

STOP HUNGER, START COOKING!

RECIPES
FRESH FROM
THE GARDEN

Oxfam Australia has been fighting poverty and injustice for more than 50 years. In Sri Lanka supporters like you are helping families to set up home gardens growing delicious, nutritious vegetables so they can stop hunger.



**STOP
HUNGER**



OXFAM
Australia

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"THE MOST IMPORTANT THING I HAVE RECEIVED FROM OXFAM IS NEW KNOWLEDGE ... I CAN GO ANYWHERE AND TALK TO ANYONE. I HAVE THAT SELF CONFIDENCE AS A WOMAN."

CHANDRANI



Photo: Tom Greenwood/OxfamAUS

CHANDRANI'S STORY

Once stuck in a poorly-paid labouring job, this mother of three now runs a successful home garden business that allows her to feed her family, send her kids to school and earn a living selling the surplus. But she didn't do it alone — it was all thanks to the help of supporters just like you.



Photo: Hotly Spiced

ZUCCHINI FLOWERS

CHARLIE LOUIE — HOTLY SPICED
WWW.HOTLYSPICED.COM

Serves: 4 people as an entree

Ingredients

16 male or female zucchini flowers
 250g ricotta cheese
 Rind of 1 lemon
 1 tbsp toasted pine nuts
 1 tbsp chopped fresh basil
 Salt and pepper to taste
 2/3 cup plain flour
 1 tbsp extra virgin olive oil
 1/2 tsp salt
 150ml light beer
 1 egg white
 Vegetable oil for deep frying

Method

1. Gently open zucchini flowers and remove stamen. In a small bowl mix ricotta cheese, lemon rind, toasted pine nuts, basil and salt and pepper to taste. Using a tsp, carefully fill zucchini flowers then twist ends to secure.
2. Sift flour with 1/2 tsp of salt into a small bowl. Pour in olive oil then whisk in light beer.
3. In a separate bowl whisk egg white until stiff peaks form. Fold into beer batter mixture.
4. In a medium sized saucepan
5. heat vegetable oil until 180°C. If you don't have a thermometer, test heat of oil with a small piece of bread. If the bread turns golden in 15 seconds, it is hot enough. Place paper towel over a tray and dip each zucchini flower into the hot oil, no more than 4 at a time. When golden remove from oil and rest on paper towel. Sprinkle with salt and serve with lemon wedges.

Serves: 4

Ingredients

6 soft-boiled eggs
 Parmesan
 Extra virgin olive oil
 Freshly ground pepper
 1 radicchio, leaves pulled apart,
 washed and torn

For the tomato salad

4 small vine-ripened tomatoes,
 quartered
 1 red onion, sliced
 2 tbsp extra virgin olive oil
 A few drops of balsamic vinegar
 Sea salt and freshly ground
 pepper

For the carrot salad

40g raisins
 250ml cold earl grey tea
 2 small carrots, peeled and
 grated
 4 tbsp chopped flat-leaf parsley
 80ml extra virgin olive oil
 1 1/2 tbsp red wine vinegar
 Sea salt and freshly ground
 pepper

For the celeriac remoulade

1/2 small head of celeriac
 60ml mayonnaise
 2 tsp dijon mustard
 1 tbsp finely shredded flat-leaf
 parsley
 Sea salt and freshly ground
 pepper

Method

1. To make the tomato salad,
 put the tomato and onion in
 a bowl and mix with the extra
 virgin olive oil, balsamic
 vinegar and seasoning.
2. To make the carrot salad,
 soak the raisins for 20
 minutes in the cold Earl
 Grey tea, then drain. Put the
 carrot, raisins and parsley in
 a bowl. Add the extra virgin
 olive oil, red wine vinegar
 and seasoning and
 mix together.
3. To make the celeriac
 remoulade, peel the celeriac,
 cut into very fine strips
 and immediately blanch in
 boiling water.
 To avoid discoloration,
 combine the blanched
 celeriac with the
 mayonnaise, mustard,
 parsley and seasoning in
 a bowl.
4. Arrange the radicchio leaves
 on four plates. On each
 plate, place some of the
 tomato salad on one — third
 of the radicchio, the carrot
 on the second third, and the
 celeriac on the remaining
 third. Peel the eggs and cut
 in half. Carefully put the
 halves on top of the salads.
5. Finish with freshly shaved
 Parmesan, a little splash
 of extra virgin olive oil and
 some freshly ground pepper.



Photo: Earl Carter for
 "The Food I Love" published
 by Murdoch Books

BOILED EGG WITH VEGETABLE SALAD

NEIL PERRY — SPICE TEMPLE

WWW.ROCKPOOL.COM/SYDNEY/SPICE-TEMPLE

HARISSA BAKED EGGPLANT

CHRISTIE CONNELLY — FIG & CHERRY
WWW.FIGANDCHERRY.COM



Serves: 2 (can be doubled)

Ingredients

1 large eggplant
2-3 tbsp olive oil
1 garlic clove, crushed
1 cup mushrooms, sliced
1 large tomato, diced
1 tsp harissa*
(or more, to taste)
200g cooked chickpeas (about
half a 400g tin)
small handful of parsley,
leaves picked
baby spinach leaves, to serve

Method

1. Preheat the oven to 200°C/390°F. Slice the eggplant in half lengthways and scoop out the flesh with a spoon. Leave a thin shell of flesh around the outside. Roughly chop the eggplant flesh and set aside.
2. Brush the eggplant halves inside and out with olive oil and place on a baking tray. Roast in the oven for 15 minutes while you make the filling.
3. Heat the remaining oil (about 2 tbsp) in a frying pan over high heat. Add the garlic and chopped eggplant and stir constantly for about 5 minutes or until starting to brown.
4. Add the mushrooms and cook for another 5 minutes until wilted. Allow any moisture that is released to evaporate and then toss in the diced tomato. Stir to combine for 2 minutes until the tomatoes have softened slightly. Take off the heat and mix in the harissa, chickpeas and parsley leaves. Season with salt and pepper.
5. Spoon the mixture into the eggplant halves and bake for a further 15 minutes. Transfer to serving plates — be careful as they will be half filled with delicious juices from the tomatoes and mushrooms. Serve on a bed of baby spinach.

*Note: Harissa is North African spice paste and is quite hot. If you prefer something less spicy then substitute with sweet chilli jam or for a completely different flavour, some basil pesto.

Serves: makes about 400g

Prep time: 15 mins

Cooking time: 35 mins plus cooling time

Ingredients

2 large raw beetroots

1 cup walnuts

5 pitted prunes

2 large garlic cloves

3 tbsp apple cider vinegar

2 tbsp whole egg mayonnaise (go for less sweet varieties)

1 tsp crème fraîche (sour cream can also be used)

2/3 tsp salt

A pinch of cracked pepper

Method

1. Bring a medium saucepan of water to boil. Cook beetroot in simmering water for 35 minutes. Drain, rinse under cold water and cool down for at least one hour before peeling and cutting into quarters. This can be done the day before.
2. Heat a small saucepan or a pan to high heat and toast walnuts for 1-2 minutes, stirring every 15 seconds to prevent burning.
3. Using a food processor, grind walnuts to small crumbs. Add prunes, garlic, and beetroot and process into crumbly texture. Add vinegar, salt, mayonnaise, crème fraîche, black pepper and process until well combined and smooth.
4. Serve with crackers, croutons or toasted bread.



