Basil and garlic dressing

- 1 clove garlic
- \(\frac{1}{2}\) bunch fresh basil leaves
- 3 tbs lemon juice
- \(\frac{1}{2}\) cup olive oil
- 1 tbs sugar
- Salt and pepper

1. Place all ingredients into a blender till forms a smooth dressing.
2. Season to taste.
3. Store remaining dressing in a jar in fridge.
Cheesy potato and celery bake

- 3 kg potatoes
- ½ bunch celery
- 2 TBS NUTELEX
- 500 mls cream
- 200 MLS MILK
- 500 gms cheese
- 3 tbs veggie stock
- Big bunch chives

1. Preheat oven to 240 degrees
2. Wash potatoes AND CELERY
3. FINELY SLICE POTATOES AND CELERY NO NEED TO PEEL
4. GREASE 2 BAKING TRAYS WITH NUTELEX
5. LOOSELY LAYER POTATOES AND CELERY SO THAT ALL OF THE TRAYS ARE COVERED
6. PLACE INTO OVEN.
7. GRATE THE CHEESE, THEN PLACE IT INTO A BOWL
8. IN ANOTHER BOWL, PLACE THE CREAM, MILK, VEGGIE STOCK AND CHOPPED CHIVES, MIX WELL THEN POOR OVER THE POTATOES
9. SPRINKLE CHEESE OVER THE TOP, COVER WITH FOIL AND BAKE TIL SOFT (20-30 MIN)
10. WHEN SOFT, TAKE FOIL OFF AND PLACE BACK IN OVEN TIL GOLDEN BROWN (5 MIN)
Broad bean polpette with mustard honey yoghurt dip

- 1 kg shelled broad beans ( fresh or frozen )
- 8 tbs besan ( chickpea flour )
- 1 large red onion
- Bunch mint leaves
- 2 garlic cloves
- Salt and pepper
- 3 cups breadcrumbs
- Vegetable oil for frying

Sauce
- 1 ½ cups natural yoghurt
- 1 ½ tbs dijon mustard
- 1 tbs honey
- Lettuce leaves

1. Place a large pot of water on to boil.
2. Shell bean pods then boil beans for 4-5 mins or until tender.
3. Allow to cool a little.
4. Peel and dice onion.
5. Drain well then place beans into a food processor with the besan flour, garlic, onion, mint leaves, salt and pepper.
6. Blend until the mixture forms a thick paste.
7. If mixture is too sticky add a little bread crumbs.
8. Shape into approx. 30 small patties then roll in bread crumbs.
9. Heat a large frypan with oil and fry polpette til golden brown on both sides.
10. To make sauce combine yogurt, mustard, honey and salt and pepper.
11. Serve polpette on a lettuce leaf with a dollop of yoghurt sauce.
Cold Vietnamese rice paper rolls

1 pkt vermicelli rice noodles
1 block tofu
2 pkt (20 piece) rice paper sheets
5 sm. carrots
1 bag bean shoots
2 cups fried shallots
1 bunch Vietnamese mint, basil mint or coriander
½ cup soy sauce or tamari
½ cup sweet soy
1/3 cup sweet chilli sauce

1. Boil kettle.
2. In a large bowl place noodles then cover with boiling water, cover with foil and leave for approx 4-5 mins.
3. When noodles are cooked, drain then flush with cold water. Drain well then place back into large bowl. Cut noodles up with scissors as they are often too long.
4. Cut tofu into long thin strips and place into a baking dish.
5. Mix soy, sweet chilli and sweet soy together and pour over tofu. Leave to marinate til ready to wrap rolls.
6. Wash and grate carrots then add to noodles.
7. Wash and finely chop Vietnamese mint and add to noodles.
8. Add bean shoots.
Cold Vietnamese rice paper rolls

