Okonomiyaki-Japanese pancakes

- ½ large green cabbage
- 4 carrots
- 2 large onions
- 1 kg plain flour
- 1 lt Water
- Bottle sweet soy sauce
- 1 pkt pickled ginger
- 1 pkt fried seaweed
- Mayonnaise

1. Peel outer leaves off cabbage then very finely slice and place into a large bowl.
2. Finely slice onions then add to cabbage.
3. Wash then grate carrots and add to bowl.
4. In another large bowl place flour and mix in water then whisk til smooth. This should be a thick pancake consistency. Don’t worry too much about a few lumps.
5. Mix all ingredients together.
6. Heat a non stick fry pan then fry large spoonfuls of mixture in olive oil. Don’t flip til golden brown.
7. Garnish with a teaspoon of mayo, a small pinch of pickled ginger, a drizzle of sweet soy and a pinch of seaweed on top.

Source.............Lentil as Anythings version on traditional Japanese recipe
Roasted beetroot and potato salad with creamy mustard dressing

- 5 large beetroot
- 2 kg potatoes
- 4 red onions
- ¼ cup olive oil
- 300 ml sour cream
- 2 tb seeded mustard
- 1 tb honey
- 2 cloves garlic
- 3 tb olive oil
- Splash white balsamic vinegar
- Salt and pepper
- 6 spring onions

1. Preheat oven to high.
2. Wash and peel beetroot then chop into 3 cm ish cubes.
3. Wash and chop potatoes into 5 cm ish cubes.
4. Place beetroot and potatoes into a large bowl.
5. Peel onions and cut into quarters and add to bowl.
6. Pour olive oil and salt into bowl and mix well coating all vegies.
7. Line 3 baking trays with baking paper and pour on vegies.
8. Bake for 25 mins or until potatoes are golden brown.
9. Place onto serving platters and set aside to cool.
10. Peel and crush garlic in a mortar and pestle until it forms a paste then place into a jar and add all other ingredients.
11. Season with salt and pepper to taste and shake well.
12. Once vegies have cooled drizzle with dressing and garnish with finely sliced spring onions.
Roast pumpkin and spinach salad

- Pumpkin and or sweet potato
- Spinach
- Rosemary
- Garlic
- Red onion
- Olive oil
- Balsamic
- Honey
- cummin
- Salt and pepper

1. Preheat oven to high.
2. Peel skin from pumpkin and chop into 2cm ish cubes
   (larger if you have more time)
3. Place all pumpkin into a large bowl.
4. Peel and quarter onion and add to bowl.
5. Throw in some whole garlic cloves then add whole stalks
   of rosemary.
6. Drizzle with olive oil, coating all veggies then season with
   salt and pepper.
7. Line 2 baking trays with baking paper and spread veggies
   evenly onto trays.
8. Bake til tender.
9. In a large serving bowl sprinkle some baby spinach leaves
   then veggies.
10. In a small bowl mix a little balsamic, splash honey
    and a sprinkle of cumin.
11. Pour over salad and gently toss.
Herb scones

- 6 cups self-raising flour
- 3 tsp baking powder
- 9 tbs nutelex
- 3 tbs sugar
- Small bunch chives
- 4 big sprigs rosemary
- Small bunch parsley
- 3 eggs
- 1 ½ cups milk or soy milk
- ¼ cup milk, extra, for glazing

1. Pre-heat oven to 210 degrees.
2. In a large bowl sift flour and baking powder.
3. Add nutelex and using finger tips, rub in until mixture resembles fine bread crumbs.
4. Stir in sugar, parsley, chives and rosemary.
5. Stir in egg and milk until mixture forms a ball.
6. Place onto a floured work bench and knead til smooth.
7. Using a rolling pin roll mixture to 2cm thickness.
   With a scone cutter cut out rounds as close to each other as possible.
8. Line a baking tray with baking paper then lay rounds onto tray.
9. Brush with extra milk and bake for approx 15 mins.
10. Serve with butter or nutelex.
Green bean and tomato salad served on crispy lettuce leaves