BEETROOT, WALNUT AND PRUNE DIP

IRENA MACRI — EAT DRINK PALEO
WWW.EATDRINKPALEO.COM.AU



GLUTEN-FREE ZUCCHINI, MINT AND FETA FRITTERS

EMMA GALLOWAY — MY DARLING LEMON THYME
WWW.MYDARLINGLEMONTHYME.COM

Serves: 4 (makes around 16 medium fritters)

Ingredients

1/2 cup (60g) chickpea flour
 2 tbsp (20g) cornflour (corn starch)
 1/2 tsp gluten-free baking powder
 1/4 cup (60ml) cold water
 2 eggs
 Zest 1 lemon
 1/2 cup loosely packed mint, roughly chopped
 1/4 cup (50g) crumbled feta
 3 cups grated zucchini (courgette), about 3 small zucchinis, excess moisture removed
 Sea salt and black pepper
 Rice bran/olive oil, to shallow-fry
 Lemon wedges, to serve, optional

Method

1. Sieve chickpea flour, cornflour (corn starch) and baking powder into a medium bowl. Whisk water and eggs together in a small bowl, then add to the flours, mixing to form a smooth batter.
2. Add lemon zest, chopped mint, crumbled feta and grated zucchini (courgette). Season with a little sea salt and freshly ground black pepper, then mix to combine.
3. Heat a heavy-based frying pan over medium-high heat. Add a little rice bran/olive oil to cover the base of the pan. Spoon heaped tbsps of mixture into the pan, without over-crowding.
4. Cook for approx 2 minutes, until the bottom is lightly golden brown, then flip over and continue to cook for a further few minutes until cooked through.
5. Remove from the pan and place onto a plate lined with kitchen paper. Repeat with remaining fritter mixture until all are cooked. Serve immediately with a squeeze of fresh lemon juice.



As featured in Country Style magazine. Photography Sharyn Cairns, styling Geraldine Munoz



WINTER BEETROOT BROTH SHOTS WITH GOAT CURD AND ORANGE ZEST

MARY-JANE CRAIG AND CORRINE EVATT — ASHCROFTS
WWW.ASHCROFTS.COM

Serves: 6-8

Ingredients

8 medium sized well scrubbed organic beetroot
4 tbsp extra virgin olive oil
1 large white onion peeled and sliced
Half a tsp of thyme
Zest of two oranges
Juice of the oranges (strained)
3 tbsp top quality tomato paste
1 dsp of your favourite local honey
4 fresh bay leaves
1 cinnamon quill
6 whole cloves
2 cups good quality regional riesling
Murray river salt
Ground black pepper
1 generous slice of fresh ginger

Method

1. Scrub beetroot and bake in a water bath covered with foil in a hot oven until tender. Cool and then peel; reserving the cooking liquid — but take care to strain it through a fine muslin cloth the ensure no fine dirt grains get caught in the mix!
2. In a heavy based saucepan, saute the onions in olive oil until translucent, add the thyme, bay leaves, cloves, tomato paste and roughly

chopped cooked beetroot. Fry for 2 to 3 minutes then add the riesling and ginger and honey and cook until reduced by half.

3. Add the zest, seasoning, orange juice and finally the beetroot cooking liquid along with some extra water if necessary to just cover the beetroot by about an inch.
4. Simmer for 30 to 40 minutes, cool to room temperature and puree thoroughly in a blender. Strain through a fine sieve into a clean saucepan, heat, adjust seasoning to your taste then serve in shot glasses if serving as an appetizer or, into wide shallow soup bowls served with a quenelle of goat curd topped with a dusting of fine fresh orange zest.

Wine Suggestion 2010 The Willow Lane Viognier (lightly chilled) Mudgee, New South Wales

MOROCCAN STYLE CHICK PEAS WITH RAS-EL-HANOUT

ANDREW CLARKE, CHEF DE TRAITEUR
— THE ORGANIC WAREHOUSE, MALENY
WWW.THEORGANICWAREHOUSE.COM.AU



Photo: Nico Nelson

Serves: 4

Ingredients

3 tbsp olive oil
1 large onion (chopped)
4 cloves garlic (minced)
2 tsp harissa paste
3 tbsp Ras-el-hanout (see separate recipe)
1 tin diced tomatoes
1 cup vegetable stock
4 dates (chopped)
4 dried apricots (chopped)
1 tbsp raisins
2 cm preserved lemon (chopped)
1/4 pumpkin (peeled and cut into 2cm pieces)
2 carrots (peeled and cut into 2cm pieces)
1 sweet potato (peeled and cut into 2cm pieces)
1 can chick peas (drained and washed)
100g beans (halved)
2 medium zucchini (cut into 2cm pieces)
1 red capsicum (cut into 2cm pieces)
Handful of fresh coriander (chopped)
Greek yoghurt
Toasted flaked almond or pine nuts

Ras-el-hanout

(Moroccan Spice Blend)
2 tsp ground ginger
2 tsp ground cardamom
2 tsp ground mace
1 tsp ground cinnamon
1 tsp ground all spice
1 tsp ground coriander seeds
1 tsp ground nutmeg
1 tsp ground turmeric
1/2 tsp ground black pepper
1/2 tsp ground white pepper
1/2 tsp ground cayenne pepper
1/2 tsp ground anise seeds
1/4 tsp ground cloves

Combine all ingredients and transfer to a glass jar for storage.

Method

1. Heat the oil and sauté the onion for a few minutes. Add the garlic and ginger, then the Ras-el-hanout and harissa, stirring constantly.
2. Add the tomatoes and vegetable stock and bring to the boil, then lower the heat and add the dates, apricots, raisins and

preserved lemon followed by the pumpkin, carrots and sweet potato.

3. Simmer for 15-20 mins then add the chick peas, beans, zucchini and red capsicum and cook for a further 10 mins.
4. Take off the heat and stir in the coriander. Season to taste.
5. Top with a dollop of Greek yoghurt and toasted flaked almonds or pine nuts.

Serve with Quinoa. This recipe is gluten free (For vegan — don't top with yoghurt)

Organic red quinoa

1 cup organic red quinoa
2 cups water (cold)
1/4 tsp salt (optional)

Method

Wash quinoa well and strain. Put in pot with 2 cups of water (and salt, if using) and bring to the boil. Cover with lid, reduce the heat and simmer for 15 mins. Take off the heat and let sit for 5 mins. Fluff gently with a fork.



SMOKED SALMON AND RED CABBAGE SALAD WITH WASABI VINAIGRETTE

JUSTINE SCHOFIELD — CHEF AND CATERER
WWW.JUSTINESCHOFIELD.COM.AU



Serves: 4
Time: 20 minutes

Ingredients

8 slices smoked salmon
1 small bulb fennel, finely sliced
1/4 red cabbage, finely shredded
1 small handful mint leaves
1 small handful tarragon leaves

Vinaigrette

1/2 small cucumber, deseeded
and cut into small cubes
1 tsp dijon mustard
1 tsp wasabi paste
1 tsp mirin
1 tbsp rice wine vinegar
4 tbsp olive oil
1 1/2 tsp light soy sauce

Method

1. For the vinaigrette, whisk the mustard, wasabi, mirin and vinegar. While continually whisking, slowly pour in the oil. Now add the cubed cucumber.
2. On a large serving platter arrange the salmon in one even layer. Lightly toss the cabbage and fennel through a couple of tsp of vinaigrette and distribute over the salmon. Just before serving drizzle the rest of the dressing.

Ingredients

6 eggs
 1 tbsp sour cream
 1/4 tsp bi-carb soda
 30g kalamata or any black olives, deseeded
 60g Greek feta, cubed
 Handful of baby spinach leaves
 40g prosciutto crudo
 1/2 red onion, finely sliced
 Salt and pepper to taste
 Good quality frozen puff pastry (at room temp)
 Extra virgin olive oil spray (for greasing)

Method

1. Preheat oven to 180°C.
2. Mix all ingredients into a bowl except the onions, spinach and pancetta.
3. Heat oil in frying pan and cook pancetta and onions until golden. Remove from pan.
4. Using the same frying pan, add spinach and cook until wilted. Remove from pan. Set aside to cool.
5. Spray muffin tray with oil. Cut circle shapes from pastry and assemble into cups in the muffin tray.
6. Fill half of the pastry

cup with the egg mixture and add a tsp or desired amount of the pancetta mixture and the spinach.

7. Put tray in oven and bake for about 15-20 or until fluffy and golden.

Green Salad with Pomegranate Syrup

Mixed green leaves including rocket, spinach and cos lettuce leaves
 Pomegranate syrup
 Juice of half a small lemon
 2 slices of honey bacon*
 Olive oil
 Fresh pomegranate seeds

Method

1. Combine mixed leaves and seeds.
2. Combine lemon juice with syrup and olive oil to taste.
3. Drizzle dressing on the salad.