9. Drain soy sauce mix from tofu into noodle mix and fold thru.
10. Add shallots.
11. Half fill a large bowl with warm water and place one sheet of rice paper at a time, let soak for a few minutes then gently drain water and lay flat on to your chopping board.
12. Place a strip of tofu 2/3 rds of the way down sheet then add a generous pinch of noodle mix.
13. Fold each side in then firmly but gently roll up the rice paper roll.
14. Serve with soy sauce for dipping.
Cold Vietnamese rice paper rolls

15. Grate carrots then add to noodles.
16. Add bean shoots and fried shallots.
17. Wash and finely chop Vietnamese mint then add to mix.
Baby carrot cakes with cream cheese icing

- 2 cups oil
- 6 eggs
- 1 ½ tsp vanilla extract
- 1 ½ cups drained crushed pineapple
- 4 cups finely grated carrot
- 2 cups currants
- 3 cups caster sugar
- 600 g plain flour
- 3 tsp ground cinnamon
- 4 tsp bicarbonate of soda

For cream cheese icing:
- 180 g cream cheese, softened
- 90 g butter or nutelex, softened
- 6 tsp fresh lemon juice
- 4 ½ cups icing sugar

1. Pre heat oven to 180 c.
2. Grease 3 large muffin trays and set aside.
3. In a large bowl mix together oil, eggs, vanilla, pineapple, carrot, currants and caster sugar.
4. Sift in flour, cinnamon and bicarbonate of soda.
5. Stir well until combined.
6. Spoon mixture into prepared trays, then bake for 20 minutes or til golden brown.
7. Allow to cool in trays before icing.
   For the icing:
8. Mix together the cream cheese, butter and lemon juice until fluffy and light.
9. Gradually mix in the icing sugar til smooth.
Caramelized onion frittata

- 3 kg onions
- 12 eggs
- Salt and pepper
- Oil for frying

1. Peel and finely chop onions.
2. Heat 2 large frying pans over a medium heat.
3. Add ¼ cup oil into each pan and fry onions, stirring every few minutes til golden brown.
4. In a large bowl place eggs then whisk well, add salt and pepper then onions. Quickly stir as hot onions will start to cook the eggs.
5. Heat 2 frying pans, add splash of oil and pour half of the mix into each pan.
6. Turn heat down to low and fry til golden brown.
7. Place a large plate over pan and carefully flip frittata onto plate the gently slide back into pan.
8. Fry til golden brown.
Bean and quinoa salad served on cos lettuce

- 250g green beans or 2 cups tinned beans
- 2 cups quinoa
- 2 tomatoes
- 1 large red capsicum
- 1 large green capsicum
- 1 large red onion
- 1 continental cucumber
- 2 cobs of corn
- 1/3 cup olive oil
- 1/4 cup white balsamic vinegar
- 3 cloves garlic
- Fresh basil
- Salt and pepper
- 2 baby cos lettuce

1. Bring 6 cups salted water to the boil in a medium saucepan over medium-high heat.
2. Add quinoa, cover and reduce heat to low. Simmer for 12-15 minutes or until quinoa is translucent and tender.
3. Drain well then spread out onto a serving platter and allow to cool in fridge.
4. Top and tail beans then blanch by placing into boiling water for 2-3 mins. Remove from water then flush under cold water, this will stop the beans from cooking any further. Or drain canned beans and place into a large bowl.
5. Chop all vegetables into small cubes and add to bowl.
6. Cut corn off the cob and add to bowl.
7. Add quinoa and lightly toss.
8. Peel and crush garlic in a mortar and pestle with a little salt til it forms a paste
9. Add all dressing ingredients into and jar with lid, shake well then dress salad. Gently mix and season to taste.
10. Serve on individual cos lettuce leaves.
Cheesy tomato, corn and pea
risotto bake

- 4 lts water
- 4 tb veggie stock
- 500 ml tomato puree
- 3 tb tomato paste
- 1/3 cup olive oil
- 3 onions
- 4 cloves garlic
- 1 kg Arborio rice
- 3 corn on the cob
- 4 cups frozen peas
- 500 g tasty cheese
- Nutelex for greasing

