when heated above its melting point, adding flavour and surface browning which improves moisture retention in baked products.

Maillard reaction: When heated sugar chemically reacts with proteins found in the baked product, this contributes to the food's browned surface.

Baking cakes in a microwave oven

Cakes cook very quickly in a microwave oven and it is easy to overcook them. As the air temperature reaches only 100°C, browning does not occur during cooking by microwaves, thus colour and flavour are different from traditional baking. To obtain a golden appearance, ingredients such as brown sugar, spices and cocoa powder are often used. Cakes cook more evenly in the microwave oven if they are placed in a ring cake pan. See p. 80–1 for more information on cooking in a microwave oven.

CAKES: TIPS FOR PRODUCT QUALITY

QUALITY CRITERIA

- Golden-brown surface
- Smooth, slightly rounded top
- Even, light, moist texture
- Fruit and other ingredients evenly distributed

IDENTIFYING PROBLEMS

Close and heavy texture:

- Too high a proportion of flour
- Fat was overheated during mixing
- Excess liquid used
- Fat and sugar overcreamed
- Overmixing while adding flour and liquid
- Oven temperature too low or cake insufficiently cooked

Coarse and open texture:

- Fat and sugar insufficiently creamed
- Insufficient mixing when combining flour with moist ingredients
- Oven temperature too high

Uneven texture:

- Insufficient blending of fat—small lumps melt, leaving holes
- Mixture scraped from sides of basin and left in centre of cake
- Overmixing while adding flour and liquid
- Air trapped by placing small spoonfuls of mixture in cake pan

Dry:

- Too few eggs or volume of liquid too small
- Cooked too long or oven temperature too low

Risen unevenly or in centre:

- Oven had not reached required temperature
- Initial oven temperature too high

Cracked surface:

- Initial oven temperature too high
- If oven temperature insufficiently reduced, mixture may ooze through crack

Sunk in centre:

- Excess sugar or liquid
- Oven temperature too low
- Oven door opened too soon, too often or slammed
- Cake moved before it set or was taken out of oven before cooked

Fruit unevenly distributed:

- Uneven mixing of fruit into mixture or mixture too thin to support fruit
- Oven temperature too low

Sugary crust:

- Cake cooked too long at too low a temperature
- Type of sugar too coarse for mixture



Apple coffee cake *Rubbing In*

This may be served with whipped cream dusted with cinnamon for a delicious dessert.

Serves: 16

Cooking utensil: 24 cm non-stick ring cake pan (2.5 L)

Preparation time: 25 minutes

Cooking time: 1 hour

Oven temperature: 180 °C

INGREDIENTS

2 teaspoons instant coffee powder
2 tablespoons (40 mL) boiling water
½ cup (125 mL) milk
2 cups (300 g) plain flour
3 teaspoons baking powder
⅓ cup (85 g) butter (or margarine or dairy blend)
1 cup (250 g) sugar
2 eggs, beaten
2 Granny Smith apples (250 g), peeled and grated
⅓ cup (60 g) brown sugar
1 teaspoon ground cinnamon

Method

1 Set oven at 180°C. Brush or spray cake pan with oil and line base with baking paper.
2 Dissolve instant coffee in boiling water. Add milk.
3 Sift flour and baking powder into a large bowl.
4 Rub butter into flour mixture with fingertips until it resembles breadcrumbs.
5 Stir in sugar, coffee mixture and eggs.
6 Place in cake pan. Spread grated apple evenly over surface and sprinkle with brown sugar and cinnamon.
7 Bake for 1 hour. (Cake is baked when side shrinks slightly from side of pan and a fine skewer inserted into cake comes out clean and dry.)
8 Cool in cake pan before turning onto cake cooler.

Note: Will keep 3–4 days in an airtight container. Suitable for freezing up to 3 months.

MICROWAVE METHOD

Place in oiled 22 cm microwave ring pan. Microwave for 6 minutes on high power. Stand 3 minutes before turning out.

Apricot and almond cake *Beating*

A low-fat cake that could be served as a snack or dessert.

Serves: 8–10
Cooking utensil: 20 cm round cake pan (1.5 L)
Preparation time: 25 minutes
Cooking time: 50–55 minutes
Oven temperature: 180 °C

INGREDIENTS

1 cup (150 g) plain flour
1½ teaspoons baking powder
2 eggs
¾ cup (190 g) sugar
¼ cup (65 mL) milk

FILLING

1 cup (180 g) chopped dried apricots
½ cup (60 g) chopped almonds
¼ cup (65 g) marmalade

Method

1 Set oven at 180°C. Brush or spray cake pan with oil and line base with baking paper.
2 Sift flour and baking powder.
3 Beat eggs and sugar, add milk.
4 Fold flour into egg mixture.
5 Pour half the mixture into cake pan.
6 Mix filling ingredients and place spoonfuls over mixture.
7 Spread remaining cake mixture over the top.
8 Bake for 50–55 minutes. (Cake is baked when side shrinks slightly from side of pan and a fine skewer inserted into cake comes out clean and dry.)
9 Cool for 15 minutes before turning onto cake cooler.

Note: Will keep up to 1 week in an airtight container. Suitable for freezing up to 3 months.

FIG AND PECAN CAKE

Follow recipe for **Apricot and almond cake**. Use 1 cup (180 g) chopped dried figs instead of apricots and ½ cup (60 g) chopped pecans instead of almonds.

Apricot and almond cake



Butter cake *Creaming*

Butter cakes can be flavoured and decorated for birthdays, parties and other special occasions. Choose from the three basic recipes below and follow the method for all.

Plain butter cake

Serves: 8–10
Cooking utensil: 20 cm round cake pan (1.5 L), or 22 cm ring cake pan (1.75 L), or large loaf pan (1.5 L)
Preparation time: 20 minutes
Cooking time: 35–40 minutes
Oven temperature: 180°C

INGREDIENTS

½ cup (125 g) butter (or margarine or dairy blend), softened
½ cup (125 g) caster sugar
2 eggs, beaten
1¼ cups (190 g) self-raising flour
⅓ cup (85 mL) milk

Medium butter cake

Serves: 8–10
Cooking utensil: 20 cm round cake pan (1.5 L), or 18 cm square cake pan (1.5 L), or large loaf pan (1.5 L)
Preparation time: 25 minutes
Cooking time: 45–1 hour minutes
Oven temperature: 180°C, reduced to 160°C

INGREDIENTS

¾ cup (190 g) butter (or margarine or dairy blend), softened
¾ cup (190 g) caster sugar
3 eggs, beaten
1¾ cups (260 g) self-raising flour
3 tablespoons (60 mL) milk

Rich butter cake

Serves: 12–14 (for 20–22 serves, make double quantity and bake 1½–1¾ hours in 24 cm 3.25 L deep springform cake pan)
Cooking utensil: 22 cm round cake pan (2.25 L), or 20 cm square cake pan (2.5 L), or 22 cm springform cake pan (2.5 L)
Preparation time: 30 minutes
Cooking time: 1–1¼ hours
Oven temperature: 180°C, reduced to 160°C

INGREDIENTS

1 cup (250 g) butter (or margarine or dairy blend)
1 cup (250 g) caster sugar
4 eggs, beaten
2 cups (300 g) self-raising flour
2 tablespoons (40 mL) milk

Method for all recipes

1 Set oven at 180°C. Brush or spray cake pan with oil and line base with baking paper.
2 Cream butter and sugar until light and fluffy.
3 Gradually add eggs, beating well.
4 Stir in flour and milk alternately, about one-third at a time. Stir gently but thoroughly.
5 Place in cake pan and bake for time indicated. (Cake is baked when sides shrink slightly from sides of pan and a fine skewer inserted into cake comes out clean and dry.)
6 Cool on cake cooler. Ice with ⅓ cup (100 mL) **Butter icing** (p. 443) or **Melted butter icing** (p. 444).

Note: Will keep up to 1 week in an airtight container. Suitable for freezing up to 3 months (without icing).

Follow the recipe for **Plain butter cake**, **Medium butter cake** or **Rich butter cake** to make the following variations:

BANANA BUTTER CAKE

Add 3 mashed bananas after step 2. Sift 1 teaspoon bicarbonate of soda with the flour. Ice with ½ cup (150 mL) **Cream cheese icing** (p.442). Decorate with small 'bananas' moulded from **Almond paste** (p. 446) or **Fondant icing** (p. 447) tinted with food colouring.

CHERRY AND ALMOND BUTTER CAKE

Add ½ cup (90 g) chopped glacé cherries and ½ cup (60 g) chopped almonds after step 2. Decorate with cherries and almonds.

CHOCOLATE BUTTER CAKE

Sift 2 tablespoons (20 g) cocoa powder with the flour. Add 2 tablespoons (40 mL) extra milk and ½ teaspoon vanilla essence. Flavour icing with chocolate and decorate with cherries and almonds.

COFFEE AND PECAN BUTTER CAKE

Add 2 teaspoons instant coffee powder and ½ cup (60 g) chopped pecans after step 2. Flavour icing with coffee powder and decorate with pecans.

LAMINGTONS

Make 1 quantity **Rich butter cake** or 1½ quantities **Plain butter cake** in 20 cm square cake pan (2.5 L). Prepare 1½ cups (450 mL) **Chocolate glacé icing** (p. 444) and 1½ cups (135 g) desiccated coconut. Cut cake into 25 blocks (each 4 cm square) and spread icing on all sides or dip into icing. Roll in coconut. Allow to dry on cake cooler.

MARBLE BUTTER CAKE

Follow recipe for **Medium** or **Rich butter cake**. Divide mixture into three. Add 1 tablespoon (10 g) cocoa powder to one-third of mixture, ¼ teaspoon pink colouring to one-third, and leave one-third plain. Place spoonfuls into cake pan, alternating the colours. Mix lightly to give streaky appearance. Flavour icing with chocolate or colour icing pink.

ORANGE BUTTER CAKE

Add 1 tablespoon grated orange rind after step 2. Flavour icing with orange juice and decorate with mandarin segments.



Butter cake

Arabic coconut cake *Quick Mix*

Makes: 8–10
Preparation time: 15 minutes
Cooking utensil: 20 cm round cake pan (1.5 mL)
Cooking time: 20 minutes
Oven temperature: 180°C

INGREDIENTS

1 cup (150 g) semolina
1 cup (250 mL) natural yoghurt
1 cup (250 g) caster sugar
¾ cup (70 g) desiccated coconut
¾ cup (125 mL) canola oil
2 teaspoons baking powder
1 teaspoon (5 mL) vanilla essence
2 drops yellow food colour
2 tablespoons (30 g) blanched almonds

Method

1 Set oven at 180°C. Brush or spray pan with melted butter or cooking oil, and line base with baking paper.
2 Place all ingredients, except blanched almonds, in large bowl. Mix well.
3 Pour cake batter into pan. Decorate top of batter with blanched almonds.
4 Bake for 20 minutes. (Cake is baked when side shrinks slightly from side of pan and a fine skewer inserted into cake comes out clean and dry.)
5 Cool on cake cooler.

Note: Will keep 2–3 days in an airtight container. Suitable for freezing up to 3 months.



Arabic Coconut cake

Boiled fruit cake *Quick Mix*

Serves: 20
Cooking utensils: saucepan, 20 cm square cake pan (2.5 L)
Preparation time: 40 minutes
Cooking time: 1 hour
Oven temperature: 180°C

INGREDIENTS

¾ cup (190 g) sugar
1 cup (250 mL) water
2½ cups (450 g) mixed dried fruit
⅓ cup (50 g) mixed peel
1 teaspoon ground nutmeg
1 teaspoon bicarbonate of soda
½ cup (125 g) butter
2 eggs, beaten
1 cup (150 g) self-raising flour
1 cup (150 g) plain flour

Method

1 Set oven at 180°C. Brush or spray cake pan with oil and line base with baking paper.
2 In saucepan, heat sugar, water, dried fruit, mixed peel, nutmeg, bicarbonate of soda and butter. Stir until boiling. Allow to cool for 5 minutes.
3 Add eggs.
4 Sift flours, add to other ingredients and mix thoroughly.
5 Place in cake pan and bake for 1 hour. (Cake is baked when sides shrink slightly from sides of pan and a fine skewer inserted into cake comes out clean and dry.)
6 Allow to stand in cake pan for 15 minutes, then turn onto cake cooler.
7 Cake may be decorated (see p. 446).

Note: Will keep up to 4 weeks in an airtight container. Suitable for freezing up to 3 months.

Eggless apple and raisin cake *Creaming*

Serves: 12–14
Cooking utensil: 22 cm round cake pan (2.2 L)
Preparation time: 20 minutes
Cooking time: 1 hour
Oven temperature: 180°C

INGREDIENTS

½ cup (125 g) butter (or margarine or dairy blend), softened
½ cup (90 g) brown sugar
1 teaspoon bicarbonate of soda
1 teaspoon (5 mL) hot water
1½ cups (300 g) cooked apple purée
2 cups (300 g) wholemeal self-raising flour
1 cup (180 g) chopped raisins
1 teaspoon ground cinnamon
2 tablespoons (30 g) slivered almonds

Method

1 Set oven at 180°C. Brush or spray cake pan with oil and line with baking paper.
2 Cream butter and sugar until light and fluffy.
3 Mix bicarbonate of soda and water. Stir in all other ingredients, except almonds, and mix well.
4 Place in cake pan. Sprinkle almond slivers on top and bake for 1 hour. (Cake is baked when side shrinks slightly from side of pan and a fine skewer comes out clean and dry.)
5 Cool on cake cooler.

Note: Will keep up to 1 week in an airtight container. Suitable for freezing up to 3 months.

EGGLESS APPLE, DATE AND WALNUT CAKE

Follow recipe for **Eggless apple and raisin cake**, replacing raisins with ½ cup (60 g) chopped walnuts and ½ cup (90 g) chopped dates.

Carrot cake *Quick mix*

This may be made using a food processor. Grate carrots, replace grating blade with mixing blade, add remaining ingredients except sultanas or walnuts. Mix well, add sultanas or walnuts and bake.

Serves: 14
Cooking utensil: large loaf pan (1.5 L)
Preparation time: 20 minutes
Cooking time: 45–50 minutes
Oven temperature: 180°C

INGREDIENTS

½ cup (125 mL) safflower or sunflower oil
2 eggs
¾ cup (135 g) brown sugar
2 small carrots (150 g), grated
1 cup (150 g) self-raising flour
½ cup (90 g) sultanas or walnut pieces
½ teaspoon mixed spice

Method

1 Set oven at 180°C. Brush or spray loaf pan with oil and line base with baking paper.
2 Combine oil, eggs and sugar. Add all other ingredients and mix well.
3 Place in loaf pan and bake for 45–50 minutes. (Cake is baked when sides shrink slightly from sides of pan and a fine skewer inserted into cake comes out clean and dry.)
4 Cool 15 minutes and then turn onto cake cooler. May be iced with ½ cup (150 mL) **Cream cheese icing** (p. 442). May be decorated with moulded 'carrots' made from **Almond paste** (p. 446) or **Fondant icing** (p. 447) tinted with food colouring.

Note: Will keep up to 1 week in an airtight container. Suitable for freezing up to 3 months (without icing).

MICROWAVE METHOD

Place mixture in unlined 22 cm microwave ring pan (1.75 L). Microwave for 6 minutes on high power. Stand 3 minutes to cool, then turn onto cake cooler.

CARROT AND PUMPKIN CAKE

Follow recipe for **Carrot cake**. Replace 125 g carrot with 125 g mashed pumpkin. Add 2 teaspoons grated fresh ginger at step 2.

ZUCCHINI CAKE

Follow recipe for **Carrot cake**. Use 250 g grated zucchini instead of carrots.

CARROT WHOLEMEAL CAKE

Follow recipe for **Carrot cake**, replace 1 cup (150 g) self-raising flour with ½ cup (75 g) wholemeal self-raising flour and ½ cup (75 g) self-raising flour.

Chocolate and hazelnut cake *Quick mix*

Serves: 12–14
Cooking utensils: 25 cm springform cake pan
Preparation time: 15 minutes
Baking time: 30–35 minutes
Oven temperature: 180°C

INGREDIENTS

200 g butter
300g dark chocolate (60% cocoa), roughly chopped
6 eggs
1 cup (220 g) caster sugar
1 teaspoon vanilla extract
1¼ cup (125 g) roasted hazelnut meal

Method

1 Set the oven at 180°C. Spray pan with cooking oil and line base with baking paper.
2 Place butter and chocolate in heatproof bowl over pan of simmering water and melt, stirring until smooth. Remove from heat and set aside.
3 Beat eggs, sugar and vanilla for 4–5 minutes with electric beaters, until light and pale in colour. Add chocolate mixture to egg mixture, then fold through the hazelnut meal.
4 Pour batter into pan and bake for 30–35 minutes, or until a cake skewer inserted into centre comes out clean.
5 Remove from oven and cool completely on wire rack before serving.

Note: Will keep up to 1 week in an airtight container. Suitable for freezing up to 3 months.



Chocolate hazelnut cake

Cup cakes *Creaming*

Cup cakes are also known as patty cakes or fairy cakes.

Makes: 12

Cooking utensil: patty pan tray or paper patty pans on oven tray

Preparation time: 20 minutes

Cooking time: 12–15 minutes

Oven temperature: 200ºC

INGREDIENTS

¼ cup (65 g) butter (or margarine or dairy blend), softened
¼ cup (65 g) caster sugar
1 egg, beaten
½ teaspoon vanilla essence
¾ cup (110 g) self-raising flour
3 tablespoons (60 mL) milk

Method

1 Set oven at 200ºC. Brush or spray patty pan tray with oil.
2 Cream butter and sugar until light and fluffy.
3 Add egg and vanilla essence. Mix well.
4 Add flour and milk alternately, about one-third at a time. Stir gently and thoroughly.
5 Place mixture into pans, half-filling each one. Bake for 12–15 minutes until golden-brown and shrinking slightly from sides of pans.
6 Cool in patty pans for 2 minutes then lift onto cake cooler.
7 May be iced with **Glacé icing** (p.444) or **Melted butter icing** (p. 444).

Note: Will keep up to 1 week in an airtight container. Suitable for freezing up to 3 months (without icing).

(Opposite) Cup cakes

APPLE CAKES

Follow recipe for **Cup cakes**. Place 1 teaspoon cake mixture in each patty pan, add 1 teaspoon **Apple purée** (p. 509) and cover with 1 teaspoon cake mixture.

CHERRY AND NUT CAKES

Follow recipe for **Cup cakes**. Add 2 tablespoons (30 g) chopped glacé cherries and 1 tablespoon chopped almonds or walnuts to mixture at step 4. Decorate before baking with a piece of cherry or nut, or after baking ice with pink **Glacé icing** (p.444) or **Melted butter icing** (p.444) and decorate with a piece of cherry.

CHOCOLATE CAKES

Follow recipe for **Cup cakes**. Add 3 tablespoons (30 g) cocoa powder sifted with flour. Ice with **Chocolate butter icing** (p. 443) or **Melted butter icing** (p. 444). Decorate with nuts.

CITRUS CAKES

Follow recipe for **Cup cakes**. Add grated rind of 1 orange or ½ lemon at step 4. Ice with **Orange butter icing** (p. 443), **Lemon butter icing** (p. 443) or **Glacé icing** (p. 444).

DATE AND WALNUT CAKES

Follow recipe for **Cup cakes**. Add 2 tablespoons (30 g) chopped dates and 1 tablespoon (15 g) chopped walnuts at step 4. Place a piece of walnut on mixture in each patty pan before baking.

LEMON BUTTERFLIES

Use 12 **Cup cakes**, 1 cup (250 mL) whipped cream, 4 tablespoons (80 mL) **Lemon curd** (p. 379) and 2 tablespoons (20 g) icing sugar. Using a small, sharp knife remove a circle from top of each cake. Place ½ teaspoon lemon curd and 1 teaspoon (5 mL) cream in each hollow. Cut removed circle in two and place cut ends into cream to resemble wings. Dust with icing sugar.



Dutch orange syrup cake *Creaming*

Add 1 tablespoon (20 mL) orange- or almond-flavoured liqueur to the syrup to make a delicious dessert. Serve with cream.

Serves: 12

Cooking utensils: 22 cm ring cake pan (1.75 L), saucepan

Preparation time: 20 minutes

Cooking time: 30–35 minutes

Oven temperature: 180°C

INGREDIENTS

½ cup (125 g) butter (or margarine or dairy blend), softened
½ cup (125 g) caster sugar
2 eggs, beaten
rind of 1 lemon, grated
rind of 1 orange, grated
1¼ cups (190 g) self-raising flour

TOPPING

⅓ cup (85 g) caster sugar
juice of 1 lemon
juice of 2 oranges
¾ cup (190 mL) water

Method

1. Set oven at 180°C. Brush or spray cake pan with oil and line base with baking paper.
2. Cream butter and sugar until light and fluffy.
3. Add eggs gradually and mix well. Add lemon and orange rind.
4. Sift in flour. The mixture should be firm.
5. Place in cake pan and bake for 30–35 minutes. (Cake is baked when sides shrink slightly from sides of pan and a fine skewer inserted into cake comes out clean and dry.)
6. Combine topping ingredients in saucepan over low heat. Stir until sugar has melted, but do not boil.
7. Turn cake onto cake cooler, leave upside down.
8. Place a large plate under cake cooler. Spoon hot topping over hot cake. Repeat process with topping collected on plate until all is absorbed.

Note: Will keep up to 1 week in an airtight container. Suitable for freezing up to 3 months.



Rich flourless chocolate cake *Quick mix*

Serves: 8–10
Cooking utensil: 20 cm springform pan
Preparation time: 15 minutes
Cooking time: 25–30 minutes
Oven temperature: 180°C

INGREDIENTS

200 g dark chocolate (60% cocoa)
200 g butter
1 cup (220 g) caster sugar
1 teaspoon vanilla extract
4 eggs
¾ cup (75 g) cocoa powder, sifted

Method

1. Set oven to 180°C. Spray cake pan with oil and line base with baking paper.
2. Place butter and chocolate in heatproof bowl over pan of simmering water and melt, stirring until smooth.
3. Whisk sugar and vanilla into chocolate mixture, and add eggs, one at a time, incorporating well after each addition. Fold in sifted cocoa until smooth.
4. Pour mixture into prepared pan and bake for 25–30 minutes.
5. Remove from oven and set on wire baking rack to cool. Cool completely before removing from tin.
6. Serve with light dusting of cocoa powder.

Note: Will keep up to 1 week in an airtight container. Suitable for freezing up to 3 months.

Flourless almond and orange cake *Beating*

Serves: 6–8
Cooking utensil: 18 cm round cake pan (1 L)
Special equipment: blender, bowl
Preparation time: 25 minutes
Cooking time: 45–50 minutes
Oven temperature: 180°C

INGREDIENTS

1 orange (200 g)
3 eggs
½ cup (125 g) sugar
1 cup (100 g) ground almonds
½ teaspoon baking powder

TOPPING

1 tablespoon (20 g) marmalade
1 tablespoon (10 g) flaked almonds

Method

1. Set oven at 180°C. Brush or spray cake pan with oil and line base with baking paper.
2. Cut orange into pieces, remove seeds. Place in blender, blend for 1 minute.
3. Add eggs and sugar, blend 30 seconds.
4. Pour mixture into bowl.
5. Mix in ground almond and baking powder. Add orange mixture and mix gently and thoroughly.
6. Spoon mixture into cake pan.
7. Bake for 45–50 minutes. (Cake is baked when side shrinks slightly from side of pan and a fine skewer comes out clean and dry.)
8. Allow to cool slightly in cake pan before turning onto cake cooler.
9. Brush top with warmed, sieved marmalade and sprinkle with flaked almonds.

ALMOND AND CUMQUAT CAKE

Follow recipe for **Flourless almond and orange cake**. Omit orange and replace with 200 g cumquats.

Glacé fruit cake

Creaming

A rich, colourful cake that could be wrapped in clear cellophane for an attractive gift.

Serves: 20–25

Cooking utensil: large loaf pan (1.5 L)

Preparation time: 30 minutes

Cooking time: 1–1½ hours

Oven temperature: 150 °C

INGREDIENTS

½ cup (75 g) plain flour

¼ teaspoon baking powder

2 tablespoons (40 g) butter (or margarine or dairy blend), softened

¼ cup (45 g) brown sugar

1 egg, beaten

1 tablespoon (20 mL) fruit juice or brandy

½ cup (90 g) chopped glacé pineapple

½ cup (90 g) chopped glacé apricots

½ cup (90 g) chopped red and green glacé cherries

½ cup (60 g) chopped brazil nuts

½ cup (90 g) mixed dried fruit

½ cup (60 g) chopped almonds or macadamia nuts

Method

1 Set oven at 150ºC. Brush or spray loaf pan with oil and line base and sides with baking paper.
2 Sift flour and baking powder.
3 Cream butter and sugar until light and fluffy.
4 Add egg gradually, mix well.
5 Stir in flour and fruit juice or brandy.
6 Add fruit and nuts, retaining some for top of cake.
7 Place mixture into loaf pan, putting remaining fruit and nuts on top.
8 Bake for 1–1½ hours. (Cake is baked when sides shrink slightly from sides of pan and a fine skewer inserted into cake comes out clean and dry.)
9 Allow to cool slightly in loaf pan before turning onto cake cooler.
10 Slice very thinly to serve.

Note: Will keep up to 3 months in an airtight container. Not suitable for freezing.

Fresh fruit cake

Creaming

A moist almond cake with the flavour of fresh fruit.

Serves: 10

Cooking utensil: medium loaf pan (1 L)

Preparation time: 20 minutes

Cooking time: 25 minutes

Oven temperature: 180ºC

INGREDIENTS

¼ cup (45 g) brown sugar
2 eggs
2 tablespoons (20 g) plain flour
¾ cup (75 g) ground almonds
1 cup (250 g) pineapple, apricots or peaches, diced

Method

1. Set oven at 180 ºC. Brush or spray loaf pan with oil and line with baking paper.
2. Beat sugar and eggs until mixture is thick.
3. Fold in flour and ground almonds.
4. Mix 2 tablespoons batter with the fruit.
5. Place remaining batter in loaf pan, cover with fruit mixture.
6. Bake for 25 minutes. (Cake is baked when sides shrink slightly from sides of pan and a fine skewer inserted into cake comes out clean and dry.)
7. Allow cake to cool in loaf pan for a few minutes, then carefully turn onto cake cooler.
8. Gently turn right side up onto a serving dish.

Note: Will keep up to 1 week in an airtight container. Suitable for freezing up to 3 months.

Marmalade polenta cake

Creaming

Serves: 10–12

Cooking utensil: 20 cm springform cake pan (1.75 L)

Preparation time: 25 minutes

Cooking time: 1 hour–1 hour 10 minutes

Oven temperature: 180ºC

INGREDIENTS

1 cup (150 g) self-raising flour
½ cup (75 g) polenta
½ cup (50 g) ground almonds
½ cup (125 g) butter, softened
½ cup (125 g) caster sugar
2 eggs
½ cup (150 g) marmalade
½ cup (125 mL) milk
1 orange, thinly sliced

Method

1. Set oven at 180ºC. Brush or spray cake pan with oil and line base with baking paper.
2. Mix flour, polenta and ground almonds.
3. Cream butter and sugar until light and fluffy.
4. Gradually add eggs to butter mixture, beating well. Add marmalade.
5. Add flour and milk alternately, about one-third at a time.
6. Place mixture into cake pan. Arrange orange slices over top of mixture and bake for 1 hour–1hour 10 minutes. (Cake is baked when side shrinks slightly from side of pan and a fine skewer inserted into cake comes out clean and dry.)
7. Cool in cake pan for 10 minutes before turning onto a cake cooler.

Note: Will keep up to 1 week in an airtight container. Suitable for freezing up to 3 months.

Mud cake *Quick mix*

Serves: 20
Cooking utensils: 22 cm round cake pan (2.25 L), small saucepan,
Preparation time: 30 minutes
Cooking time: 1¾ hours
Oven temperature: 160ºC

INGREDIENTS

1 cup (250 g) butter, chopped
250 g dark chocolate, roughly chopped
2 tablespoons (10 g) instant coffee powder
¾ cup (190 mL) hot water
2 cups (300 g) self-raising flour
½ cup (65 g) cocoa powder
1½ cups (375 g) sugar
4 eggs, beaten
2 tablespoons (40 mL) oil
½ cup (125 mL) milk
2 cups (500 g) Ganache (p. 442)

Method

1 Set oven at 160ºC. Brush or spray cake pan with oil and line base and sides with baking paper.
2 Place butter, chocolate, coffee powder and water in saucepan. Stir over low heat until smooth.
3 Sift flour and cocoa powder, add sugar.
4 Mix eggs, oil and milk, stir into flour mixture. Stir in chocolate mixture.
5 Place in cake pan and bake for 1¾ hours.
6 When cool, cover with ganache and decorate with **Chocolate leaves** (see p. 449) and flowers.

Meringues *Beating*

Small meringues may be used as 'mushrooms' to decorate cakes. Dust with cocoa powder.
Makes: 24–30
Cooking utensil: oven tray
Preparation time: 10 minutes
Cooking time: 1–1½ hours
Oven temperature: 110 ºC, to be reduced during cooking

INGREDIENTS

¼ teaspoon salt
2 egg whites
½ cup (125 g) caster sugar
½ teaspoon vanilla essence

Method

1 Set oven at 110 ºC. Lightly brush or spray oven tray with oil or cover base with baking paper.
2 Add salt to egg whites and beat until stiff.
3 Add sugar gradually and continue to beat until very thick and glossy.
4 Stir in vanilla essence.
5 Pipe into shapes on oven tray.
6 Bake at 110 ºC for 1–1½ hours, reducing temperature during cooking. Meringues should not colour.
7 Cool on cake cooler. May be sandwiched in pairs with whipped cream.

Note: Will keep up to 2 weeks in an airtight container (without cream). Not suitable for freezing.

Macadamia cake *Creaming*

Serves: 8–10
Cooking utensil: 20 cm round cake pan (1.5 L)
Preparation time: 25 minutes
Cooking time: 40–45 minutes
Oven temperature: 180°C

INGREDIENTS

½ cup (125 g) butter (or margarine or dairy blend), softened
½ cup (125 g) caster sugar
1 teaspoon ground cinnamon
2 eggs, beaten
1½ cups (225 g) self-raising flour
1½ teaspoons bicarbonate of soda
½ cup (125 mL) natural yoghurt
½ cup (65 g) chopped macadamia nuts

Method

1 Set oven at 180°C. Brush or spray cake pan with oil and line base with baking paper.
2 Cream butter, sugar and cinnamon until light and fluffy.
3 Gradually add eggs and mix well.
4 Sift flour and bicarbonate of soda into bowl.
5 Add flour and yoghurt alternately, about one-third at a time.
6 Stir in macadamia nuts.
7 Place in cake pan and bake for 40–45 minutes. (Cake is baked when side shrinks slightly from side of pan and a fine skewer inserted into cake comes out clean and dry.)
8 Cool in cake pan, then turn onto cake cooler.

Note: Will keep up to 1 week in an airtight container. Suitable for freezing up to 3 months.



Macadamia cake

Nectarine cake *Creaming*

Serves: 14–16
Cooking utensil: 22 cm deep springform cake pan (2.5 L)
Preparation time: 35 minutes
Cooking time: 60–70 minutes
Oven temperature: 180°C

INGREDIENTS

500 g nectarines
1 tablespoon (20 g) sugar
1½ cups (225 g) self-raising flour
1 teaspoon baking powder
¾ cup (190 g) butter (or margarine or dairy blend), softened
¾ cup (190 g) caster sugar
2 eggs, beaten
grated rind and juice of 1 orange
½ cup (125 mL) milk

Method

1 Set oven at 180°C. Brush or spray cake pan with oil and line base with baking paper.
2 Cut each nectarine in half, remove stone and cut each half into eight slices. Place in a bowl and sprinkle with sugar. Set aside.
3 Sift flour and baking powder.
4 Cream butter and caster sugar until light and fluffy.
5 Gradually add eggs, then orange rind and juice.
6 Add flour and milk alternately, one-third at a time. Stir gently and thoroughly.
7 Spoon mixture into cake pan.
8 Place nectarines evenly over top of mixture.
9 Bake for 60–70 minutes. (Cake is baked when side shrinks slightly from side of pan and a fine skewer inserted into cake comes out clean and dry. Nectarines sink during cooking.)
10 When baked, stand for 10–15 minutes before removing from the cake pan onto cake cooler.