Pomegranate syrup

(used for salad dressing, drizzle on tart and drizzle on French toast)
 1/4 cup water
 1/4 cup caster sugar
 Seeds of 2 pomegranates
 1/4 cup of extra water to

be added if needed
 1 tsp of lemon juice

Method

1. Place sugar, water, lemon juice and pomegranate seeds into a small saucepan and simmer on medium heat for about 10 minutes.
2. Thicken slightly and add extra water if needed.

Honey Bacon for salad

2-3 pieces of bacon, any type
 2 tsp honey, per piece of bacon

Method

1. Preheat oven to 200°C
2. Place the pieces of bacon on a baking paper greased tray.
3. Drizzle honey onto each piece of bacon.
4. Place the bacon into the oven and cook for 10-15 minutes.
5. Cool and slice into thin strips for salad.

* Note: the bacon browns quickly so check it in the oven often.



Photo: Nicola Mullin

SPINACH, OLIVE AND FETA QUICHES

WITH GREEN SALAD WITH POMEGRANATE SYRUP

ISABELLA AND SOPHIA BLISS
 — JUNIOR MASTERCHEF CONTESTANTS



SPICY CHICKEN AND VEGETABLE LAKSA

CLAIRE MUKHI — FOOD GURU
WWW.FOODGURU.COM.AU

Serves: this recipe makes 6-7 litres and feeds 8-10 people.
To make half the amount simply halve the ingredients and spice mix

Ingredients

4 chicken breast fillets
1 spanish (red) onion — finely chopped
3 sticks of celery — finely chopped
1 x qtr cabbage
1 packet of Saucy Spice Co laksa spice mix*
3 x 400ml cans of coconut cream
2 tbsp peanut oil
2 tbsp lemon juice
2 tbsp brown sugar
2 tbsp fish sauce
4 litres water
Big pinch of salt
200g noodles of your choice
1 bunch of fresh coriander
Sliced spring onions for garnish

Method

1. Place chicken fillets in a large pot and cover with the water. Simmer covered until chicken is tender, approx 15 minutes.
2. Remove chicken from stock and allow to cool, then shred chicken into pieces.
3. Heat oil in a wok. Sauté onions and celery and cabbage until opaque, add contents of Saucy Spice Co laksa spice mix* and stir until fragrant.
4. Add one can of coconut cream, lemon juice, brown sugar, fish sauce and salt, simmer covered for approx 15 minutes.
5. Stir in poaching stock from chicken and add the remaining coconut cream and chicken. Cook for another 15 minutes.
6. Add noodles and fresh coriander and simmer until noodles are cooked.
7. Serve in a deep bowl and garnish with sliced spring onions.

* Saucy Spice Co spice mixes can be purchased online.



KALE, MUSHROOM AND ROASTED BEET PITA PIZZA

ADELE MCCONNELL-CUMMINS — VEGIE HEAD
WWW.VEGIEHEAD.COM

Serves: 2, easily doubled

Ingredients

2 large beetroots, peeled and quartered
1 garlic clove
1 tbsp lemon juice
1 tsp cumin powder
1 tbsp good quality olive oil
1 tbsp vegan sour cream
1 tsp safflower oil
2 cups mushrooms, peeled and sliced
1 large red onion, sliced
2 cups kale, finely chopped
Wholemeal pita bread

Method

1. Wrap the beetroot in foil, and bake for 1 hour at 180°C, or until soft.
2. Unwrap and allow to cool before handling.
3. Blend the beetroot, garlic, lemon juice, cumin powder, olive oil, and sour cream until you reach desired consistency; set aside.
4. Heat safflower oil in a heavy bottomed pan.
5. Sauté onions for 10–15 minutes until they begin to caramelise then add the mushrooms and cook for five more minutes.
6. Spread the beetroot dip on wholemeal pita bread, then top with onions, mushrooms, and half of the kale.
7. Bake at 180°C for 10 minutes, then remove and sprinkle with the rest of the kale.

Quinoa Salad

1/2 cup white quinoa
 1 red capsicum, diced
 1 Lebanese cucumber, diced
 Handful of rocket
 Handful of fresh flat-leaf parsley, finely chopped
 Handful of fresh coriander, finely chopped
 1 small red chilli, deseeded and finely chopped (optional)

Lemon Dressing

3 tbsp extra virgin olive oil
 Juice of half a lemon
 Sea salt flakes and freshly ground pepper, to taste

Chicken

400g free range chicken, sliced into thick strips
 1/2 tsp fennel seeds
 1/2 tsp cumin seeds
 1/4 tsp black peppercorns
 1/4 tsp sea salt
 1 tbsp oil

Method

1. Rinse the quinoa in a fine mesh strainer under running water for 30 seconds. Add to a medium saucepan with 1 1/2 cups of water and bring to the boil. Cover and reduce to simmer for 15 minutes. Strain any remaining liquid, and set aside to cool slightly.
2. For the chicken aromatics, combine the spices in a mortar and pestle and pound finely. Coat the chicken strips thoroughly in the spice mix.
3. In a large frying pan, heat 1 tbsp of oil to medium-high heat. Add chicken to pan and fry for around 5 minutes, turning halfway, until golden and cooked through.
4. To make the dressing, whisk all ingredients in a small bowl, add salt and pepper to taste.
5. In a large bowl, combine the cooked quinoa with salad vegetables and herbs. Place salad onto a serving platter with the chicken, and drizzle over the dressing.



FRESH QUINOA SALAD WITH AROMATIC CHICKEN

CHANEL GELLIN — CATS LOVE COOKING
WWW.CATSLOVECOOKING.COM



JEWELLED BIRYANI

JENNI HARRISON — KARMA CUISINE
WWW.KARMACUISINE.NET

Ingredients

- 1 1/4 cups Basmati Rice, washed and drained
- 2 1/2 cups mixed vegetables (eg 1 cup green beans, 1 cup finely diced carrot, 1/2 cup diced capsicum)
- 1/2 tbsp oil
- 1/2 tbsp nuttalex margarine (vegan version) or ghee
- 1 1/2 tbsp masala spice mix
- 2 tbsp sultanas
- 1 tbsp silvered almonds
- 2 cups cold water
- 3 bay leaves
- 1 bunch fresh coriander (separate stems and leaves and chop finely)

Masala Spice Mix (Small version for 1 biryani)

- 1/2 tsp ground cinnamon
- 1/2 tsp ground cardamon
- 1 tsp tumeric
- 1 tsp ground coriander
- 1 tsp curry powder
- 1 tsp salt
- 1 tsp sugar

Masala Spice Mix (large version to store)

- 5 tsp ground cinnamon
 - 5 tsp ground cardamon
 - 10 tsp tumeric
 - 10 tsp ground coriander
 - 10 tsp curry powder
 - 10 tsp salt
 - 10 tsp sugar
- Mix spices together. Store in a sealed jar.

Method

1. Heat oil and ghee in large frying pan. Fry vegetables for 5–10 minutes.
2. Add masala spice mix, sultanas, almonds, bay leaves and coriander stems. Fry 1 min til fragrant.
3. Add rice. Mix through vegetables, then add water.
4. Cover and simmer on low heat for 12–15 minutes.
5. Remove from heat and sit aside for 5–10 minutes with lid on until rice is fully cooked.
6. Garnish with fresh coriander leaves.



WARM ROASTED VEGETABLES

ALEX WOOD — OXFAM SUPPORTER

Serves: 8

Ingredients

1kg baby new potatoes (halved)
 2 medium onions (thickly sliced)
 6 large tomatoes (cut in 1/4)
 1 red capsicum and 1 yellow capsicum (sliced) or pumpkin instead of yellow capsicum, or even as well
 400g artichokes (cut in 1/2), I use tinned or from jar
 1 bunch rocket (or spinach)
 2 tbsp olive oil, I use a bit more, say 3 or 4
 1/4 cup brown sugar
 1 tsp salt, cracked pepper to taste optional
 2 tbsp balsamic vinegar

Method

1. In one baking dish place potatoes and onions, drizzle or paint on top of veg and bottom of pan, 1/2 of oil, sprinkle 1/2 of sugar and salt.
2. In 2nd baking dish place tomatoes and capsicums, sprinkle remaining oil, sugar and salt, also pepper if chosen to add.
3. Bake both in moderate oven (about 180° C) for 40–45 minutes until vegetables are soft.
4. Remove tomatoes and capsicums, increase temperature to 220°C and cook potatoes and onion for further 10 minutes, then add artichokes and cook for further 10 minutes.
5. Put all roasted vegetables in large bowl and toss with rocket (or spinach) and balsamic vinegar added, easier to put rocket or spinach in bowl then add vegetables on top and toss or not to keep veg separate. Better eaten on day of cooking and cooked as late as possible. Ok if reheated next day or two.