1. Preheat oven to 240 degrees.
2. Place the water, veggie stock, tomato puree and paste all in a large pot over a high heat til boil then turn down and simmer.
3. Peel and dice onions.
4. Peel and chop garlic.
5. Heat the oil in a large pot and fry onions until they begin to brown then add garlic and cook for a few more minutes.
6. Add the rice and fry for a few minutes stirring continuously until the rice begins to go transparent.
7. Begin to ladle stock water into rice, a few ladles at a time still stirring continuously.
8. Cut corn off the cob and add to rice.
9. Add peas.
10. Grate cheese.
11. Continue process until rice is cooked then add ½ the cheese, stir well then place into 2 greased baking trays.
12. Sprinkle remaining cheese over the rice and bake until cheese is golden brown.

Source ....Giovanna
Cathys cous cous salad

- 1 large leek
- 3 tbs nutelex
- 2 tbs olive oil
- 6 cups cous cous
- 4 cups boiling water
- 3 tbs veggie stock
- 2 cups currants
- 1 cup chopped mint
- 1 cup chopped parsley
- Dressing
  - ½ cup olive oil
  - 1/3 cup orange juice
  - 1 tsp Honey
  - Salt and pepper

1. Finely chop leek.
2. Melt nutelex and oil in a frypan and fry leek til golden brown.
3. In a large bowl mix cous cous with veggie stock and currants, then add boiling water. Cover and let sit for 10 mins or til soft.
4. Mix fried leek and herbs into cous cous.
5. Juice oranges and mix all dressing ingredients in a jar with a lid. Shake well, season to taste then mix thru cous cous.
**Cous Cous Salad with Snow and Sugar Snap Peas**

- 5 cups couscous
- 4 ½ cups boiling water
- 3 tbs veggie stock
- 2 red onions
- 300 gms snow peas
- 300 gms sugar snap peas
- 1 cup currants
- Bunch coriander
- 1 tbs cinnamon
- ¼ cup olive oil
- Juice of 2 small oranges
- Splash white balsamic vinegar
- Salt

1. Boil kettle.
2. In a large bowl, mix couscous, stock and currants.
3. Add boiling water just covering couscous, cover with foil and allow to sit for 5 mins until all liquid is absorbed.
4. Scrap with a fork to separate grains.
5. Dice onions.
6. Wash and chop snow peas into small pieces.
7. Shell sugar snap peas or if small tender ones just wash and chop.
8. Wash and roughly chop coriander.
9. Heat oil in a frying pan then cook onions til golden brown.
10. Add peas and cook for 5 mins then turn off.
11. Add cinnamon, coriander and orange juice.
12. Add vegies to couscous and mix well.
13. Taste and season with vinegar, salt and pepper.
COUS COUS SALAD WITH SNOW AND SUGAR SNAP PEAS
Apple and kiwi custard parcels

- 1 l milk
- 100 gms castor sugar
- 4 tsps vanilla
- 6 egg yolks
- 85 gms cornflour
- 3kg apples
- 6 tbs kiwi jam
- 2 tsp cinnamon
- ½ cup water
- 8 sheets puff pastry

1. Bring the milk, 100 gms sugar and vanilla to the boil in a heavy based saucepan over a medium heat.
2. Meanwhile whisk the egg yolks and remaining sugar together, and then gradually fold in the cornflour to form a pale yellow paste.
3. Pre heat oven to 200 degrees.
4. Carefully pour ½ of the boiled milk into the yolk mixture, whisking continuously.
5. Return the remaining milk to the heat and bring to the boil. Carefully whisk in the yolk mixture. (At this point whisk continuously so as no lumps form.)
6. Continue mixing until it returns to the boil.
7. Pour into a bowl and set aside til required.
8. Wash, peel and core apples then cut into 2cm cubes.
9. Place into a pot with water, jam and cinnamon.
10. Gently simmer over a low heat for 5-10 mins then set aside.
11. Lay out puff pastry and let defrost then cut each sheet into ¼ s.
12. Line baking trays with baking paper.
13. Place pastry onto tray, one at the time then place a big spoonful of apple then custard onto the middle of pastry.
14. Join all 4 corners and firmly pinch together.
15. Bake for 15 mins or til golden brown.
16. Spoon a dollop of custard on top just before serving.