Note: Will keep up to 1 week in an airtight container. Suitable for freezing up to 3 months.

PLUM CAKE

Follow recipe for **Nectarine cake**, using plums instead of nectarines.



Nut loaf *Rubbing in*

Serves: 10
Cooking utensil: 1 nut loaf pan (1 L) and oven tray, or medium loaf pan (1 L)
Preparation time: 25 minutes
Cooking time: 50–60 minutes
Oven temperature: 180°C

INGREDIENTS

1½ cups (225 g) self-raising flour
½ teaspoon mixed spice
1 tablespoon (20 g) butter (or margarine or dairy blend)
½ cup (125 g) caster sugar
¾ cup (90 g) chopped walnuts
1 egg, beaten
½ cup (125 mL) milk

Method

1 Set oven at 180°C. Brush or spray loaf pan (and lid if using nut loaf pan) with oil.
2 Sift flour and mixed spice.
3 Rub butter into flour, add sugar and walnuts.
4 Mix into a soft dough with egg and milk.
5 Place mixture in loaf pan. If using nut loaf pan, fill to two-thirds, place lid on and stand upright on an oven tray.
6 Bake for 50–60 minutes. (Cake is baked when sides shrink slightly from sides of pan and a fine skewer inserted into cake comes out clean and dry.)
7 Cool on cake cooler. Slice and serve with butter, margarine or dairy blend.

Note: Will keep 3–4 days in an airtight container. Suitable for freezing up to 3 months.

NUT AND FRUIT LOAF

Follow recipe for **Nut loaf**. Replace ¼ cup (30 g) walnuts with ¼ cup (45 g) sultanas.

Nut and date loaf *Quick mix*

Serves: 14
Cooking utensils: large saucepan, large loaf pan (1.5 L)
Preparation time: 30 minutes
Cooking time: 45 minutes
Oven temperature: 180°C

INGREDIENTS

1 cup (250 mL) water
3 tablespoons (60 g) butter (or margarine or dairy blend)
1½ cups (225 g) wholemeal self-raising flour
½ cup (150 g) honey
1 teaspoon ground cinnamon
½ cup (60 g) chopped walnuts, pecans or hazelnuts
½ cup (90 g) chopped dates
2 apples (250 g), peeled and grated

Method

1 Set oven at 180°C. Brush or spray loaf pan with oil and line base with baking paper.
2 Place water and butter in saucepan and bring to boil.
3 Remove from heat, stir in all other ingredients. Mix well.
4 Place mixture in loaf pan and bake for 45 minutes. (Cake is baked when sides shrink slightly from sides of pan and a fine skewer inserted into cake comes out clean and dry.)
5 Cool in loaf pan and then turn onto cake cooler.

Note: Will keep up to 1 week in an airtight container. Suitable for freezing up to 3 months.

Quick fruit loaf

Quick mix

Serves: 14
Cooking utensil: large loaf pan (1.5 L)
Preparation time: overnight, plus 10 minutes
Cooking time: 40 minutes
Oven temperature: 180ºC

INGREDIENTS

250 g mixed dried fruit (e.g. apricots, apples, figs, prunes)
2 cups (500 mL) water
2 large ripe bananas (250 g), mashed
1½ cups (225 g) wholemeal self-raising flour
grated rind and juice of 1 orange

Method

1 Roughly chop dried fruit into large pieces. Soak in warm water overnight.
2 Set oven at 180ºC. Brush or spray loaf pan with oil and line base with baking paper.
3 Drain liquid from fruit. Mix fruit, water, banana, flour, orange rind and juice.
4 Place mixture in loaf pan and bake for 40 minutes. (Cake is baked when sides shrink slightly from sides of pan and a fine skewer inserted into cake comes out clean and dry.)
5 Cool in loaf pan, turn onto cake cooler.

Note: Will keep 3–4 days in an airtight container. Suitable for freezing up to 3 months.

Quick-mix chocolate cake

Quick mix

Serves: 8–10
Cooking utensil: 20 cm round cake pan (1.5 L)
Special equipment: electric beater or food processor
Preparation time: 15 minutes
Cooking time: 40–45 minutes
Oven temperature: 180 ºC

INGREDIENTS

1 cup (150 g) self-raising flour
2 tablespoons (20 g) cocoa powder
¾ cup (190 g) caster sugar
¼ cup (65 g) melted butter, margarine or dairy blend
½ cup (125 mL) milk
2 eggs

Method

1 Set oven at 180ºC. Brush or spray cake pan with oil and line base with baking paper.
2 Place all ingredients in bowl and beat 3 minutes using electric beater, food processor or wooden spoon.
3 Pour into cake pan and bake for 40–45 minutes. (Cake is baked when side shrinks slightly from side of pan and a fine skewer inserted into cake comes out clean and dry.)
4 Cool on cake cooler. May be iced using ⅓ cup (100 mL) **Melted butter icing** (p. 444) or ⅓ cup (100 mL) **Chocolate butter icing** (p. 443).

Note: Will keep up to 1 week in an airtight container. Suitable for freezing (without icing) up to 3 months.

MICROWAVE METHOD

Place mixture in unlined 22 cm microwave ring pan (1.75 L). Microwave for 6 minutes on high power. Stand 3 minutes to allow to cool, turn onto a cake cooler.

QUICK-MIX COFFEE NUT CAKE

Follow recipe for **Quick-mix chocolate cake**. Omit cocoa powder. Add 2 teaspoons instant coffee powder. Fold in ⅓ cup (40 g) chopped nuts after step 2.

QUICK-MIX ORANGE CAKE

Follow recipe for **Quick-mix chocolate cake**. Omit cocoa powder and ½ cup (125 mL) milk. Add grated rind of 1 orange. Add juice of 1 orange, adding milk if necessary to make up to ½ cup (125 mL) liquid.

BLACK FOREST CAKE

1 Cut one **Quick-mix chocolate cake** into three layers.
2 Drain 425 g can pitted black cherries and reserve 8 for decoration. Reserve ¼ cup (65 mL) juice and combine with 1 tablespoon (20 mL) kirsch.
3 Whip 300 mL cream until stiff and mix one-third with cherries.
4 Place bottom layer of cake on serving plate.
5 Sprinkle with half juice and kirsch, spread with half cherries-and-cream mixture.
6 Place middle layer of cake on top and repeat step 5.
7 Place third layer on top and cover top and sides with cream, reserving some for piping.
8 With a spatula, press 60 g grated chocolate around side of cake.
9 Using reserved cream, pipe a decorative edge around top of cake and decorate with remaining cherries and **Chocolate curls** (see p.450).
10 Refrigerate until ready to serve.

Quick-whip ginger cake

Quick mix

Serves: 8–10
Cooking utensil: 20 cm round cake pan (1.5 L)
Special equipment: electric beater
Preparation time: 20 minutes
Cooking time: 35–40 minutes
Oven temperature: 180°C

INGREDIENTS

1½ cups (225 g) self-raising flour
1 teaspoon ground cinnamon
1 teaspoon ground ginger
3 tablespoons (60 g) butter (or margarine or dairy blend), softened
½ cup (125 g) sugar
½ cup (150 g) golden syrup
1 egg
½ cup (125 mL) milk
½ teaspoon bicarbonate of soda
¼ cup (65 mL) boiling water
glacé ginger (for decorating)

Method

1 Set oven at 180°C. Brush or spray cake pan with oil and line base with baking paper.
2 Sift flour, cinnamon and ginger into large bowl.
3 Add butter, sugar, golden syrup, egg and milk.
4 Beat with electric beater for 3 minutes.
5 Dissolve bicarbonate of soda in boiling water and pour into mixture. Mix with spoon.
6 Place mixture into cake pan and bake for 20–25 minutes. (Cake is baked when side shrinks slightly from side of pan and a fine skewer inserted into cake comes out clean and dry.)
7 Cool on a cake cooler and ice with ⅓ cup (100 mL) **Glacé icing** (p. 444) and decorate with glacé ginger.

Note: Will keep up to 1 week in an airtight container. Suitable for freezing (without icing) up to 3 months.

Rich fruit cake *creaming*

May be decorated for special occasions, such as weddings, parties and birthdays (see p. 454).

Serves: 30

Cooking utensils: 22 cm round cake pan (2.25 L) or 20 cm square cake pan (2.5 L), oven tray

Special equipment: 3 sheets newspaper, string or 3 pins

Preparation time: overnight, plus 45 minutes

Cooking time: 2½ hours

Oven temperature: 160°C, reduced to 130°C

INGREDIENTS

1½ cups (270 g) sultanas
1½ cups (270 g) currants
1½ cups (270 g) chopped raisins
⅓ cup (60 g) chopped glacé cherries
⅓ cup (50 g) mixed peel
⅓ cup (60 g) chopped dates or prunes
¼ cup (65 mL) fruit juice or brandy
2 cups (300 g) plain flour
½ cup (75 g) self-raising flour
1 teaspoon ground cinnamon
1 teaspoon mixed spice
¼ teaspoon ground nutmeg
1 cup (250 g) butter, softened
1 cup (180 g) brown sugar
5 eggs, beaten
⅓ cup (40 g) halved blanched almonds

Method

1 Add fruit and peel to fruit juice or brandy. Cover and leave overnight.
2 Brush or spray cake pan with oil. Cut lengths of newspaper to go around outside of cake pan twice, 3–4 cm higher than sides of pan. Tie with string or pin the paper on the pan. Stand pan on two layers of newspaper on oven tray.
3 Set oven at 160°C.
4 Sift flours, cinnamon, mixed spice and nutmeg.
5 Cream butter and sugar until light and fluffy.
6 Add eggs gradually. Mix well.
7 Add fruit and liquid, flour and nuts. Stir gently and thoroughly.
8 Place mixture in cake pan and hollow out centre slightly, to allow for rising.
9 Place just below centre of oven. Bake at 160°C for 1 hour. Reduce temperature to 130°C. (Cake is baked when sides shrink slightly from sides of pan and a fine skewer inserted into cake comes out clean and dry.)
10 When baked, leave in cake pan until cold.

Note: Will keep up to 6 months in an airtight container. Not suitable for freezing.

CHRISTMAS CAKE

Follow recipe for **Rich fruit cake**. Cover with **Almond paste** (p. 446) and **Fondant icing** (p. 447) or **Frosting** (p. 443) and decorate (see p. 454).

Teacake *Creaming*

Serves: 8–10
Cooking utensil: 20 cm round cake pan (1.5 L)
Preparation time: 25 minutes
Cooking time: 30–35 minutes
Oven temperature: 190 °C



INGREDIENTS

¼ cup (65 g) butter (or margarine or dairy blend), softened
½ cup (125 g) caster sugar
1 egg, beaten
1⅓ cups (200 g) self-raising flour
⅓ cup (85 mL) milk

Method

1 Set oven at 190°C. Brush or spray cake pan with oil and line base with baking paper.
2 Cream butter and sugar until light and fluffy.
3 Mix in egg.
4 Add flour and milk alternately, one-third a time, mixing lightly.
5 Place in cake pan and bake for 30–35 minutes. (Cake is baked when side shrinks slightly from side of pan and a fine skewer inserted into cake comes out clean and dry.)
6 Cool on a cake cooler. Serve with butter.

Note: Will keep 2–3 days in an airtight container. Suitable for freezing up to 3 months.

CINNAMON TEACAKE

Follow recipe for **Teacake**. Before baking, sprinkle with a mixture of 2 teaspoons (10 g) caster sugar and 1 teaspoon ground cinnamon.

CINNAMON TOPPING TEACAKE

Follow recipe for **Teacake**. After baking and while still hot, spread with 1 teaspoon (5 g) melted butter and sprinkle with mixture of 1 teaspoon ground cinnamon and 2 teaspoons (10 g) caster sugar.

LITTLE TEACAKES

Follow recipe for **Teacake** to end of step 4. Place mixture in patty pan trays brushed or sprayed with oil or in paper patty pans on an oven tray. Makes 15–18 cakes. Bake at 180°C for 15–20 minutes.

SPICED APPLE TEACAKE

Follow recipe for **Teacake**. Place mixture in cake pan and cover with thinly sliced apples. Sprinkle apples with ground cinnamon and caster sugar and bake.

Rock cakes *Rubbing in*

Makes: 24
Cooking utensil: oven tray
Preparation time: 15 minutes
Cooking time: 10–15 minutes
Oven temperature: 200ºC

INGREDIENTS

2 cups (300 g) self-raising flour
¼ teaspoon mixed spice
⅓ cup (85 g) butter (or margarine or dairy blend)
⅓ cup (85 g) caster sugar
2 tablespoons (30 g) sultanas
2 tablespoons (30 g) currants
1 tablespoon (15 g) mixed peel
1 egg, beaten
½ cup (125 mL) milk

Method

1 Set oven at 200ºC. Brush or spray oven tray with oil or cover with baking paper.
2 Sift flour and mixed spice.
3 Rub butter into flour with fingertips.
4 Add sugar, fruit and mixed peel.
5 Mix with egg and sufficient milk to form stiff dough.
6 Place spoonfuls of mixture on oven tray.
7 Bake until golden-brown (approx. 10–15 minutes).
8 Cool on cake cooler.

Note: Will keep 3–4 days in an airtight container. Suitable for freezing up to 3 months.

SPONGES: TIPS FOR PRODUCT QUALITY

QUALITY CRITERIA

- Light, even, spongy texture
- Flat, smooth top
- Light brown and even surface

IDENTIFYING PROBLEMS

Close and heavy texture:
- Too much sugar or flour
- Eggs and sugar not beaten sufficiently
- Beating in rather than folding in of flour, thus releasing air
- Too much flour added at one time, thus forcing out air
- Oven too hot; mixture has set before gas in raising agent has expanded
- Oven too cool; not enough heat to expand gas in raising agent
- Oven door opened too soon, too often or slammed
- Cake moved before it had set

Lumps in texture:
- Insufficient mixing

Sunk in centre:
- Excess sugar or liquid
- Oven too hot, causing gas to expand too quickly and to overstretch and weaken gluten, which then collapses
- Cake moved before it had set, or taken from oven before it was baked
- Oven door opened too soon, too often or slammed

Sticky top:
- Oven temperature too low
- Stored before cold

Sponges

Sponge cake *Beating*

A recipe for a basic egg sponge, sometimes called a sponge sandwich as the two cakes may be sandwiched together with whipped cream.

Serves: 8–10
Cooking utensils: 2 × 1 L round sponge pans (20 cm each)
Special equipment: electric beater
Preparation time: 25 minutes
Cooking time: 20 minutes
Oven temperature: 190°C

INGREDIENTS

⅔ cup (100 g) plain flour
4 tablespoons (40 g) custard powder or cornflour
1 teaspoon baking powder
4 eggs
⅔ cup (165 g) caster sugar
1 tablespoon (20 mL) water, if required

Method

1 Set oven at 190°C. Brush or spray sponge pans with oil and line bases with baking paper.
2 Sift flour, custard powder (or cornflour) and baking powder.
3 Separate eggs, placing whites in bowl.
4 Beat egg whites until stiff, using an electric beater or whisk.
5 Gradually add sugar while beating, until very stiff.
6 Add egg yolks and continue beating until mixture forms a figure of eight and resembles thick cream.
7 Using a tablespoon, fold in sifted flour very lightly. If very thick, add water. Do not over mix.
8 Pour into sponge pans. Bake for 20 minutes. (Cake is baked when the impression left by pressing lightly with a finger in the centre of the cake disappears at once.)
9 When baked, remove from sponge pans immediately and place right-side up to cool on flat surface.
10 Ice and decorate as required (e.g. dust top with icing sugar through a doily or cut-out).

Note: Will keep 2 days in refrigerator with icing and cream. Will keep (without cream) up to 1 week in an airtight container. Suitable for freezing (without icing and cream) for up to 3 months.

CHOCOLATE SPONGE CAKE

Follow recipe for **Sponge cake** (p. 437). Add 1½ tablespoons (15 g) cocoa powder to flour before sifting. Add extra ½–1 tablespoon water if required. Ice with ⅓ cup (100 mL) **Chocolate glacé icing** (p. 444), which may be flavoured with lemon juice or peppermint or **Ganache** (p. 442).

DECORATED SINGLE-LAYER SPONGE CAKE

Follow recipe for **Sponge cake** (p. 437). Cut each sponge into two layers, cover each bottom layer with 1 cup (250 mL) whipped cream and cover with top layer. Ice each top with ⅓ cup (100 mL) **Glacé icing** (p. 444), or see other decorations following.

DECORATED DOUBLE-LAYER SPONGE CAKE

Follow recipe for **Sponge cake** (p. 437). Place one sponge, bottom-side up, and spread with 1 cup (250 mL) whipped cream, cover with other sponge, bottom-side down, and ice top with ⅓ cup (100 mL) **Glacé icing** (p. 444), or see other decorations following.

GINGER SPONGE CAKE

Follow recipe for **Sponge cake** (p. 437). Add 2 teaspoons ground ginger and ½ teaspoon mixed spice to flour before sifting. Ice with ⅓ cup (100 mL) **Lemon glacé icing** (p. 444). Decorate with walnuts.

LEMON-CREAM SPONGE CAKE

Follow recipe for **Sponge cake** (p. 437). Join cooled sponge cakes with 2 tablespoons (40 mL) **Lemon curd** (p. 379) combined with 1 cup (250 mL) whipped cream. Dust with icing sugar.

PASSIONFRUIT SPONGE CAKE

Follow recipe for **Sponge cake** (p. 437). Join or fill sponge cakes with 1 cup (250 mL) whipped cream. Ice with ⅓ cup (100 mL) passionfruit **Glacé icing** (p. 444) made with 1 tablespoon (20 mL) passionfruit pulp as liquid.

RASPBERRY-CREAM SPONGE CAKE

Follow recipe for **Sponge cake** (p. 437). Spread one cooled sponge cake with 2 tablespoons (40 g) raspberry jam. Using 1 cup (250 mL) whipped cream, spread half on jam. Place second layer on top and spread remaining cream. Decorate with fresh raspberries.

STRAWBERRY-CREAM SPONGE CAKE

Follow recipe for **Sponge cake** (p. 437). Use 1 cup (250 mL) whipped cream and 1 punnet (250 g) strawberries. Slice half the strawberries and mix with half the cream. Spread on one cooled sponge cake. Place second layer on top, spread remaining cream. Decorate with remaining strawberries.

SPONGE KISSES

Follow recipe for **Sponge cake** (p. 437) to step 7. Spread baking paper on oven trays. Place mixture in 1 tablespoon mounds on baking paper. Bake at 180°C for 5–10 minutes. When cool, join with **Lemon curd** (p. 379) and dust with icing sugar.

SMALL SPONGE CAKES

1. To make 16–20, follow recipe for **Sponge cake** (p. 437). Use patty pan trays brushed or sprayed with oil, or paper patty pans on oven tray.
2. Place mixture into patty pans.
3. Bake at 180°C for approx. 10 minutes. (Cakes are baked when the impression left by pressing lightly with a finger in the centre of a cake disappears at once.)
4. Cool on cake cooler.
5. Whip 1 cup (250 mL) cream. Cut each cake in half, place 2 teaspoons cream in each, replace tops.
6. Ice tops with ⅓ cup (100 mL) **Glacé icing** (p. 444).

Note: Will keep up to 1 week (without cream) in airtight container. Suitable for freezing (without icing or cream) up to 3 months.

SPONGE CAKE WITH FEATHER ICING

This effect is produced by piping contrasting lines of icing on an iced cake. Place filling between layers of sponge before icing. Follow recipe for **Sponge cake** (p. 437).

1 Remove 1 tablespoon icing from ⅓ cup (100 mL) **Glacé icing** (p. 444). Add colouring to it and thin slightly with water to the consistency of honey.
2 Place in a piping bag. Ice top of cake with remaining icing and immediately pipe parallel lines of contrasting colour 1–2 cm apart across surface of cake.
3 Using a skewer or satay stick, score quickly and lightly through the piped lines to give the effect of a feather. Icing must still be wet when this is done to gain full effect.
4 Score between these strokes in the opposite direction to produce a zigzag effect.

SNOWBALLS

1 To make 24, follow recipe for **Sponge cake** (p. 437). Use patty pan trays brushed or sprayed with oil, or paper patty pans on oven tray.
2 Place mixture into patty pans.
3 Bake at 180°C for approx. 10 minutes. (Cakes are baked when the impression left by pressing lightly with a finger in the centre of a cake disappears at once.)
4 Cool on cake cooler.
5 Ice tops and sides with ⅔ cup (200 mL) **Chocolate glacé icing** (p. 444).
6 Sprinkle with 1 cup (90 g) desiccated coconut.
7 Whip 1 cup (250 mL) cream and cut part-way through each cake. Fill with cream.

Note: Will keep up to 1 week (without cream) in airtight container. Suitable for freezing (without icing or cream) up to 3 months.



Sponge cake

Honey sponge roll *Beating*

Serves: 10–12
Cooking utensil: Swiss roll cake pan (24 × 30 cm; 1 L)
Special equipment: electric beater
Preparation time: 25 minutes
Cooking time: 14–18 minutes
Oven temperature: 190°C

INGREDIENTS

1 cup (150 g) self-raising flour
1 teaspoon ground cinnamon
4 eggs
¼ cup (65 g) caster sugar
1 tablespoon (20 g) honey
½ teaspoon bicarbonate of soda
2 teaspoons (10 mL) hot water
1 tablespoon (20 g) caster sugar, extra (for sprinkling)

FILLING

¼ cup (65 g) butter (or margarine or dairy blend)
¾ cup (100 g) icing sugar
2 teaspoons (10 g) honey



Method

1 Set oven at 190°C. Brush or spray Swiss roll cake pan with oil and line base with baking paper.
2 Sift flour and cinnamon.
3 Separate egg whites from yolks, placing whites in bowl.
4 Beat egg whites until stiff using an electric beater or whisk.
5 Gradually add sugar while beating, until very stiff.
6 Add egg yolks and honey and continue beating until mixture forms a figure of eight and resembles thick cream.
7 Add bicarbonate of soda dissolved in hot water. Using a tablespoon, lightly fold in flour.
8 Pour into Swiss roll cake pan and bake for 14–18 minutes. (Cake is baked when the impression left by pressing lightly with a finger in the centre of the cake disappears at once.)
9 Spread sheet of baking paper on bench, sprinkle with extra caster sugar. Turn sponge onto baking paper. Remove top baking paper from sponge, quickly trim side edges of sponge to remove crust and immediately roll up baking paper and sponge together. Allow to cool.
10 *Prepare filling:* Cream butter and sugar, add honey and beat until thoroughly blended.
11 Unroll sponge when cool, spread with honey filling and re-roll without baking paper.

Note: Will keep 1–2 days in an airtight container. Suitable for freezing up to 3 months.

Sponge roll *Beating*

Serves: 10
Cooking utensil: Swiss roll cake pan (24 × 30 cm; 1 L)
Preparation time: 20 minutes
Cooking time: 12–15 minutes
Oven temperature: 190°C

INGREDIENTS

½ cup (75 g) plain flour
3 tablespoons (30 g) cornflour
1 teaspoon baking powder
3 eggs
½ cup (125 g) caster sugar
2 teaspoons (10 mL) water, if required
1 tablespoon (20 g) caster sugar, extra (for sprinkling)
FILLING
See following variations

Method

1 Set oven at 190°C. Brush or spray Swiss roll cake pan with oil and line base with baking paper.
2 Sift flours and baking powder.
3 Separate eggs, placing whites in bowl.
4 Beat egg whites until stiff; gradually add sugar while continuing to beat. Add egg yolks and beat until mixture forms a figure of eight and resembles thick cream.
5 Using a tablespoon, fold in sifted flour very lightly. If very thick, add water. Do not over mix.
6 Pour into Swiss roll cake pan and bake for 12–15 minutes.
7 Spread sheet of baking paper on bench, sprinkle with extra caster sugar. Turn sponge onto baking paper. Remove top baking paper from sponge, quickly trim side edges of sponge to remove crust and immediately roll up baking paper and sponge together. Allow to cool.
8 Unroll sponge when cool, spread with filling and re-roll without baking paper.

Note: Will keep (without cream) 1–2 days in airtight container. Suitable for freezing (without cream) up to 3 months.

FRUIT SPONGE ROLL

Follow recipe for **Sponge roll**. Fill with 250 g chopped strawberries or other fruit mixed with ¾ cup (190 mL) whipped cream as filling. Dust with icing sugar and serve.

SWISS ROLL

Follow recipe for **Sponge roll**, using 4 tablespoons (80 g) warm jam (e.g. raspberry) as filling.

GINGER SPONGE ROLL

Follow recipe for **Sponge roll**. At step 2, add 2 teaspoons ground ginger and ½ teaspoon mixed spice to flour before sifting. Fill with 1 cup (250 mL) whipped cream or **Butter icing** (p. 443), to which 2 tablespoons finely chopped glacé ginger have been added.

CHOCOLATE SPONGE ROLL

Follow recipe for **Sponge roll**. At step 2, add 1½ tablespoons (15 g) cocoa powder to flour before sifting. Add extra ½–1 tablespoon water if required. Fill with 1 cup (250 mL) whipped cream or ⅓ cup (100 mL) **Chocolate butter icing** (p. 443).

BLACK FOREST ROLL

Follow recipe for **Chocolate sponge roll**. Drain 425 g canned pitted dark cherries, reserve juice. Whip 300 mL cream. Add cherries (reserve some for decoration) to cream (reserve some for decoration). Sprinkle sponge roll with 2 tablespoons (40 mL) cherry juice, fill with cream and cherries, roll up and decorate top with piped cream, remaining cherries and **Chocolate leaves** (see p. 449), **Piped chocolate shapes** (see p. 450) or **Modelling chocolate shapes** (see p. 450).

Cake icings

Cream cheese icing

Used for icing cakes that contain fruit and vegetables, such as carrot, banana and zucchini.

Quantity: ½ cup (150 mL)

Preparation time: 15 minutes

INGREDIENTS

125 g cream cheese or smooth ricotta cheese

3 tablespoons (30 g) icing sugar

1–2 teaspoons orange or lemon juice

Method

1 Beat cheese, gradually adding icing sugar.
2 Add juice and beat well.
3 Spread or pipe as required.

Ganache

Used to cover desserts and cakes (e.g. mud cake).

Quantity: 1 cup (250 mL)

Cooking utensil: double saucepan

Preparation time: 20 minutes

INGREDIENTS

125 g dark, roughly chopped chocolate

125 g double cream

Method

1 Soften chocolate slowly in top of double saucepan over hot water until just melted. Do not overheat.
2 Remove from heat, mix in cream.
3 Cool over iced water until the consistency of golden syrup.
4 Pour over cake and allow to set.



Ganache

Butter icing – Viennna icing

Used as a filling for biscuits or to ice and fill butter cakes.

Quantity: ⅓ cup (100 mL)

Preparation time: 10 minutes

INGREDIENTS

¾ cup (100 g) icing sugar

2 tablespoons (40 g) butter

4 drops vanilla or other essence

2 teaspoons (10 mL) water or other liquid

Method

1 Sift icing sugar.
2 Cream butter, adding icing sugar gradually.
3 Add vanilla or other essence and mix thoroughly. Liquid may be added if softer icing is required.

APRICOT BUTTER ICING

Omit vanilla essence. Add 2 tablespoons (40 g) **Apricot purée** (p. 509) to the mixture at step 3.

CHOCOLATE BUTTER ICING

Melt 100 g chocolate over hot water or blend 2 teaspoons (5 g) cocoa powder in 1 tablespoon (20 mL) boiling water and stir into the mixture at step 3.

COFFEE BUTTER ICING

Add 1 teaspoon instant coffee powder at step 2.

LEMON BUTTER ICING

Omit vanilla essence. Add 2 teaspoons finely grated lemon rind and 2 teaspoons (10 mL) lemon juice to the mixture at step 3.

ORANGE BUTTER ICING

Omit vanilla essence. Add 3 teaspoons finely grated orange rind and 2 teaspoons (10 mL) orange juice to the mixture at step 3.

Frosting

Quantity: ¾ cup (225 mL)

Cooking utensil: double saucepan

Preparation time: 25 minutes

INGREDIENTS

2 egg whites

1 cup (250 g) sugar

4 tablespoons (80 mL) water

Method

1 Place all ingredients in top of double saucepan.
2 Place over boiling water and beat constantly for 12–15 minutes, until mixture thickens and holds its shape.
3 Spread quickly over cake, using spatula to achieve a swirling effect.

Glacé icing

Used to ice biscuits and egg sponges.
Quantity: ⅓ cup (100 mL)
Preparation time: 5 minutes

INGREDIENTS

1 cup (130 g) icing sugar
1 tablespoon (20 mL) water or fruit juice
colouring
flavouring

Method

1 Sift icing sugar into bowl.
2 Add half the water or juice and mix. Add colouring and flavouring.
3 Continue to add remaining water or juice, beating well, until icing is thick and runs smoothly and slowly.
4 Pour over surface of cake or biscuits.

CHOCOLATE GLACÉ ICING

Use 1 tablespoon (20 mL) boiling water as liquid, blended with 2 teaspoons (5 g) cocoa powder. Add 4 drops vanilla essence and a little more water if necessary.

COFFEE GLACÉ ICING

Use 1 tablespoon (20 mL) boiling water as liquid, blended with 1 teaspoon instant coffee powder.

LEMON OR ORANGE GLACÉ ICING

Use 1 tablespoon (20 mL) orange or lemon juice as liquid.

Melted butter icing

Used as a filling for biscuits or to ice and fill butter cakes.
Quantity: ⅓ cup (100 mL)
Preparation time: 12 minutes

INGREDIENTS

1 cup (130 g) icing sugar
1 tablespoon (20 g) butter
2–3 teaspoons (10–15 mL) hot water
colouring
flavouring

Method

1 Sift icing sugar.
2 Add butter to hot water, allow to melt.
3 Add sufficient butter liquid to icing sugar to make icing the consistency of golden syrup.
4 Colour and flavour as in **Butter icing** variations (see p. 443).

Royal icing

Used to pipe designs and outlines. Specialist books should be consulted for more details. Pure icing sugar must be used or the icing will not set firmly. Icing sugar mixture is not suitable as it contains a small quantity of starch to prevent the icing sugar from forming hard lumps when stored.

TEST FOR PURE ICING SUGAR

Place 1 teaspoon icing sugar in a glass containing 3–4 tablespoons cold water and mix with a spoon. Allow to stand for 1–2 minutes. If starch is present, it will settle to the bottom of the glass.

Quantity: ½ cup (150 mL)

Preparation time: 20 minutes

INGREDIENTS

2 cups (260 g) icing sugar

1 egg white

½ teaspoon strained lemon juice

Method

1 Sift icing sugar.
2 Place egg white in bowl, beat until stiff.
3 Add icing sugar slowly, beating well.
4 Add lemon juice and beat icing until stiff peaks form.
5 Keep bowl covered with damp cloth to prevent drying out.

Note: May be kept in an airtight container in the refrigerator several days. Beat well before use.

COLOURING ROYAL ICING

Use either powdered or liquid food colouring. Follow instructions on packet. Add colouring a drop at a time until desired shade is obtained. A wide range of shades can be obtained by blending colours.



Almond paste – Marzipan

Used for modelling fruit, vegetables and other shapes to decorate cakes, as well as for covering cakes.

Quantity: 1⅔ cups (500 g)

Preparation time: 20 minutes

INGREDIENTS

2½ cups (325 g) icing sugar
1 cup (100 g) ground almonds
2 egg yolks
¼ teaspoon almond essence
2 tablespoons (40 mL) water
or strained orange juice

Method

1 Sift icing sugar into a bowl, add ground almonds,
mix well.
2 Beat egg yolks lightly, add almond essence and water or orange juice.
3 Stir liquid into dry ingredients and mix to a stiff dough.
4 Turn onto board lightly dusted with icing sugar and knead lightly.