Photo: Brett Boardman

BEETROOT AND PINOT RISOTTO WITH KING PRAWNS

STEVEN SNOW — FINS RESTUARANT
WWW.FINS.COM.AU

Serves: 6

Ingredients

250ml extra virgin olive oil
4 tbsp butter
1 brown onion, finely sliced
2 garlic cloves, finely chopped
4 anchovy fillets, chopped
1 fresh bay leaf
325g arborio rice
250ml pinot noir
6 whole beetroot (beets), juiced
1 litre chicken stock
36 raw king prawns (shrimp),
peeled and deveined, tails left
intact
200ml dry white wine
2 tsp finely chopped parsley
200g baby english spinach
leaves, steamed, to serve
185ml saffron mayonnaise
— optional

Saffron mayonnaise

Makes 1 cup

8 saffron threads
1 egg yolk
1 tsp dijon mustard
100ml vegetable oil
100ml extra virgin olive oil
1 tbsp white wine vinegar

Method

1. To make the beetroot and pinot risotto, heat 100ml of the olive oil with 2 tbsp of the butter in a saucepan over medium-high heat. Add the onion, garlic, anchovies and bay leaf and cook for 8-10 minutes, or until golden.

2. Add the rice and stir to coat in the oil. Add 1/2 cup of the pinot noir and stir constantly until absorbed. Repeat with the remaining wine and stir in half the beetroot juice. When almost all the liquid is absorbed, add the chicken stock and remaining beetroot juice a little at a time, allowing almost all the liquid to be absorbed before each new addition.
3. Season with sea salt and cracked black pepper, to taste. Continue cooking, stirring until the rice is tender and most of the liquid has been absorbed, the whole process should take about 25 minutes.
4. Heat the remaining olive oil in a large frying pan over high heat. Add the prawns and cook for 1 minute on each side, or until they turn pink and start to curl.
5. Season with sea salt, then add the white wine, cooking until almost all the wine has been absorbed. Add the remaining butter to the pan and cook for 1 minute, stirring to coat. Add the parsley and stir through just before you are ready to serve.

6. To serve, place a mound of risotto on individual plates (you can use a small ramekin as a mould, wet it with a bit of hot water first so the rice doesn't stick). Arrange the prawns and steamed spinach around the risotto and drizzle any remaining pan juices over the top. Garnish with a dollop of saffron mayonnaise (optional).

Method for saffron mayonnaise

1. Simmer 100ml water and the saffron threads in a saucepan over low heat for 20 minutes, or until about 2 tsp of liquid remains. Set aside and allow the flavours to infuse for 20 minutes.
2. Put the egg yolk and dijon mustard in a blender and blend until smooth. Combine the vegetable oil and extra virgin olive oil and, with the motor still running, slowly drizzle in the oils until it is all used up and you have a thick, creamy mayonnaise.
3. Mix in the saffron water and vinegar. Season to taste with sea salt and refrigerate until needed. Saffron mayonnaise can be stored in an airtight container for up to 5 days.



PUMPKIN AND EGGPLANT CURRY WITH POMEGRANATE

ALANA LOWES — A MORISH DISTRACTION
WWW.ALANALOWES.COM.AU/AMORISHDISTRACTION

Ingredients

2 tbsp grape seed oil
 2 garlic cloves, finely chopped
 2cm knob of ginger, finely chopped
 2 coriander roots, finely chopped
 2 tsp cumin seeds, ground
 2 tsp fennel seeds, ground
 1/2 tsp ground turmeric
 1/4 tsp ground cayenne pepper
 1 long red chilli, finely chopped
 1 large eggplant, cut into 2cm cubes
 600g pumpkin, cut into 2cm cubes
 2 cups water
 1/2 cup red lentils
 Zest and juice of 1/2 lemon
 Salt and pepper

Method

1. Place a large saucepan over a medium heat. Heat the grape seed oil in the saucepan and add your garlic, ginger and coriander root. Gently fry until fragrant without colouring (approx 1 min). Add the ground spices and chilli and stir, add the pumpkin and stir to coat in the garlic and spices. Continue to fry until the

spices are fragrant and the edges of the pumpkin start to soften. Be careful not to burn the spices.

2. Add the eggplant, water and lentils and stir to combine. Place a lid on the saucepan and allow to simmer for 8-10 minutes. Remove the lid and continue to simmer for a further 3-5 minutes or until the pumpkin and the lentils are cooked through, but not mushy.
3. Stir through the fresh lemon zest and lemon juice and season with salt and pepper.
5. To serve, divide between bowls and top with yoghurt, fresh coriander leaves and pomegranate seeds.

Handy Hint Coriander roots are at the ends of the fresh coriander leaves. Just cut the stalks about 1cm from the root, rinse and finely chop.

BEETROOT AND GOATS CHEESE RAVIOLI IN LEMON BUTTER SAUCE

ALVARO MAZ — FOOD WORDS MAZ
WWW.FOODWORDSMAZ.WORDPRESS.COM

Ingredients

2 medium size beetroots
100g goats cheese
1 lemon juice
1 tsp butter
2 tbsp toasted sliced almonds
Pasta dough
200g plain flour
2 eggs
For dusting: fine semolina

Method

1. Peel beetroot and boil in a pot with enough water to cover them, until soft. Drain and puree beetroot in a bowl. Add 2/3 goats cheese, salt and pepper.
2. For pasta dough, combine flour and a pinch of salt in a large bowl. Form a well, add eggs, stir to incorporate and form a dough, adding a little water if dough is too dry. Turn onto a lightly floured surface and knead until smooth (8-10 minutes). Cover in plastic wrap and set aside to rest (1 hour).
3. Divide dough in half. Working with one piece at a time, feed dough through pasta machine, starting at widest setting and lightly flouring dough as you fold and feed it through, reducing settings notch by notch until pasta sheets are 2mm thick. Cut out 24 10cm diameter rounds with a pastry cutter.
4. Place 2 tsp pork mixture in the centre of each round, brush edges with water and fold to form a half-moon shape, pressing edges to seal. Set aside on a tray dusted with semolina.
5. Meanwhile, cook mezzalune in a large saucepan of boiling salted water until al dente (4-5 minutes).
6. In a small saucepan melt butter and add lemon juice.
7. Arrange mezzalune in serving bowls, spoon over lemon butter sauce and remaining goats cheese. scatter with sliced almonds and parmesan and serve hot.



Ingredients

1 medium size beetroot, unpeeled
 1/4 medium size fennel bulb
 1 fuyu persimmon (the variety that is eaten crunchy)
 50g goats milk feta
 1/4 cup shelled pistachios
 1/4 pomegranate
 1 tsp chopped dill

Dressing

Juice of 1 small lime
 1/2 tbsp extra virgin olive oil
 Salt and pepper

Method

1. Wash the beetroot so that any excess dirt is removed, and chop off the stems and root. Place the beetroot in a small pot of boiling water and cook until a knife easily cuts into the flesh. Remove from the pan and get out your rubber gloves, unless you want beetroot coloured hands for the next few days!
2. Peel the skin off the beetroot, cut into quarters and then slice the quarters into very thin discs. Arrange the slices onto a large flat plate in whichever shape you want — I like a circular arrangement.
3. Using a large, sharp knife, slice the fennel into very thin, almost translucent slices. Place the fennel

on top of the beetroot in a 2-3cm layer, mirroring the arrangement of the beetroot.