- 300g green beans
- 1 kg tomatoes
- 1 bunch fresh basil
- ½ red onion
- 1/4 cup white balsamic vinegar
- ¼ cup olive oil
- Salt and pepper
- Lettuce leaves

1. Bring a large pot of water to a boil.
2. Wash then top and tail beans.
3. Add green beans to boiling water and cook for 3-4 minutes.
4. Drain and plunge green beans into cold water to stop cooking and retain colour. They should be tender but still crisp.
5. Chop tomatoes into 2 cm cubes.
6. In a large bowl, combine cooked and cooled beans and chopped tomatoes.
7. Finely dice onion and add to bowl.
8. Wash and tear basil leaves and add to mix.
9. Whisk together vinegar, oil and salt and pepper and drizzle over beans and tomatoes.
10. Toss until lightly coated and then serve on lettuce leaves on 2 platters.

Source ...... Giovanna.... influenced by many different bean recipes
Green bean and tomato salad served on crispy lettuce leaves

Source ...... Giovanna.... influenced by many different bean recipes
Mini vegie and parmesan quiche

- 10 sheets puff pastry
- 8 eggs
- 800ml cream
- 6 stalks silver beet or ½ kg spinach
- 2 corn cobs
- 150gm parmesan cheese
- Salt
- Pepper
- Small bunch chives/spring onions

1. Preheat oven to 180
2. Wash, dry and finely chop silver beet or spinach.
3. Cut corn off the cob.
4. Wash, dry and chop chives.
5. Lay out pastry sheets to thaw.
6. Place eggs in a large bowl, beat well, and then add cream, cheese, salt, pepper, corn and chives.
7. Add silver beet and mix well.
8. Once pastry has thawed, cut into quarters.
9. Oil 3 muffin trays and gently lay pastry into muffin trays, pushing them into shape.
10. ¾ fill each pastry with well mixed egg mixture. Be sure to mix well throughout this process as cheese and veggies tend to sink to the bottom of bowl.
11. Bake for 20-25 mins or until golden brown.

Source: Giovanna special
Mini vegie and parmesan quiche

Makes approx 40 mini quiche.

Source...............Giovanna special
Roasted beetroot, mung bean, and pea salad

- 4 large beetroot
- 3 tbsp olive oil
- 400 g peas snow or sugar snap
- 6 spring onions
- 3 cups mung beans
- 3 cloves garlic
- ¼ cup lime juice
- ¼ cup white balsamic vinegar
- 2 tbsp honey
- ¼ cup olive oil
- ⅓ cup chopped fresh coriander
- Salt and pepper

1. Preheat oven to 240 degrees.
2. Peel and dice beetroot into 2 cm cubes.
3. Place into a large bowl and add olive oil and mix well.
4. Line 2 baking trays with baking paper.
5. Bake beetroot for 25 or so minutes then transfer to a big platter and allow to cool.
6. Wash and chop peas and spring onions and place into a large bowl.
7. Using a mortar and pestle crush garlic til a paste is formed then combine with remaining ingredients. Season to taste.
8. Mix cooled beetroot and greens and dress just before serving.
Cheese and herb calzone

- 3 quantities pizza dough SAkgc pg 140
- Bunch basil
- Sm bunch thyme
- Bunch parsley
- Sm bunch oregano
- 300 g ricotta
- 200 g blue cheese
- 300 g cheddar
- 150 g parmesan
- 5 garlic cloves
- Salt
- Plain flour for rolling
- 1 ½ cups olive oil
- Black pepper

1. Rinse the herbs and spin in a salad spinner.
2. Roughly chop the herbs and set aside.
3. Weigh out the cheeses and crumble the ricotta and the blue cheese into a large bowl.
4. Grate the cheddar and the parmesan and add to the bowl.
5. Add the herbs and pepper.
Cheese and herb calzone