Source.....Giovanna
Anzac biscuits

- 2 ½ cups plain flour
- 2 cups rolled oats
- 1 cup caster sugar
- 1 ½ cups desiccated coconut
- 4 tbs golden syrup or treacle
- 320 g unsalted butter
- 1 ½ tsp bicarb soda

1. Preheat oven to 170 degrees.
2. In a large bowl combine sifted flour, rolled oats, sugar and coconut.
3. Place golden syrup and butter into a small saucepan over low heat until melted.
4. In a cup mix the bicarb with 3 tbs of water well then add to the golden syrup mix.
5. Remove from heat and stir well until it bubbles up then mix into dry ingredients.
6. Combine well then make into biscuits shapes and place onto a baking tray lined with baking paper.
7. Baking for 10 or so minutes until golden brown.

Source....... a million grandmas
Apple and kiwi custard parcels

- 1 l milk
- 100 gms castor sugar
- 4 tsps vanilla
- 6 egg yolks
- 85 gms cornflour
- 2 kg apples
- 6 tbs kiwi jam
- 2 tsp cinnamon
- ½ cup water
- 8 sheets puff pastry

1. Bring the milk, 100 gms sugar and vanilla to the boil in a heavy based saucepan over a medium heat.
2. Meanwhile whisk the egg yolks and remaining sugar together, and then gradually fold in the cornflour to form a pale yellow paste.
3. Pre heat oven to 200 degrees.
4. Carefully pour ½ of the boiled milk into the yolk mixture, whisking continuously.
5. Return the remaining milk to the heat and bring to the boil. Carefully whisk in the yolk mixture. (At this point whisk continuously so as no lumps form.)
6. Continue mixing until it returns to the boil.
7. Pour into a bowl and set aside til required.
8. Wash, peel and core apples then cut into 2cm cubes.
9. Place into a pot with water, jam and cinnamon.
10. Gently simmer over a low heat for 5-10 mins then set aside.
11. Lay out puff pastry and let defrost then cut each sheet into ¼ s.
12. Line baking trays with baking paper.
13. Place pastry onto tray, one at the time then place a big spoonful of apple then custard onto the middle of pastry.
14. Join all 4 corners and firmly pinch together.
15. Bake for 15 mins or til golden brown.
16. Spoon a dollop of custard on top just before serving.
CHOCOLATE MINT CAKES WITH CHOC MINT FROSTING

- 1 bunch fresh mint
- 3 cups water
- 300 g dark chocolate
- 375 g nutelex
- 3 cups brown sugar
- 9 eggs
- 5 1/2 cups flour
- 3/4 cup cocoa powder
- 36 mint leaves
- 1 egg white
- 1/3 cup caster sugar

Choc minté frosting
- 1 1/2 cups cream
- 4 sprigs fresh mint
- 400g dark chocolate

1. Preheat oven to 160 c.
2. Place 3 silicon muffin trays onto 3 baking trays.
3. Wash the mint then place the leaves into a small pot with the water and bring to boil for a few minutes.
4. Discard mint then add chocolate and stir over a low heat until chocolate melts and mixture is smooth. Set aside for 5mins to cool.
5. Use and electric beater to beat together butter and brown sugar until pale and creamy.
6. Add the eggs, one at a time, beating well after each addition until just combined.
7. Use a wooden spoon to stir in flour and cocoa.
8. Add the choc mixture and stir until just combined.
9. Spoon mixture into muffin trays and bake for 30-35 mins. Or until a skewer inserted into the centre comes out clean.
10. LEAVES
11. Line a baking tray with baking paper.
12. Brush both sides of mint leaves with egg white that has been lightly beaten, and then sprinkle both sides with caster sugar and set aside to dry.