4. Remove the core and seeds from the persimmon and also slice into thin discs. Place them on top of the fennel.
5. Roughly chop the pistachios and lightly dry-fry them in a small saucepan until they are slightly browned. Remove from heat and allow to cool. Carefully remove pomegranate seeds from the shell, make sure you don't squeeze the juice out (it's a good idea to do this in the sink as pomegranate seeds can squirt a lot and you'll have bright pink splotches everywhere!)
6. Crumble the feta with your fingers and then scatter evenly over the other ingredients on the plate. Scatter cooled pistachios over the pile and then the chopped dill.
7. To make the dressing, whisk together lime juice, olive oil, salt and pepper in a bowl and drizzle over the salad. Stand back and admire your work of art and then, enjoy!

(A pomegranate, lime and Cointreau martini goes very nicely with this crunchy salad!)



PERSIMMON, POMEGRANATE AND PISTACHIO JEWELLED SALAD

CLARE DAVIDSON — OXFAM SUPPORTER



ZUCCHINI PASTA WITH A FRESH TOMATO SAUCE

JACQUELINE DONALDSON — VEGIE ATLAS
WWW.VEGGIEATLAS.COM

Ingredients

2 medium sized zucchini (courgette)
1 medium onion, finely diced
1-2 cloves garlic, finely diced or crushed
1 red capsicum, finely diced
3 large field mushrooms or 200g mushrooms, diced
1 small head of broccoli, cut into small florets
300g cherry tomatoes, halved; or tomatoes, chopped
1 can cannellini beans (or 200g cooked) — optional
10-20 olives
1/2-1 red chilli, finely diced
1 tbsp fresh oregano
Salt and pepper to taste
1-2 tbsp olive oil

Method

- To make zucchini "pasta" if you don't have a mandolin: **spaghetti**: cut the zucchini lengthways into 3mm slices (or as thinly as you can), then thinly slice into long, thin strips; **fettuccine**: use a vegetable peeler and peel off long strips.
- To cook "pasta": boil salted water then place the zucchini strips in for 1 minute, drain and serve immediately your sauce

Fresh Tomato Sauce

- Heat olive oil in a large frypan and add the onion, cooking until translucent.
- Add the garlic, mushrooms, chilli and oregano, cooking until the mushrooms are starting to soften.
- Add the capsicum and broccoli, cook for 3 minutes then season with salt and pepper and add the cherry tomatoes, olives and cannellini beans, covering with a saucepan lid.
- After a few minutes, or until the tomatoes are just starting to break apart, serve on top of zucchini "pasta".

Serves: 2

Ingredients

4–6 wedges roast butternut squash
1 can chickpeas, drained
2 handfuls baby spinach
Small handful almonds
4–6 tbsp natural yoghurt

Method

1. If the squash is cold, warm in the oven (200°C/400°F for 10 minutes) or heat with a little oil in a frying pan.
2. Add chickpeas and allow to warm for a few minutes.
3. Divide baby spinach on two plates. Top with warm chickpeas and squash.
4. Season yoghurt generously with salt and pepper and drizzle over the salad. Top with almonds.

Variations

Dairy-free/vegan: make a tahini dressing instead using 2 tbsp each tahini, lemon juice, water and olive oil.

Don't have any roast squash?: replace with other roast veg OR some roast red capsicum (bell peppers). Or finely sliced fresh red capsicum (bell peppers).

Nut-free: just skip the almonds or replace with a handful of toasted sourdough breadcrumbs.

Chickpea alternatives: any cooked or canned legumes are good here. Try cannellini beans or lentils. Puy or French-style lentils are particularly lovely. Or just double the roast squash and forget about the chickpeas.



Photo: Jules Clancy

WARM SALAD OF CHICKPEAS AND BUTTERNUT SQUASH

JULES CLANCY — THE STONE SOUP
WWW.THESTONESOUP.COM



ROASTED VEGETABLES WITH PESTO AND FETA

JULIE FERRARI — JUST WANNA COOK
WWW.JUSTWANNACOOK.WORDPRESS.COM

Ingredients

2 red capsicum, cut into large chunks
 2 large red onions, cut into wedges
 2 carrots, peeled and sliced
 2 sprigs of rosemary
 4 whole garlic cloves, peeled
 2 large kumara, peeled and cut into large cubes
 2 sticks of celery, chopped
 1 large eggplant, cut into large dice
 2 zucchini, cut into thick slices
 1 bunch of asparagus, cut into large pieces
 12 cherry tomatoes
 1 small tub tomato paste
 4 tbsp basil pesto
 1 container of persian feta
 Olive oil
 Salt and pepper

Method

1. Preheat oven to 200 degrees.
2. Place garlic cloves, rosemary and all vegetables, except asparagus and tomatoes in a large baking dish.
3. Mix in oil, salt and pepper.
4. Place in oven and cook for 1 1/2 hours, stirring occasionally, until vegetables start to fall apart and caramelize.
5. Stir in asparagus and tomatoes and cook for another 10 minutes.
6. Mix in tomato paste, pesto and feta. Cook for another 10 minutes.
7. Serve either hot or at room temperature. This is tasty spooned over couscous.



BAKED QUINOA RISOTTO, WHOLEFOOD STYLE

LESH KARAN — THE MINDFUL FOODIE
WWW.THEMINDFULFOODIE.COM

Serves: 3 as a main, or 4 as a side

Ingredients

1 cup quinoa, thoroughly washed
3 tbsp olive oil
1 celery stalks finely diced
One red onion, finely diced
4 cloves garlic, finely diced
1/2 tsp chilli flakes, or to taste
A handful of fresh herbs, like thyme and rosemary or 1 tsp dried thyme
1/2 small sweet potato, about 150g (1 cup), diced into small cubes
8 medium mushrooms, diced
1 cup sprouted mung beans (or use 1 cup of any cooked legumes, like chickpeas and kidney beans)
3 cups homemade stock
1 large broccoli head, chopped into small florets (about 3 cups)
Sea salt, to taste
Juice of half a lemon

Method

1. Preheat oven to 150°C fan-forced (170°C conventional).
2. In a large pot (that is also oven-proof and has a lid) heat 2 tbsp of the olive oil over medium heat. Sweat the celery for about 5 minutes then add the onions, chilli, garlic and herbs. Sweat for another 5 minutes, stirring continuously.
3. Next, add the sweet potatoes and sauté for another 3-5 minutes before stirring in the mushrooms, quinoa and legumes.
4. Season with salt and add stock. Put the lid on and pop the pot into the oven. Bake for 15 minutes, then remove and stir in the broccoli.
5. Place the lid back on and bake for another 15 minutes. Then check whether the sweet potato has cooked through. If not, bake for a few more minutes.
6. Stir in the remaining tbsp of olive oil. Season to your taste and add lemon juice.

Ingredients for involtini

2 medium sized eggplants
 1 log (150g) goats cheese
 150g ricotta cheese
 Large handful baby spinach leaves
 5 fresh sage leaves
 50ml extra virgin olive oil
 Pepper

Ingredients for peperonata sauce

2 red capsicums, diced
 1 yellow capsicum, diced
 1 red onion, diced
 2 cloves of garlic, crushed
 400g tin of crushed tomatoes
 Handful of flat-leaf parsley, including stalks, roughly chopped (keep separate)
 Salt and pepper
 Extra virgin olive oil

Method to serve as part of an antipasto platter

1. Slice the eggplants lengthways, into slices half a centimetre thick.
2. Spray or brush liberally with olive oil and grill or barbecue for approximately 3 minutes each side, or until cooked through.
3. Finely chop the spinach and sage leaves.
4. Combine the goats cheese, ricotta, spinach, sage and olive oil.

5. Season with a generous grinding of fresh pepper.
6. Spread each slice of eggplant with a spoonful of the cheese mixture and roll up.

Method to serve as a main dish

1. Make the peperonata sauce saute the capsicum in some olive oil over medium heat.
2. Cook slowly, covered, for 10 minutes until sweet and soft.
3. Add the onion, garlic and parsley stalks and fry for a minute.
4. Stir in the tomatoes, reduce heat to low, and cook for another 20 minutes.
5. Season with salt and pepper to taste.
6. Place the involtini into a 20 x 25cm baking dish in a single layer.
7. Cover with the peperonata sauce and top with a little mozzarella cheese.
8. Bake for 10-15 minutes at 200°C until the cheese is melted and the involtini are hot through. Serve topped with fresh parsley leaves and a glug of extra virgin olive oil.