6. Peel the garlic and place into a mortar with some salt the mash into a paste then add to the cheese mix. Mix well.
7. Oil 3 baking trays and set aside.
8. Divide the pizza dough into 6. Flour the work bench.
9. Roll pizza dough into thin circles, about ½ cm thick.
10. Spoon cheese mixture onto ½ the circle leaving a ½ cm edge.
11. Fold each circle of dough in half to enclose its fillings. Press the edges of the dough together with a fork to seal well. Pierce a few holes in the top with the tip of a knife.
12. Brush the surface with oil and sprinkle with salt.
13. Place 2 calzone onto each baking tray and bake for 10-15 mins or til golden brown.
14. Cut into portions and garnish with some fresh herbs.
Red lentil, celery and leek soup

- 1/3 cup olive oil
- 2 large leeks
- 4 cloves garlic
- 6 stalks celery
- 2 tsp cumin powder
- 2 tbs fresh coriander
- 5 lts water
- 4 tbs veg massel stock
- 1 tbs turmeric
- 6 cups red lentils
- 6 potatoes
- Salt and pepper to taste

1. Wash and finely chop leeks.
2. Place a large heavy based pot over medium heat.
3. Add oil and begin to fry leek.
4. Finely chop garlic and once leeks begin to brown add garlic.
5. Wash and dice celery then also add to pot, fry for a few minutes then add the cumin and fresh coriander. Fry for another minute or so.
6. Peel and cut potatoes into 2 cm cubes.
7. Add all other ingredients and bring to boil then simmer over low heat til lentils are cooked.
8. Adjust with salt and pepper or veg stock.

Source...... Giovanna
Roasted beetroot and sweet potato salad

Ingredients

- 3 large beetroot
- 1 large sweet potato
- 200ml olive oil
- Salt
- Pepper
- 2 tbs finely chopped oregano
- 4 tbs balsamic vinegar
- Bunch fresh basil
- 3 stalks thyme
- 6 spring onions

1. Pre heat oven to 240 c
2. Peel pre boiled beetroot and sweet potato then dice into 2 cm cubes.
3. Oil 2 large baking trays and place beetroot on one tray and sweet potatoes on other tray. Drizzle some more oil and salt over veggies, mix well so as to coat all veggies then bake til roasted (about 20 min).
4. In a small bowl make dressing, mix olive oil, salt, pepper, 1 tbs of very finely chopped oregano and about 5 tbs of balsamic vinegar, stir and leave.
5. Finely chop spring onions then place in a large bowl with fresh basil leaves and thyme.
6. Add beetroot and sweet potatoes and gently mix in dressing.
7. Garnish with some fresh basil leaves.

Source ............... Combo of 3-4 recipes   Giovanna special
Olive and spring onion bread

- 7 ½ cups bread and pizza plain flour
- 6 teaspoons instant dried yeast
- 6 teaspoons caster sugar
- 3 teaspoon sea salt
- 3 cup warm water
- 4 spring onions, thinly sliced
- 1 cup pitted kalamata olives, chopped
- 6 teaspoons milk

Method

1. Sift 6 cups flour into a large bowl. Stir in yeast, sugar and salt. Make a well in the centre. Add water. Mix well to form a soft dough.
2. Turn out onto a lightly floured surface. Knead for 10 minutes, gradually adding remaining flour, or until smooth and elastic.
3. Place dough in a lightly oiled bowl. Cover with lightly greased plastic wrap. Set aside in a warm place for 1 hour or until doubled in size.
4. Preheat oven to 190°C/170°C fan-forced.
5. Line 3 baking trays with baking paper.
6. Place olives on a plate. Pat dry with paper towel to absorb any liquid.
8. Cut and shape dough into egg sized balls and place on prepared tray. Brush with milk.
9. Bake for 35 to 40 minutes or until golden brown and hollow when tapped on top. Stand on tray for 5 minutes. Transfer to a wire rack to cool. Serve.
SPINACH AND RICOTTA RAVIOLI WITH TOMATO AND HERB SAUCE