COVERING A CAKE WITH ALMOND PASTE

INGREDIENTS

1 Rich fruit cake (p. 434)
or Boiled fruit cake (p. 419)
2 tablespoons (40 g) apricot jam, boiled and sieved
1⅔ cups (500 g) Almond paste or 500 g commercial almond paste
½ cup (65 g) sifted icing sugar

Method

1 Level top surface of cake with a sharp knife and remove loose crumbs, or invert cake to ice bottom surface. Place on board or turntable.
2 Brush lightly with jam.
3 Fill cracks or build up uneven surface with almond paste. On a clean board dusted with icing sugar, roll almond paste to same shape as top of cake and large enough to cover top and almost all the sides.
4 Using rolling pin, carefully lift almond paste onto cake.
5 Lightly roll top surface and sides.
6 Dust palms of hands with icing sugar and mould almond paste over corners and down to base of the sides.
7 If cake is square, corners may be carefully pleated out and cut away cleanly to leave a neat join.
8 Using a clean rolling pin dusted with icing sugar, lightly roll top edge and sides of cake to obtain a perfectly smooth surface.

Fondant icing – Soft icing

Used to cover cakes and to shape into flowers, fruit and figures for decorating cakes.

Quantity: 1⅔ cups (500 g)

Preparation time: 20 minutes

INGREDIENTS

3 cups (390 g) icing sugar
2 tablespoons (40 mL) liquid glucose
1 egg white
flavouring
colouring

Method

1 Sift icing sugar into bowl, make a well in centre.
2 Soften liquid glucose over hot water.
3 Place glucose, egg white and flavouring in the well of icing sugar.
4 Beat the mixture with a wooden spoon, drawing the icing sugar into centre until ingredients form a stiff paste.
5 Turn onto board lightly dusted with sifted icing sugar, knead well.
6 If colouring is to be added, work it in 1–2 drops at a time while kneading.

COVERING A CAKE WITH FONDANT ICING

INGREDIENTS

½ cup (65 g) sifted icing sugar
22 cm round or 20 cm square fruit cake, or other firm cake
1⅔ cups (500 g) Fondant icing or 500 g commercial soft icing

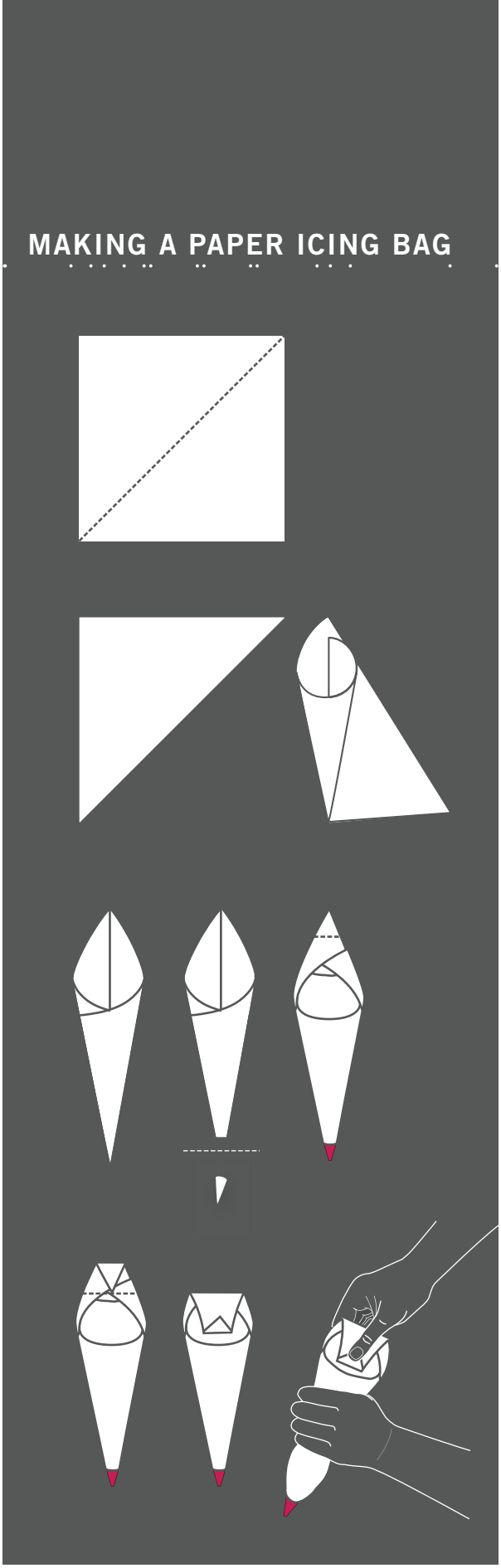
Method

1 Dust pastry board lightly with icing sugar. Roll icing to the same shape as top of cake, and large enough to cover top and almost all the sides.
2 Brush cake surface with water.
3 Using a rolling pin, carefully lift icing onto cake.
4 Lightly roll top surface.
5 Dust palms of hands with icing sugar and mould icing over corners and down sides of cake.
6 Lightly roll top and sides of cake with clean rolling pin to obtain a smooth surface.
7 Edges and corners may be rounded or squared according to design of cake.
8 If necessary, use a sharp knife to trim away surplus icing from base of cake.
9 Allow to dry 2–3 days.

Cake decorating

Making a paper icing bag

Follow the diagram below to make a paper bag. If icing tube is to be used, cut approximately 1–2 cm off the pointed end of the bag and insert the tube. Half fill the bag with **Royal icing** (p. 445). Fold the front lower edge of the bag flat across the top of the icing. Fold each side across. Fold the remaining pointed edge over twice, to make the flat surface on which the thumb rests during piping.



TO MELT CHOCOLATE OVER HOT WATER

Break chocolate into small pieces, and place in top of double saucepan or small heatproof bowl over gently simmering water.

TO MELT CHOCOLATE IN MICROWAVE OVEN

Place 100 g chocolate in microwave-safe container. Heat on medium power for 30 seconds, stir, continue heating in 20-second bursts, stirring after each, until chocolate is melted. Note that the chocolate will tend to hold its shape even though it is melted and will become smooth when stirred.

Chocolate decorations

Compound, cooking or eating chocolate can be used to decorate cakes. The chocolate must be heated, or tempered, slowly until just melted. If overheated, chocolate will harden and have a bitter, burnt taste. Compound or cooking chocolate in blocks or buttons melts more readily when warmed and sets quickly.

CHOCOLATE LEAVES

1. Brush melted chocolate (see above) onto the veined side of non-toxic leaves (rose or camellia), being careful not to let chocolate go over the edge.
2. Place leaves, chocolate-side up, on a tray lined with baking paper.
3. Refrigerate until set.
4. Carefully peel away green leaf and handle chocolate leaf by its edge.
5. Store in an airtight container in a cool place until required.



Making a chocolate leaf: brushing on the chocolate (left); peeling away the green leaf (centre); the finished cake (right)

PIPED CHOCOLATE SHAPES

1 Draw leaves, shapes, outlines or lace on white paper.
2 Place a sheet of baking paper over the drawn outlines.
3 Place a small quantity of melted chocolate (see p. 449) into a paper piping bag or purchased commercial bag and carefully follow outlines, then fill in spaces with melted chocolate as appropriate.
4 When chocolate has set, peel away paper and store in an airtight container in a cool place.

CHOCOLATE CURLS

1 Spread 60 g melted chocolate (see p. 449) in a thick layer over a flat surface, such as a laminated board, marble slab or back of an oven tray.
2 When almost set, draw across chocolate with a long, sharp knife at a slight angle to make curls.
3 Allow to harden before piling in centre of cake or storing in an airtight container in a cool place.

CHOCOLATE GLAZE

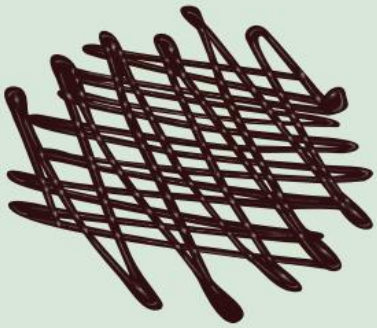
1 Melt 150 g chocolate (see p. 449).
2 Add 110 g softened, unsalted butter and beat well using whisk, electric beater or wooden spoon.
3 Stand until the glaze starts to thicken, then spread the mixture quickly over a single-layer cake. Makes 1 cup.

MODELLING CHOCOLATE

1 Melt 150 g compound chocolate (see p. 449) and add ½ cup (125 mL) warmed liquid glucose.
2 Mix well and leave to set for at least 1 hour.
3 Knead well before each use.









(Above) Piped chocolate designs
(Opposite) Decorated butter cake



Cakes for special occasions

Cake decorating is a creative art and practice will improve your skill in decorating cakes for special occasions. Traditionally, butter cakes, sponge cakes and fruit cakes have been decorated for birthdays, weddings, name days, religious festivals and other important celebrations. Some ideas and directions are given below.

DECORATING A BUTTER CAKE

*Use 22 cm round or 20 cm square **Butter cake** (p. 416). Place on upturned plate. Note that butter cakes are not usually firm enough to hold **Almond paste** (p. 446) or **Fondant icing** (p. 447) on the sides.*

- Use **Butter icing** (p. 443), **Melted butter icing** (p. 444) or **Cream cheese icing** (p. 442).
- Brush the top of the cake with 2 tablespoons (40 g) jam, boiled and sieved. Roll 300 g white **Fondant icing** (p. 447) or commercial soft icing into a circle slightly larger than top of cake. Place on cake and trim level with top edge. Pinch edge or scallop with icing tongs and decorate top with small pieces of fruit and leaves modelled from **Almond paste** (p. 446) or **Fondant icing** (p. 447) and painted with food colouring.



- For Easter, **Fondant icing** (p. 447) could be coloured pale lemon. Decorate with small coloured chocolate eggs around edge and a fluffy chicken in a nest of shredded coconut in the centre.
- Cover cake with 175 g **Chocolate glaze** (see p. 450) and decorate with 100 g **Modelling chocolate** shapes (see p. 450). Dust with icing sugar.
- Use **Chocolate glaze** (p. 450) or **Ganache** (p. 450).
- Decorate top with **Piped chocolate shapes** or **Modelling chocolate** (see p. 450), fruit, flower and vegetable shapes made from **Almond paste** (p. 446) or **Fondant icing** (p. 447), and tie a wide ribbon around the sides.
- Present cake on a presentation board (see p. 454).

DECORATING A TORTE

1. Cut two **Plain** or **Medium butter cakes** (p. 416) each into two layers. Place one layer on serving plate or board.
2. Using ½ cup (125 g) apricot jam, spread one-third on each, placing one layer on top of another.
3. Ice top and sides of cake with ⅔ cup (200 mL) **Butter icing** (p. 443) flavoured with chocolate, coffee or vanilla.
4. Decorate with **Chocolate leaves** (see p. 449), blanched almonds half-dipped in chocolate or 100 g **Modelling chocolate** shapes (see p. 450).

CHOCOLATE TORTE

1. Follow method for **Torte**.
2. Cover top and sides of cake with 1 cup **Chocolate glaze** (p. 450).
3. Decorate with **Modelling chocolate** shapes (see p. 450), silver cachous, almonds, fruit or other contrasting decoration.

MAKING A HOUSE CAKE

1 Use one **Rich butter cake** (p. 416) baked in a 20 cm square cake pan.
2 Cut cake into two parts (illustration **a**).
3 Place the base on a board, 20 × 30 cm, covered with foil.
4 Cut roof piece diagonally (illustration **b**).
5 Join roof pieces with 1 tablespoon jam (illustration **c**).
6 Attach roof to base with 1 tablespoon jam (illustration **d**).
7 Trim cake if necessary.
8 Make 1 cup (300 mL) **Butter icing** (p. 443). Colour icing as required for sections of house.
9 Spread icing over top and sides of cake.
10 Using a fork, mark icing to represent tiles, or use a knife to mark ridges for weatherboards. Other utensils can be used to mark bricks and other features.
11 Use confectionery (e.g. jelly beans, licorice, mint leaves) to make tiles, windows, door, path, flowers and garden (illustration **e**).


a


b


c


d


e

(Previous page) Iced butter cake
(Opposite) Butter cake
(Right) Steps in making a house cake

Decorating fruit cakes and other firm-textured cakes

1 Cover the cake with almond paste, fondant icing, frosting or other icing as required. For example:
   - A layer of **Almond paste** (p. 446), then a layer of **Fondant icing** (p. 447) or commercial soft icing.
   - A layer of **Almond paste** (p. 446), **Fondant icing** (p. 447) or commercial soft icing, then a layer of **Frosting** (p. 443).
   - Two thin layers of **Fondant icing** (p. 447) or commercial soft icing.
2 Place 1 teaspoon jam in centre of decorative paper on presentation board (see below) and place cake firmly on paper.
3 Decorate top and sides of cake, or decorate top of cake and tie a wide ribbon around side of cake. For example:
   - Pipe design using **Royal icing** (p. 445).
   - Make flowers using **Fondant icing** (p. 447).
   - Make chocolate decorations, such as leaves and curls, or pipe with melted chocolate (see pp. 449–50).
   - Pipe decorations or position flowers on top and tie a wide ribbon around sides.
   - Using approximately 80 g **Almond paste** (p. 446) or **Fondant icing** (p. 447), shape small fruits (e.g. apples, oranges and plums); cut leaf shapes and mark veins with back of knife; paint with food colouring and leave to dry; space evenly around top of cake and attach with a small amount of jam; tie ribbon around side of cake.
   - Place fresh flowers (e.g. roses or camellias) on top of cake and around base. Fresh flowers must be dry, non-poisonous and added at the last minute.
4 Corners may be rounded or squared according to design.
5 If necessary, carefully trim away the surplus almond paste at the bottom of the cake with a sharp knife.
6 Allow to dry 1–2 days.

PRESENTATION BOARD

Prepare a presentation board on which to place the decorated cake so it can be moved and cut more easily: Use a board of wood or thick cardboard, 8–10 cm larger in size than the cake, and cover with white paper or foil. Attach a piece of decorative paper to the foil or paper using a small amount of jam.



*19

Biscuits and slices

The aroma of freshly baked biscuits is long remembered and there is a feeling of satisfaction in being able to serve home-made biscuits made with spices, fruits, nuts and other ingredients. Home-made biscuits are an ideal gift with a personal touch. Biscuits that do not need cooking, such as rum or chocolate truffles, are quickly made and can be served on festive occasions.

Making biscuits and slices

The basic biscuit mixture can be made with many variations. Biscuits should be cooled before stacking so that they remain crisp, and different types of biscuit should be stored in separate containers so that the flavours do not mix. Biscuits can be stored unfilled, then iced and filled as required. Unfilled biscuits that have softened may be crisped by placing them on an oven tray and warming them at 100°C for 3–5 minutes.

Slices usually have a filling; this makes them suitable for the lunch box or as an occasional afternoon snack.

Methods used in making biscuits and slices

Beating: Eggs, or egg whites, and sugar are beaten until thick, and then the dry ingredients carefully folded in.

Creaming: The butter, margarine or dairy blend is creamed with the sugar until the mixture is pale in colour and resembles whipped cream. Creaming may be done with a wooden spoon, whisk, food processor or electric beater.

Quick mix, or melt-and-mix: All ingredients are placed in a bowl with oil or melted butter, and mixed together.

Rubbing-in: The butter, margarine or dairy blend is rubbed into the flour with the fingertips, pastry blender or food processor until the mixture resembles breadcrumbs. Other dry ingredients are then added, followed by the moist ingredients.



COOKED BISCUITS: TIPS FOR PRODUCT QUALITY

QUALITY CRITERIA

- Even, golden-brown colour
- Crisp surface
- Even size

IDENTIFYING PROBLEMS

Spread on tray:

- Too much liquid or insufficient flour
- Baking tray too heavily greased, allowing the soft biscuit mixture to spread before it had set
- Oven too cool

Too dark on base and too pale on top:

- Baking tray too large or incorrectly positioned, preventing circulation of heat

Biscuits too pale:

- Oven temperature too low
- Insufficient cooking time

Biscuits too dark:

- Oven temperature too high
- Overcooked

Soft biscuits:

- Insufficient cooking
- Not removed from oven tray as soon as taken from oven
- Not placed separately on cake cooler
- Placed in storage container before sufficiently cooled
- Storage container not airtight



Beating



Rubbing in



Quick mix



Creaming

Basic biscuits *Creaming*

Many variations can be made using this basic biscuit mixture.

Makes: 48
Cooking utensils: 2 oven trays
Special equipment: shaped cutter
Preparation time: 20 minutes
Cooking time: 10–15 minutes
Oven temperature: 160°C

INGREDIENTS

1 cup (150 g) plain flour
1 cup (150 g) self-raising flour
½ cup (125 g) butter (or margarine or dairy blend)
½ cup (125 g) caster sugar
1 egg, beaten
½ teaspoon vanilla essence
2 tablespoons (40 mL) milk (for glaze)

Method

1 Set oven at 160°C. Brush or spray oven trays with oil, or cover base with baking paper.
2 Sift flours.
3 Cream butter and sugar. Add egg and vanilla essence, mix well.
4 Add flour and mix into a firm dough.
5 Transfer onto heavily floured surface, knead until smooth.
6 Roll out to 5 mm thickness.
7 Cut into 48 shapes and place on tray. Glaze with milk.
8 Bake for 10–15 minutes until pale golden.
9 Cool on cake cooler. Leave plain, ice or fill with ⅔ cup (200 mL) **Butter icing** (p. 443).

ALMOND BISCUITS

Follow recipe for **Basic biscuits**. Add 3 drops almond essence with egg. Before baking, glaze and place half a blanched almond on each biscuit.

CHOCOLATE BISCUITS

Follow recipe for **Basic biscuits**. Replace 3 tablespoons (30 g) plain flour with 3 tablespoons (30 g) cocoa powder. Roll out and cut with biscuit cutter, or shape into balls and flatten with a fork. After baking may be iced or joined with **Butter icing** (p. 443).

CHOCOLATE-DIPPED BISCUITS

Follow recipe for **Basic biscuits**. Use a star- or heart-shaped cutter at step 7. After baking and cooling, melt 200 g white, milk or dark chocolate over hot water or in a microwave oven (see p. 449). Dip half each biscuit into chocolate and place on baking paper to set. The chocolate may also be placed in a piping bag and lines piped onto each biscuit.

COFFEE BISCUITS

Follow recipe for **Basic biscuits**. Add 1 teaspoon instant coffee powder to butter and sugar. After baking, join with **Coffee butter icing** (p. 443).

DATE BISCUITS

Follow recipe for **Basic biscuits** to step 6. Cut rolled dough into strips approx. 3 × 8 cm. Using 1⅓ cups (240 g) whole pitted dates, roll each date in a strip of dough. Glaze and bake.

FINGER BISCUITS

Follow recipe for **Basic biscuits** to step 6. Cut rolled dough into fingers approx. 2 × 7 cm and bake at 160ºC for 15–20 minutes, until pale brown in colour. Beat 1 egg white until stiff and mix in 1 cup (130 g) icing sugar to make smooth, thick paste. Spread some on each biscuit. Using ½ cup (60 g) chopped almonds or ½ cup (50 g) desiccated coconut, sprinkle some on each biscuit, return to oven and bake at 160 ºC for approx. 3 minutes until topping is lightly browned.

LEMON BISCUITS

Follow recipe for **Basic biscuits**. Add grated rind of 1 lemon with sugar. Glaze and decorate with mixed peel before baking, or join with **Lemon butter icing** (p. 443) after baking.

PINWHEEL COOKIES

Follow recipe for **Basic biscuits** to step 5. Divide mixture in two and work 1 tablespoon (10 g) cocoa powder into one half. Roll each piece of dough into an oblong approx. 24 × 12 cm. Place one piece on top of the other and roll into a firm roll. Cut slices 5 mm thick. Place on tray and bake.



Basic biscuits

Anzac biscuits *Quick mix*

The name of these rolled-oat biscuits dates from World War I, when they were sent to Australian soldiers.

Makes: 30
Cooking utensils: 2 oven trays
Preparation time: 20 minutes
Cooking time: 15–18 minutes
Oven temperature: 160°C

INGREDIENTS

¾ cup (75 g) rolled oats
½ cup (125 g) sugar
¾ cup (70 g) desiccated coconut
¾ cup (110 g) wholemeal plain flour
2 tablespoons (40 g) golden syrup
1 teaspoon bicarbonate of soda
2 tablespoons (40 mL) boiling water
½ cup (125 mL) melted butter

Method

1 Set oven at 160°C. Brush or spray oven trays with oil, or cover base with baking paper.
2 Mix oats, sugar, coconut and flour.
3 Mix golden syrup, bicarbonate of soda and boiling water. While frothing, add melted butter and then pour into dry ingredients. Mix thoroughly.
4 Drop spoonfuls of mixture onto trays, allowing room for mixture to spread.
5 Bake for 15–18 minutes.
6 Cool on cake cooler.

Apricot muesli slice *Quick mix*

A high-energy slice, good for the lunch box, a picnic or an occasional snack.

Makes: 25 squares
Cooking utensil: 20 cm square cake pan (2.5 L)
Preparation time: 20 minutes
Cooking time: 20 minutes
Oven temperature: 180°C

INGREDIENTS

1½ cups (150 g) toasted muesli
1 cup (90 g) desiccated coconut
1 cup (150 g) wholemeal self-raising flour
½ cup (90 g) brown sugar
½ cup (125 g) honey
½ cup (90 g) chopped dried apricots
¼ cup (30 g) flaked almonds
½ cup (125 mL) melted butter
½ cup (125 g) peanut butter

Method

1 Set oven at 180°C. Brush or spray cake pan with oil and line base with baking paper.
2 Combine all ingredients. Mix well.
3 Press into cake pan.
4 Cook for 20 minutes.
5 Cool in cake pan. Cut into 25 (each 4 cm square).



Anzac biscuits

Brownies *Quick mix*

Makes: 16 squares
Cooking utensils: 18 cm square cake pan (1.5 L)
Preparation time: 20 minutes
Cooking time: 30 minutes
Oven temperature: 180°C

INGREDIENTS

½ cup (125 g) butter (or margarine or dairy blend)
125 g dark chocolate
1 cup (180 g) brown sugar
2 eggs, beaten
1 cup (150 g) plain flour
¾ cup (90 g) chopped walnuts

Method

1 Set oven at 180°C. Brush or spray cake pan with oil and line base with baking paper.
2 Melt butter and chocolate over low heat or in microwave oven (see p. 449).
3 Add sugar and stir until dissolved.
4 Mix in eggs, flour and walnuts.
5 Pour into cake pan.
6 Bake for 30 minutes,
7 Cut into 16 (each 4.5 cm square) while still warm, cool in pan.
8 Lift onto cake cooler when cool.

Burnt-butter biscuits

Quick mix

Makes: 48
Cooking utensils: 2 oven trays, saucepan
Cooking time: 10–12 minutes for each tray
Oven temperature: 180°C

INGREDIENTS

½ cup (125 g) butter
½ cup (125 g) sugar
1 egg, beaten
1 teaspoon (5 mL) vanilla essence
1½ cups (225 g) self-raising flour
24 blanched almonds, halved

Method

1 Set oven at 180°C. Brush or spray oven trays with oil, or cover base with baking paper.
2 Melt butter in saucepan and cook until light-brown in colour.
3 Cool slightly and add sugar. Beat well.
4 Stir in egg and vanilla essence.
5 Add flour and mix to a stiff dough.
6 Roll mixture into 48 balls and place on trays, allowing room for mixture to spread. Place half an almond on each biscuit.
7 Bake for 10–12 minutes until golden-brown.
8 Cool on cake cooler.

CITRUS DROPS

Follow recipe for **Burnt-butter biscuits**. Add 1 teaspoon grated orange rind and 1 teaspoon grated lemon rind at step 3. Place piece of walnut on each biscuit at step 6.

Caramels *Quick mix*

A sugar thermometer will give an accurate guide to the temperature of the caramel during cooking. See page 62.

Makes: 36 squares

Cooking utensils: saucepan, 18 cm square cake pan (1.5 L)

Special equipment: sugar thermometer

INGREDIENTS

½ cup (125 g) butter
1½ cups (270 g) brown sugar
400 g can sweetened condensed milk
¼ cup (75 g) golden syrup

Method

1 Brush or spray cake pan with oil.
2 Melt butter in saucepan.
3 Add other ingredients, stir over low heat until dissolved.
4 Boil without stirring to 118°C (firm-ball consistency).
5 Pour into pan. Allow to set and cut into 36 (each 3 cm square).

Caramel squares *Quick mix*

Makes: 16

Cooking utensil: 18 cm square cake pan (1.5 L)

Preparation time: 20 minutes

Cooking time: 25–30 minutes

Oven temperature: 180°C

INGREDIENTS

1 cup (150 g) wholemeal self-raising flour
2 teaspoons ground cinnamon
½ cup (125 g) melted butter
¾ cup (190 g) sugar
1 egg, beaten
1 teaspoon (5 mL) vanilla essence
1 cup (180 g) chopped dates or raisins
½ cup (60 g) chopped walnuts

Method

1 Set oven at 180°C. Brush or spray cake pan with oil and line base with baking paper.
2 Mix flour and cinnamon.
3 Mix butter and sugar. Add egg and beat well.
4 Add all other ingredients, mix well.
5 Spread into cake pan and bake for 25–30 minutes.
6 Cut into 16 (each 4.5 cm square) while still warm, cool in pan.
7 Lift onto cake cooler when cool.

Cheese straws *Rubbing in*

Makes: 18 bundles
Cooking utensils: 2 oven trays
Special equipment: 2 cm and 3 cm scone cutters
Preparation time: 20 minutes
Cooking time: 12–15 minutes
Oven temperature: 160°C

INGREDIENTS

1 cup (150 g) plain flour
½ teaspoon salt
⅛ teaspoon cayenne pepper
¼ teaspoon mustard powder
¼ cup (65 g) butter (or margarine or dairy blend)
⅔ cup (80 g) grated tasty cheese
1 egg yolk
¼ teaspoon lemon juice
1 tablespoon (20 mL) water, if required

Method

1 Set oven at 160°C. Brush or spray oven trays with oil, or cover base with baking paper.
2 Sift flour, salt, cayenne pepper and mustard.
3 Rub butter into flour mix, add cheese and mix into a stiff dough with egg yolk and lemon juice. Add water if necessary.
4 Knead lightly and roll out to 5 mm thickness.
5 *Make rings:* Cut 18 rings of pastry, using first the larger scone cutter to cut rounds, then the smaller cutter to create the rings out of the rounds. Place on one oven tray.
6 *Make straws:* Knead remaining pastry again and roll out to 5 mm thickness. Cut into strips 5 mm × 6 cm. Place carefully on second oven tray.
7 Bake for 12–15 minutes until slightly coloured. Allow to cool on trays. Slide straws inside rings to create 'bundles'.

CHEESE BISCUITS

Follow recipe for **Cheese straws** to step 4. At step 5, use 4 cm round scone cutters to cut out shapes. Place on oven tray, brush with milk and sprinkle each with ¼ teaspoon grated parmesan cheese. Bake for 12–15 minutes until lightly coloured. Allow to cool on tray.

Cherry rounds

Creaming

Makes: 30
Cooking utensils: 2 oven trays
Preparation time: 20 minutes, plus 30 minutes chilling
Cooking time: 12–15 minutes
Oven temperature: 180°C

INGREDIENTS

½ cup (125 g) butter (or margarine or dairy blend)
½ cup (90 g) brown sugar
¼ teaspoon vanilla essence
1 egg yolk
1¼ cups (190 g) self-raising flour
TOPPING
1 egg white, lightly beaten
¾ cup (90 g) finely chopped walnuts
5 glacé cherries

Method

1 Set oven at 180°C. Brush or spray oven trays with oil, or cover base with baking paper.
2 Cream butter, sugar and vanilla essence, mix in egg yolk.
3 Add flour and mix thoroughly. Chill for 30 minutes if possible.
4 Shape into 30 balls. Dip each into egg white and then into nuts. Decorate each biscuit with a piece of cherry and place on trays.
5 Bake for 12–15 minutes.
6 Allow to cool slightly before removing from trays. Cool on cake cooler.

Coconut ice

Gift idea: Place in cellophane bags and tie with a bright ribbon. A sugar thermometer will give an accurate guide to the temperature of the coconut ice during cooking.

Makes: 36 squares
Cooking utensils: 18 cm square cake pan (1.5 L), saucepan
Special equipment: sugar thermometer
Preparation time: 10 minutes
Cooking time: 25 minutes

INGREDIENTS

1 cup (250 mL) milk
4 cups (1 kg) sugar
¼ teaspoon cream of tartar
2 cups (180 g) desiccated coconut
pink colouring

Method

1 Brush or spray cake pan with oil.
2 Heat milk, sugar and cream of tartar in saucepan. Stir until sugar is dissolved.
3 Boil for approx. 10 minutes, to 114°C (soft-ball consistency, see p. 62).
4 Remove from heat, divide mixture into two.
5 Add 1 cup (90 g) coconut and a very little pink colouring to half, stir quickly until thick and creamy. Pour into cake pan.
6 Add 1 cup (90 g) coconut to other half, stir until thick and creamy, pour over pink layer.
7 Allow to set and cut into 36 (each 3 cm square).

Chocolate nut cookies

Creaming

Makes: 24
Cooking utensils: 2 oven trays
Preparation time: 20 minutes
Cooking time: 10–15 minutes
Oven temperature: 180°C

INGREDIENTS

1 cup (150 g) plain flour
2 tablespoons (20 g) cocoa powder
½ cup (125 g) butter (or margarine or dairy blend)
¼ cup (65 g) caster sugar
¼ teaspoon vanilla essence
¼ cup (40 g) chopped almonds
2 tablespoons (20 g) icing sugar (for dusting)

Method

1 Set oven at 180°C. Brush or spray oven trays with oil, or cover base with baking paper.
2 Sift flour and cocoa powder.
3 Cream butter, caster sugar and vanilla essence. Add almonds.
4 Add flour and cocoa powder and mix thoroughly.
5 Roll into 24 balls and place on trays.
6 Bake for 10–15 minutes.
7 Cool on cake cooler. May be dusted with icing sugar before serving.

Chocolate fruit truffles

Quick mix

Makes: 24
Preparation time: 15 minutes, plus 2 hours soaking fruit

INGREDIENTS

½ cup (90 g) mixed dried fruit
2 tablespoons (40 mL) orange juice
¼ cup (65 g) butter, margarine or dairy blend, melted
½ cup (65 g) icing sugar
1 cup (60 g) chocolate cake crumbs
2 tablespoons (16 g) desiccated coconut
¼ cup (30 g) chocolate sprinkles

Method

1 Soak dried fruit in orange juice for 2 hours.
2 Mix all ingredients except chocolate sprinkles. Roll into 24 balls.
3 Roll in chocolate sprinkles.

PLUM PUDDING TRUFFLES

Follow recipe for **Chocolate fruit truffles**. Melt 250 g white chocolate over hot water or in microwave oven (see p. 449. Spread baking paper on tray, make 24 circles using 1 teaspoon white chocolate for each circle. Place truffle on each circle before white chocolate sets and top with a drizzle of white chocolate and a piece of red or green cherry or coloured **Almond paste** (see p. 446) cut to represent holly and berries. Place in gift box or on festive table.

RUM TRUFFLES

Follow recipe for **Chocolate fruit truffles**. Use 2 tablespoons (40 mL) rum in place of orange juice.

Fudge

Tip: Heat spoon to measure glucose more easily. A sugar thermometer will give an accurate guide to the temperature of the fudge during cooking.

Makes: 36 squares
Cooking utensils: 18 cm square cake pan (1.5 L), saucepan
Special equipment: sugar thermometer
Preparation time: 20 minutes
Cooking time: 30 minutes

INGREDIENTS

¼ cup (65 g) grated dark chocolate
2 cups (500 g) sugar
1 teaspoon (5 mL) liquid glucose
¾ cup (190 mL) milk
1 tablespoon (20 g) butter
1 teaspoon (5 mL) vanilla essence

Method

1 Brush or spray cake pan with oil.
2 In saucepan, melt chocolate, sugar and glucose in milk over low heat.
3 Add butter, boil to 116°C (soft-ball consistency, see p. 62), stirring all the time. Remove from heat.
4 Add vanilla essence; beat with wooden spoon until creamy.
5 Pour into cake pan. Allow to set, then cut into 36 (each 3 cm square).