EGGPLANT AND GOATS CHEESE INVOLTINI

OLIVIA MACKAY — SCOFF AND QUAFF
WWW.SCOFFANDQUAFF.ME

ROASTED PUMPKIN, FETA AND SPINACH SALAD

MATT WILKINSON — SPUDBAR



Serves: 4 to share

Ingredients

1 butter nut squash peeled, deseeded and roughly chopped into chunks
 200ml olive oil
 Salt and pepper
 2 tbsp honey
 75ml redwine vinegar
 2 tbsp currants (soaked in warm water for 5 mins then drained)
 2 tbsp pinenuts toasted (in oven 200°C for 3 minutes)
 100g feta
 2 cups mixed spinach and rocket
 40g crushed organic almonds
 30g pumpkin seeds

Method

1. Preheat oven to 220°C.
2. Place the pumpkin onto an oven tray and mix in the 100ml of olive oil then season with salt and pepper. Place into the oven for 25-35 minutes turning every now and then until golden brown and cooked. Take out of the oven and let rest until warm.
3. For the pinenut and honey dressing take a 1 litre pot add the honey and place onto a medium flame. Bring

the honey to a boil then add the vinegar and reduce by a 1/4.

4. Add the remaining 100ml of olive oil and bring back to the boil. Take off the heat. Quickly stir in the drained currants and pinenuts and keep at room temp. This dressing will keep for two months in an airtight container in the cupboard, for later use.
5. Whilst the pumpkin is warm, place into a mixing bowl and add 5 tbsp of the pinenut dressing, mix in some of the feta and spinach and present on a plate as you wish. To finish sprinkle the almonds and pumpkin seeds over the top.

Ingredients for Kofta

1/2 cabbage head finely chopped
 Pinch of roasted jeera/cumin
 1 green chilli finely chopped
 Pinch of red chilli powder
 1 tsp coriander powder
 1 tsp fennel seeds
 3-4 tbsp besan
 1 tsp cornflour
 Oil for frying

Ingredients for Gravy

2 cups of tomato paste
 1/2 tsp of jeera/cumin
 1 tbsp ginger garlic paste
 Pinch of turmeric
 1 tsp red chilli powder
 1 1/2 tbsp coriander powder
 1 tsp cumin powder
 2 tbsp cashew powder
 1/2 to 3/4 cup of yoghurt beated or (khoya)
 1 tsp dry mint powder or dry fenugreek leaves powder
 Oil for cooking

Method for kofta

1. Boil finely chopped cabbage for 2 minutes or so.
2. Squeeze out all the water from the cabbage and mix rest of the ingredients in cabbage.
3. The mixture should be such that you can hold it in your hands and make small balls out of it.
4. Heat the oil on slow flame, avoid heating oil too hot and

drop the balls in oil and fry them on slow heat until they are golden brown and then once cooked remove them and set aside.

Method for Gravy

1. Heat some oil in the pan, add cumin and tomato paste, little salt, turmeric and ginger garlic paste.
2. When the tomatoes are cooked and you are beginning to see some oil droplets on top of the tomato, then add the red chilli powder, coriander powder and cumin powder and mix well and then add the beaten yoghurt to it (or alternatively add khoya and powdered cashew mix). Stir and mix all the ingredients properly. Make sure to keep stirring otherwise yoghurt will separate.
3. Add 3 cups of water and bring it to a boil till gravy is cooked.
4. Lastly add the dried mint powder and let it cook and thicken. Add the koftas and cook further for a few more minutes and garnish with lots of green coriander.



CABBAGE KOFTA IN THICK SAUCE

NEHA AWASTHI — VANILLA VEGETARIAN
WWW.VANILLAVEGETARIAN.COM



NELLA'S SIMPLE SALSA SALAD

NELLA BEREZHNYAYA — OXFAM SUPPORTER

Ingredients

1 1/2 cup whole black beans
 2 cup whole kernel cut corn
 3 medium tomatoes
 2 large avocados
 1/4 cup chopped cilantro
 1 medium lime (squeezed juice)
 1/4 to 1/2 tsp sea salt (add to taste)

Method

1. Drain and rinse the black beans and corn, add to a large bowl.
2. Dice the tomatoes and avocado. Squeeze lime juice over the diced avocado. Add tomatoes and avocado to the bowl.
3. Chop up the cilantro and add it to the bowl as well. Gently mix the ingredients.
4. Add salt and more lime juice to your preferred taste.

Enjoy as a simple salsa salad, as a dip for your chips, or as a garnish for chicken, shrimp or white fish.

Simple Salsa Salad is vegan, healthy and delicious. Happy Cooking!

CHAWAN MUSHI WITH GARDEN VEGETABLES

DANIELLE GJESTLAND — WASABI RESTAURANT
WWW.WASABISB.COM



Ingredients for Custard

194g egg
388g dashi (konbu and bonito stock)
5g salt
3ml light soy
1 pinch of sugar

Method

1. Mix dashi, salt, light soy and sugar (ingredients must be room temperature). In a separate bowl, mix eggs well.
2. Combine the two bowls and strain liquid through a sieve. Pour the liquid into your serving bowl and skim the bubbles off the surface of the egg mixture. Cover with cling wrap and steam for 15 minutes over medium.
3. Test centre with a skewer to check if custard is set. Place back in steamer for a few more minutes if liquid is still in the centre. Cool after cooking and refrigerate.
4. Garnish custard with any vegetables you have access to. Below is what we use at Wasabi.

Ingredients for pickled radishes

2 red radishes (1 diced to 3mm x 3mm and one sliced into rounds)
50ml rice vinegar
10g sugar

20ml water
5g konbu
1 pinch salt
5ml yuzu juice

Method

Mix all ingredients and soak the diced radish in pickling liquid overnight.

Ingredients for cooked lotus root

2 slices of lotu root
100ml dashi
10ml mirin
1 pinch salt
10ml light soy

Method

Boil mirin then combine all other ingredients and cook lotus root on low heat for 30 minutes.

Ingredients for marinated tonburi

20g tonburi (fern seeds)
10ml sake
10ml mirin
20ml dark soy
1 pinch sugar

Method

Boil sake and mirin then add other ingredients and mix. Add tonburi and marinate for 1 hour.

Garnish

4 edamame pods
Julienne dried chilli
Mitsuba Japanese parsley
Micro red shiso

BAKED EGGPLANT WITH LAMB AND PECORINO

RICCARDO MOMESSO — SARTI RESTAURANT
WWW.SARTIRESTAURANT.COM.AU

Serves: 14

Ingredients

14 small eggplants
Salt
1kg pork mince
2kg lamb mince
4 eggs
1 tbsp dried oregano
2 tbsp chopped flat-leaf parsley
2 garlic cloves, chopped
200g bread, torn into pieces and soaked in 200ml milk
Sea salt and freshly ground black pepper
2 litres tomato sugo
100ml olive oil
200g pecorino, grated

Method

1. Cut the eggplants in half, score them and salt them. Leave them in the salt for 35-40 minutes.
2. Wash the eggplants and place in a pot of cold water. Bring to the boil, cook for about 5 minutes, or until tender, then drain and leave to cool. Once cool, scoop out the pulp, squeeze out the excess water and chop roughly.
3. In a large bowl, place the lamb and pork mince, eggs, oregano, parsley, garlic, the milk-soaked bread (with excess liquid squeezed out) and the eggplant pulp. Mix and season well with salt and pepper. Fill the scooped-out eggplants with the mixture and set aside.
4. Preheat the oven to 180°C. Heat the oil in a non-stick frying pan over medium heat and sear the eggplants until golden brown.
5. Place in a deep baking tray and spoon the tomato sugo over the top. Sprinkle with the pecorino, cover with



foil and bake for about 40 minutes. Remove the foil and bake for a further 10 minutes, or until golden brown. Eat immediately.