- 300 gms plain flour
- 8 eggs
- Salt
- 1/3 cup oil
- 2 onions
- 4 garlic
- Bunch spinach or silverbeet
- 1 kg ricotta cheese
- 2 tbs massel vegi stock
- 2 eggs

- 2 onions
- 4 garlic cloves
- Sm bunch parsley
- Fresh oregano
- 750 ml tomato puree
- Salt and pepper
- 250 gms parmesan

**Dough**

1. Put a big pot of water on to boil
2. Weigh flour; combine with salt in a food processor- while motor is still running add eggs til clings together.
3. Tip onto work bench – knead for a few minutes then wrap with cling wrap- rest for 1 hr at room temp.

**Filling**

4. Finely chop onions and garlic.
5. Heat oil in a large fry pan and fry til golden brown.
6. Wash and finely chop spinach then add to onions, fry til wilted.
7. Add stock powder and mix well.
8. Place ricotta into a large bowl then add spinach mix and 1 beaten egg.
9. Mix well and set aside in fridge to cool a little.
• Sauce

• Finely chop onion and garlic then fry til golden brown.
• Pour in tomato puree, salt and pepper to taste.
• Add parsley and oregano.
• Add 750ml water.
• Bring to boil then simmer for 10 mins.

• Rolling pasta

10. Press pasta into rectangles and feed thru pasta machine – start at highest number down to the second last.
11. Fold into 3 and turn 90 degrees 2 times on number 1.
12. Use sprinkle of flour each time to avoid sticking.
13. Feed once thru each number until thin and smooth.
14. Lay out onto table.

• Ravioli

15. Cut straight edges on the pasta sheets then spoon a walnut sized piece of spinach mix in 2 rows along pasta.
16. Brush beaten egg around each spinach mix then lay another piece of pasta on top.
17. Gently, pressing the air out, press your fingers along the edge of each ravioli.
18. Cut thru the middle and the sides of the pasta to create little ravioli parcels.
19. Place in boiling water and simmer for 5 Or so minutes til tender.
20. Spoon ravioli into 2 serving dishes and spoon sauce over ravioli and sprinkle with parmesan cheese.
21. Enjoy !!!!
RAITA

- 3 cups yoghurt
- 3 spring onions
- 1 cucumber
- Salt pepper
- 1 tbs sugar
- 2 tbs coriander or mint
- 1 ½ tsp roasted cumin seeds

1. Finely chop spring onions.
2. Wash, grate and squeeze out juice of cucumber.
3. Lightly roast cumin seeds on a fry pan for a few minutes.
4. Using a mortar and pestle crush seeds.
5. Add all ingredients and mix well.
6. Season to taste.
Fettuccini with tomato, garlic and fresh herb sauce

- 800 gms plain flour
- 8 eggs
- Salt
- 1/3 cup olive oil
- 3 cloves garlic
- 1.5 lt tomato puree
- Oregano and parsley
- Salt and pepper to taste
- Parmesan cheese

1. Put a big pot of water on to boil
2. Weigh flour; combine with salt in a food processor- while motor is still running add eggs til clings together.
3. Tip onto work bench – knead for a few minutes then wrap with cling wrap- rest for 1 hr at room temp.
4. Press into rectangles and feed thru pasta machine – start at highest number down to the second last.
5. Fold into 3 and turn 90 degrees 2 times on first notch.
6. Use lots of flour to avoid sticking.
7. Once all pasta is rolled out, feed thru the fettuccini side of the pasta machine.
8. Place 1/3 of pasta at a time into boiling water for 4-5 mins or til tender.
9. Peel and finely slice garlic.
10. In a frypan heat oil and lightly fry garlic til golden brown.
11. Add tomato sauce, season with salt and pepper. Bring to boil then simmer, cook for few minutes then add roughly chopped herbs; gently simmer til pasta is cooked.
12. Stir through pasta, and then serve with parmesan cheese.