Ginger creams *Creaming*

Makes: 30
Cooking utensils: 2 oven trays
Preparation time: 20 minutes
Cooking time: 10–15 minutes
Oven temperature: 160°C

INGREDIENTS

½ cup (75 g) plain flour
1½ cups (225 g) self-raising flour
1½ teaspoons ground ginger
½ teaspoon mixed spice
½ cup (125 g) butter (or margarine or dairy blend)
½ cup (125 g) caster sugar
1 egg, beaten
1 teaspoon (5 g) golden syrup
2 tablespoons (40 mL) milk (for glaze)
FILLING
⅓ cup (100 mL) Butter icing (p. 443)
¼ cup (30 g) chopped glacé ginger

Method

1 Set oven at 160°C. Brush or spray oven trays with oil, or cover base with baking paper.
2 Sift flours, ground ginger and mixed spice.
3 Cream butter and sugar. Add egg and golden syrup. Mix well.
4 Add flour and mix into firm dough.
5 Lift onto lightly floured surface, knead until smooth.
6 Roll out to 5 mm thickness, cut into 60 rounds and place on trays. Glaze with milk.
7 Bake for 10–15 minutes until pale golden.
8 Cool. Join with butter icing mixed with chopped glacé ginger.

Ginger nut biscuits *Creaming*

Makes: 48
Cooking utensils: 2 oven trays
Preparation time: 20 minutes
Cooking time: 12–15 minutes
Oven temperature: 180°C

INGREDIENTS

2 cups (300 g) self-raising flour
2 tablespoons ground ginger
1 teaspoon bicarbonate of soda
½ cup (125 g) butter (or margarine or dairy blend)
⅔ cup (120 g) brown sugar
1 tablespoon (20 g) golden syrup
1 egg, beaten
2 tablespoons (40 g) sugar (for dipping)

Method

1 Set oven at 180°C. Brush or spray oven trays with oil, or cover base with baking paper.
2 Sift flour, ground ginger and bicarbonate of soda.
3 Cream butter, brown sugar and golden syrup. Add egg and mix well.
4 Add flour mixture and mix thoroughly.
5 Roll into 48 balls and dip in sugar. Place on trays, sugar side up, allowing room for biscuits to spread.
6 Bake for 12–15 minutes.
7 Allow to cool slightly before removing from tray. Cool on cake cooler.

Ginger shortcake *Quick mix*

Makes: 16 wedges
Cooking utensil: 18 cm round cake pan (1 L)
Preparation time: 20 minutes
Cooking time: 45 minutes
Oven temperature: 170°C

INGREDIENTS

½ cup (125 mL) melted butter
1 egg, beaten
1½ cups (225 g) plain flour
½ cup (125 g) caster sugar
½ cup (90 g) chopped glacé ginger
¼ cup (30 g) slivered almonds
1 teaspoon (5 mL) milk (for glaze)

Method

1 Set oven at 170°C. Brush or spray cake pan with oil, and line base with baking paper.
2 Mix butter, egg, flour, sugar and ginger.
3 Press into cake pan.
4 Decorate with almonds. Brush top with milk.
5 Bake for 45 minutes.
6 Allow to cool in cake pan.
7 Cut into 16 wedges.

CHERRY SHORTCAKE

Follow recipe for **Ginger shortcake**. Omit ginger and almonds. Add ⅔ cup (120 g) chopped glacé cherries at step 2. Decorate with 16 walnut pieces.



Chocolate and macadamia brownies *Quick mix*

These brownies are gluten-free.

Makes: 12

Special equipment: 18 cm square cake pan (1.5 L), double saucepan or heatproof bowl and saucepan.

Preparation time: 30 minutes

Cooking time: 40 minutes

Oven temperature: 180°C

INGREDIENTS

1 cup (120 g) macadamia nuts, chopped
⅔ cup (165 g) butter
1 cup (120 g) dark chocolate, roughly chopped
⅓ cup (35 g) cocoa powder
⅓ cup (80 mL) hot water
1 cup (120 g) white chocolate, roughly chopped
1⅓ cups (270 g) brown sugar, firmly packed
⅓ cup (40 g) ground almond
⅓ cup (60 g) rice flour
⅓ cup (50 g) gluten-free plain flour
4 egg whites
1 tablespoon (10 g) cocoa powder, for dusting

Method

1 Set oven at 180°C. Brush or spray cake pan with oil and line base with baking paper.
2 Combine butter, dark chocolate, cocoa and hot water and place in top of double saucepan or a heatproof bowl over gently simmering water. Stir until chocolate is melted and mixture is smooth. Remove from heat.
3 Sift flours together.
4 Add chopped macadamia nuts, chopped white chocolate, sugar, ground almond and flours.
5 Beat egg whites until stiff peaks form.
6 Fold half egg whites into chocolate mixture and gently mix until just combined. Repeat with remaining egg whites.
7 Pour into cake pan.
8 Cook 25 minutes at 180°C, or until skewer inserted into the middle comes out clean.
9 Cut into 12 while still warm, cool in pan.
10 Lift to cake cooler when cool. Dust with cocoa powder.



Chocolate and macadamia brownies

Decadent chocolate hazelnut cookies

These biscuits are gluten-free.

Makes: 24

Cooking time: 12 minutes

Temperature: 160°C

INGREDIENTS

1 cup (140 g) hazelnuts

2 cups icing sugar (260 g)

¼ cup (25 g) cocoa powder

2 egg whites

½ teaspoon vanilla extract

½ cup (80 g) chocolate chips

Method

1 Set oven to 160°C. Place nuts on baking tray and toast for 10 minutes.

2 Remove from oven, wrap nuts in clean tea towel and roll between hand, loosening and removing the skin. Discard skin and roughly chop nuts. Set aside to cool slightly.

3 Sift the sugar and cocoa together into a mixing bowl. Stir in egg whites, vanilla, chocolate chips and mix together.

4 Place tablespoon of batter on lined baking sheets, allowing 5 cm between each cookie as the cookies will spread while baking.

5 Bake for 10–12 minutes, until they are puffed and shiny.

6 Remove from oven and cool on wire baking racks.

Italian almond cookies

These cookies are gluten-free.

Makes: about 36

Preparation Time: 20 minutes

Cooking time: 25 minutes

Setting time: overnight

Oven temperature: 140ºC

INGREDIENTS

3 cups (300 g) almond meal

1 cup (220 g) caster sugar

1 cup (160 g) icing sugar

2 egg whites

1½ teaspoons almond extract

extra icing sugar to dust

Method

1 Place almond meal, caster sugar and icing sugar in large bowl and beat with electric mixer until combined. Add almond extract and egg whites, beating for a further 1–2 minutes.

2 Divide dough into 3 pieces. Lightly dust workbench with icing sugar and roll each piece into a long rope, about 2.5 cm in diameter.

3 Slice the dough diagonally into 4.5 cm lengths, and shape each piece into a diamond. Lightly use palm of hand to flatten each diamond then dust with icing sugar.

4 Place on lined baking trays and cover loosely with piece of baking paper.

5 Leave to set overnight at room temperature.

6 Preheat the oven to 140ºC. Bake for 20–25 minutes, until the cookies are light golden colour.

7 Cool on wire racks and dust with extra icing sugar before serving.

Greek biscuits (Koulourakia) *Creaming*

Makes: 20
Cooking utensils: 2 oven trays
Preparation time: 20 minutes
Cooking time: 18–20 minutes
Oven temperature: 180°C

INGREDIENTS

1 cup (150 g) self-raising flour
¼ teaspoon ground cinnamon
⅛ teaspoon ground cloves
1½ tablespoons (30 g) butter
¼ cup (65 g) caster sugar
1 egg, lightly beaten
2 tablespoons (40 mL) milk
½ teaspoon grated orange rind

Method

1 Set oven at 180°C. Brush or spray oven trays with oil, or cover base with baking paper.
2 Sift flour, cinnamon and cloves together.
3 Cream butter and sugar until light and fluffy.
4 Gradually mix in egg and milk.
5 Add flour mix and orange rind, mix to a soft dough.
6 Knead lightly on lightly floured surface.
7 Roll 2 teaspoons of dough into thin sausage shapes, then roll each into a circle.
8 Place on oven trays. Bake for 18–20 minutes.
9 Cool on cake cooler.

Lemon slice *Rubbing in*

Makes: 25 squares
Cooking utensils: double saucepan, 20 cm square cake pan (2.5 L)
Preparation time: 35 minutes
Cooking time: 25 minutes
Oven temperature: 190°C

INGREDIENTS

FILLING
¾ cup (190 g) sugar
2 eggs, beaten
rind and juice of 2 lemons
PASTRY
1 cup (150 g) plain flour
1 cup (150 g) self-raising flour
½ cup (125 g) caster sugar
½ cup (125 g) butter (or margarine or dairy blend)
1 egg, beaten
1 teaspoon (5 mL) milk (for glaze)
DECORATION
13 blanched almonds, halved or chopped

Method

1 *Prepare filling:* Mix sugar and eggs in top of double saucepan. Blend in lemon rind and juice. Place over base of water simmering. Stir until mixture thickens (approx. 20 minutes). Cool.
2 Set oven at 190°C.
3 *Prepare pastry:* Sift flours, add sugar.
4 Rub butter into dry ingredients, add egg and mix into a firm dough.
5 Transfer pastry to lightly floured surface, knead until smooth.
6 Divide into two. Roll out half onto one 20 cm sheet sheet baking paper and place in cake pan, with baking paper at the bottom.

7 Spread lemon filling over pastry base.
8 Roll out other half of pastry on 20 cm square sheet baking paper, roll both onto rolling pin. Unroll onto lemon filling, remove paper.
9 Brush lightly with milk. Place almonds so that one half will be in the centre of each piece when cut, or sprinkle with chopped almonds.
10 Bake for 25 minutes.
11 Allow to stand in pan until almost cold. Cut into 25 (each 4 cm square) and place on cake cooler.

APPLE SLICE

Follow recipe for **Lemon slice** using 1 cup (200 g) **Apple puree** (p. 509) for filling.

BAKEWELL SLICE

Follow recipe for **Lemon slice**. Omit filling. At step 6, roll full quantity of pastry onto baking paper and lift into cake pan. Spread with 2 tablespoons (40 g) apricot jam. Cover with topping made by creaming ¼ cup (65 g) butter with ¼ cup (65 g) caster sugar. Add egg, then stir in ½ cup (45 g) desiccated coconut. Bake at 180°C for 25–30 minutes. Cut into 25 squares when cold.

RASPBERRY SLICE

Follow recipe for **Lemon slice**. Omit filling. At step 6, roll full quantity of pastry onto baking paper and lift into cake pan. Spread with 3 tablespoons (60 g) raspberry jam. Cover with topping made by beating 1 egg with ½ cup (125 g) caster sugar and ½ cup (45 g) desiccated coconut. Bake at 180°C for 30 minutes. Cut into 25 squares when cold.



Raspberry slice

Melting moments *Creaming*

Makes: 24
Cooking utensils: 2 oven trays
Special equipment: piping bag with star-shaped nozzle (optional)
Preparation time: 20 minutes
Cooking time: 15–20 minutes
Oven temperature: 160°C

INGREDIENTS

½ cup (75 g) self-raising flour
½ cup (65 g) cornflour
½ cup (125 g) butter (or margarine or dairy blend)
¼ cup (35 g) icing sugar

Method

1 Set oven at 160°C. Brush or spray oven trays with oil, or cover base with baking paper.
2 Sift flour and cornflour.
3 Cream butter and icing sugar. Add flour and mix thoroughly.
4 Place 24 spoonfuls on trays, or pipe onto trays with piping bag fitted with a star-shaped nozzle.
5 Bake for 15–20 minutes.
6 Cool on cake cooler.

Macaroons *Beating*

Makes: 24
Cooking utensil: oven tray
Preparation time: 20 minutes
Cooking time: 15 minutes
Oven temperature: 160°C

INGREDIENTS

2 egg whites
¾ cup (100 g) icing sugar
1½ cups (135 g) desiccated coconut
1 teaspoon (5 mL) vanilla essence

Method

1 Set oven at 160°C. Cover base of oven tray with baking paper.
2 Beat egg whites until stiff peaks form.
3 Add icing sugar gradually and continue beating until thick.
4 Stir in coconut and vanilla essence.
5 Place teaspoonfuls onto oven tray and bake for 15 minutes until lightly coloured.
6 Cool on cake cooler.

Note: Will keep up to 2 weeks in an airtight container. Not suitable for freezing.



Beating egg whites until stiff peaks form

Marshmallow

Toast coconut 2 minutes on medium power in microwave oven.

Makes: 36 squares

Cooking utensils: 18 cm square cake pan (1.5 L), saucepan

Special equipment: electric beater

Preparation time: 15 minutes

Cooking time: 25 minutes

INGREDIENTS

1 cup (250 mL) water
1 cup (250 g) sugar
2 tablespoons (24 g) gelatine
¼ teaspoon cream of tartar
1 tablespoon (20 mL) lemon juice
½ cup (45 g) desiccated coconut, toasted

Method

1 Brush or spray cake pan with oil.
2 Heat water, sugar, gelatine and cream of tartar in saucepan over low heat. Stir until sugar is dissolved.
3 Boil quickly, without stirring, for 15 minutes.
4 Cool, add lemon juice.
5 Beat with electric beater on high speed until white and creamy.
6 Pour into pan. Allow to set, cut into 36 (each 3 cm square). Roll in toasted coconut.

Hedgehogs *Quick mix*

Makes: 24 fingers

Cooking utensils: 18 cm square cake pan (1.5 L), saucepan

Preparation time: 20 minutes

INGREDIENTS

⅔ cup (160 g) butter (or margarine or dairy blend)
½ cup (125 g) caster sugar
2 tablespoons (20 g) cocoa powder
2 tablespoons (16 g) desiccated coconut
1 egg, beaten
½ cup (60 g) chopped walnuts
½ cup (90 g) glacé cherries
½ teaspoon vanilla essence
2 cups (240 g) crushed sweet biscuits

Method

1 Line cake pan with baking paper.
2 Melt butter and sugar in saucepan, add cocoa powder and mix well.
3 Remove from heat and stir in coconut and egg.
4 Add walnuts, cherries and vanilla essence.
5 Stir in crushed biscuits and mix well.
6 Press into pan and chill.
7 Cut into 24 (each 3 × 4.5 cm).

Refrigerator nutties *Creaming*

The uncooked mixture may be frozen, then thawed, cut into slices and baked as needed.

Makes: 60
Cooking utensils: 2 oven trays
Preparation time: 20 minutes
Cooking time: 10–15 minutes
Oven temperature: 160°C

INGREDIENTS

½ cup (125 g) butter (or margarine or dairy blend)
⅔ cup (120 g) brown sugar
1 egg, beaten
½ teaspoon vanilla essence
¼ cup (30 g) chopped nuts
½ cup (90 g) chopped glacé cherries
¼ cup (45 g) chopped glacé ginger
2 cups (300 g) self-raising flour

Method

1 Cream butter and sugar. Add egg and vanilla essence, mix well.
2 Add nuts and fruit, then flour. Mix well.
3 Turn onto lightly floured surface and shape into a roll 3 cm in diameter. Wrap in plastic wrap. Refrigerate up to a week or place in freezer.
4 When required, cut into 60 slices approx. 5 mm thick. Place on oven trays that have been brushed or sprayed with oil or have had their bases covered with baking paper.
5 Bake for 10–15 minutes.
6 Cool on cake cooler.

Shortbread *Rubbing in*

This can be cut into a variety of shapes and gift-wrapped for festive occasions.

Makes: 24 pieces
Cooking utensils: 2 oven trays
Preparation time: 20 minutes
Cooking time: 20–25 minutes
Oven temperature: 160°C

INGREDIENTS

1¼ cups (190 g) plain flour
1 tablespoon (10 g) rice flour
2 tablespoons (40 g) caster sugar
150 g butter, softened
½ teaspoon vanilla essence

Method

1 Set oven at 160°C. Brush or spray oven trays with oil, or cover base with baking paper.
2 Sift flours, add sugar and rub in butter. Add vanilla essence.
3 Work into stiff dough. Turn onto a lightly floured board and knead well.
4 Divide mixture into three portions. Roll each into rounds 1 cm thick and the size of a saucer. Pinch edges. Lift onto oven trays. Cut each round into 8 pieces and mark with a fork.
5 Bake for 20–25 minutes until pale golden-brown.
6 Cool on cake cooler.

Yo-yos *Rubbing in*

Makes: 36 single, 18 pairs
Cooking utensils: 2 oven trays
Preparation time: 20 minutes
Cooking time: 15–20 minutes
Oven temperature: 170°C

INGREDIENTS

1 cup (150 g) self-raising flour
½ cup (65 g) custard powder
⅓ cup (45 g) icing sugar
⅔ cup (165 g) butter (or margarine or dairy blend)

Method

1 Set oven at 170°C. Brush or spray oven trays with oil, or cover base with baking paper.
2 Sift flour, custard powder and icing sugar.
3 Rub in butter and work into stiff dough.
4 Roll into 36 balls and place on oven trays. With a fork, flatten each ball a little.
5 Bake for 15–20 minutes until pale golden-brown.
6 Cool on cake cooler and join together in pairs with jam or ⅔ cup (200 mL) **Butter icing** (p. 443).

White Christmas *Quick mix*

Makes: 36 squares
Cooking utensils: saucepan, 18 cm square cake pan (1.5 L)
Preparation time: 25 minutes

INGREDIENTS

1 cup (100 g) non-fat milk powder
1 cup (90 g) desiccated coconut
1 cup (180 g) mixed dried fruit
2 cups (60 g) rice bubbles
⅔ cup (90 g) icing sugar
250 g Copha

Method

1 Mix all ingredients except Copha.
2 Melt Copha slowly in saucepan and pour over mixture, blend well.
3 Press into pan.
4 Cool and allow to set.
5 Cut into 36 (each 3 cm square).



Yo-yos



Almond bread

Almond bread *Beating*

Gift idea: place in cellophane bags and tie with string or ribbon.

Makes: 36 biscuits
Cooking utensils: medium loaf pan (1 L), oven tray
Preparation time: 20 minutes, plus 1–3 days storage
Cooking time: 50–60 minutes
Oven temperature: 180°C

INGREDIENTS

4 egg whites
½ cup (125 g) caster sugar
1 cup (150 g) plain flour
1 cup (125 g) whole almonds with skins on

Method

1 Set oven at 180°C. Line loaf pan with baking paper.
2 Beat egg whites until stiff peaks form. Gradually add sugar and continue beating until mixture is stiff.
3 Fold in flour and almonds.
4 Place in loaf pan and bake for 50–60 minutes.
5 Cool on cake cooler.
6 Wrap in foil and store 1–3 days.
7 Slice very thinly, place slices on oven tray and bake in oven at 130°C until crisp and dry (approx. 10 minutes).

HAZELNUT BREAD

Follow recipe for **Almond bread**. Instead of almonds, use 1 cup (100 g) whole hazelnuts with skins on.

PISTACHIO NUT BREAD

Follow recipe for **Almond bread**. Instead of almonds, use 1 cup (100 g) whole pistachio nuts.



*20

Breads and buns

The pleasure of baking can reach its greatest height when making bread. From the art and mystery of rising dough to the aroma of fresh loaves or spiced fruity buns, working with yeast can be satisfying and fun.

Traditionally considered the 'staff of life', bread is found in different forms in every country and culture. Most bread is leavened—that is, it has yeast as the raising agent. Examples are pumpernickel, focaccia, sourdough and rye breads. Unleavened breads use no raising agent, so they are flat breads. Examples are pita bread, matzo and mountain bread.

Electric bread makers and commercial bread mixes made with high-protein flour and bread improvers have made bread making at home easier. Home-made breads do not keep fresh as long as commercially made breads. However, all bread keeps well in the freezer in an airtight freezer bag. If the loaf is sliced prior to freezing, the slices will thaw quickly or take only a couple of seconds to thaw in a microwave oven.

NUTRITIONAL VALUE

As flour is the major ingredient, all breads are rich in carbohydrate and contain some protein and fibre. The yeast in bread is a source of B-group vitamins, and ingredients like eggs and milk supply small amounts of other food nutrients.



Bread-making essentials

BREAD PANS

- A medium-size bread pan (23 cm long × 10 cm wide × 9 cm deep; 2 L) is required for a 3 cup (450 g) flour recipe.
- A loaf pan of similar capacity is satisfactory.
- Regular baking of bread may justify purchasing a special bread pan with black painted sides, which absorb heat quickly and help produce a crisp crust.

INGREDIENTS

Flour: Plain flour is used in bread making. Flour milled from hard wheat (see p. 46) is rich in the proteins gliadin and glutenin. When mixed with water, these proteins together form gluten—another protein—which increases the strength and elasticity of the dough, thus trapping more gas during proving and increasing the volume of the loaf. Bleached flour is most often used in home bread making. Bleached flour has a bleaching agent added to flour to make it appear whiter; it oxidises the surface of the flour grain and helps with the development of gluten. Unbleached plain flour may be used instead of plain flour. This flour has a creamy appearance as no bleaching agent has been added during processing. Gluten flour may be added to flour to make a 'stronger' flour. The gluten flour has extra protein added which makes the bread and other baked goods lighter. Wholemeal flour increases the nutritive value and fibre content of the loaf and usually requires additional liquid for mixing.

Commercial bread improver, which contains gluten flour, enhances the texture of bread and gives a crumb that remains fresh for a longer period after baking.

Yeast is the raising agent in bread making. It is a single-celled organism, which—in moist conditions and heated to a temperature between 30 °C and 37 °C—converts carbohydrates to alcohol and carbon dioxide gas. This action is called *fermentation*.

The carbon dioxide gas bubbles expand on heating, thus making the bread mixture rise. Yeast is most active between 30ºC and 37ºC. Below 30ºC the yeast is not activated, and above 40ºC it deteriorates rapidly and dies. **Dried yeast granules**, sold in vacuum-sealed foil packs, retain freshness and are easy to use. **Compressed yeast** is a creamy grey colour. It has a smooth texture, is cool and moist to the touch and breaks sharply. It keeps for 1–2 weeks in plastic wrap or in an airtight container in the refrigerator. It contains approximately 70% water. Double the quantity of compressed yeast is needed to obtain the same rising power as a single quantity of dried yeast. Either dried or compressed yeast may be used in any of the recipes in this chapter.

Sugar: The function of sugar in bread making is to provide a food source for the yeast and therefore stimulate yeast fermentation. Sugar improves the brown colour of the bread crust. Increased amounts change the flavour and texture of the final product.

Butter, margarine, dairy blend and oils improve the flavour and crust, but too much may reduce the activity of the yeast.

Liquid: The amount of liquid required will vary, depending on the absorbency of the flour. Water is used in the recipes in this chapter. When egg is used, less liquid may be required.



APPROXIMATE INGREDIENT RATIOS

1 cup (150 g) flour to ½ cup (125 mL) liquid to 1 teaspoon (4 g) dried yeast

2 cups (300 g) flour to 1 cup (250 mL) liquid to 2 teaspoons (7 g) dried yeast

3 cups (450 g) flour to 1½ cups (375 mL) liquid to 1 tablespoon (14 g) dried yeast

Note: Use double quantity of compressed yeast.

Bread-making processes

Mixing is combining all ingredients by hand or in an electric mixer with a dough hook. Flour and water are mixed with yeast to form a basic bread dough. The proteins gliadin and glutenin are found in wheat, rye, barley and oat flour, and when mixed with water, form gluten. Gluten is a strong, elastic protein that stretches as the carbon dioxide gas bubbles expand in the bread dough during fermentation.

Kneading stretches the gluten, making the dough more elastic, and distributes the bubbles of carbon dioxide formed by the yeast, thus producing a fine, even texture. Dough is sticky when mixed but becomes easier to handle when kneaded on a lightly floured surface. *To knead bread:* Fold the far edge of the dough to the centre and push it with the knuckles or heel of the hand. Turn dough slightly and repeat the process until the surface is smooth.

Proving follows the kneading process. The dough is allowed to rest in a warm place, where it proves. During proving, the carbon dioxide bubbles formed during fermentation are caught in the web of gluten within the dough. The dough rises and expands to twice its original size. The alcohol produced during fermentation gives the distinctive 'fresh bread' aroma but evaporates during baking. *To prove the dough:* Put it in a warm bowl, tightly covered with plastic wrap, and set in a warm place (e.g. in 6 cm of hot water in a sink or large bowl). During proving, check the temperature, because the dough should be kept between 30 °C and 37 °C (the basin should be comfortably warm to the touch). Avoid over-proving (when dough more than doubles in size) as this gives a coarse texture and a yeasty, fermented flavour to the loaf.



BREADS AND BUNS: TIPS FOR PRODUCT QUALITY

QUALITY CRITERIA

- Golden-brown, crisp crust of even thickness
- Well-shaped loaf with a smooth, crisp surface
- Light cream-coloured crumb that is fine and even in texture and soft and spongy to the touch
- Sweet, nutty flavour

IDENTIFYING PROBLEMS

Texture open and uneven:

- Too much liquid
- Excessive kneading
- Over-proving

Grey crumb, pale crust, sour taste:

- Over-proving

Strong smell of yeast in baked loaf:

- Too much yeast
- Over-proving

Small, dense loaf with close crumb:

- Kneaded insufficiently to develop the gluten
- Proving temperature too low
- Proving time too short
- Old or poor quality yeast
- Insufficient liquid

Baking the bread causes several changes to occur:

1 The high temperature destroys the yeast and fermentation ceases.
2 Heat penetrates the dough, setting the gluten, thus forming the shape of the loaf.
3 Starch grains burst and absorb most of the moisture.
4 The alcohol and some of the moisture evaporate.
5 Some of the starch is converted to dextrin, thus forming the golden-brown crust.

Yeast mixtures are cooked when the loaf shrinks slightly from the sides of the pan and a hollow sound is produced by gently tapping the knuckles on the underside of the loaf.

Glazing gives bread a shiny appearance. Milk or syrup may be brushed on the loaf before baking or during the final 5 minutes of cooking.

Cooling the bread by turning the bread out of the pan onto a cake cooler ensures a crisp crust.



Baking



Mixing



Kneading



Proving

Quick bread

This bread requires only one kneading.

Makes: 1 loaf
Cooking utensil: bread pan (2 L)
Preparation time: 50 minutes
Standing time: 40 minutes
Cooking time: 30 minutes
Oven temperature: 220ºC, reduced to 200ºC

INGREDIENTS

2 cups (300 g) plain flour
1 teaspoon (5 g) salt
2 teaspoons (7 g) dried yeast
1 teaspoon (5 mL) oil
1 cup (250 mL) warm water
1 tablespoon (20 mL) milk (for glaze)

Method

1 Mix flour, salt and yeast.
2 Add oil and almost all the water, mix to a soft dough. Add remaining water if necessary.
3 Cover closely with plastic wrap. Allow to prove in a warm place (bowl may be placed in 6 cm hot water in a sink or larger bowl) until doubled in size—approx. 20 minutes).
4 Set oven to 220ºC. Brush or spray bread pan with oil.
5 Turn onto lightly floured surface and knead 3–5 minutes until just smooth.
6 Shape into loaf and place in bread pan.
7 Prove in warm place until dough doubles in size (approx. 20 minutes).
8 Glaze with milk, place in oven and bake at 220ºC for 20 minutes. Reduce temperature to 200ºC and bake 10 minutes until golden-brown and sounds hollow when tapped.
9 Cool for 5 minutes in bread pan before turning onto cake cooler.



COTTAGE LOAVES

Follow recipe for **Quick bread** to step 5. At step 6, divide dough in half. Shape each portion into a round and cut each into 6 pieces. Re-form each into a round and place in two oiled 18 cm pans. Glaze with milk and sprinkle with sesame seeds. Bake for 15 minutes at 220°C, then reduce to 200°C and bake a further 5 minutes.

SOURDOUGH BREAD

Follow recipe for **Quick bread**, using ½ cup sourdough starter (see below) instead of yeast. Shape dough into round, place on oiled oven tray and slash across centre with knife before cooking. Dust lightly with flour after cooking.

Prepare sourdough starter: Must be started 2–3 days before bread begins. Mix ½ cup (125 mL) warm water, ½ cup (75 g) plain flour, ½ teaspoon (2 g) dried yeast and 2 tablespoons (40 mL) natural yoghurt or buttermilk. Allow to stand for 24 hours in warm place in covered glass container. Add ½ cup (75 g) plain flour and ¼ cup (65 mL) warm water and continue to stand in warm place a further 24 hours until mixture has a sour, fermenting odour. Place in refrigerator.

Note: This starter keeps indefinitely in the refrigerator, but 1 cup (150 g) plain flour and ½ cup (125 mL) water must be added weekly.

TURKISH BREAD

Follow recipe for **Quick bread** to step 5. At step 6, divide dough into eight pieces. Press each piece into an oval, 5 mm thick. Place on oiled trays and allow to rise to 1 cm (approx. 20 minutes). Press fingertips into dough to form indentations. Brush or spray with olive oil and spread each piece with 1 teaspoon pesto and 1 teaspoon finely grated parmesan cheese. Bake for 7 minutes at 220°C, then reduce to 200°C and bake a further 5–7 minutes.

WATTLESEED BREAD

Follow recipe for **Quick bread**, with the addition of 1 tablespoon ground wattleseed at step 1. At step 2, substitute 1 teaspoon macadamia oil. Sprinkle an additional pinch of ground wattleseed after glazing at step 8.

Rye bread

A dark dense bread.

Makes: 1 loaf
Cooking utensil: oven tray
Preparation time: 45 minutes
Standing time: 30 minutes
Cooking time: 45 minutes
Oven temperature: 190°C

INGREDIENTS

2 teaspoons (7 g) dried yeast
1¼ cups (315 mL) warm water
¼ cup (75 g) molasses
2½ cups (375 g) plain flour
1 cup (150 g) rye flour
2 teaspoons (10 g) salt
1 tablespoon (20 mL) vegetable oil
1 tablespoon (10 g) cocoa powder
1 tablespoon (10 g) caraway seeds

Method

1 Mix yeast with water in large bowl. Stir in molasses.
2 Add all other ingredients. Stir to combine.
3 Turn dough onto lightly floured surface. Knead until smooth and elastic.
4 Place dough in oiled bowl.
5 Cover bowl with plastic wrap. Prove in a warm place for 30 minutes.
6 Shape into a loaf and place on oven tray.
7 Bake for 45 minutes, or until golden-brown.

Focaccia *(Italian)*

A quick and easy recipe.

Makes: 1 loaf
Cooking utensil: Swiss roll tray
Preparation time: 45 minutes
Standing time: 60 minutes
Cooking time: 15 minutes
Oven temperature: 190°C



Focaccia

INGREDIENTS

4 cups (600 g) plain flour
1 teaspoon (5 g) salt
2 teaspoons (7 g) dried yeast
¼ cup (65 mL) olive oil
1¼ cups (315 mL) warm water
1 tablespoon (20 mL) olive oil, extra (for brushing)
sea salt, to sprinkle over bread

Method

1 Combine flour and salt in large bowl.
2 Stir in yeast, oil and 1 cup (250 mL) of water.
3 Mix to form a soft dough, add the rest of the water if necessary.
4 Turn onto lightly floured surface, knead for 10 minutes, or until dough is smooth and elastic.
5 Place in a lightly oiled bowl. Cover with plastic wrap and prove in a warm place until dough doubles in size (approx. 40 minutes).
6 Knead again until smooth.
7 Roll dough to fit length and width of Swiss roll tray. Allow to prove for a further 20 minutes.
8 Using fingertips, press dimples into the dough. Brush with oil and sprinkle with sea salt.
9 Bake for 15 minutes until golden-brown.

Pumpernickel bread

A moist, dense grain bread with a rich colour.

Makes: 1 loaf
Cooking utensils: saucepan, oven tray
Preparation time: 45 minutes
Standing time: 30 minutes
Cooking time: 50 minutes
Oven temperature: 180°C

INGREDIENTS

¾ cup (190 mL) water
¼ cup (40 g) cornmeal or polenta
2 teaspoons molasses
2 teaspoons (10 g) butter
2 teaspoons (10 g) salt
1 teaspoon (5 g) sugar
1 teaspoon (10 g) caraway seeds
3 teaspoons cocoa powder
1½ teaspoons dried yeast
1 medium potato, cooked and mashed
1½ cups (225 g) pumpernickel flour
½ cup (75 g) plain flour
1 egg white
1 tablespoon (20 mL) water

Method

1 Combine ½ cup (125 mL) water with cornmeal in saucepan. Cook over low heat and stir until thickened.
2 Remove pan from heat. Stir in molasses, butter, salt, sugar, caraway seeds and cocoa powder. Set aside to cool.
3 Warm remaining ¼ cup (65 mL) water and stir in yeast.
4 Place molasses mixture into large bowl, add yeast and mashed potato.
5 Stir in pumpernickel flour and enough plain flour to make a stiff, sticky dough.
6 Turn dough onto lightly floured work surface, knead until elastic.
7 Place dough in greased bowl, turning to coat all sides, cover with plastic wrap and set aside to rise for 30 minutes, or until doubled in size.
8 Punch the dough down, knead for 30 seconds. Form into a loaf.
9 Mix egg white and water. Brush loaf with glaze. Bake for 50 minutes.