TRICOLOURED TERIYAKI VEGGIES

... ON A BED OF TOASTED SESAME RICE

SUE OGILVIE — OXFAM SUPPORTER

Ingredients

- 1 medium onion
- 2 cloves garlic
- 3 spring onions
- 200g green beans
- 5 medium carrots
- 1 large red pepper
- 1 dsp grated ginger
- 1 tbsp vegetable oil
- 1 tsp sesame oil

For teriyaki sauce

- 1/2 cup of teriyaki base (mirin, dashi and soy sauce in equal parts)
- 1 tbsp brown sugar
- 1 dsp mustard powder
- 1 tsp cornflour dissolved in 1/2 cup water

For rice

- 2 cups basmati rice
- 1 tbsp toasted sesame seeds

For garnish

- Nori strips (dried seaweed)
- Extra toasted sesame seeds

Method

1. Rinse the rice and put aside. Dry-toast the sesame seeds in a small saucepan (you can toast extra for another time, they keep well in a container).
2. Prepare the vegetables. Peel and thinly slice the onion. Trim the spring onions and chop. Peel the garlic cloves and chop

roughly. For the tricoloured veggies, trim the ends of the beans but keep them whole. Quarter the carrots lengthways. Cut the red pepper into full length strips.

3. Before you start the stir-fry, put the rice on to cook (whichever method you prefer), and prepare the sauce.
4. For the teriyaki sauce, combine all ingredients and set aside to add to the stir-fry at the end.
5. Pour the two oils into a wok or a large frying pan. Heat oil over a high heat. Add the onions, garlic, spring onions and ginger, and sauté for two minutes.
6. Add the tricoloured veggies. Stir-fry on high for 5 minutes, stirring constantly. Season with salt and pepper. Add the teriyaki sauce, which will thicken as you continue to stir.
7. Stir 1/2 tbsp toasted sesame seeds through the rice, and reserve the other half for a garnish. Place rice in your favourite bowls, and arrange the tricoloured teriyaki veggies on top.
8. Garnish with remaining toasted sesame seeds and a good sprinkling of nori strips. Serve immediately and enjoy!

BEETROOT AND CHOCOLATE

TORI HASCHKA — EATORI
WWW.EATORI.COM

Serves: 4-6

Equipment

1 roasting tin
1 microplane/grater
Foil

Ingredients

2 bunches of fresh beetroot of varying colours (10-12 beetroots in total)
2 tbsp of olive oil
1 tbsp of sea salt
2 tbsp of grated very dark fair trade chocolate (minimum 70% cocoa solids, but 85-90% is best)

Method

1. Heat the oven to 200°C/400°F.
2. Wash the beetroot to remove any dirt and trim the stalks to leave a few centimetres of stalk left.
3. Ensure all the beetroot are around the same size. If some are markedly different, cut them in half to ensure an even cooking time.
4. Drizzle the beetroots with olive oil and season with salt.
5. Cover the roasting tray with foil. Place the tray in the oven and bake for 1 1/2-2



6. hours until a skewer easily passes through the centre of the beetroot. The beetroots should be cooked well enough for the skins to peel off in your hands (allow the beets to cool a little before you start trying to peel off the skin. It's also wise to wear kitchen gloves to protect your hands from staining bright pink or red).
7. Grate the dark chocolate over the top of the beets. Season with a little extra salt and pepper. You can serve these either hot or warm.

SPICED COCONUT PUMPKIN

YVONNE TESSENSOHN-BLEACH — RED HOT SPATULA
WWW.REDHOTSPATULA.COM.AU

Ingredients

300g Pumpkin (cut into large cubes)
2 tbsp oil

Ingredients for paste

1 medium onion
2 cloves garlic
2 fresh red chillies
2 candlenuts
3/4 cup water
1/4 cup coconut milk
Salt to taste

Method

1. Heat oil in a pan. Once pan is hot add in spice paste, fry spice paste till fragrant and almost dry.
2. Add in Pumpkin. Stir well. Once pumpkin is well coated add in 3/4 cup of water. Cover pan and allow pumpkin to cook for approximately 10 minutes.
3. Once pumpkin is par cooked add in 1/4 cup of coconut milk and salt to taste.
4. Stir well and continue cooking till pumpkin is tender and the gravy thickens.



ROASTED BAMBOO SHOOT WITH RED CAPSICUM

TEAGE EZARD — EZARD / GINGERBOY RESTAURANT GROUP
WWW.EZARD.COM.AU

Ingredients for black bean soy sauce

3 red shallots, finely chopped
4 garlic cloves, finely chopped
15g (approx 3cm) fresh ginger, peeled and finely chopped
50g dehydrated salted black beans
1/2 tbsp freshly ground black pepper
150ml light soy sauce
2 tbsp gula melaka
80ml lime juice
2 1/2 tbsp Chinese black vinegar

Ingredients for roasted bamboo shoot with red capsicum

500g fresh bamboo shoots
16g garlic cloves, peeled
300ml vegetable oil
1 white onion, thinly sliced
300g red capsicums, cut into

1cm thick strips
200g zucchini, halved lengthways and cut into 2-3mm thick slices
1 bunch of kangkong, leafy part only, thinly sliced
2 tbsp shaoxing rice wine
1 cup crispy fried taro
1 handful of mint leaves

Method for black bean soy sauce

1. Place all of the ingredients in a large bowl and combine well. Taste for seasoning and adjust if required. Set aside.

Method for roasted bamboo shoot with red capsicum

1. Preheat the oven to 180°C
2. Place the bamboo on a

baking tray and roast for 45 minutes until tender. Cut off the outside of the bamboo and discard. Cut the bamboo in half lengthways, then cut into quarters and finally into 1cm thick slices.

3. Combine the garlic and oil in a small saucepan over low heat and cook for 1 hour until soft. Remove from the heat and set aside to cool.
4. Place a wok over high heat, pour 3 tbsp of the garlic cooking oil into the wok, add the onion and fry for 1 minute. Next, add the bamboo, capsicum and zucchini, add the kangkong and confit garlic and gently



Photo: Earl Carter

toss, trying not to break up the garlic. Add the shaoxing wine and the black bean soy and cook for 2 minutes. Take the wok off the heat.

5. To serve pour the contents of the wok straight into a deep serving bowl and garnish with the crispy fried taro and mint.



PUMPKIN AND CORIANDER SOUP

ROBERT MANNING — OXFAM SUPPORTER

Ingredients

1kg butternut pumpkin
3 brown onions
1 bunch of coriander
1 tbsp cracked black pepper
1 litre water or vegetable stock
50g butter or 1 tbsp oil
Optional 300ml cream

Method

1. Dice pumpkin and onions, then brown with cracked pepper on high heat until onions are soft.
2. Add water and bring to the boil. Simmer for 15 minutes.
3. Remove from heat, add coriander and blend.
4. Garnish with coriander leaves and serve.
5. Optional: add 300ml of cream, blend, then garnish with coriander and serve.



POTATO FRY

ATIYA KARIMSHAH — OXFAM SUPPORTER

Serves: 6–8

Ingredients

4 large brushed potatoes diced with skin
 1 red onion finely diced
 2 red chillies chopped
 2 cloves of garlic crushed
 1 red capsicum diced
 2 tsp coriander powder
 2 tsp cumin powder
 1 bunch fresh coriander roughly chopped
 1 tin of crushed tomatoes
 1 tsp salt
 1 tbsp tomato paste

Method

1. In a large saucepan fry onion and garlic in some olive oil until caramelised.
2. Add potatoes and cook for a few minutes until coated add salt, coriander powder, cumin powder, tomato pastes, crushed tomatoes and half a cup of water.
3. Simmer for 20–30 mins or until potatoes are cooked but firm.
4. Add capsicums and half the fresh coriander and fresh chillies and simmer for another 10 minutes.
5. Stir through 1 cup of freshly made jasmine rice and the rest of the coriander just before serving.

Serves: 4

Ingredients for roasted curry powder

You will have more curry powder then needed in this recipe, store in an air-tight jar for up to 2 months.