13. FROSTING
14. Place cream and mint into a saucepan and bring to boil. Remove from heat and set aside to infuse
15. Place chocolate into a heat proof bowl.
16. Remove mint from cream then add cream to chocolate.
17. Place bowl over a saucepan of simmering water- make sure the bowl doesn’t touch the water.
18. Stir occasionally til chocolate melts and is smooth. Set aside to cool slightly.
19. Ice cakes then decorate with sugar mint leaves.

Source.................. Taste. Com.au
Crispy polenta with tomato, garlic and fresh herb salsa

- 4 lts water
- 6 cups polenta
- 4 tbs veggie stock
- 3 tbs olive oil
- 4 cloves garlic
- 1 large onion
- 2 lt bottle tomato puree
- 1 cup finely chopped fresh parsley or basil
- Salt and pepper to taste

1. Place water into a large pot then bring to boil.
2. Add veggie stock and stir well.
3. Pour polenta slowly into boiling water, stirring constantly.
4. Bring to boil then cook over a low heat for 30 or so mins, stirring often, adding more water if too thick.
5. Pour into baking tray and allow to cool, preferably over night.

6. Preheat oven to high.

7. Thinly (1 cm) slice polenta, oil both sides with brush and lay onto baking tray. Bake til golden brown.
Crispy polenta with tomato, garlic and fresh herb salsa

8. Finely chop onion and garlic then fry til golden brown.
9. Pour in tomato puree, salt and pepper to taste.
10. Add parsley.
11. Bring to boil then simmer for 10 mins.
12. Serve in bowls with crispy polenta.
Crumbed broccoli fritters served with garlic chive yoghurt

- 1 kg broccoli
- 3 cups flour
- 3 tsp baking soda
- 5 cups bread crumbs
- 6 eggs beaten
- Salt
- Bunch parsley
- Bunch dill or chives
- 500 g natural yoghurt

1. Preheat a steamer.
2. Wash then chop broccoli into desired pieces including the stalks.
3. Place broccoli into the steamer and half cook.
4. Have a bowl of cold water ready, then place the broccoli into the bowl. The cold water stops them from cooking any further. Drain completely then season with salt, pepper and other desired seasonings (i.e., garlic salt or some spice mix, etc.)
5. While the broccoli cools, prepare a bowl mixing the flour and baking soda together.
6. Wash and finely chop parsley.
7. Beat the eggs in a bowl and add parsley.
8. Place the bread crumbs in another bowl and set aside.
9. Now dip each cauliflower and broccoli individually into the flour mixture, then into the beaten eggs and then into the bread crumbs.
10. Have your frying pan ready and heat a generous (1-2 cups) amount of oil medium-high and fry until golden brown.
11. Finely chop dill or chives and mix into natural yoghurt then season to taste with some salt and pepper.
Cheesy potato and basil mint bake

- 4 kg potatoes
- 1 bunch basil mint
- 2 TBS NUTELEX
- 600 mls cream
- 500 MLS MILK
- 500 gms cheese
- 3 tbs veggie stock
- Big bunch chives/spring onions or even red onion