White bread

Makes: 1 loaf
Cooking utensil: bread pan (2 L)
Preparation time: 1 hour
Standing time: 40 minutes
Cooking time: 25 minutes
Oven temperature: 220ºC, reduced to 190ºC

INGREDIENTS

2 teaspoons (7 g) dried yeast
2 teaspoons (5 g) sugar
1 cup (250 mL) warm water
2 cups (300 g) plain flour
1 teaspoon (5 g) salt
2 teaspoons bread improver (optional)
1 tablespoon (20 mL) oil
1 tablespoon (20 mL) milk (for glaze)

Method

1 Mix yeast with sugar and almost all the warm water. Cover and allow to stand until frothy (approx. 10 minutes).
2 Mix flour, salt and bread improver. Add yeast mixture and oil. Mix into a soft dough. Add remaining water if necessary.
3 Turn onto a lightly floured surface and knead for about 5 minutes until dough is smooth and elastic.
4 Return dough to bowl. Cover with plastic wrap and prove in warm place until doubled in size (approx. 20 minutes).
5 Brush or spray bread pan with oil.
6 Turn dough onto floured surface and knead for 5 minutes.
7 Shape into loaf, place in pan and press into corners.
8 Set oven at 220ºC.
9 Prove dough in warm place until doubled in size (approx. 20 minutes).
10 Glaze with milk, place in oven and bake for 10 minutes at 220ºC. Reduce temperature to 190ºC, bake a further 15 minutes until golden-brown and sounds hollow when tapped.
11 Cool for 5 minutes in bread pan before turning onto cake cooler.

BREAD ROLLS

Follow recipe for **Quick bread** (p. 482) or **White bread**. Instead of shaping into loaves, divide dough into eight or ten pieces and shape into rolls (e.g. horseshoe, twist, knot, cross, plait) or three small rounds placed together to form cloverleaf. Place on tray, cover and prove in warm place for 10–15 minutes. Glaze with milk and 2 teaspoons sesame or poppy seeds. Bake at 200ºC for 10 minutes. Reduce temperature to 190ºC and cook further 5–10 minutes until golden-brown.

BAGUETTES

Follow recipe for **Quick bread** (p. 482) or **White bread**. Instead of shaping into loaves, divide dough into two and shape each half to fit oiled baguette pans.

FRUIT BREAD

Follow recipe for **Quick bread** (p. 482) or **White bread**. Soak ¾ cup (135 g) mixed dried fruit (e.g. sultanas, raisins, mixed peel) in an extra 2 tablespoons (40 mL) hot water. At step 2, add 1 teaspoon mixed spice, ½ teaspoon ground cinnamon, ¼ teaspoon ground nutmeg, 1 tablespoon (20 g) extra sugar and mixed fruit. At final step glaze with milk and sprinkle with 2 teaspoons poppy seeds.

GOLDEN CORN BREAD

Follow recipe for **Quick bread** (p. 482) or **White bread**. Replace ½ cup (75 g) flour with ½ cup (75 g) cornmeal. After brushing or spraying bread pan with oil, sprinkle 3 tablespoons (30 g) extra cornmeal into pan. At final step glaze with milk and sprinkle with 2 teaspoons extra cornmeal.

HERB AND GARLIC BREAD

Follow recipe for **White bread**. At Step 2, add 1 crushed garlic clove (5 g) and 1 cup chopped mixed fresh herbs (e.g. chives, parsley, basil, sage, marjoram). At final step glaze with milk and sprinkle with 2 teaspoons sesame seeds.

MIXED-GRAIN BREAD

Follow recipe for **Quick bread** or **White bread**. Replace plain flour with 1 cup (150 g) wholemeal plain flour, ½ cup (75 g) plain flour, ¼ cup (50 g) cracked wheat and ¼ cup (20 g) bran. Use 1½ cups (375 mL) warm water.

SEMIDRIED TOMATO AND OLIVE BREAD

Follow recipe for **Quick bread** or **White bread**. At Step 2, add ¼ cup (40 g) sliced semidried tomatoes, 8 sliced pitted olives, 2 tablespoons each of chopped chives, chopped parsley and chopped basil.

WALNUT BREAD

Follow recipe for **Quick bread** or **White bread**. At Step 2, add 1 tablespoon (20 g) extra sugar and ⅔ cup (80 g) chopped walnuts.

WHOLEMEAL BREAD

Follow recipe for **Quick bread** or **White bread**. Use wholemeal plain flour instead of plain flour. Use 1½ cups (375 mL) warm water.

LIGHT WHOLEMEAL BREAD

Follow recipe for **Quick bread** or **White bread**. Replace 1 cup (150 g) plain flour with 1 cup (150 g) wholemeal plain flour. Use 1¼ cups (315 mL) warm water.



Baguettes and fruit bread

Flat bread

A quick and easy introduction to bread making.

Makes: 4 loaves
Cooking utensil: frying pan
Preparation time: 35 minutes
Cooking time: 3–4 minutes

INGREDIENTS

1 cup (150 g) plain flour
¼ teaspoon salt
1 teaspoon baking powder
½ cup (125 mL) hot water

Method

1 Sift dry ingredients into bowl.
2 Make a well in centre of dry ingredients and add water. Mix to a soft dough. If too sticky, add 1–2 tablespoons (10–20 g) extra flour.
3 Turn dough onto floured surface and knead until smooth.
4 Cut into four portions. Knead each until smooth and roll out to the size of a large saucer.
5 Heat frying pan and place flattened dough into pan. Blisters will start to appear, press these to flatten using a spatula.
6 Cook until golden-brown on both sides.

Injera *(Ethiopian)*

Makes: 6–8
Cooking utensil: heavy-based non-stick frying pan with lid
Preparation time: 5 minutes
Standing time: 48–72 hours
Cooking time: 16 minutes

INGREDIENTS

2 cups (250g) teff flour
3 cups (750mL) water
1 teaspoon active dried yeast

Method

1 Place flour, water and yeast in large bowl, and stir to combine. Cover with plastic wrap and stand at room temperature for 2–3 days to ferment and develop a slightly sour aroma.
2 Whisk batter to a smooth consistency.
3 Place a non-stick frying pan over medium heat. When hot, pour in about ⅓ cup of mixture. Move the pan, tilting and swirling, to allow the batter to cover the pan evenly.
4 Cover with lid and cook for 2 minutes, or until the sides of the injera begin to pull away from the sides of the pan.
5 Cook only on the one side, and then slide out and onto a warm serving plate.
6 Repeat with remaining batter.
7 Serve warm or at room temperature.

WHEAT INJERA

Follow recipe for **Injera**, replacing teff flour with an equal quantity of plain flour. Increase dried yeast to 2 teaspoons (7 g). Reduce fermenting time to 3 hours.

CORN INJERA

Follow recipe for **Injera**, replacing 60 g teff flour with an equal quantity of fine cornmeal.

BARLEY INJERA

Follow recipe for **Injera**, replacing 60 g teff flour with an equal quantity of barley flour.

RICE INJERA

Follow recipe for **Injera**, replacing 60 g teff flour with an equal quantity of rice flour.



Injera (Ethiopian flat bread)

Pocket bread

A quick and easy introduction to bread making.

Makes: 4 pockets
Cooking utensil: griller
Preparation time: 25 minutes
Standing time: 20 minutes
Cooking time: 3–4 minutes

INGREDIENTS

1 cup (150 g) plain flour
1 teaspoon (4 g) dried yeast
½ teaspoon salt
½ teaspoon sugar
½ cup (125 mL) hot water

Method

1 Mix dry ingredients, add water and mix to soft dough. If too sticky, add 1–2 tablespoons (20–40 g) extra flour.
2 Cover with plastic wrap, pushed down to completely cover the dough. Prove in a warm place for 15 minutes.
3 Turn dough onto floured board and knead until smooth.
4 Cut into four portions. Knead each until smooth and roll out to the size of a large saucer.
5 Allow the dough to prove in warm place for 5 minutes.
6 Turn on griller.
7 Place dough under hot griller. It should balloon in about 1 minute. Turn and cook second side for 1–2 minutes. Turn again and cook a further 1 minute.
8 Allow to cool, open pocket and fill.

INVOLTINI *(ITALIAN)*

Follow recipe for **Pocket bread** to step 3. Set oven at 210°C. At step 4, divide dough into four and roll each piece out to form a 12 cm square. Across the diagonal of each square spread 2 tablespoons (40 mL) **Fresh tomato sauce** (p. 372) and add one or more of the following: sardines, prawns or other seafood, capsicum rings, mushrooms, salami, anchovies, olives, semi dried tomatoes, char-grilled artichokes. Moisten uncovered corners and fold across filling. Stand in warm place for 10 minutes to rise. Brush tops with a little milk and bake for 20 minutes. Serve hot.

PIZZA *(ITALIAN)*

Follow recipe for **Pocket bread** to step 3. Set oven at 220°C. An unglazed terracotta tile may be placed in the oven for the pizza to stand on during cooking as this gives a crisper base. At step 4, roll out dough to the size of a 22 cm pizza pan. Brush or spray pizza pan with oil, place dough on pan and cover with plastic wrap. Stand in warm place for 10 minutes to rise. Top with ½ cup (125 mL) **Fresh tomato sauce** (p. 372) and one or more of the following: sardines, prawns or other seafood, capsicum rings, mushrooms, salami, anchovies, olives, semidried tomatoes, char-grilled artichokes. Top with ½ cup (65 g) grated cheese, e.g. mozzarella. Bake for 20 minutes. Serve hot.

Cheese and herb bread ring

Makes: 1 loaf
Cooking utensil: 22 cm ring pan or oven tray
Preparation time: 40 minutes
Standing time: 40 minutes
Cooking time: 35–40 minutes
Oven temperature: 200ºC, reduced to 180ºC

INGREDIENTS

2 teaspoons (7 g) dried yeast
1 tablespoon (20 g) sugar
1 cup (250 mL) warm water
2 cups (300 g) plain flour
1 teaspoon (5 g) salt
2 tablespoons chopped fresh herbs (e.g. parsley, chives, lemon thyme)
1 tablespoon (20 mL) oil
1 cup (125 g) grated tasty cheese
1 tablespoon (20 mL) milk (for glaze)

Method

1 Mix yeast with sugar and almost all the warm water. Cover and allow to stand until frothy (approx. 10 minutes).
2 Mix flour, salt and herbs.
3 Add yeast mixture and oil, mix into a soft dough. Add remaining water if necessary.
4 Turn onto lightly floured surface, knead until dough is smooth and elastic.
5 Return dough to bowl, cover with plastic wrap and prove in warm place until doubled in size (approx. 20 minutes).
6 Brush or spray pan with oil.
7 Turn dough onto floured surface, knead, then roll into a rectabgle about 30 × 25 cm.
8 Sprinkle cheese on dough and roll up.
9 Place roll in pan, seal ends together. With sharp knife, make 8–10 cuts in top of ring.
10 Prove in warm place until doubled in size (approx. 20 minutes).
11 Set oven at 200ºC.
12 Glaze loaf with milk and bake at 200ºC for 20 minutes. Reduce temperature to 180ºC and continue cooking 15–20 minutes until golden-brown and sounds hollow when tapped.
13 Cool on cake cooler.

BACON, CHEESE AND HERB BREAD RING

Follow recipe for **Cheese and herb bread ring**, sprinkling 1 rasher (50 g) chopped bacon with the cheese at step 8.

SEMIDRIED TOMATO AND HERB BREAD RING

Follow recipe for **Cheese and herb bread ring**, replacing cheese with ½ cup (125 g) semidried tomatoes.

Sweet yeast buns

Makes: 12
Cooking utensils: oven tray, small saucepan
Preparation time: 1¼ hours
Standing time: 40 minutes
Cooking time: 15 minutes
Oven temperature: 200°C, reduced to 180°C

INGREDIENTS

2 teaspoons (7 g) dried yeast
2 tablespoons (40 g) sugar
⅔ cup (165 mL) warm water
2 cups (300 g) plain flour
1 teaspoon (5 g) salt
2 tablespoons (40 mL) melted butter
2 tablespoons (20 g) skim milk powder
1 egg, beaten

GLAZE

¼ cup (65 g) sugar
¼ cup (65 mL) water
1 teaspoon powdered gelatine
1 teaspoon mixed spice

Method

1 Mix yeast with sugar and almost all the warm water. Cover and allow to stand until frothy (approx. 10 minutes).
2 Sift flour and salt.
3 Make well in centre of flour, pour in yeast. Add butter, milk powder and egg. Mix into a soft dough. Add remaining water if necessary.
4 Turn onto lightly floured surface, knead until smooth and elastic.
5 Return dough to bowl, cover with plastic wrap and prove in warm place until doubled in size (approx. 20 minutes).
6 Brush or spray oven tray with oil.
7 Divide dough into 12 pieces and shape each into a bun. Place on tray.
8 Cover and prove in warm place for 20 minutes.
9 Set oven at 200°C.
10 Bake at 200°C for 10 minutes. Reduce temperature to 180°C and continue cooking a further 5 minutes until golden-brown.
11 Combine glaze ingredients in small saucepan. Stir over heat, bring to boil.
12 Place buns on cake cooler, glaze and cool.

CINNAMON SCROLLS

Follow recipe for **Sweet yeast buns**. At step 7, roll dough into a rectangle approx. 20 × 30 cm. Spread dough with 2 tablespoons (40 g) brown sugar and 1 tablespoon (10 g) ground cinnamon. Roll up as for **Egg sponge roll** (p. 441) and cut into 12 slices.

SPICY YEAST BUNS

Follow recipe for **Sweet yeast buns**. Soak ¾ cup (135 g) mixed dried fruit (e.g. sultanas, raisins, mixed peel) in an extra 2 tablespoons (40 mL) hot water. At step 2, add 1 teaspoon mixed spice, ½ teaspoon ground cinnamon, ¼ teaspoon ground nutmeg and soaked mixed dried fruit.

HOT CROSS BUNS

Follow recipe for **Spicy yeast buns** above. Just before placing in oven, mix 3 tablespoons (30 g) plain flour, 2 tablespoons (40 g) caster sugar and 1½ tablespoons (30 mL) water and, using a piping bag and plain nozzle, pipe a cross on each bun.

(Opposite) Sweet yeast buns



Matzo bread *(Jewish)*

It is easy to make unleavened Matzo bread.

Makes: 5 pieces
Cooking utensil: oven tray
Preparation time: 15 minutes
Cooking time: 30 minutes
Oven temperature: 180°C

INGREDIENTS

⅔ cup (165 mL) boiling water
⅓ cup (85 mL) oil
1 tablespoon (20 g) sugar
½ teaspoon salt
1½ cups (150 g) matzo meal
3 eggs

Method

1 Mix together boiling water, oil, sugar and salt.
2 Add matzo meal and stir until combined.
3 Add eggs, one at a time, mixing well.
4 Dust hands with flour and roll dough into five balls.
5 Place on oven tray and bake for 30 minutes, or until golden-brown.



Jamaican sweet fry bread

Makes: 8
Cooking utensil: deep fryer
Special equipment: tongs
Preparation time: 40 minutes (including resting time)
Cooking time: 5-6 minutes

INGREDIENTS

1¼ cup (185 g) plain flour
¾ cup (130 g) fine polenta
½ teaspoon salt
2 teaspoons baking powder
3 tablespoons (60 g) caster sugar
½ teaspoon cardamom, ground
1½ teaspoons vanilla extract
¾ cup (185 mL) water
vegetable oil to deep fry
extra ¼ cup (40 g) plain flour
½ cup (65 g) icing sugar

Method

1 Sift flour into bowl and add polenta, salt, baking powder, sugar and cardamom, mixing together. Stir through vanilla and water to form a sticky batter.
2 Cover with clean tea towel and rest for 35 minutes.
3 Heat deep fryer to 180°C.
4 While deep fryer is heating, dust workbench with the extra flour. Knead dough for 1 minute and roll into a log shape. Evenly divide dough into eight pieces and roll into 11 cm oblong shapes.
5 Fry until golden brown, about 2–3 minutes on each side.
6 Drain on paper towels, dust with icing sugar and serve warm.



*21 Desserts

Hot and cold desserts are traditionally served after the main course of a meal. Because of changing lifestyles, many people serve desserts only on special occasions. If serving a dessert, select one that complements the previous courses and provides contrast in colour, texture and flavour.

Fruit, sometimes accompanied by cheese, is often served as the final course of a meal. In Australia, we are fortunate to have a wide selection of local and imported fruit available all year round.



NUTRITIONAL VALUE

Fresh fruit and fruit-based desserts are comparatively high in fibre, vitamins and minerals and may be low in fat if not made with pastry. Desserts made with fruit contain the sugar fructose. Many desserts have added sugar. Desserts high in carbohydrates, such as steamed and baked puddings, may be made with wholemeal flour to increase the fibre content. Low-fat desserts can be made with fat-reduced dairy products, such as cottage cheese or ricotta cheese instead of cream cheese, and low-fat yoghurt can be used instead of cream or ice-cream. These desserts are good sources of calcium and protein.

Cold desserts

Apple snow

Serves: 4
Serving dish: 1 L bowl
Preparation time: 15 minutes

INGREDIENTS

2 egg whites
2 cups (500 g) Apple purée (p. 509), cooled
2 glacé cherries (for decoration)

Method

1 Whip egg whites until stiff and fold into apple purée.
2 Spoon into serving bowl and refrigerate. Decorate with glacé cherries.
3 May be served with **Custard sauce** (p. 378).

APRICOT SNOW

Follow recipe for **Apple snow**, using **Apricot purée** (p. 509).

Banana custard

Serves: 4
Cooking utensil: saucepan
Serving dish: 1 L bowl
Preparation time: 20 minutes, plus 1 hour refrigeration

INGREDIENTS

2 tablespoons (20 g) custard powder
1 cup (250 mL) milk
1 tablespoon (20 g) sugar
1 banana (125 g)

Method

1 In a bowl, blend custard powder with ¼ cup (65 mL) milk.
2 Heat remainder of milk in a saucepan until almost boiling.
3 Pour hot milk over blended custard.
4 Return to saucepan. Stir until boiling.
5 Add sugar and allow to cool.
6 Peel and slice banana, add to custard.
7 Pour into serving bowl. Refrigerate for 1 hour.

MICROWAVE METHOD

Blend custard powder with ¼ cup (65 mL) milk, add remainder of milk. Microwave for 1 minute on high power. Stir and then microwave a further 1 minute. Stir and microwave another 1 minute.

Chocolate blancmange

The blancmange may be sprinkled with shredded coconut or decorated with glacé cherries or other decorations after turning out of the mould.
Serves: 4
Cooking utensil: saucepan
Special equipment: heatproof medium mould (1 L) or 4 × 250 mL moulds
Serving dish: a dish or 2 small plates
Preparation time: 20 minutes, plus setting time

INGREDIENTS

2 tablespoons (20 g) cornflour
2 teaspoons (5 g) cocoa powder
1 tablespoon (20 g) sugar
1 cup (250 mL) milk
¼ teaspoon vanilla essence

Method

1 In a bowl, blend cornflour, cocoa powder and sugar with ¼ cup (65 mL) milk.
2 Heat remainder of milk in a saucepan until almost boiling.
3 Pour milk over blended cornflour mixture, stirring continually.
4 Return to saucepan and stir over heat until boiling. Reduce heat and cook for 1 minute, stirring all the time.
5 Add vanilla essence and pour into moulds.
6 Refridgerate until set then, turn out onto serving dish.

Chocolate mousse

Serves: 6
Cooking utensil: double saucepan
Serving dish: 6 × 200 mL serving dishes
Preparation time: 30 minutes, plus 2 hours refrigeration

INGREDIENTS

200 g dark chocolate, roughly chopped
3 eggs, separated
1 teaspoon vanilla essence
300 mL cream, semi-whipped
1 tablespoon (20 g) sugar
1½ tablespoons grated dark chocolate

Method

1 Melt chocolate (see p. 449).
2 Rapidly whisk together egg yolks, chocolate and vanilla essence until mixture is smooth, then fold in semi-whipped cream.
3 Beat egg whites until stiff peaks form, add sugar and beat for a further 1 minute.
4 Fold egg whites into chocolate mixture.
5 Pour into serving dishes and refrigerate for 2 hours until firm.
6 Decorate with grated chocolate and serve.

MICROWAVE METHOD

In step 1, chocolate can be melted in the microwave on low power.

CHOCOLATE LIQUEUR MOUSSE

Follow recipe for **Chocolate mousse**. At step 3, add 2 teaspoons (10 mL) kirsch or other liqueur. At step 5, decorate with glacé or preserved cherries.

MOCHA MOUSSE

Follow recipe for **Chocolate mousse**. At step 3, add 2 teaspoons instant coffee dissolved in 2 teaspoons hot water.



Chocolate mousse

Fruit flan

Flans are pastry cases with a sweet filling and decorated with fruit, cream or chocolate. They are usually served cold.

Serves: 6

Serving dish: 24 cm flat plate

Preparation time: 30 minutes

INGREDIENTS

200 g Rich shortcrust pastry (p. 387) made into a 22 cm pastry case and baked blind (see p. 385)

1 cup (250 mL) Confectioner's custard (p. 377), cooled

250 g fruit (e.g. mandarin segments, sliced peaches, apricot halves, strawberries, kiwi fruit, cherries)

½ cup (125 mL) Fruit sauce (p. 379) or ½ cup (125 mL) whipped cream

Method

1 Place pastry case on serving plate.
2 Spread custard in pastry case.
3 Arrange fruit to form decorative pattern.
4 Glaze with fruit sauce or decorate with whipped cream.

Fruit gelato

Makes: 1 L, serves 8

Cooking utensil: saucepan

Special equipment: 1 L plastic container

Preparation time: 20 minutes, plus 2 hours freezing and overnight freezing

INGREDIENTS

½ cup (125 g) sugar

1 cup (250 mL) hot water

juice of ½ orange

juice of ½ lemon

1 ripe banana (125 g), mashed

1 egg, separated

Method

1 In a saucepan, dissolve sugar in hot water. Cool.
2 Add orange and lemon juice.
3 Combine banana and egg yolk, mix well.
4 Add to juice and water mixture.
5 Pour into plastic container, cover and place in freezer for 2 hours.
6 Beat fruit mixture until just smooth.
7 Beat egg white until stiff.
8 Fold egg white into mixture. Freeze overnight.

PASSIONFRUIT GELATO

Follow recipe for **Fruit gelato**. Add pulp of 2 passionfruit after step 7.

Fruit jelly

Serves: 4
Cooking utensil: small saucepan
Special equipment: fine strainer, heatproof medium mould (1 L) or 4 × 250 mL moulds
Serving dish: glass platter
Preparation time: 15 minutes, plus 4 hours setting

INGREDIENTS

1 tablespoon (12 g) powdered gelatine
1 cup (250 mL) water
rind of 2 lemons
rind of 1 orange
½ cup (125 g) sugar
¾ cup (190 mL) orange or other fruit juice

Method

1 Mix gelatine and water in a saucepan. Add rind and sugar. Bring to boil.
2 Add fruit juice. Strain through a strainer.
3 Pour into mould or glasses. Refrigerate for 4 hours until set.
4 When set, dip mould into sufficient hot water to almost reach the top, and then turn onto serving dish.

FRUIT IN JELLY

Follow recipe for **Fruit jelly**. Add 1 cup (250 g) fresh, stewed or canned fruit at step 3.

Note: Fresh pineapple, kiwi fruit and papaya cannot be used in jelly as they contain the enzyme papain, which denatures the protein in the gelatine and prevents it from setting. Cooking the fruit destroys the enzyme.



Fruit jelly

Fruit salad

Serves: 4
Serving dish: 1 L bowl
Preparation time: 20 minutes

INGREDIENTS

Use a variety of fruit to provide colour, flavour, texture and shape (e.g. apple, orange, banana, grape, kiwi fruit, mango, pineapple), allowing approx. 150–175 g per person juice of 1 lemon juice (if necessary)

Method

1 Peel fruit if necessary, remove stones or seeds and cut into 1 cm dice, or other suitably sized pieces.
2 Dip fruit that browns easily (e.g. apple, banana, starfruit) in lemon juice to prevent oxidation.
3 Place in serving bowl.
4 Refrigerate and serve.

FRUIT PLATTER

Follow recipe for **Fruit salad**. Cut prepared fruit into pieces and arrange on platter or individual plates. Chill and serve.

FRUIT DIP PLATTER

Follow recipe for **Fruit platter**. Place bowl and 400 g natural yoghurt mixed with pulp of 2 passionfruit in centre of platter.

MILDURA FRUIT SALAD

Follow recipe for **Fruit salad**, using oranges, grapefruit and grapes. Place in dishes, drizzle 1 teaspoon (5 g) honey over each dish and decorate each with ½ glacé cherry.









Top to bottom: Cutting either side of mango pit and cutting flesh prior to turning inside out. Cutting peel from orange and cutting segments

Vanilla ice-cream

Serves: 6
Cooking utensil: double saucepan
Special equipment: 1 L plastic container
Preparation time: 20 minutes, plus freezing

INGREDIENTS

2 cups (500 mL) cream
1 vanilla bean, split lengthways
5 egg yolks
1 cup (250 g) caster sugar

Method

1 Place cream and vanilla bean in top of double saucepan. Heat over simmering water for 20 minutes. Pour into jug to cool for 10 minutes.
2 Place egg yolks and sugar in top of double saucepan and mix with wooden spoon.
3 Remove vanilla bean from cream. Pour cream over yolks and sugar in top of double saucepan.
4 Stir continuously over simmering water until mixture thickens and coats the back of 1 medium wooden spoon.
5 Cool mixture. Pour into container to freeze, or freeze in ice-cream churn.

BANANA ICE-CREAM

Follow recipe for **Vanilla ice-cream**. Add 3 pureed bananas (375 g) after step 4.

BERRY ICE-CREAM

Follow recipe for **Vanilla ice-cream**. Add 1 punnet (250 g) mixed berries or chopped strawberries, raspberries or blackberries after step 4.



Ice-cream

Wattleseed and chocolate ice cream

Makes: about 1 litre
Cooking Utensils: saucepan
Preparation Time: 30 minutes

INGREDIENTS

2 cups (500 mL) cream
2 cups (500 mL) full cream milk
1 tablespoon (12 g) crushed wattleseed
1 vanilla bean, split in half and seeds scraped
8 egg yolks
1 cup (200 g) caster sugar
½ cup (50 g) cocoa powder

Method

1 Place cream, milk, wattleseed, vanilla bean and seeds in saucepan over medium heat, whisking to combine. Bring to high simmer, remove from heat, and set aside while flavours infuse for 10–15 minutes.
2 Whisk yolks with sugar until light and pale in colour. Add milk to eggs gradually, whisking to incorporate. Whisk in the cocoa, return pan to stove and set over low heat.
3 Cook, stirring constantly, until mixture thickens and coats back of a wooden spoon. Remove from heat and cool at room temperature. Chill in refrigerator 4–6 hours.
4 Remove from refrigerator and process in ice cream machine according to manufacture's instructions.
5 Freeze for 2–3 hours before serving.

Note: If not using an ice-cream machine, after step 3 pour mixture into stainless steel bowl and freeze for 1½–2 hours. Remove from freezer and beat with electric beater to break up frozen areas then freeze 35–40 minutes. Repeat this step up to 5 times until ice-cream is thick, yet soft enough to scoop out.

Ice-cream cassata

Serves: 8
Cooking utensil: double saucepan
Special equipment: 3 medium loaf pans (1 L each)
Preparation time: 30 minutes, plus freezing

INGREDIENTS

50 g dark chocolate, roughly chopped
¼ cup (65 mL) cream
1 tablespoon (10 g) sifted cocoa powder
4 cups (1 L) vanilla ice-cream, slightly softened
⅓ cup (60 g) chopped red and green glacé cherries
⅓ cup (60 g) chopped glacé ginger
⅓ cup (60 g) flaked almonds
½ teaspoon almond essence

Method

1 Melt chocolate in top of double saucepan over hot water. Beat in cream and cocoa powder.
2 Divide ice-cream into three bowls.
3 Fold chocolate mixture into first bowl of ice-cream and spread evenly in the first loaf pan. Freeze.
4 Fold cherries and ginger into second bowl of ice-cream. Spread evenly in second loaf pan. Freeze.
5 Fold almonds and almond essence into remaining bowl of ice-cream. Spread evenly in third loaf pan. Freeze.
6 When ice-cream is solid, unmould by quickly dipping each pan base into hot water and inverting onto a plate. Place one layer on top of the next, with the chocolate layer in the middle.
7 Smooth edges with spatula. Refreeze.
8 Serve in slices.

Ice-cream Christmas pudding

Serves: 8
Special equipment: large mould (2 L)
Serving dish: serving plate
Preparation time: 40 minutes, plus overnight standing and 1 week freezing

INGREDIENTS

½ cup (90 g) chopped raisins
½ cup (90 g) sultanas
½ cup (90 g) currants
¼ cup (45 g) chopped glacé cherries
¼ cup (45 g) mixed peel
¼ cup (65 mL) fruit juice or brandy
1 teaspoon ground cinnamon
1 teaspoon ground nutmeg
½ cup (60 g) blanched almonds
½ cup (125 mL) cream
4 cups (1 L) chocolate ice-cream, slightly softened

Method

1 Combine fruits with fruit juice or brandy and spices. Cover and allow to stand overnight.
2 Mix soaked fruits, almonds, cream and ice-cream.
3 Pour into mould, cover with foil and freeze at least 1 week to allow flavour to develop.
4 Unmould by quickly dipping base of mould into hot water and inverting onto a serving plate.

Lemon soufflé

This is an unbaked soufflé.

Serves: 6
Cooking utensil: double saucepan
Special equipment: 6 × 250 mL (8 cm each) soufflé dishes
Preparation time: 40 minutes, plus 2 hours refrigeration

INGREDIENTS

2 teaspoons grated lemon rind
¾ cup (190 mL) lemon juice, strained
4 eggs, separated
½ cup (125 g) caster sugar
1 tablespoon (12 g) powdered gelatine
½ cup (125 mL) hot water
1 cup (250 mL) semi-whipped cream
½ cup (60 g) finely chopped nuts
¼ cup (65 mL) whipped cream
6 lemon slices

Method

1 Attach a strip of baking paper around each soufflé dish to form a collar 3 cm above edge.
2 Place lemon rind, lemon juice, egg yolks and sugar in top of double saucepan. Stir over boiling water for 5 minutes until thick. Cool.
3 Dissolve gelatine in hot water, cool and fold into custard mixture along with the semi-whipped cream.
4 Beat egg whites until stiff peaks form.
5 Fold egg whites into mixture until evenly mixed.
6 Pour into soufflé dishes. Refrigerate for 2 hours until set.
7 Carefully remove paper collar and cover sides with nuts.
8 Decorate with piped whipped cream and lemon slices.

Lemon cheesecake

This is an uncooked cheesecake.

Serves: 8

Cooking utensils: 20 cm springform cake pan (1.75 L), small saucepan, double saucepan

Special equipment: 2 L jug

Preparation time: 30 minutes, plus 30 minutes chilling and 4 hours refrigeration

INGREDIENTS

BASE

120 g crushed plain sweet biscuits

¼ cup (65 mL) melted butter

FILLING

2 eggs, separated

½ cup (125 g) caster sugar

¾ cup (190 mL) warm milk

1 tablespoon (12 g) powdered gelatine

2 tablespoons (40 mL) hot water

½ cup (125 mL) lemon juice

1 tablespoon grated lemon rind

1 cup (250 g) cream cheese, at room temperature

1 cup (250 mL) whipped cream

Method

1 *Prepare base:* Place crushed biscuits in a bowl, stir in butter.
2 Place biscuit mixture in the base of a greased springform pan, press down and level with a flat-bottomed glass. Chill for 30 minutes.
3 *Make filling:* Place egg yolks and sugar in top of double saucepan and mix with wooden spoon.
4 Pour warm milk over egg yolk mixture to make custard.
5 Stir continually over simmering water until mixture thickens and coats back of spoon. Pour custard into jug immediately.
6 Dissolve gelatine in hot water, add lemon juice and rind.
7 Beat egg whites until stiff peaks form.
8 Beat cream cheese and gelatine mixture together, adding custard slowly, until smooth.
9 Fold egg whites into cheese mixture. Pour over biscuit base and refrigerate for 4 hours.
10 Decorate with whipped cream.