2 tbsp corriander seed
1 tsp fennel seed
1 tbsp cumin seed
1 tsp black pepper
3 cardamon pods
Sprig of curry leaves
1 tsp ground turmeric
1 tsp ground chilli powder
1/2 tsp cinnamon
1 tsp ground roasted rice

Ingredients

1 tbsp coconut oil or vegetable oil
1 onion, sliced
3 cloves garlic, finely diced
1 tsp ginger, finely diced
4 small or large green chillies (if you like it hot then use the small ones)
1 tsp ground mustard powder
1 tsp mustard seeds
2 tsp fenugreek seed
1 tsp ground corriander seed
1 tsp ground cumin
3 tsp Maldive fish flakes/chips (optional if you would prefer a vegan curry)
2 sprigs curry leaves
2 sticks of cinnamon
2 pandan leaves, roughly chopped (optional)
500g pumpkin, diced
2 cups of coconut milk

Ingredients roasted rice and coconut

1/2 cup long grain rice
1/2 cup dessicated coconut

Method

1. To make the roasted curry powder place a medium sized fry pan over low heat, add all spices and curry leaves and dry-roast for about 10 minutes, until spices smell delicious and have turned slightly golden.
2. Place spices and curry leaves in a mortar and pestle, allow to cool, then grind until you form a fine powder. This alternatively can be done in a coffee grinder or Thermomix. Set aside.
3. To make the curry place a large saucepan over medium-high heat, add oil and gently fry onions until translucent then add remaining ingredients in order that they are listed. After you have added the coconut milk, reduce heat to low or a gentle simmer and cook pumpkin until tender. If coconut milk is reducing too quickly, add more coconut milk, you do not want a dry curry.
4. To make roasted rice and coconut powder place a small fry pan over medium

heat add rice and dry-roast until golden, this may take up to 10 minutes, remove from frypan and then repeat process with coconut, this should only take a few minutes.

5. Place roasted rice and coconut in a mortar and pestle and grind to a paste. Set aside.
6. Once pumpkin is tender, add 2 heaped tsp of roasted curry powder and roasted rice and coconut powder, stir until combined, then serve with steamed rice and other Sri Lankan accompaniments like dahl and roti. Enjoy!



SRI LANKAN PUMPKIN CURRY

DANI VENN — EAT, LAUGH, LIVE
WWW.DANIVENN.COM

IRISH STEW

JUDE BLEREAU — WHOLE FOOD COOKING
WWW.WHOLEFOODCOOKING.COM.AU

GLUTEN FREE

This is a classic example of thrifty cooking and reflects the truth that to eat well does not mean you need to spend a lot of money. Lamb necks are cheap, meaty, exceptionally nourishing, tender and taste great. They enable you to buy meat that is ethically raised in a sustainable fashion. This is a classic soupy, stew of a meal, where the humble cut of neck, rich with bone and marrow transfers its bounty of nourishing goodness to the surrounding broth. Parsnip when in season is a must have addition. You could be entirely decadent and serve this drizzled with herb butter — especially stuffed a little into any potatoes that are still whole. Otherwise, simply sprinkle with the parsley and chives. You can easily do this dish in a slow cooker, but I would do the basic sauté in a pan over heat, as you will get a better flavour and will most likely need to reduce the liquid over a high heat at the end.

NUTRITION NOTES

If you can use a lovely home made, well gelatinised chicken stock you will not only make the meal easier to digest, but enable your body to use more of the protein in the stock and the meat.

Ingredients

Prepare the meal the night before

2 tbsp organic pearled barley soaked overnight in water to cover by 2cm with 1 tsp whey or 2 tsp yoghurt.

Ingredients

The next day

2 tsp butter or ghee
1 medium onion, cut in half and finely sliced
2 small leeks (or 1 larger leek), finely sliced and well washed
1 good size stem fresh thyme roughly torn
3 cloves garlic, roughly chopped
4 sticks celery roughly cut
6 medium carrots sliced on the diagonal about 2 cm thick
1 or 2 small potatoes per person, if large, cut in half
6–8 pieces of neck (best end), on the bone, fat trimmed
Sea salt and freshly ground black pepper to taste
Herbs as followed, tied together:
3 stems parsley, 1 stem fresh marjoram and thyme, leaves still on, 3 bay leaves
1/2–1 tsp tamari
Handful each flat leaf parsley and chives, finely chopped for serving

Herb Butter

60g unsalted butter, softened
1 tbsp flat-leaf parsley, finely chopped
Small handful fresh chives, finely chopped
2 tsp fresh thyme, finely chopped

Method

1. Preheat the oven to 150°C (or 140°C fan forced).
2. Strain the barley from the water, discarding the water.
3. Using a 28cm French oven add just a little butter and sauté the leek, thyme and onion over a gentle heat for 2–3 minutes, then add the garlic and cook for another minute. Remove 1/2 into a bowl and set aside.
4. Having prepared the other ingredients, begin to assemble the stew: Place half the carrots and celery on top of the onion mix, topped by 3–4 pieces of neck followed by half the potato.
5. Sprinkle with salt and pepper, half the barley and top this with the fresh herbs. Repeat the layering with the remaining onion mix, carrots, celery, meat, barley and potatoes.
6. Add the tamari and enough water (or stock) to barely cover the stew. Cover with a lid and place in a moderate oven and cook for a minimum of 4 hours.
7. Remove from oven and take off lid — then skim as much fat as possible from the broth. Remove the meat, place in a dish and cover.
8. Return the pot to the stove and place over a medium-high heat for about 15–30 mins, to slightly reduce. The potatoes should be partly broken down, also helping to thicken the broth. Return the meat to the pot, and sprinkle liberally with chopped parsley and chives.
9. To make the herb butter mix all ingredients together. If you have any left over, this will keep well, covered in the fridge.



PUMPKIN SOUP MEDLEY

LIZ POSMYK — BIZZY LIZZYS GOOD THINGS
WWW.BIZZYLIZZYSGOODTHINGS.COM

Serves: 6-8

Ingredients

1kg pumpkin, peeled and diced
 2 onions, peeled and chopped
 2 carrots, peeled and sliced
 1 parsnip, peeled and sliced
 1 swede, peeled and diced
 1 stick celery, whole
 2 potatoes, peeled and diced
 2 rashers bacon (optional), rind and fat removed
 6 cups good chicken or vegetable stock
 1 tbsp sour cream
 1/2 cup cream
 1/2 tsp freshly grated nutmeg (or more, to taste)
 Fresh parsley or chives
 Freshly ground black pepper

Method

1. Place the vegetables, bacon and stock into a large saucepan or stockpot. Bring to the boil. Cover, lower heat and simmer gently until pumpkin is tender (about 45 minutes).
2. Remove celery. Allow to cool, then purée.
3. Return to the saucepan, stir in cream and sour cream and reheat briefly.
4. Garnish with herbs, freshly grated nutmeg and pepper.

NASTURTIUM LEAF PESTO

ANNETTE MCFARLANE — ORGANIC FOOD GROWER AND AUTHOR
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ANNETTE MCFARLANE

Annette McFarlane is a horticulture teacher, garden writer, author and broadcaster. She lives and gardens in SE Queensland on a 10 acre property designed on permaculture principles and maintained using organic methods.

While most gardeners are familiar with a classic basil pesto, few appreciate that the humble nasturtium that grows so freely in gardens can be harvested to make a delicious version of this dish. You can use whatever standard pesto recipe you prefer and substitute freshly picked, nasturtium leaves in place of basil or follow the recipe.

Ingredients

2 cups nasturtium leaves washed and dried (use a salad spinner)
1/2 cup chopped, dry roasted nuts (I use home grown macadamias)
2/3 cup Australian olive oil
2+ cloves Australian garlic (finely chopped and preferably home grown)
3/4 cup romano or parmesan cheese (finely grated),
Freshly cracked pepper

Method

1. Pound or blend the nasturtium leaves and garlic and gradually add the nuts, cheese, oil and pepper. Taste and alter the ratio of ingredients as preferred.
2. Serve with vegetable sticks or crackers, use with pasta or serve with steamed vegetables. Decorate with a few nasturtium flowers when serving.
3. If intending to store for more than a few days, prepare the ingredients minus the cheese and store in sealed jars in the refrigerator. Add the cheese just prior to serving. Blanching any leaves used to make pesto prior to use helps stored pesto to retain its green colour.

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