1. Preheat oven to 240 degrees
2. Wash potatoes AND mint
3. FINELY SLICE POTATOES , NO NEED TO PEEL
4. GREASE 2 BAKING TRAYS WITH NUTELEX
5. Wash and finely chop mint
6. LOOSELY LAYER POTATOES into trays then place into oven.
7. GRATE THE CHEESE, THEN PLACE IT INTO A BOWL.
8. Wash and finely chop mint and chives.
9. IN a large BOWL, PLACE THE CREAM, MILK, VEGGIE STOCK , basil mint AND CHOPPED CHIVES , MIX WELL THEN POOR OVER THE POTATOES.
10. SPRINKLE CHEESE OVER THE TOP, COVER WITH FOIL AND BAKE TIL SOFT ( 20-30 MIN)
11. WHEN SOFT, TAKE FOIL OFF AND PLACE BACK IN OVEN TIL GOLDEN BROWN (5 MIN )
Beetroot dip with rosemary and chive grissini

- 6 large beetroot
- 3 cloves garlic
- 1½ natural yoghurt
- Bunch fresh dill
- 3 tsp caster sugar
- ½ cup olive oil
- Small bunch chives
- 3 tbs white balsamic vinegar
- 1 ½ cups plain flour
- 1 ½ cups wholemeal flour
- 2 tsp salt
- 3 tsp dry yeast
- 1 ½ sugar
- 4 large sprigs rosemary
- Small bunch chives
- 3 tbs olive oil
- 300ml luke warm water

1. Wash, trim and peel beetroot.
2. Chop beetroot into 3cm cubes and place into a saucepan with water and bring to the boil, then simmer til soft.
3. Strain beetroot and place onto a platter then into fridge til cold.
4. Place all ingredients into a food processor until all combined with no lumps.
5. Adjust with salt and pepper to taste.

6. Place all dry ingredients into a large bowl.
7. Slowly add water and olive oil and knead until a dough is formed.
8. Finely chop chives and rosemary and add to the dough adding extra flour if required.
9. Pinch off small egg sized pieces of dough and roll out into long cigar shapes.
10. Line baking trays with baking paper then place dough onto trays.
11. Bake for 15 mins or til golden brown.

Source ......Gio
Rhubarb and apple crumble tart

- 1 pkt shortcrust pastry
- 1 kg apples
- 300 g rhubarb
- ½ cup caster sugar
- 600 g plain flour
- 300 g butter or nutelex
- ¾ cup caster sugar

1. Peel and chop apples into 1 cm cubes. Place into a large bowl.
2. Wash rhubarb and chop into small chunks then add to apples.
3. Mix through sugar and add 3/4 cup water.
4. Place into a large pot and cook for 10 mins. Allow to cool.
5. Lay shortcrust pastry sheets out onto bench and allow to thaw.
6. Make crumble, in a large bowl mix flour, butter and sugar, rub the butter into the flour using your fingertips until looks like bread crumbs.
7. Line 6 flan tins with pastry trimming the excess with a knife.
8. ¾ fill each pastry with apple and rhubarb mix.
9. Spoon the crumble mixture over the apple and rhubarb evenly. Do not press it down, leave it loose and fluffy.
10. Place onto baking trays and bake for 20-30 mins or until golden brown.

Source.......... Giovanna .. combo of many recipes
**Coconut jam biscuits**

- 250 g butter or nutelex
- 1 cup caster sugar
- 2 tsp vanilla
- 2 eggs
- 2 ½ cups s/r flour
- 2 cups coconut
- Jam

1. Preheat oven to 170 degrees.
2. In a large bowl place the butter and caster sugar and using a wooden spoon cream mixture.
3. Add vanilla and mix well.
4. Beat eggs in separate bowl then gradually combine til smooth.
5. Add sifted flour and 1 cup of coconut.
6. Mix well til just combined into soft dough.
7. Place 1 cup coconut into a bowl.
8. Line 2 baking trays with baking paper.
9. Break off egg sized pieces of dough and roll in extra coconut coating well then roll into a ball then place onto baking trays.
10. Give 5 cm between each cookie allowing room for them to spread.
11. Using the end of a wooden spoon poke a hole into each ball making sure to only push ½ way through cookie.
12. Fill each hole with jam and bake for 15 minutes or til pale golden.