Melon sorbet

Serves: 6
Cooking utensil: saucepan
Special equipment: 1 L plastic container
Preparation time: 20 minutes, plus 2 hours freezing and overnight freezing

INGREDIENTS

2 cups (500 mL) water
½ cup (125 g) sugar
750 g melon (e.g. rockmelon, honeydew melon, watermelon)
2 tablespoons (30 g) chopped glacé ginger

Method

1 Stir water and sugar over low heat until sugar dissolves.
2 Boil for 1 minute. Cool.
3 Sieve melon flesh (or use food processor).
4 Add cooled syrup and ginger.
5 Pour into plastic container, cover and freeze for 2 hours.
6 Beat mixture until just smooth. Refreeze overnight.

Melon trio

Serves: 6
Special equipment: melon ball cutter
Preparation time: 30 minutes, plus 30 minutes refrigeration

INGREDIENTS

500 g watermelon
1 small rockmelon
1 small honeydew melon
1 tablespoon (20 mL) lemon juice

Method

1 Cut melons into small balls with ball cutter.
2 Sprinkle with lemon juice. Refrigerate for 30 minutes.

MELON PLATTER

Follow recipe for **Melon trio**. Cut prepared fruit into slices and arrange on a serving dish. Refrigerate for 30 minutes.

Pavlova

Serves: 6
Cooking utensil: oven tray or 20 cm springform cake pan (1.75 L)
Preparation time: 30 minutes
Cooking time: 1¼–1½ hours
Oven temperature: 110°C

INGREDIENTS

4 egg whites
1 cup (250 g) caster sugar
1 tablespoon (10 g) cornflour
1 teaspoon (5 mL) vanilla essence
2 teaspoons (10 mL) white vinegar
TOPPING
1 cup (250 mL) whipped cream
1 punnet (125 g) raspberries
1 punnet (125 g) blueberries
1 punnet (125 g) blackberries

Method

1 Set oven at 110°C. Line oven tray or springform pan with baking paper.
2 Beat egg whites until stiff peaks form. Add sugar gradually and continue to beat until mixture is thick and glossy.
3 Fold in cornflour and add vanilla essence and vinegar.
4 Pile on oven tray or place in springform pan.
5 Bake for 1¼–1½ hours until firm, without allowing pavlova to colour.
6 Cool on oven tray or base of spring-form pan.
7 *Prepare topping:* Place on serving plate and spread with the whipped cream.
8 Cover cream with fruit.



Pavlova

Peach melba

Serves: 2
Serving dish: 2 × 200 mL glass dishes
Preparation time: 20 minutes

INGREDIENTS

2 rounds Egg sponge (6 cm diameter) (p.437)
1 tablespoon (20 mL) peach syrup or sherry
2 canned peach halves
2 scoops ice-cream
2 tablespoons (40 mL) Raspberry coulis (p. 380)
¼ cup (65 mL) whipped cream
1 teaspoon chopped nuts

Method

1 Place rounds of sponge cake in serving dishes and soak with peach syrup or sherry.
2 Place a peach half on sponge, hollow side up. Place a scoop of ice-cream on each peach.
3 Pour raspberry coulis over ice-cream. Decorate with whipped cream and chopped nuts.

Parfait

This colourful dessert is a variation on trifle and is traditionally served in tall glass dishes or parfait glasses.
Serves: 1
Serving dish: 200 mL glass
Preparation time: 10 minutes

INGREDIENTS

¾ cup (190 mL) selection of ice-cream, fruit pieces, jelly, custard and chocolate sauce or other sauce
2 tablespoons (40 mL) whipped cream
1 teaspoon chopped nuts

Method

1 Arrange layers of food in parfait glass to create attractive colour combinations.
2 Top with whipped cream and nuts.



Poached pears

Poached fruit

Serves: 4
Cooking utensil: saucepan
Preparation time: 10 minutes
Cooking time: 5–10 minutes

INGREDIENTS

500 g fruit suitable for poaching (e.g. Granny Smith apples, quinces)
¼ cup (65 g) sugar
1 cup (250 mL) water

Method

1 Prepare fruit as described in variations below.
2 Place in saucepan with sugar and water, bring to boil and cook gently until tender (approx. 5–10 minutes).
3 Cool. Serve or use as required.

MICROWAVE METHOD

For all poached fruit recipes, microwave on high power for approximately three-quarters the cooking time. Turn fruit during cooking.

APPLE PURÉE

Follow recipe for **Poached fruit**. Core and slice apples. Add 4 cloves or 1 strip of lemon rind at step 2, remove at step 3. *To purée:* Press through a sieve, mix in a blender or mash with a fork. Makes 2 cups (500 g) apple purée.

APRICOT PURÉE

Follow recipe for **Poached fruit**. Peel apricots, halve and stone. *To purée:* Press through a sieve, mix in a blender or mash with a fork. Makes 2 cups (500 g) apricot purée.

PEACH COMPOTE

Follow recipe for **Poached fruit**. Peel peaches, halve and stone. Cook 10–15 minutes, or until tender.

POACHED CHERRIES

Follow recipe for **Poached fruit**. Use whole cherries.

POACHED PEARS

Follow recipe for **Poached fruit**. Peel pears, halve and core with a teaspoon. Add 4 cloves and/or 1 cinnamon stick at step 2. Cook for 20–30 minutes, or until tender. Remove flavourings at step 3.

POACHED APPLE

Follow recipe for **Poached fruit**. Core and slice apples. Add 4 cloves or strip of lemon rind at step 2, remove at step 3.

POACHED FRUIT WITH CINNAMON-HONEY CREAM

Follow recipe for **Poached fruit**. Serve with cinnamon-honey cream: mix ½ cup (125 mL) whipped cream, ½ cup (125 mL) natural yoghurt, 1 tablespoon (20 g) honey and ½ teaspoon ground cinnamon.

POACHED PLUMS

Follow recipe for **Poached fruit**. Use whole plums or plums that have been halved and stoned.

POACHED QUINCES

Follow recipe for **Poached fruit**. Peel, quarter, core and slice quinces. Use ½ cup (125 g) sugar and add 4 cloves at step 2. Cook for 30–40 minutes. Remove cloves at step 3.

POACHED RHUBARB

Follow recipe for **Poached fruit**. Trim and wash rhubarb, cut into 3 cm lengths. Add ½ cup (125 g) sugar. Add lemon rind at step 2. ½ teaspoon ground ginger or 1 tablespoon (15 g) chopped glacé ginger may also be added.

Raspberry mousse

Serves: 6
Cooking utensil: saucepan
Serving dish: 6 × 200 mL serving dishes
Preparation time: 40 minutes, plus 1 hour refrigeration

INGREDIENTS

250 g fresh or frozen raspberries
2 eggs, separated
¼ cup (65 g) sugar
½ cup (125 mL) milk
3 teaspoons (9 g) powdered gelatine
¼ cup (65 mL) hot water
200 mL cream, whipped
6 raspberries extra (for decoration)

Method

1 Sieve raspberries, or puree in a food processor.
2 Beat together egg yolks and sugar.
3 Bring milk to boil in saucepan, add to egg yolk mixture, return to heat for 1 minute. Stir rapidly. Do not boil.
4 Dissolve gelatine in hot water, add to raspberries. Allow to cool.
5 Beat egg whites until stiff peaks form.
6 Fold raspberry mixture, custard, cream and egg whites together.
7 Pour into serving dishes. Refrigerate until set.
8 Decorate with extra raspberries.

STRAWBERRY MOUSSE

Follow recipe for **Raspberry mousse**, using 250 g strawberries.

Summer pudding

A popular summer dessert made from berries in season. Frozen berries can also be used or up to 150 g berries can be replaced with 425 g canned drained berries.

Serves: 4
Cooking utensil: saucepan
Special equipment: medium mould (1 L)
Preparation time: 45 minutes, plus overnight setting

INGREDIENTS

150 g fresh or frozen raspberries
150 g fresh or frozen boysenberries or blackberries
150 g fresh or frozen redcurrants or blueberries
1 Granny Smith apple (125 g), peeled and grated
¼ cup (65 g) caster sugar
8 slices bread, 1 cm thick
200 mL cream

Method

1 Place fruit and sugar in saucepan. Bring slowly to boil. Remove from heat.
2 Line mould using 5–6 slices bread, cutting bread to fit exactly.
3 Spoon in fruit, filling to top.
4 Pour in juice to top of mould.
5 Fit remaining bread to cover fruit and cover with a plate so that it presses onto the bread.
6 Place a weight on the plate and refrigerate overnight.
7 Turn out just before serving. Serve with cream.

Tiramisu *(Italian)*

Serves: 6
Serving dish: 20 × 10 cm dish approx. 6 cm deep (1.25 L)
Preparation time: 40 minutes, plus 2 hours refrigeration

INGREDIENTS

12 sponge fingers (savoiardi)
100 mL strong black coffee
¼ cup (65 mL) Marsala
2 eggs, separated
3 tablespoons (60 g) caster sugar
250 g mascarpone
1 cup (250 mL) cream, semi-whipped
1 tablespoon (10 g) cocoa powder or grated dark chocolate

Method

1 Place 6 sponge fingers in serving dish, completely covering base.
2 Mix coffee and Marsala. Spoon half over sponge fingers.
3 Beat egg yolks and sugar until light and creamy.
4 Beat in mascarpone and semi-whipped cream, beating well.
5 Beat egg whites until stiff and fold into mixture.
6 Spoon half mixture over sponge fingers.
7 Place remaining sponge fingers on top, completely covering mascarpone mixture. Spoon remaining coffee and Marsala over sponge fingers, then cover with the remaining mascarpone mixture.
8 Refrigerate for 2 hours. Dust with sifted cocoa powder or grated chocolate.

Trifle

Serves: 6
Serving dish: 1 L glass bowl
Preparation time: 40 minutes

INGREDIENTS

1 Egg sponge (p. 437)
⅓ cup (85 g) jam
1 tablespoon (15 g) chopped glacé ginger
2 tablespoons (30 g) chopped nuts
¼ cup (65 mL) fruit juice or sherry
1 cup (250 mL) Custard sauce (p. 378)
½ cup (125 mL) whipped cream
½ cup (125 mL) chopped red jelly
½ cup fruit pieces (e.g. pulp of 1 passionfruit, 1 sliced kiwi fruit, 1 chopped banana, 6 halved strawberries)

Method

1 Cut sponge cake into small slices, spread with jam and sandwich together.
2 Arrange in serving bowl and sprinkle with ginger and half the nuts.
3 Pour fruit juice or sherry over sponge.
4 Cover with custard sauce. Decorate with whipped cream, red jelly and fruit pieces.

Vanilla panna cotta *(Italian)*

Serves: 4
Cooking utensils: saucepan
Special equipment: small heatproof bowl, 4 dariole moulds or ramekins, tray
Preparation time: 35 minutes, plus 4 hours refrigeration

INGREDIENTS

1 cup (250 mL) milk
1 cup (250 mL) cream
3 tablespoons (50 g) sugar
1 vanilla bean or 1 teaspoon vanilla paste
2 teaspoons gelatine
¼ cup (65 mL) boiling water
4 strawberries, sliced

Method

1 Rub moulds with oil. Place on tray.
2 Place milk and sugar in saucepan, stir.
3 Split vanilla bean and scrape out seeds, add seeds and bean to milk mixture, or add 1 teaspoon vanilla paste.
4 Stir and slowly bring to boil. Allow to stand 5 minutes to infuse vanilla flavour.
5 Place boiling water and gelatine in heatproof bowl, stir well to dissolve.
6 Add cream and dissolved gelatine to milk mixture, mix together, strain to ensure all gelatine has dissolved.
7 Pour into moulds. Refrigerate 4 hours or until set.
8 When set turn out onto serving plate, garnish with sliced strawberries.

Hot desserts

Apple and rice dessert

Serves: 6
Cooking utensil: 2 L ovenproof dish
Preparation time: 30 minutes
Cooking time: 50 minutes
Oven temperature: 180°C

INGREDIENTS

2 cups cooked rice (see p. 269)
2 tablespoons (40 g) caster sugar
1 tablespoon (10 g) custard powder
2 eggs
2 cups (400 g) Apple purée (p. 509) or 410 g canned pie apple
1 teaspoon cinnamon, ground
1 teaspoon mixed spice
1 teaspoon lemon rind, grated
½ cup (125 mL) cream

Method

1 Set oven at 180°C.
2 Brush or spray ovenproof dish with oil.
3 Combine all ingredients. Pour into dish.
4 Bake for 50 minutes until set.
5 Cool before serving. May be dusted with icing sugar and served with cream or ice-cream.

Apple charlotte

Serves: 4
Cooking utensil: 2 L ovenproof dish
Preparation time: 25 minutes
Cooking time: 30 minutes
Oven temperature: 190°C

INGREDIENTS

8 thin slices day-old bread
2 tablespoons (40 mL) melted butter
400 g Apple purée (p. 509) or
410 g canned pie apple
1 teaspoon ground cinnamon
2 teaspoons (10 g) caster sugar

Method

1 Set oven at 190°C.
2 Cut bread to fit base, sides and top of ovenproof dish.
3 Dip one side of bread in melted butter and place half buttered side down in dish, making a complete lining.
4 Fill with apple purée and cover with remaining bread, buttered side up.
5 Bake for 30 minutes until light brown and crisp.
6 Sprinkle with mixed cinnamon and sugar.
7 May be served with **Custard sauce** (p. 378) or cream.

Apple crumble

Serves: 4
Cooking utensil: 2 L ovenproof dish
Preparation time: 20 minutes
Cooking time: 30 minutes
Oven temperature: 190°C

INGREDIENTS

3 cooking apples (500 g) (e.g. Granny Smith)
1 tablespoon (20 g) sugar
3 tablespoons (60 mL) water
3 cloves
2 tablespoons (40 g) butter
¼ cup (40 g) self-raising flour
2 tablespoons (30 g) brown sugar
2 tablespoons (16 g) desiccated coconut
2 tablespoons (20 g) rolled oats

Method

1 Set oven at 190°C.
2 Peel, core and slice apples. Place in ovenproof dish with sugar, water and cloves.
3 Rub butter into flour until mixture is crumbly. Mix in brown sugar, coconut and rolled oats. Sprinkle over apples.
4 Bake for 30 minutes.
5 May be served with **Custard sauce** (p. 378) or ice-cream.

MICROWAVE METHOD

Microwave for 8 minutes on high power at step 2, then for 6 minutes on high power at step 4.

FRUIT CRUMBLE

Follow recipe for **Apple crumble**, using fruit such as peaches, gooseberries, rhubarb or apricots. If poached or canned fruit is used, reduce cooking time to 20 minutes.

Apple pie

This recipe is for a double-crust pie, with apple encased in pastry layers.

Serves: 6

Cooking utensils: saucepan, 22 cm pie dish (1 L), 4-sided oven tray

Preparation time: 30 minutes

Cooking time: 30 minutes

Oven temperature: 200ºC, reduced to 180ºC

INGREDIENTS

4 cooking apples (500 g) (e.g. Granny Smith), peeled, cored and quartered
2 tablespoons (40 g) sugar
2 tablespoons (40 mL) water
3 cloves or 2 strips lemon rind
400 g Rich shortcrust pastry (p.387) or Biscuit pastry (p. 389)
1 teaspoon (5 mL) milk (for glazing)

Method

1 Place apples, sugar, water and cloves or rind in saucepan and bring to boil. Cool.
2 Set oven at 200ºC.
3 Divide pastry into two portions: two-thirds and one-third.
4 Roll out two-thirds portion of pastry to shape of pie dish and 3 cm larger all round.
5 Brush edge of dish with water.
6 Lift pastry into dish. Ease pastry into place without stretching it. Pastry should come just over top of rim. (See p. 384.)
7 Place apple mixture in pastry base.
8 Roll out remaining pastry, place on top and cover pie.
9 Press edges together lightly, trim with a sharp knife and pinch into frill, or mark with a teaspoon or fork. (see p. 385.)
10 Glaze with milk. Stand on 4-sided oven tray for baking.
11 Bake at 200ºC for 10 minutes, lower temperature to 180ºC and continue baking for about 20 minutes.

FRUIT-MINCE PIE

Follow recipe for **Apple pie**, using 400 g **Fruit mince** (p. 529) as filling.

FRUIT PIE

Follow recipe for **Apple pie**, using 500 g poached, canned or fresh fruit as filling.



Apple pie

Traditional apple pie

An apple pie made with a flaky pastry on top of the apples.

Serves: 6

Cooking utensils: saucepan, 22 cm pie dish (1 L), 4-sided oven tray

Preparation time: 30 minutes

Cooking time: 25–30 minutes

Oven temperature: 200 °C, reduced to 180 °C

INGREDIENTS

4 cooking apples (500 g) (e.g. Granny Smith)
2 tablespoons (40 g) sugar
2 tablespoons (40 mL) water
3 cloves or 2 strips lemon rind
250 g Rough puff pastry (p. 391) or Flaky pastry (p. 390)
1 teaspoon (5 mL) milk

Method

1 Set oven at 200°C.
2 Peel, quarter, core and slice apples. Bring apples, sugar, water and cloves or rind to boil. Cool slightly.
3 Place apples in greased pie dish.
4 Roll pastry to shape of pie dish, 5 cm larger all round and 3 mm thick.
5 Cut a 2 cm strip from outside edge of pastry.
6 Brush edge of pie dish with water.
7 Fit pastry strip carefully around edge of dish without stretching it, cut side out. Join ends neatly and brush strip with water.
8 Lift large piece of pastry onto pie dish. Press edges together lightly.
9 Trim edges with a sharp knife. Cut edge at 3 cm intervals, drawing up flakes lightly with knife (see p. 385).
10 Glaze top with milk. Make several cuts in top of pastry.
11 Place dish on 4-sided oven tray and bake at 200°C for 10 minutes, then at 180°C for 15–20 minutes.
12 May be served with **Custard sauce** (p. 378), yoghurt or ice-cream.

Apple sponge

Serves: 6
Cooking utensil: 2 L ovenproof dish
Preparation time: 30 minutes
Cooking time: 30–45 minutes
Oven temperature: 180°C

INGREDIENTS

¼ cup (65 g) butter, softened
¼ cup (65 g) caster sugar
1 egg, beaten
1 cup (150 g) self-raising flour
⅓ cup (85 mL) milk
3 cups (600 g) Apple purée (p. 509), hot

Method

1 Set oven at 180°C. Brush or spray ovenproof dish with oil.
2 Cream butter and sugar until light and fluffy.
3 Add egg, mix well.
4 Stir in flour and milk alternately.
5 Place hot apple purée in ovenproof dish.
6 Spread cake mixture over apple purée.
7 Bake for 30–45 minutes.
8 May be served with **Custard sauce** (p. 378) or cream.

FRUIT SPONGE

Follow recipe for **Apple sponge**. Use fruit such as rhubarb, apricots or berry fruits.

Baked apple

Serves: 2
Cooking utensil: 1 L ovenproof dish
Preparation time: 15 minutes
Cooking time: 45 minutes
Oven temperature: 160°C

INGREDIENTS

2 cooking apples (250g) (e.g. Granny Smith)
2 tablespoons dried fruit (e.g. sultanas, dates)
½ teaspoon ground cinnamon
½ teaspoon brown sugar

Method

1 Set oven at 160°C.
2 Brush or spray base of ovenproof dish with oil.
3 Wash apples and remove cores, leaving apples whole.
4 Cut around circumference of apple to just below skin level, so that apple will not burst when cooked.
5 Put dried fruit in cavity, sprinkle with cinnamon and brown sugar and place apples in ovenproof dish.
6 Bake for 45 minutes.
7 Serve with **Custard sauce** (p. 378) or cream.

BAKED PEAR

Follow recipe for **Baked apple**. Use pears instead of cooking apples.

Apple strudel *(Austrian)*

Serves: 6
Cooking utensil: 4-sided oven tray
Preparation time: 30 minutes
Cooking time: 30 minutes
Oven temperature: 200ºC, reduced to 180ºC

INGREDIENTS

4 sheets filo pastry, covered with clean tea towel
3 tablespoons (60 mL) melted butter
1 tablespoon (10 g) icing sugar

FILLING

3 cooking apples (375 g), (e.g. Granny Smith) cored and finely diced
½ cup (90 g) sultanas
½ teaspoon ground cinnamon
grated rind of ½ lemon
2 tablespoons (30 g) chopped walnuts
½ cup (20 g) fresh breadcrumbs

Method

1 Set oven at 200ºC. Cover base of oven tray with baking paper.
2 Brush 2 sheets filo pastry with melted butter. Place remaining sheets of pastry on top and brush again with melted butter.
3 Mix filling ingredients and place on pastry, spreading out to 5 cm from each edge.
4 Roll pastry over filling, and continue to roll up (as for **Sponge roll**, p. 441).
5 Place strudel, join down, on 4-sided oven tray and tuck ends of pastry underneath.
6 Brush with remaining butter and make several shallow slits on top of pastry to allow any excess moisture to escape.
7 Bake at 200ºC for 10 minutes, then at 180ºC for 20 minutes.
8 Lift onto cake cooler and dust with sifted icing sugar.
9 Serve sliced, either hot or cold, with ice-cream or cream.

APPLE BERRY STRUDEL

Follow recipe for **Apple strudel**, replacing 1 apple with 1 cup (150 g) raspberries and 1 tablespoon (20 g) sugar.

CHERRY AND APPLE STRUDEL

Follow recipe for **Apple strudel**, replacing 1 apple with 425 g canned, pitted black cherries, drained. Replace walnuts with pecans.



Baked cheesecake

Serves: 8–10
Cooking utensils: 20 cm springform cake pan (1.75 L), 4-sided oven tray
Preparation time: 45 minutes, plus several hours refrigeration
Cooking time: 50 minutes
Oven temperature: 150°C

INGREDIENTS

BASE

2 cups (240 g) crushed plain sweet biscuits
½ cup (125 mL) melted butter

FILLING

2½ cups (625 g) cream cheese, at room temperature
½ cup (125 g) caster sugar
3 eggs
grated rind of 1 lemon
½ cup (125 mL) lemon juice

TOPPING

½ teaspoon ground nutmeg
200 mL whipped cream or
3 tablespoons (30 g) icing sugar

Method

1 Set oven at 150°C.
2 Brush or spray springform pan with oil and line base with baking paper.
3 *Prepare base:* Place crushed biscuits in a bowl and stir in butter.
4 Place biscuit mixture in bottom of pan, press down and level with a flat-bottomed glass. Chill for 30 minutes.
5 Place springform pan on oven tray.
6 *Prepare filling:* Beat cream cheese and sugar until smooth.
7 Add eggs one at a time, beating well after each addition.
8 Mix in lemon rind and juice, beat until mixture is smooth and creamy.
9 Pour mixture into springform pan and bake for 50 minutes.
10 Cool cheesecake and refrigerate for several hours or overnight.
11 Sprinkle with nutmeg and serve with whipped cream, or dust with icing sugar.



Baked cheesecake

Christmas pudding

This pudding matures well if made at least 4 weeks in advance. Cover pudding bowl and keep in refrigerator. Reheat to serve. Allow 1½ hours for reheating in boiling water, or 15 minutes on low power in microwave oven.

Serves: 8

Cooking utensils: large saucepan or steamer, large pudding bowl (2 L)

Preparation time: 1 hour

Cooking time: 3 hours

INGREDIENTS

¾ cup (135 g) sultanas
¾ cup (135 g) raisins
¾ cup (135 g) chopped dates
⅓ cup (60 g) currants
⅓ cup (60 g) mixed peel
½ cup (50 g) chopped blanched almonds
¾ cup (110 g) plain flour
¼ teaspoon bicarbonate of soda
¼ teaspoon ground cinnamon
1 cup (40 g) fresh breadcrumbs
½ cup (125 g) butter, softened
½ cup (90 g) brown sugar
3 eggs, beaten
2 tablespoons (40 mL) fruit juice or brandy
400 mL Brandy sauce (p. 376), 300 g Brandy butter (p. 375) or 2 cups (500 mL) Custard sauce (p. 378)

Method

1 Place water in saucepan to measure three-quarters up side of pudding bowl, or nearly fill base of steamer with water. Bring slowly to boil while preparing pudding.
2 Brush or spray pudding basin with oil.
3 Mix fruit, peel and almonds.
4 Sift flour, bicarbonate of soda, cinnamon and add to fruit mixture. Add breadcrumbs.
5 Cream butter and brown sugar until light and fluffy.
6 Add eggs gradually, mixing well. Add fruit juice (or brandy), then flour and fruit mixture. Mix thoroughly.
7 Place mixture in pudding bowl, cover with foil or oiled baking paper and tie firmly with kitchen string to keep out water. Make a handle with string across top of pudding to help lift pudding out of saucepan when cooking is complete.
8 Place in top of steamer or in saucepan of boiling water. Do not immerse completely. Water must remain boiling. Check every 30 minutes and add water to retain level. Boil for 3 hours.
9 Turn pudding onto serving plate, cut into wedges. Serve with brandy sauce, brandy butter or custard sauce.

Creamed rice

Serves: 4
Cooking utensil: saucepan
Preparation time: 15 minutes
Cooking time: 15–20 minutes

INGREDIENTS

½ cup (100 g) short-grain rice (e.g. arborio)
1 cup (250 mL) water
2½ cups (375 mL) milk
2 tablespoons (40 g) sugar
½ teaspoon vanilla essence

Method

1 Place rice and water in saucepan, bring to boil, simmer until water is absorbed, stirring continually.
2 Add milk, cook further 10 minutes. Continue stirring until thick.
3 Add sugar and vanilla essence.
4 Add a little more milk if necessary to make a creamy consistency.
5 Serve warm with poached fruit.

Golden syrup dumplings

These may be cooked in the oven or simmered in a saucepan.
Serves: 4
Cooking utensil: large saucepan or 2 L ovenproof dish
Preparation time: 20 minutes
Cooking time: 30 minutes
Oven temperature: 190°C

INGREDIENTS

2 tablespoons (40 g) butter
1 cup (150 g) self-raising flour
1 egg, beaten
3 tablespoons (60 mL) milk
SYRUP
1½ cups (375 mL) water
⅓ cup (100 g) golden syrup
1 tablespoon (20 mL) lemon juice
1½ tablespoons (30 g) butter

Method

1 Set oven at 190°C if baking in ovenproof dish.
2 Rub butter into flour. Add egg and milk. Mix into a dough.
3 Place syrup ingredients in saucepan and bring to boil.
4 *For boiled dumplings:* Drop spoonfuls of dough into boiling syrup and simmer 30 minutes. *For baked dumplings:* Brush or spray ovenproof dish with oil. Place spoonfuls of dough in dish, pour in boiling syrup and bake for 30 minutes.
5 Serve with **Custard sauce** (p. 378), cream or ice-cream.

Lemon crêpes

Crêpes may be made in advance. Cool, stack and wrap tightly in freezer wrap and store in freezer for up to 1 month. To serve, warm frozen crêpes for 2 minutes on defrost in microwave oven.

Makes: 15–18 crêpes

Cooking utensil: small frying pan

Preparation time: 20 minutes, plus 30 minutes standing time

INGREDIENTS

1 cup (150 g) plain flour
½ teaspoon salt
1 egg, beaten
1¾ cups (440 mL) milk

FILLING

½ cup (125 mL) lemon juice
3 tablespoons (60 g) caster sugar
¾ cup (375 mL) cream

Method

1 Sift flour and salt and make a well in centre.
2 Place egg in well and use a wooden spoon to gradually work in flour and half the milk. (A blender may be used.)
3 Beat well for 1 minute and stir in remainding milk.
4 Allow to stand for ½ hour before cooking, to soften the cellulose in the starch grains and thus produce a lighter batter.
5 Brush frying pan with oil. Place on heat.
6 When hot, use a ¼ cup (65 mL) measure to pour in sufficient batter to just cover base of pan. Cook until set and lightly browned on base of crêpe.
7 Turn crêpe with a spatula or by tossing. Cook until brown on other side.
8 Turn onto plate and keep warm.
9 Repeat steps 5–8 to make 15–18 crêpes.
10 Sprinkle each crêpe with lemon juice and caster sugar.
11 Roll or fold crêpes into quarters and serve with cream.

FRUIT CRÊPES

Follow recipe for **Lemon crêpes**, using 1 cup (250 g) cooked, canned or fresh fruit (e.g. strawberries, apricots) as the filling.

LEMON PANCAKES

Follow recipe for **Lemon crêpes**. Use ¼ cup (65 mL) less milk and make 12–15 pancakes.

RICOTTA FRUIT CRÊPES

Follow recipe for **Lemon crêpes**, using 250 g smooth ricotta cheese, 1 cup (180 g) sultanas, 1 teaspoon ground cinnamon and 1 tablespoon (15 g) icing sugar as the filling.

Lemon delicious

Serves: 4
Cooking utensils: 2 L ovenproof dish, baking dish with 3 cm water for water bath
Preparation time: 25 minutes
Cooking time: 45 minutes
Oven temperature: 180°C

INGREDIENTS

1 tablespoon (20 g) butter
⅓ cup (65 g) caster sugar
2 eggs, separated
rind and juice of 2 lemons
1 tablespoon (10 g) plain flour
2 tablespoons (20 g) self-raising flour
1 cup (250 mL) milk

Method

1 Set oven at 180°C. Brush or spray ovenproof dish with oil.
2 Cream butter and sugar until light and fluffy.
3 Stir in egg yolks, lemon rind and juice.
4 Sift flours and stir in, alternating with milk.
5 Beat egg whites until stiff peaks form. Fold into mixture and pour into ovenproof dish.
6 Stand ovenproof dish in water bath. Bake for 45 minutes until set and lightly browned.
7 May be served with cream or ice-cream.





Making Lemon delicious: standing in water bath (left); the finished pudding (above)

Lemon meringue tart

Serves: 6
Cooking utensils: saucepan, 4-sided oven tray
Serving dish: ovenproof plate
Preparation time: 30 minutes
Cooking time: 5 minutes
Oven temperature: 180°C

INGREDIENTS

250 g Shortcrust pastry (p. 386) or Rich shortcrust pastry (p. 387) made into a 22 cm pastry case and baked blind (see p. 385)
4 tablespoons (40 g) arrowroot
1 cup (250 mL) water
½ cup (125 g) butter
¾ cup (190 g) sugar
4 eggs, separated
grated rind and juice of 4 lemons
3 tablespoons (60 g) caster sugar

Method

1 Set oven at 180°C. Place pastry case on ovenproof serving plate on oven tray.
2 Blend arrowroot with water and place it in saucepan with butter, sugar, egg yolks, lemon rind and juice. Stir until boiling. Cook for 1 minute. Cool slightly.
3 Pour filling into pastry case.
4 *Meringue:* Beat egg whites until stiff peaks form and fold in caster sugar gradually.
5 Pile or pipe meringue on top of filling. Brown lightly in oven for 5 minutes.
6 Serve with cream or ice-cream.

APPLE MERINGUE TART

Follow recipe for **Lemon meringue tart**, using 500 g **Poached apples** (p. 509) as filling.

Liqueur and strawberry crêpes

Makes: 15–18 crêpes
Cooking utensils: frying pan, small saucepan
Preparation time: 30 minutes, plus 3 hours marinating

INGREDIENTS

250 g strawberries, quartered
¼ cup (65 mL) orange liqueur
1 tablespoon (20 g) caster sugar
15–18 crêpes (see Lemon crêpes, p. 521; omit steps 10 and 11), warmed
2 tablespoons (40 mL) orange liqueur, extra
½ cup (125 mL) whipped cream

Method

1 Marinate strawberries in liqueur and sugar for 3 hours.
2 Spread strawberries on crêpes and fold into quarters.
3 Place in pan.
4 Heat extra orange liqueur very carefully in saucepan.
5 Take liqueur to flameproof pan, light liqueur and immediately pour over crêpes to 'flame' them.
6 Serve with whipped cream.

Pear and rhubarb soufflé

Serves: 4
Cooking utensils: saucepan, 1 L soufflé dish or 4 × 250 mL soufflé dishes, oven tray
Preparation time: 30 minutes
Cooking time: 10–15 minutes
Oven temperature: 180°C

INGREDIENTS

1 teaspoon (5 g) butter
2 teaspoons (10 g) caster sugar
1 pear (125 g), peeled, cored and diced
1 cup (150 g) peeled and sliced rhubarb
1 teaspoon (5 mL) lemon juice
1 teaspoon grated orange rind
2 tablespoons (40 mL) caster sugar, extra
1 tablespoon (20 mL) water
4 egg whites
1 tablespoon (10 g) icing sugar

Method

1 Butter soufflé dish and dust with caster sugar.
2 Cook pear, rhubarb, lemon juice, orange rind, 1 tablespoon extra caster sugar and water in saucepan.
3 Sieve fruit (or purée in blender or food processor).
4 Beat egg whites until stiff peaks form, add remaining caster sugar and beat until thick.
5 Mix one-third of egg white into fruit mixture, fold in the remaining egg white.
6 Spoon mixture into soufflé dishes and place on oven tray.
7 Bake for 10–15 minutes until risen and golden-brown.
8 When cooked, dust with icing sugar mixture and serve immediately.



Pear and rhubarb soufflé

Pineapple upside-down pudding

Serves: 6
Cooking utensil: 20 cm round cake pan (1.5 L)
Preparation time: 35 minutes
Cooking time: 30–35 minutes
Oven temperature: 190°C

INGREDIENTS

BASE

¼ cup (65 g) butter, softened
¼ cup (45 g) brown sugar
4 slices canned or fresh pineapple
4 red glacé cherries

CAKE

¼ cup (65 g) butter, softened
½ cup (125 g) caster sugar
1 egg
1⅓ cup (200 g) self-raising flour
⅓ cup (85 mL) milk

Method

1 Set oven at 190°C. Brush or spray cake pan with oil and line base with baking paper.
2 *Make base:* Cream butter and brown sugar until light and fluffy.
3 Spread base mixture over bottom of cake pan.
4 Arrange pineapple slices on base of pan. Place a cherry in centre of each slice.
5 *Make cake:* Cream butter and caster sugar until light and fluffy.
6 Beat egg into mixture.
7 Mix sifted flour and milk alternately into mixture.
8 Spread mixture over pineapple.
9 Bake for 30–35 minutes.
10 Serve upside-down. May be served with **Custard sauce** (p. 378) or cream.

APPLE UPSIDE-DOWN PUDDING

Follow recipe for **Pineapple upside-down pudding**, using 2 peeled, cored and quartered Granny Smith apples (250 g). At step 7, add 1 teaspoon ground cinnamon.

APRICOT UPSIDE-DOWN PUDDING

Follow recipe for **Pineapple upside-down pudding**, using 12 canned or fresh apricot halves.

PEAR AND GINGER UPSIDE-DOWN PUDDING

Follow recipe for **Pineapple upside-down pudding**, using 6 canned or fresh pear halves. At step 7, add 1 teaspoon ground ginger.



Making pineapple upside-down pudding: arranging the pineapple slices (left); spreading the cake mixture over the pineapple (centre); serving upside-down (right)

Sago plum pudding

Serves: 6
Cooking utensils: large saucepan or steamer, medium pudding bowl (1.5 L)
Preparation time: 30 minutes
Cooking time: 2½ hours (3 hours for uncooked sago)

INGREDIENTS

½ cup (90 g) sago or seed tapioca
1¼ cups (315 mL) milk
1½ cups (60 g) fresh breadcrumbs
1 egg, beaten
½ cup (125 g) sugar
1 cup (180 g) raisins
1 tablespoon (20 g) melted butter
1 teaspoon bicarbonate of soda

Method

1 If possible, soak sago in milk overnight. If sago is not soaked, cook pudding an extra 30 minutes.
2 Place water in saucepan to measure three-quarters up side of pudding bowl, or nearly fill base of steamer with water. Heat water.
3 Brush or spray bowl with oil.
4 Add all ingredients to sago and milk. Blend thoroughly.
5 Place mixture in bowl, cover with foil or oiled baking paper and tie firmly with kitchen string to keep out water. Make a handle with string across top of pudding to help lift bowl out of saucepan when cooking is complete.
6 Place in top of steamer or in saucepan of boiling water. Do not immerse completely. Water must remain boiling. Check every 30 minutes and add water to retain level. Boil for 2½ hours.
7 Turn onto warm plate. May be served with **Custard sauce** (p. 378) or cream.

Self-saucing chocolate pudding

Serves: 6
Cooking utensil: 2 L ovenproof dish
Preparation time: 25 minutes
Cooking time: 40–45 minutes
Oven temperature: 180°C

INGREDIENTS

1 cup (150 g) self-raising flour
2 teaspoons cocoa powder
¼ cup (65 g) butter, softened
½ cup (125 g) caster sugar
1 egg, beaten
½ cup (60 g) chopped walnuts
½ cup (125 mL) milk
SAUCE
½ cup (90 g) brown sugar
1 tablespoon (10 g) cocoa powder
1¼ cups (315 mL) boiling water

Method

1 Set oven at 180°C. Brush or spray ovenproof dish with oil.
2 Sift flour and cocoa powder.
3 Cream butter and sugar until light and fluffy.
4 Add egg and walnuts, mixing well.
5 Stir in flour mixture and milk alternately. Pour into ovenproof dish.
6 *Make sauce:* Combine brown sugar and cocoa powder. Sprinkle on top of mixture in dish, pour boiling water gently over all this.
7 Bake for 40–45 minutes.
8 May be dusted with icing sugar and served with **Custard sauce** (p. 378) or ice-cream.

MICROWAVE METHOD

At step 7, microwave on medium power for 8 minutes.

Sticky date pudding

Serves: 6
Cooking utensils: 20 cm round cake pan (1.5 L), small saucepan
Special equipment: blender or food processor
Preparation time: 30 minutes
Cooking time: 50 minutes
Oven temperature: 180°C

INGREDIENTS

1¼ cups (200 g) chopped dates
1¼ cups (315 mL) water
1 teaspoon bicarbonate of soda
3 tablespoons (60 g) butter
¾ cup (190 g) caster sugar
2 eggs, beaten
1 cup (150 g) self-raising flour

BUTTERSCOTCH SAUCE

1 cup (180 g) brown sugar
1 cup (250 mL) cream
¾ cup (190 g) butter

Method

1 Set oven at 180°C. Brush or spray cake pan with oil and line base with baking paper.
2 Combine dates and water in saucepan, bring to boil.
3 Remove saucepan from heat, add bicarbonate of soda and stand for 5 minutes.
4 Place in blender or food processor until smooth.
5 Cream butter and sugar until light and fluffy.
6 Beat in eggs a little at a time.
7 Fold in flour, then date mixture.
8 Pour mixture into cake pan, bake for 50 minutes.
9 *Make sauce:* Stir ingredients over heat, boil for 3 minutes.
10 Turn pudding onto warm plate, cut into wedges and pour sauce over. Serve with cream or ice-cream.



Sticky date pudding

Steamed pudding

Serves: 6
Cooking utensils: large saucepan or steamer, medium pudding bowl (1.5 L); may also be cooked in 6 × 250 mL moulds in a frying pan with 2 cm simmering water
Special equipment: aluminium foil or oiled baking paper, string
Preparation time: 30 minutes
Cooking time: 1½ hours for medium pudding bowl, 30 minutes for individual moulds

INGREDIENTS

½ cup (125 g) butter, softened
½ cup (125 g) caster sugar
1 egg, beaten
½ teaspoon vanilla essence
1½ cups (225 g) self-raising flour
½ cup (125 mL) milk

Method

1 Place water in saucepan to measure three-quarters up side of pudding bowl, or nearly fill base of steamer with water. Heat water.
2 Brush or spray bowl or moulds with oil.
3 Cream butter and sugar until light and fluffy.
4 Add egg and vanilla essence, mixing well.
5 Stir in flour and milk alternately, one-third at a time. Mix thoroughly.
6 Place mixture in bowl or moulds, cover with foil or baking paper and tie firmly with string to keep out water. Make a handle with string across top of pudding to help lift bowl out of saucepan when cooking is complete.
7 Place in top of steamer or in saucepan of boiling water. Do not immerse completely. Water must remain boiling. Check every 30 minutes and add water to retain level. Boil for 1½ hours. If using individual moulds in frying pan, ensure water does not enter moulds. Boil for 30 minutes.
8 Turn onto warm plate. May be served with **Custard sauce** (p. 378) or **Fruit sauce** (p. 379), and cream or ice-cream.

CHOCOLATE STEAMED PUDDING

Follow recipe for **Steamed pudding**. Add 2 tablespoons (20 g) sifted cocoa powder with flour. Add 1 tablespoon (20 mL) extra milk.

COLLEGE STEAMED PUDDING

Follow recipe for **Steamed pudding**. Place ¼ cup (75 g) jam in base of basin. Cover with mixture.

GINGER STEAMED PUDDING

Follow recipe for **Steamed pudding**. Add 1 tablespoon (20 mL) golden syrup to sugar in step 3. Add 1 teaspoon bicarbonate of soda and 2 teaspoons ground ginger at step 5.

Winter fruit salad

Serves: 4
Cooking utensil: saucepan
Preparation time: 5 minutes, plus 1 hour soaking
Cooking time: 10 minutes

INGREDIENTS

125 g dried fruit (e.g. apples, pears, peaches, apricots)
¼ cup (65 g) sugar
2 cups (500 mL) water
1 tablespoon (20 mL) brandy (optional)

Method

1 Soak fruit in water for at least 1 hour.
2 Place fruit, sugar and water in saucepan. Bring to boil.
3 Simmer for 5 minutes.
4 Brandy may be added. Serve warm.

WINTER FRUIT SALAD WITH CINNAMON-HONEY CREAM

Follow recipe for **Winter fruit salad**. Serve with cinnamon-honey cream, made by mixing ¼ cup (60 mL) whipped cream, ½ cup (60 mL) natural yoghurt, ½ tablespoon (10 g) honey and ¼ teaspoon ground cinnamon.

Fruit mince

This mixture can be used to fill tarts, pies and slices.
Quantity: 375 g
Preparation time: 25 minutes

INGREDIENTS

1 apple (125 g), peeled, cored and grated
⅓ cup (60 g) currants
⅓ cup (60 g) sultanas
⅓ cup (60 g) raisins
1 tablespoon (15 g) mixed peel
½ teaspoon mixed spice
1 tablespoon (20 mL) lemon juice or brandy
⅓ cup (85 g) caster sugar

Method

1 Scald washed jars and lids by dipping in boiling water and drain dry.
2 Mix all ingredients.
3 Place fruit mince in jars, cover and store in refrigerator.

Note: Will keep for 3 months in refrigerator.



Small fruit mince pies

Makes: 18 pies
Cooking utensils: patty pans, 4-sided oven tray
Special equipment: 6 cm round cutters
Preparation time: 30 minutes
Cooking time: 15–20 minutes
Oven temperature: 180°C

INGREDIENTS

400 g Biscuit pastry (p. 389)
375 g Fruit mince (p. 529)
1 teaspoon (5 mL) milk (for glazing)

Method

1 Set oven at 180°C. Brush or spray patty pans with oil.
2 Roll out pastry to 3 mm thickness. Cut pastry into eighteen 6 cm rounds for bases and eighteen 6 cm rounds for tops.
3 Line patty pans with 6 cm rounds of pastry and fill with fruit mince.
4 Moisten edges of pastry with water and place the tops on. Press lightly.
5 Glaze with milk. Place on oven tray and bake for 15–20 minutes.



Custards

Custards are cooked mixtures of milk, eggs, sugar and flavouring. The consistency and richness of a custard depends on the proportion of eggs to milk. Custard uses a proportion of one egg to 175–200 mL of milk, with extra eggs giving a richer flavour. Two egg yolks can replace a whole egg to give a similar result. The richness of flavour and smoothness of texture are determined by the egg yolk. The albumin in the egg white influences consistency. Fat-reduced milk does not set to a firm custard.

Custards require an even temperature during cooking and should be cooked over water in the top of a double saucepan or steamer. Baked custards may be cooked in an ovenproof dish standing in a baking dish containing 3 cm of water—called a water bath.

Gentle heat and slow cooking are necessary to coagulate the egg proteins that thicken and set the mixture. Egg proteins coagulate at between 65°C and 70°C. Above this temperature, the protein hardens and forms lumps or curdles. In baked custards, this results in a porous and tough texture. If the mixture curdles when making custard, remove from heat at once, pour into a cold basin and beat well with a whisk or electric beater.

Baked custard

Serves: 4
Cooking utensils: 2 L ovenproof dish, saucepan
Preparation time: 15 minutes
Cooking time: 40–45 minutes
Oven temperature: 170°C

INGREDIENTS

2 eggs
2 tablespoons (40 g) sugar
1½ cups (375 mL) milk
½ teaspoon vanilla essence
¼ teaspoon ground nutmeg

Method

1. Set oven at 170°C. Brush or spray ovenproof dish with oil.
2. Beat eggs and sugar lightly.
3. Warm milk and vanilla essence, stir into eggs and sugar.
4. Pour into ovenproof dish, sprinkle with nutmeg.
5. Bake for 40–45 minutes until set.
6. *To test:* Slip a knife into custard about 3 cm from edge. If custard shows a cut when knife is drawn to the side, it is cooked; if custard is still liquid, continue cooking.

BAKED RICE CUSTARD

Follow recipe for **Baked custard**. At step 3, add ½ cup cooked rice (see p. 269).

BREAD AND BUTTER CUSTARD

Follow recipe for **Baked custard**, using 2 thin slices of buttered bread and 2 tablespoons (35 g) sultanas. Cut bread into squares and arrange in ovenproof dish. Sprinkle with sultanas. Pour custard over bread and bake.

CROISSANT CUSTARD

Follow recipe for **Baked custard**, using 4 small croissants and 2 tablespoons marmalade. Cut croissants into pieces, spread with marmalade and arrange in ovenproof dish. Pour custard over and bake.



Baked hazelnut-and-chocolate custard

Serves: 6
Cooking utensils: 2 L ovenproof dish, saucepan
Preparation time: 20 minutes
Cooking time: 30–40 minutes
Oven temperature: 170°C

INGREDIENTS

4 thick slices raisin bread
3 tablespoons (30 g) chopped toasted hazelnuts
½ cup (30 g) grated dark chocolate
2 tablespoons (40 g) butter
1½ cups (375 mL) milk
3 eggs
¼ cup (65 g) sugar
1 teaspoon (5 mL) vanilla essence
1 tablespoon (20 mL) orange liqueur

GLAZE

1 tablespoon (20 g) orange marmalade
1 tablespoon (20 mL) orange liqueur

Method

1 Set oven at 170°C. Toast raisin bread slices on both sides.
2 Combine nuts, chocolate and butter and spread over one side of toasted slices.
3 Beat milk, eggs, sugar, vanilla essence and orange liqueur.
4 Pour into ovenproof dish and carefully float toasted slices on top, topping-side down.
5 Bake for 30–40 minutes until set.
6 *Make glaze:* Warm marmalade and orange liqueur in saucepan.
7 Brush glaze over top of custard. Serve warm.

BAKED DATE-AND-CHOCOLATE CUSTARD

Follow recipe for **Baked hazelnut-and-chocolate custard**. Use date bread instead of raisin bread.

Crème caramel

Serves: 4
Cooking utensils: saucepan, 4 × 250 mL ovenproof moulds, oven tray
Preparation time: 35 minutes
Cooking time: 15–20 minutes
Oven temperature: 160°C

INGREDIENTS

CARAMEL

¼ cup (65 g) sugar
1 tablespoon (20 mL) water

CUSTARD

2 eggs
1 tablespoon (20 g) sugar
1 cup (250 mL) milk
½ cup (125 mL) cream

Method

1 *Prepare caramel:* Dissolve sugar in water in saucepan, then boil for a short time, without stirring, until mixture is an amber colour. Immediately pour a little into each mould so that base is coated.
2 Set oven at 160°C.
3 *Make custard:* Beat eggs and sugar lightly. Warm milk and cream in cleaned saucepan and whisk into eggs and sugar.
4 Pour into moulds.
5 *Cook in oven:* Place on oven tray and bake for 15–20 minutes until just set.
Cook in frypan: Stand in 3 cm water at 160°C for 15–20 minutes, cover moulds with foil so water does not drip into custard, and cook until just set.
6 Turn out onto individual serving dishes. May be served warm or cold with cream.

BAKED CARAMEL CUSTARD

Follow recipe for **Crème caramel**, using an ovenproof dish (2 L) brushed or sprayed with oil. Bake in oven for 30–40 minutes until set.



Crème caramel

Custard tart

Tarts are pastry cases or bases filled with custard or fruit. They are usually served hot with cream or custard.

Serves: 6
Cooking utensil: oven tray, saucepan
Preparation time: 30 minutes
Cooking time: 45 minutes
Oven temperature: 200°C, reduced to 180°C

INGREDIENTS

250 g Shortcrust pastry (p. 386) made into 22 cm pastry case and baked blind (see p. 385)
2 eggs
2 tablespoons (40 g) sugar
½ teaspoon vanilla essence
1 cup (250 mL) milk
½ teaspoon ground nutmeg
whipped cream and strawberries (for decoration)

Method

1 Set oven at 200°C. Place pastry case on oven tray.
2 Beat eggs, sugar and vanilla essence.
3 Warm milk and pour over egg mixture.
4 Pour warm custard mixture gently into pastry case. Sprinkle with nutmeg.
5 Bake at 200°C for 10 minutes, then at 180°C for 35 minutes until custard is set.
6 Serve warm with cream or cool and decorate with whipped cream and strawberries.

FRUIT CUSTARD TART

Follow recipe for **Custard tart**. Spread 1 cup (200 g) **Apricot purée** (p. 509) on pastry case before pouring in custard.





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Beverages

A beverage is any liquid taken into the body to quench thirst, to nourish, stimulate or refresh. The body is unable to survive for more than a few days without water, and it is recommended that we drink at least 2 litres a day to maintain good health.

Without water, waste products build up in the body and the body is unable to regulate its temperature. Increased intake of water is required in hot climates to replace the fluids excreted as sweat. This is one of the ways the body lowers its temperature.

Water is usually the least expensive and most readily available beverage. Many people carry personal water bottles to provide a cool drink during the day, refilling them as required.

Types of beverage

Nourishing beverages include milk drinks and thick soups. These may be quickly prepared with a blender.

Refreshing beverages are used to quench thirst and are mainly fruit and vegetable juices, aerated waters and cordials.

Stimulating beverages include clear soups, tea, coffee and cocoa.



NUTRITIONAL VALUE

Nourishing beverages supply vitamins, minerals, protein, carbohydrate and fat. They are often served to people who find it difficult to swallow and digest solid food.

Refreshing beverages, if made from fresh fruit or vegetables, supply vitamin C, minerals and fibre. Carbohydrate is provided in the form of sugar used to sweeten the drink. Some commercial drinks have high sugar content. Electric juice extractors may remove fibre from fruit and vegetables. For maximum vitamin retention, juices should be served as soon as they have been extracted.

Stimulating beverages have very little food value but stimulate the nervous system. Caffeine is the stimulant present in tea and coffee. Theobromine, present in cocoa, is a very mild stimulant, and for this reason cocoa is a popular drink.

Fruit drinks

Lemonade

Serves: 5

Preparation time: 10 minutes

INGREDIENTS

200 mL lemon juice (approx. 6–8 lemons)
½ cup (125 g) sugar
2 cups (500 mL) water
2 cups (200 g) ice cubes

Method

1 Combine lemon juice with sugar. Stir until sugar is dissolved.
2 Add water and ice cubes.
3 Stir well and serve.



Lemonade

Breakfast drink

Serves: 1
Special equipment: blender
Preparation time: 10 minutes, plus overnight freezing of yoghurt

INGREDIENTS

½ cup yoghurt
5 canned or fresh peach halves
1 wheat breakfast biscuit
½ cup (125 mL) milk

Method

1 Freeze yoghurt overnight in ice-cube tray.
2 Place all ingredients in blender. Blend until smooth.
3 Serve immediately.

Cider cup

Serves: 6
Preparation time: 10 minutes

INGREDIENTS

5 cups (1.25 L) unsweetened apple cider
½ teaspoon crushed fresh ginger
¼ teaspoon ground cinnamon
2 teaspoons (10 mL) lemon juice
apple slices (for garnish)
6 cinnamon sticks (for garnish)

Method

1 Chill cider.
2 Mix cider, ginger, cinnamon and lemon juice.
3 Core apple, slice thinly and add to mixture.
4 Serve cold.

Fruit cordial

Serves: 16
Preparation time: 20 minutes

INGREDIENTS

1 cup (250 g) sugar
2 teaspoons (4 g) citric acid
2 teaspoons (4 g) tartaric acid
1 lemon
1 orange
2 cups (500 mL) boiling water

Method

1 Place sugar and acids in a large bowl.
2 Grate rind from lemon and orange and add to sugar mixture.
3 Squeeze juice from lemon and orange and add to mixture.
4 Pour boiling water over and stir until sugar is dissolved. Cool and bottle.
5 Before serving, dilute with iced water in the proportion of 1 part cordial to 4 parts water (1:4).

Note: Will keep 3–4 weeks in bottles in refrigerator.

Orange and apricot punch

Serves: 8
Preparation time: 20 minutes

INGREDIENTS

1 cup (250 mL) orange juice
1 cup (250 mL) apricot nectar
¼ cup (65 mL) lemon juice
2 cups (500 mL) cold black tea
2 cups (500 mL) carbonated mineral water
½ orange, thinly sliced

Method

1 Chill all ingredients.
2 Mix all ingredients together.
3 Serve cold.

Mulled pineapple juice

Serves: 4
Cooking utensil: saucepan
Preparation time: 10 minutes

INGREDIENTS

3 cups (750 mL) pineapple juice
1 cinnamon stick
1 tablespoon (20 mL) lemon juice

Method

1 Place pineapple juice and cinnamon stick in saucepan and simmer for 2 minutes.
2 Remove cinnamon stick and add lemon juice.
3 Serve hot in warmed glasses.

Fruit cup

Serves: 10
Preparation time: 20 minutes

INGREDIENTS

2 cups (500 mL) pineapple juice
2 cups (500 mL) dry ginger ale
3 mint sprigs
juice of 3 lemons
juice of 3 oranges
pulp of 3 passionfruit
½ cup diced fruit

Method

1 Chill all ingredients.
2 Mix all ingredients together.
3 Serve cold.



Cider cup

Tea

Tea is obtained from the young leaves and shoots of *Camellia sinensis*. Black tea is made by fermenting and then drying the leaves. Green tea is made from dried leaves and is often served with Asian meals. Tea can be purchased as loose leaves in packets or in single-serve tea bags.





SERVING TEA

Tea made with loose tea leaves is usually poured into a cup through a tea strainer to remove the leaves. Traditional tea is served either white or black. White tea has milk added before or after the tea has been poured into the cup. Milk may be placed in a small jug for formal service. Black tea is served hot, without milk, and can be served with a slice of lemon. Sugar is usually placed in a sugar bowl and served separately. Iced tea is chilled and may be served with a slice of lemon.

MAKING TEA

1. Bring water to the boil.
2. Heat the teapot with a small amount of water and pour out.
3. Place 1 teaspoon of tea per cup in the pot.
4. Pour boiling water over. Stand for 3–4 minutes to extract flavour and colour (called an infusion).

Somalian spiced tea

A spiced milk tea, also called chai, is available in many styles and recipes. From Indian chai, which is often sweet and mild, to African chai flavoured with pepper, this hot beverage has become popular as an alternative to coffee.

Serves: 4
Cooking utensil: saucepan
Special equipment: mortar and pestle
Preparation time: 12–15 minutes

INGREDIENTS

10 green cardamom pods
10 cloves
6 black peppercorns
1 cinnamon stick
20 g fresh ginger, roughly chopped
4 cups (1 litre) water
3 tablespoons (30 g) loose leaf black tea
1 tablespoon (20 g) sugar
½ cup (125 mL) milk

Method

1 Place spices and ginger in mortar and pestle and lightly crush.
2 Place crushed spices, water, tea and sugar in saucepan over high heat and bring to boil. Reduce heat, add milk and simmer for 5–7 minutes.
3 Strain into cups, discard the solids and serve hot.



Herbal infusions

Herbal infusions are made from dried herbs and spices and are infused in a similar way to tea. The herbs and spices are caffeine-free and provide an alternative to tea and coffee. Examples include cinnamon, chamomile, rosehip, lemon myrtle, clove, wattleseed, peppermint, and mixtures of these. They may be served hot or iced.



Coffee

Coffee beans are obtained from the fruit of the evergreen shrub *Coffea arabica*. The flavour and strength of coffee beans differ considerably according to the variety of bean and the length of roasting. Because of this, and individual preference, the quantities given below are for the average taste. Coffee can be purchased as whole coffee beans, ground beans or as 'instant' powder or granules. Decaffeinated coffee is also available.



MAKING COFFEE

1. **Select the variety of coffee bean, or blend of beans, and the grind (fine, medium, coarse) to suit personal taste.**
2. **Keep ground coffee in an airtight container in the refrigerator or grind beans as needed.**
3. **Do not boil coffee as an unpleasant bitter flavour develops.**
4. **Allow 1 tablespoon coffee grounds per cup.**
5. **Make coffee using the preferred tool (see left and below).**



Espresso machine

Dripolator



Plunger





Percolator



Instant coffee

Coffee-making tools using ground coffee

- **A dripolator** allows water to drip onto ground coffee and then through a fine filter into a jug.
- **An espresso machine** forces steam through finely ground coffee to extract the essence of the coffee.
- **A percolator:** water cycles through coffee held in a filter basket for 10 minutes. The water is kept at below boiling point.
- **A plunger:** boiling water is poured over finely ground coffee. The coffee is stirred in the water, covered and left to stand for 3–5 minutes. The plunger is then pushed down.
- **Instant coffee:** use 1 teaspoon instant coffee powder or granules per cup. Pour boiling water over the coffee.



Espresso



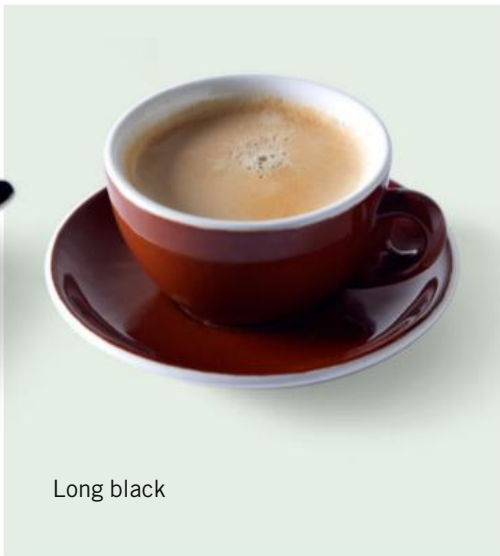
Café latte



Cappuccino



Flat white



Long black



Vienna

Coffee styles

Espresso (short black) is black coffee served in a small cup or glass. It contains strong, hot, black coffee, with a honey-tinged thick head of crema (the tiny bubbles and emulsified coffee oils that are formed as the water is forced through the tightly packed coffee). An espresso is often consumed very sweet.

Café latte is served in a glass using ⅓ espresso, and filled with hot milk and a 10 mm creamy, dense foam.

Cappuccino is served with ⅓ espresso, 1⅓ milk and ⅓ foam. It should display a dense 'foam-like' cap with a sprinkle of chocolate on top. Cappuccino made in a mug has a double espresso, filled with hot milk, topped with foam and chocolate powder sprinkled on top.

Flat white is served in a cup using ⅓ espresso and filled with hot milk. It is served 'flat', without foam.

Iced coffee is made using 30 mL espresso combined with chilled milk and sugar syrup, topped with aerated cream or ice and dusted with chocolate powder. It is served in a tall glass.

Liqueur coffee is made using 60 mL espresso added to 30 mL liqueur or spirit and sugar syrup, topped with aerated cream and dusted with chocolate powder or ground nutmeg.

Long black (standard) is a milder-strength coffee made with 30 mL espresso and 60 mL hot water, topped with a thick head of crema (the tiny bubbles and emulsified coffee oils that are formed as the water is forced through the tightly packed coffee).
Long black (strong) is made with 60 mL espresso and 30 mL hot water and thick head of crema.
Macchiato (**short** or **long**) is served with a dash of hot or cold milk and/or a dollop of foam. *Macchiato* is Italian for 'spotted' or 'stained'.
Mocha is made in a cup or mug using 30 mL espresso combined with 1 tablespoon of unsweetened cocoa. Hot milk is added, topped with foam and dusted with chocolate powder.
Ristretto is made using 20 mL espresso. It is strong and concentrated in flavour.
Vienna coffee is a long black espresso coffee topped with lightly aerated cream and dusted with chocolate powder. It is served in a liqueur coffee glass.

Coffee substitutes

A number of caffeine-free coffee substitutes are available. They are made from a blend of chicory, barley or beetroot.

Iced coffee

Serves: 1

INGREDIENTS

⅓ cup (85 mL) chilled strong black coffee
½ cup (125 mL) milk
½ teaspoon sugar
1 ice cube
2 tablespoons (40 g) cream or ice-cream

Method

1 Pour coffee, milk and sugar in to a glass with ice cube.
2 Spoon cream or ice-cream on top and serve.



Iced coffee

Food and cookery terms

accompaniment Sauce or side dish traditionally served with a specific food.

agar Extract from sea plant; used instead of gelatine, although it is less stable than gelatine.

aioli Mayonnaise made from garlic, olive oil, lemon juice and egg yolk.

a la carte Menu of dishes that are individually priced.

al dente Italian term meaning 'to the tooth' or 'to the bite', referring to the texture of cooked pasta: cooked through and firm but not hard.

allergies Adverse immune reaction by the body to protein foods. *See also* **sensitivities**.

andouille sausage French sausage made with tripe.

Angostura bitters Concentrated bitter made of water, alcohol, gentian root and a unique blend of herbs and spices; used in drinks. Made by the House of Angostura in the Caribbean.

aspic Stock with high gelatine content that sets and is used to glaze savoury foods.

au gratin Cooked food covered with sauce, breadcrumbs and butter and browned under a griller.

au naturel Food served raw.

baba Yeast cake from Russia; also known as *savarin*.

bagel Doughnut-shaped bread roll. The dough is boiled before being baked.

baguette Long, thin bread stick with a crisp crust; also known as a French stick.

bain-marie Heated serving table or vessel for keeping food hot.

baklava Middle Eastern or Greek pastry made from filo pastry, filled with nuts, sugar and cinnamon and soaked in a sugar syrup.

ballotine Meat that is boned, stuffed and cooked whole; may be sliced for serving.

beignet Deep-fried pastry fritter.

besan *See* **chickpea flour**.

bierwurst German smoked sausage.

bijon noodles Noodles made from corn.

biltong Dried meat strips, usually beef or game; originating in South Africa; also known as beef jerky.

biryani Spicy rice dish with meat or fish, originating in India.

biscotti Traditional twice-baked Italian biscuits made with almonds.

black pudding English sausage made from pig's blood, oatmeal and spices.

blanquette White stew of veal or other white meat.

bleached flour Flour whitened by oxidising agents to remove the yellow pigment.

bocconcini Fresh mozzarella cheese shaped into small balls.

boiling point Water reaches boiling point at 100°C. Boiling liquid bubbles briskly.

Bombay duck Salted and dried bummaloe fish, often crumbled over Asian curry dishes.

bonito Type of tuna used for Japanese dishes and stock.

bouillabaisse Mediterranean fish stew.

bouquet garni A bundle of herbs; including parsley, thyme and bay leaves, tied together with string.

bourguignon French stew of meat cooked with red wine, onions and mushrooms.

brandade Pounded salted cod mixed with olive oil and garlic.

bratwurst German sausage of pork, veal, bacon and spices.

brawn Variety of meats and seasonings cooked, chopped and allowed to set in their own jelly.

brewer's yeast Yeast used in the brewing of beer.

brioche Small yeast bun made with egg; may be filled with sweet or savoury filling.

bromelin Enzyme from pineapple and kiwi fruit that breaks down protein and is used to tenderise meat.

burrito *See* **tortilla**.

cabanossi Russian smoked spicy sausage.
calvados French apple brandy.
capers Unopened buds of a Mediterranean shrub that are pickled and served with savoury dishes.
carnauba wax Hardest wax known, from Brazilian wax palm; used in food glazes.
carob Cocoa substitute from the carob tree.
carpaccio Finely sliced raw beef with olive oil; served as an entrée.
cassava Root of tropical plant. Starchy extract is made into tapioca.
cassoulet Stew of meat, beans, garlic and onions; from the south of France.
caul Lacy fat membrane that lines abdomen of lamb and is used to wrap meat dishes.
caviar Eggs (roe) of sturgeon fish caught in the Black and Caspian seas. Beluga (large, black) is regarded as the best; others include Osietra (smaller, grey-brown) and Sevruga (green-black).
cellophane noodles Thin transparent noodles usually made from ground mung-bean starch paste; used in Asian cookery, either fried or boiled.
chanterelle Orange or yellow, meaty, funnel-shaped wild mushroom; found in Europe, the Americas, Asia and Africa.
chantilly cream Whipped cream with sugar and vanilla essence.
chapatti Indian flat bread, often made from chickpeas.
chaud-froid sauce White sauce or mayonnaise with gelatine, used for decorating savoury foods.
chèvre Cheese made from goat's milk.
chianti Italian table wine.
chickpea flour Flour ground from chickpeas; also known as besan flour and gram flour.
chiffonnade Very finely sliced leaf vegetables.
chinois Conical strainer with fine mesh.
chipolata Small sausage.
chorizo Spicy, smoked Spanish pork sausage flavoured with chilli.
cioppino Italian stew made of seafood and tomato.
clafouti French dessert of fruit, covered with cake mixture, then baked.
cochineal Red colouring extracted from the dried body of the female *Dactylopius coccus*, an insect.
cocoa butter Fat from roasted cocoa nibs. Hard at room temperature.
condiment Spice, seasoning or flavoured sauce, usually served at the table.
confit Dish cooked slowly in duck or goose fat to preserve the food.
cornichon Tiny pickled gherkin.
coulibiac Russian fish pie, served hot.
coulis Purée of a fruit or vegetable, used as a sauce.
court bouillon Flavoured liquid of water, wine, lemon, herbs and salt, used to poach quick-cooked foods such as fish.
crème brûlée Rich custard dessert covered with caramelised sugar.
crème fraîche Cream treated with bacteria culture to make it thick and give a tart taste. Made by mixing 1 cup cream and 1 tablespoon natural yoghurt and keeping it at room temperature overnight.
crème patisserie Thick, rich custard used as a filling in pastries.
creole Cooking style from New Orleans; usually contains capsicum, celery and tomatoes.
croquette Ball or roll of minced food coated with breadcrumbs and fried.
croustade Case made of bread, pastry or other food and deep-fried before filling.
croûte Slice of bread, fried or toasted.
csabai Spicy Hungarian sausage, made from pork and red wine.
cuisine French word for 'cookery'.

damper Scone dough made from flour, water and salt; traditionally baked in hot coals by early European settlers in Australia.

dariole mould Small, deep, cylindrical container used for cooking food.
daube Stew of meat, braised in red wine and herbs or spices in a sealed casserole.
demerara sugar A light-brown crystallised cane sugar; originally from Demerara, Guyana.
dhal Legume purée eaten with rice, from India.
dolmades A mixture of rice, lamb and herbs wrapped in vine leaves; originating in Greece and Turkey.
dukkah Middle Eastern spice mix that may include sesame, cumin, almonds, paprika, thyme, salt and pepper.
duxelles Finely chopped mushrooms sautéed with onions and herbs.

en casserole Refers to food cooked and served in a casserole.
enchiladas Spicy mixture of beans, meat, onions and tomatoes wrapped in cornmeal pancakes; originating in Mexico.
entrée Course that precedes the main course.
escalope Thin slice of meat cut from leg that has been flattened and fried.

farce Mixture of finely chopped foods used as filling or stuffing to flavour foods.
fava beans Broad beans.
feijao beans Adzuki beans.
fines herbes Mixture of fresh herbs.
five-spice powder Mixture of ground spices, usually star anise, pepper, cinnamon, cloves and fennel; used in Asian cooking.
flageolet beans Small, green, quickly cooked legume; used in salads.
foie gras Pâté made from livers of geese that have been fed large quantities of fat.
fondue Dish prepared from melted cheese or chocolate, into which food on skewers is dipped then eaten.
forcemeat Finely chopped meat used as stuffing or seasoning.
frankfurt Smoked sausage, usually with red skin.
French toast Sliced bread dipped in an egg-and-milk mixture and fried in butter.
fritter Food dipped in batter and deep-fried.
fritto misto Small pieces of several different foods dipped in batter and fried.

galantine Dish of meat that has been rolled, cooked, pressed and glazed; is served cold.
galette Flat, sweet or savoury food comprising of a pastry, meringue or potato base and a topping.
garbanzos Chickpeas.
gari Japanese pickled ginger.
gateau Rich cake, elaborately decorated.
gefilte fish Jewish dish made from minced fish, matzo meal and egg.
gelatine Setting agent for jams and jellies, of animal origin.
glacé fruit Fruit preserved in a sugar solution.
glutamic acid An amino acid from which MSG is derived. *See* **monosodium glutamate (MSG)**.
gnocchi Italian pasta-style dish, made using a potato-and-egg mixture that is boiled and served in a sauce.
gougère Choux pastry cooked in a ring and filled with a savoury or sweet mixture.
gougon Small strips of fish, crumbed and deep-fried.
goulash Thick meat stew, flavoured with vegetables and paprika, of Hungarian origin.
gram flour *See* **Chickpea flour**.
gravlax Raw salmon cured with salt and sugar.
gremolata Mixture of chopped lemon, garlic and parsley sprinkled over food to add flavour.
griddle cakes Batter cake cooked on flat iron griddle.
grissini Thin, crisp Italian bread sticks.
gumbo Stew based on the vegetable okra; originating in South America.

haggis Scottish dish of oatmeal, chopped heart and chopped liver boiled in a sheep's stomach.
halal Method of slaughtering animals as prescribed by Moslem law.
haloumi Greek-style sheep's milk cheese, marinated in brine. May be fried in olive oil and served in salads.
halva Sweet Middle Eastern dish made from spices, semolina and nuts or seeds.
hangi Maori feast, or Maori oven in which food is steamed over hot coals in the ground.
haricot beans Small, white, oval legume; also called navy beans.
hash browns Grated potato made into patties and fried.
hearts of palm Stem of the cabbage tree palm.
hijike Dried, black seaweed used in Japanese dishes.
hoisin sauce Savoury sauce made from soy beans; used in Asian dishes.
hummus Thick sauce or spread made from puréed chickpeas, ground sesame seeds, olive oil, lemon juice and garlic.
hush puppies Fried patties made from cornmeal and onions; originating in South America.

infusion Flavoured liquid produced by soaking a food substance in boiling liquid.

jerky Sun dried or oven-dried meat strips.
julienne Food, usually vegetables, cut into match-size strips.
junket Dessert made by setting milk with **rennet**.
jus lie Gravy made from pan juices, thickened.

kedgeree Indian dish of rice, smoked fish and hard-boiled eggs.
kefir Fermented camel's milk.
kibbeh Middle Eastern dish made from minced meat and cracked wheat.
kimchi Fermented vegetables served in Korea.
kirsch Liqueur distilled from cherries.
kobe beef Top-grade beef produced in Japan from cattle that are massaged to marble the fat through the muscle meat.
kofte Small spicy meatballs, popular in Middle Eastern and African dishes.
kombu Dark-green seaweed used in Japanese dishes. Soaked 30–40 minutes before using.
kosher food Food prepared in accordance with Jewish law. Involves special slaughtering methods, and keeping meat and dairy products separate during food preparation.

labneh A Middle Eastern strained yoghurt that thickens to form a fresh cheese.
legumes Protein-rich plants from which pulses or dried peas and beans are obtained.
liverwurst Liver-and-pork pâté.
loading Refers to cereals or dried beans used in pastry cases during cooking. *See* **baking blind**, p. 385.

macedoine of vegetables Small pieces of different vegetables (e.g. carrots, parsnips, peas, cauliflower florets) that are cooked and served together.
maître d'hôtel butter *See* **savoury butter**.
maraschino Distilled liqueur made from fermented maraschino cherries.
marron Freshwater crayfish found in Western Australia.
marzipan Mixture of ground almonds, sugar and egg white; used in cakes and confectionery.
mascarpone Fresh, unripened Italian cheese with slightly sweet taste; used in desserts.
matzo Unleavened bread eaten during the Jewish feast of Passover.
mead Wine made from honey.
melba toast Thinly sliced bread baked to golden-brown and served with soups and pâtés.
meringue Beaten egg white and sugar.
mille feuilles Layers of puff pastry with sweet or savoury filling.

mirepoix Chopped vegetables used as base for pot roasts or braises.
mirin Japanese fermented rice wine.
mise en place The preparation of food and equipment prior to meal service.
miso Fermented soy bean product; used in Japanese dishes.
mocha Coffee flavour, or a combination of coffee and chocolate; used as flavouring.
modified starch Starch treated chemically to increase solubility, stability and texture.
monosodium glutamate (MSG) A salt derived from glutamic acid (glutamate) and found naturally in many foods, such as tomatoes. Some people may have a reaction or sensitivity to MSG when it is added as a flavour enhancer.
mortar Small, heavy bowl in which foods are pounded with a pestle.
mulligatawny Spicy, curry-flavoured Indian soup.
mung beans Tiny green legume that may be eaten in sprout form.

naan Indian flat bread made with yeast and yoghurt.
nachos Mexican dish made from corn chips and melted cheese.
nasi goreng Indonesian dish of fried rice with meat, fish, onion, garlic and fried egg.
navarin French stew of lamb, potatoes, onions and root vegetables.
navy beans *See* **haricot beans**.
nitrous oxide gas Gas used as a propellant in some canned whipped toppings.
nori Seaweed dried into flat sheets; used for making sushi rolls.
nuoc nam Vietnamese fish sauce, made from dried, salted fermented fish.

okara By-product from making tofu; used in a similar way to tofu.
ouzo Distilled spirit flavoured with anise, originating in Greece.

panada (panade) Thick binding sauce.
pancetta Italian bacon cured with salt and spices.
panettone Sweet Italian cake made with yeast, sultanas and candied peel.
papain Protein-digesting enzyme from papaya; used as a meat tenderiser.
pappadams Indian lentil flat bread, cooked in oil.
Parma ham Salt-cured ham from the Parma region of Italy.
Passover Jewish feast during which it is forbidden to eat leavened foods.
pastis Aniseed-flavoured alcoholic drink from France.
pastrami Beef cured with spices and salt; often used in sandwiches.
paupiette Thin slice of meat, spread with stuffing, then rolled and either fried or simmered in liquid.
pemmican Dried and pounded buffalo or deer meat that is made into cakes with fat and dried fruit; made by the indigenous people of North America.
peperoni Spicy pork-and-beef sausage flavoured with garlic; often used in pizzas.
pepitas Roasted pumpkin seeds.
pesto Paste of basil, olive oil, garlic, pine nuts and grated parmesan cheese.
petit fours Tiny cakes, iced and decorated.
piccalilli East Indian spiced vegetable and mustard pickle.
pide Flat Turkish bread.
piperade French dish of tomatoes, capsicum and eggs beaten over heat to aerate.
piroshki Small savoury-filled cases of pastry; originating in Russia.
pistou Mixture of basil, garlic and olive oil used to flavour savoury dishes.
poi Hawaiian dish fermented from the taro root.

powdered sugar Finely ground sugar; called icing sugar or confectioner's sugar.
praline Caramelised sugar-and-almond mixture.
pregelatinised starch Starch that has been processed to allow swelling and absorption in cold liquid.
pressure cooker Vessel for cooking food under pressure so that it cooks more quickly.
prosciutto High quality, very lean, dry-cured ham.

quark Low-fat, fresh curd cheese with acidic tartness.
quenelle Light dumpling made from egg and seafood or poultry.
quinine Bitter flavour from the cinchona tree; often used in drinks such as tonic water.
quorn Fungi-based, textured vegetable protein; used as a meat substitute.

ragout French stew.
Ramadan Ninth month of the Islamic year, during which no food is consumed between dawn and dusk.
remoulade Mayonnaise mixed with herbs and pickled vegetables.
rennet Milk coagulant extracted from the enzyme rennin in the stomach of cows; used in cheese making.
rhum baba Russian yeast cakes, soaked in rum after cooking.
rice noodles Noodles made from rice flour; used in Asian dishes.
rice paper Edible paper made from rice flour that is used to wrap sticky confectionery and Asian foods.
rillettes Meat and spices that are cooked, then pressed in a bowl to set in the refrigerator; served cold and sliced.
rosti Swiss national dish of crisp potato cake.

sabayon Sweet, foamy sauce made from egg yolks, sugar and wine; served with desserts.
sake Japanese fermented rice wine.
salami Sausage made from pork, beef and spices and hung to dry.
salpicon Mixture of finely diced vegetables or fruit used as filling or topping.
salsa Mexican spicy sauce of finely chopped raw vegetables with flavourings.
sambal Chilli-based sauce used as an accompaniment to curries.
samosa Tiny Indian pasties filled with spicy meat and vegetables.
sashimi Japanese dish of raw fish and wasabi.
sauerkraut Finely sliced fermented cabbage.
savarin *See* **baba**.
savoury butter Mixture of 1 tablespoon butter, ½ teaspoon lemon juice, 2 pinches pepper and 1 teaspoon chopped parsley; served with grilled meat and fish.
scallion Variety of small onion.
scaloppine Thin slice of veal, fried and served with a tomato or wine sauce.
scampi Very small lobster that lives in the sand at the bottom of the sea.
sensitivities Adverse reaction to non protein-based foods by the body's immune system. *See also* **allergies**.
silicon dioxide Anti-caking agent used in foods that can absorb up to 120% of its weight and remain free-flowing.
sippets Dry toast cut into neat pieces.
skordalia Mixture of sieved, cooked potato, crushed garlic, lemon juice and olive oil; used as accompaniment to food.
sliver Long, thin strip of food.
slivovitz Dry plum brandy from Hungary.
soba Japanese noodles made from buckwheat.
spanikopita Greek filo pastry filled with spinach and feta cheese.
succotash Dish of sweetcorn and lima beans made by the indigenous people of North America.

sudza Traditional African dish made of cornmeal.
sushi Japanese dish of cooked rice and other ingredients wrapped in nori.

Tabasco Mexican sauce made from fermented capsicum.
table d'hôte Set-price menu, sometimes with choices for each course.
taco Fried cornmeal pancake, or **tortilla**, often filled with spicy kidney beans, chilli and other fillings; originating in Mexico.
tahini (tahine) Paste made from ground sesame seeds; used in Middle Eastern dishes.
tallow Fat from mutton and beef.
tandoori Indian blend of spices, including garam masala, used to flavour food.
tandoor oven Cylindrical clay oven heated by a wood or charcoal fire and used in Indian cooking.
tandoori paste Yoghurt and spicy sauce spread over foods before cooking in a tandoor oven.
tapas Savoury snacks originating in Spain.
tapenade Provençal paste of black olives, capers, anchovies and olive oil.
tapioca Starchy grains from the root of the cassava plant; used in desserts and as a thickener.
taramasalata Greek mixture of cod roe (tarama), garlic and lemon.
taro Tuber used to make **poi**.
teff flour Non-wheat flour made from a tiny Ethiopian grain that has a nutty flavour.
tempeh Firm-textured block of partially cooked, fermented soy beans; can be marinated and roasted, grilled, fried or steamed.
tempura Japanese dish of meat, seafood or vegetables fried in a special light batter.
tepid Lukewarm; the same temperature as blood (37°C).
textured vegetable protein (TVP) Processed vegetable protein, usually from soy beans.
timbale Food cooked in a small, deep mould.
tofu Curd formed when soy beans are soaked, ground, heated and a coagulant added. Has a bland taste that will readily take up other flavours.
tortellini Small pasta pouches filled with cooked meat, seafood or vegetables.
tortilla Mexican pancake made from ground white corn and fried to make a **taco**.

verjuice Sour juice of unripe fruit; used in salad dressing.
vermouth Italian wine flavoured with herbs and spices.
vindaloo Indian meat curry in which vinegar is used to give a slightly sour taste.

wasabi Green-coloured, hot horseradish paste served with Japanese dishes.

zabaglione Italian dish made by whisking egg yolks, Marsala and sugar over hot water.
zest Thin outside skin of citrus fruits. Is cut off with 'zester' and used to flavour foods.

Weights and measures

Product	1 tablespoon	1 cup	¾ cup	⅔ cup	½ cup	⅓ cup	¼ cup
Almonds, ground	10g	100g	75g	65g	50g	40g	25g
Apple (120g), puréed	20g	200g	150g	135g	100g	70g	50g
Arrowroot	10g	130g	100g	90g	65g	45g	35g
Bacon (50g rasher), chopped	15g	180g	135g	120g	90g	60g	45g
Baking powder	10g	130g	100g	90g	65g	45g	35g
Beans, dried	15g	200g	150g	135g	100g	70g	50g
Beans, fresh	10g	120g	90g	80g	60g	40g	30g
Beanshoots	10g	100g	75g	65g	50g	40g	25g
Bicarbonate of soda	10g	130g	100g	90g	65g	45g	35g
Biscuit crumbs	10g	120g	90g	80g	60g	40g	30g
Bran	10g	90g	65g	60g	45g	35g	25g
Breadcrumbs, dried	10g	90g	65g	60g	45g	35g	25g
Breadcrumbs, fresh	5g	40g	30g	25g	20g	12 g	10g
Butter	20g	250g	190g	165g	125g	85g	65g
Cabbage, shredded		100g	75g	65g	50g	40g	25g
Cake crumbs	5g	60g	45g	40g	30g	20g	15g
Capsicum (120g whole), diced	10g	120g	90g	80g	60g	40g	30g
Carrot (120g whole), diced	12g	150g	110g	100g	75g	50g	40g
Cauliflower, florets		120g	90g	80g	60g	40g	30g
Celery (100g stalk), sliced	12g	150g	110g	100g	75g	50g	40g
Cheese	20g	250g	190g	165g	125g	85g	65g
Cheese, grated	10g	120g	90g	80g	60g	40g	30g
Chicken, cooked, chopped	12 g	150g	110g	100g	75g	50g	40g
Chicken, uncooked, chopped	20g	220g	165g	160g	110g	80g	55g
Chocolate, grated	8 g	90g	65g	60g	45g	35g	25g
Chutney	20g	250g	190g	165g	125g	85g	65g
Citric acid	10g	130g	100g	90g	65g	45g	35g
Cocoa powder	10g	130g	100g	90g	65g	45g	35g
Coconut, desicated	8g	90g	70g	60g	45g	30g	25g
Coconut milk powder	10g	100g	75g	65g	50g	40g	25g
Coffee, instant	5g	60g	45g	40g	30g	25g	15g
Corn, kernels	12g	150g	110g	100g	75g	50g	40g

Product	1 tablespoon	1 cup	¾ cup	⅔ cup	½ cup	⅓ cup	¼ cup
Cornflakes	5g	30g	25g	20g	15g	10g	8 g
Cornflour	10g	130g	100g	90g	65g	45g	35g
Couscous	15g	200g	150g	135g	100g	70g	50g
Cracked wheat	8g	90g	65g	60g	45g	35g	25g
Cream	20mL	250mL	190mL	165mL	125mL	85mL	65mL
Cream cheese	20g	250g	190g	165g	125g	85g	65g
Cream of tartar	10g	130g	100g	90g	65g	45g	35g
Cucumber (200g whole), diced	12g	150g	110g	100g	75g	50g	40g
Custard powder	10g	130g	100g	90g	65g	45g	35g
Eggplant (200g whole)	12g	150g	110g	100g	75g	50g	40g
Egg white (40g)	20g	250g	190g	165 g	125g	85g	65g
Egg yolk (20g)	20g	250g	190g	165g	125g	85g	65g
Flour	10g	150g	110g	100g	75g	50g	40g
Fruit, chopped or diced	12g	150g	110g	100g	75g	50g	40g
Fruit, dried or glacé	15g	180g	135g	120g	90g	60g	45g
Fruit purée	20g	200g	150g	135g	100g	70g	50g
Gelatine	12g	150g	110g	100g	75g	50g	40g
Glucose, liquid	25g	330g	250g	220g	165g	110g	80g
Golden syrup	20g	300g	225g	200g	150g	100g	75g
Honey	20g	300g	225g	200g	150g	100g	75g
Jam	20g	300g	225g	200g	150g	100g	75g
Leek (150g whole), diced	10g	120g	90g	80g	60g	40g	30g
Lentils	15g	200g	150g	135g	100g	70g	50g
Mayonnaise	20mL	250mL	190mL	165mL	125mL	85mL	65mL
Meat, cooked, chopped	12g	150g	110g	100g	75g	50g	40g
Meat, uncooked, chopped	20g	220g	165g	160g	110g	80g	55g
Milk	20mL	250mL	190mL	165mL	125mL	85mL	65mL
Milk powder	10g	100g	75g	65g	50g	40g	25g
Mushrooms, sliced	10g	100g	65g	75g	50g	40g	25g
Nuts, chopped	15g	120g	90g	80g	60g	40g	30g
Nuts, whole	10g	100g	75g	65g	50g	40g	25g
Oil	20mL	250mL	190mL	165mL	125mL	85mL	65mL
Onion (120g whole), diced	12g	150g	110g	100g	75g	50g	40g

Product	1 tablespoon	1 cup	¾ cup	⅔ cup	½ cup	⅓ cup	¼ cup
Parsnip (120g whole), diced	12g	150g	110g	100g	75g	50g	40g
Pasta, cooked	20g	200g	150g	135g	100g	70g	50g
Pasta, uncooked	10g	100g	75g	66g	50g	33g	25g
Peas, dried	15g	200g	150g	135g	100g	70g	50g
Peas, fresh	12 g	150g	110g	100g	75g	50g	40g
Peel, mixed	12 g	150g	110g	100g	75g	50g	40g
Polenta	12 g	150g	110g	100g	75g	50g	40g
Potato (150g whole), diced	12 g	150g	110g	100g	75g	50g	40g
Rice flour	10g	130g	100g	90g	65g	45g	35g
Rice, uncooked	15g	200g	150g	135g	100g	70g	50g
Rolled oats	10g	100g	75g	65g	50g	40g	25g
Salt	20g	250g	190g	165g	125g	85g	65g
Seafood, cooked, chopped	12g	150g	110g	100g	75g	50g	40g
Seafood, uncooked, chopped	12g	220g	165g	160g	110g	80g	55g
Sesame seeds	12 g	150g	110g	100g	75g	50g	40g
Snow peas		100g	75g	65g	50g	40g	25g
Spices	10g	130g	100g	90g	65g	45g	35g
Sugar	20g	250g	190g	165g	125g	85g	65g
Sugar, brown	15g	180g	135g	120g	90g	60g	45g
Sugar, caster	20g	250g	190g	165g	125g	85g	65g
Sugar, icing	10g	130g	100g	90g	65g	45g	35g
Tartaric acid	10g	130g	100g	90g	65g	45g	35g
Tomato (120g whole), diced	20g	200g	150g	135g	100g	70g	50g
Tomato paste	20g	250g	190g	165g	125g	85g	65g
Tomatoes, semi-dried	12 g	150g	110g	100g	75g	50g	40g
Vegetables, chopped or diced	12g	150g	110g	100g	75g	50g	40g
Vegetables, mashed	20g	250g	190g	165g	125g	85g	65g
Wheatgerm	10g	90g	65g	60g	45g	35g	25g
Yeast, compressed	15g	180g	135g	120g	90g	60g	45g
Yeast, dried	14 g	180g	135g	120g	90g	60g	45g
Yoghurt	20mL	250mL	190mL	165mL	125mL	85mL	65mL
Zucchini (100g whole), diced	10g	120g	90g	80g	60g	40g	30g

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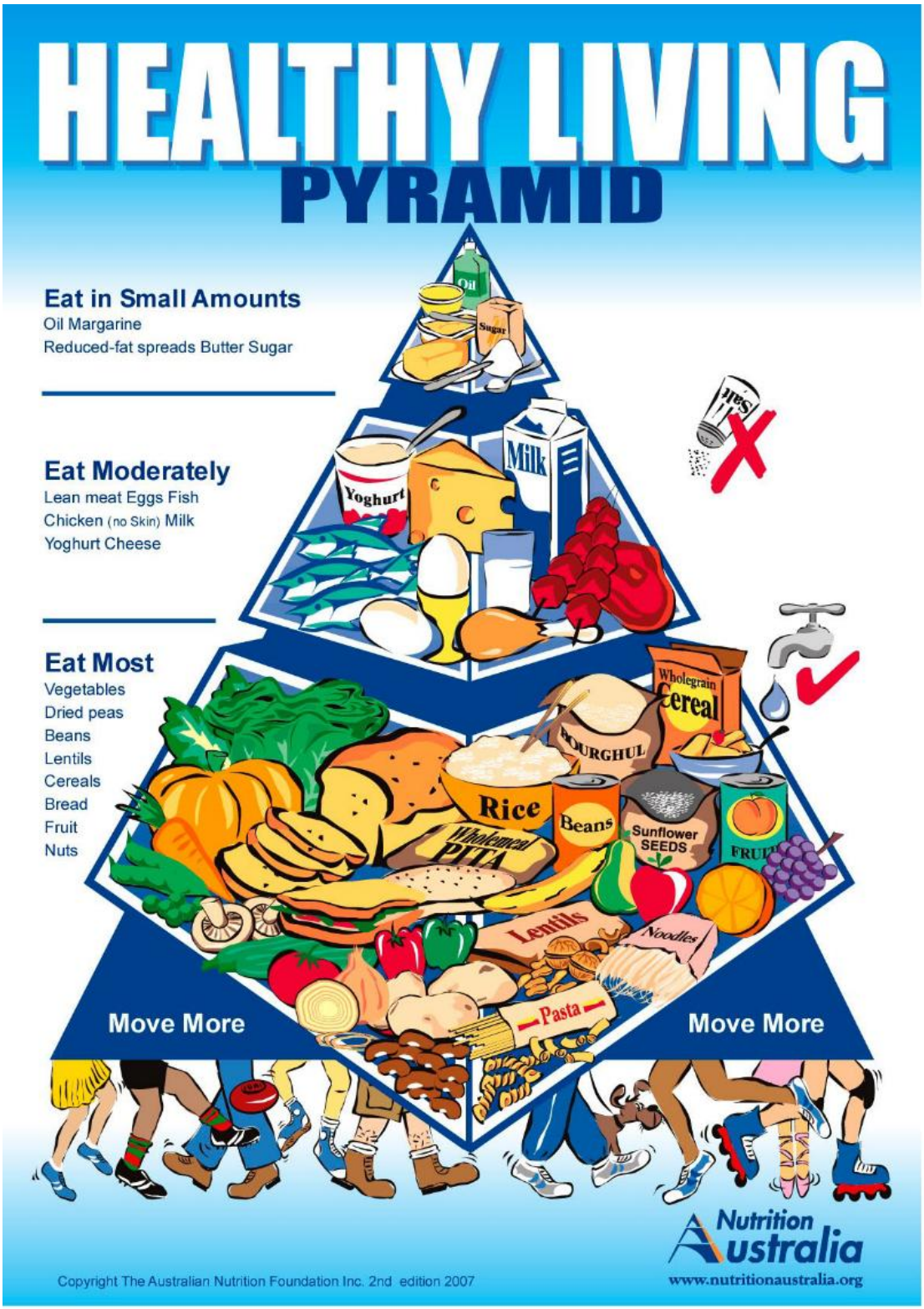
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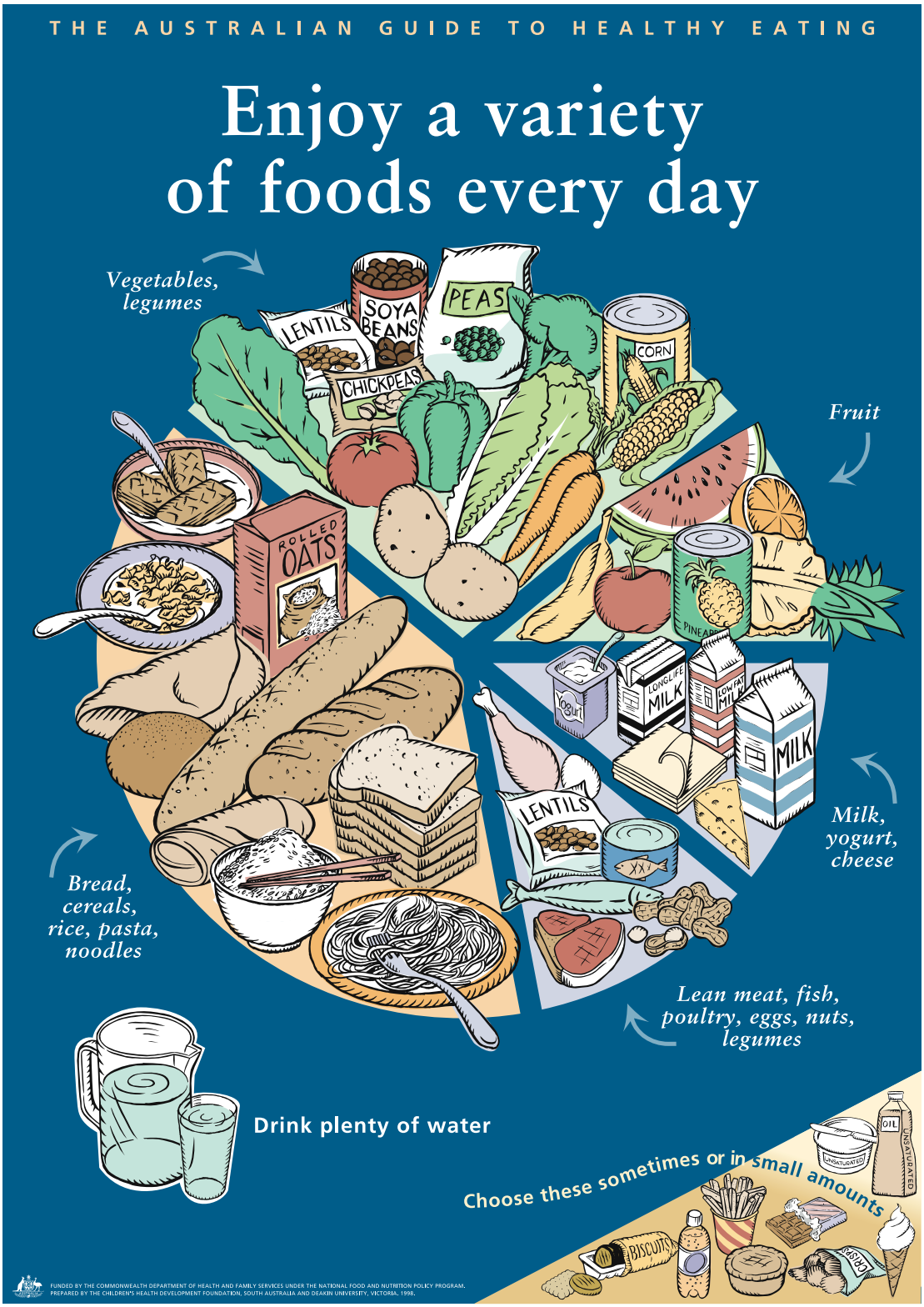
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Food models


HEALTHY LIVING
PYRAMID
Eat in Small Amounts
Oil Margarine
Reduced-fat spreads Butter Sugar
Eat Moderately
Lean meat Eggs Fish
Chicken (no Skin) Milk
Yoghurt Cheese
Eat Most
Vegetables
Dried peas
Beans
Lentils
Cereals
Bread
Fruit
Nuts
Oil
Sugar
Salt
Milk
Yoghurt
Wholegrain Cereal
BOURGHUL
Rice
Wholemeal PITA
Beans
Sunflower SEEDS
Lentils
Noodles
Pasta
Move More
Move More
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THE AUSTRALIAN GUIDE TO HEALTHY EATING
Enjoy a variety of foods every day
Vegetables, legumes
LENTILS
SOYA BEANS
CHICKPEAS
PEAS
CORN
Fruit
ROLLED OATS
PINEAPPLE
YOGURT
LONG LIFE MILK
LOW FAT MILK
MILK
LENTILS
Milk, yogurt, cheese
Bread, cereals, rice, pasta, noodles
Lean meat, fish, poultry, eggs, nuts, legumes
Drink plenty of water
Choose these sometimes or in small amounts
OIL
UNSATURATED
BISCUITS
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