Source.........sauce.....Giovanna ..... pasta modified Stephanie Alexander recipe
Fettuccini with tomato, garlic and fresh herb sauce

Source.........sauce.....Giovanna ..... pasta  modified Stephanie Alexander recipe
ZUCCHINI AND BEAN Frittters

- 10 large potatoes
- 300 gms green beans
- 2 zucchini
- 2 onions
- 1 bunch of thyme
- 8 eggs
- 2 cups plain flour
- Salt
- Pepper
- Oil for frying

1. Wash and grate potato and squeeze out as much juice as possible.
2. Wash and grate zucchini then squeeze excess juice out and add to potatoes.
3. Finely dice onions.
4. Wash and pick off thyme leaves.
5. Wash then top and tail green beans and chop very finely and add to mix.
6. In another bowl beat eggs then add salt, pepper and flour and mix well.
7. Mix all ingredients together.
8. Heat a non stick fry pan and add good splash of oil.
9. On a med. Heat fry spoonfuls of mix til golden brown on one side then flip and brown on other.

Serve with herb yoghurt - 3 cups yoghurt, a bunch of finely chopped parsley, 2 tbs olive oil, salt and pepper
Tabouli salad

- 3 cups boiling water
- 2 cups cracked wheat or fine bulgur
- 2 cups minced parsley
- 1 cup mint
- 2 cups chopped spring onions
- 3 tomatoes
- 1 continental cucumber
- ½ cup olive oil
- 8 tbs lemon juice
- 2 tbs honey
- Splash white balsamic vinegar
- Pepper
- 1 tbs all spice

1. Fill and boil a kettle of water.
2. Pour boiling water over cracked wheat, cover and let stand for about 20 mins. Til wheat is tender and water is absorbed.
3. Wash, clean and chop all veg. into small chunks

Source............combo of several tabouli recipes
Tabouli salad

4. Add to wheat and mix well.
5. Combine oil, lemon juice, salt, pepper and all spice and mix.
6. Dress salad and place in fridge til ready to serve.

Source: combo of several tabouli recipes
Pumpkin and coconut soup

- 3 onions
- 4 cloves of garlic
- Egg sized piece of ginger
- 1/3 cup olive oil
- 5 tbs veggie stock
- 3 tbs water
- 1 large pumpkin approx 2-3 kg
- 400 ml coconut cream

1. Dice onions and garlic
2. Grate ginger
3. Heat oil in a fry pan then fry onions til soft
4. Add garlic and ginger then fry til golden brown
5. Add water and veggie stock and bring to boil
6. Peel and chop pumpkin into small cubes
7. Add to boiling water and cook til very soft
8. Zshooozsh with a bamix til lump free
9. Add coconut cream and mix well
Leafy green salad with sweet yoghurt dressing

- Lettuce
- 4 carrots
- 1 capsicum
- 1/3 red cabbage
- 1 continental cucumber
- Few spring onions
- 3 stalks celery
- 1 tsp salt
- Good shake pepper
- 1 tsp paprika
- 2 tsp sugar
- 2 finely chopped garlic cloves
- ¼ cup olive oil
- 4 tbs white balsamic vinegar
- 1 cup yoghurt

1. Wash all lettuce thoroughly then spin in lettuce spinner. Roughly chop salad leaves and place in a large salad bowl.
2. Wash carrots and cabbage and chop into long strips. Add to bowl.
3. Wash cucumber, celery, capsicums and spring onions and chop into small chunks, then add to bowl.
4. Place all ingredients except for the sour cream into a jar with lid and mix well until sugar has dissolved then add cream and shake.
5. Dress salad just before serving.

Source..................Giovanna
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 ½ cups flour
- ¾ cup cocoa powder
- 36 mint leaves
- 1 egg white
- 1/3 cup caster sugar

Choc minté frosting
- 1 ½ 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 an 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 till chocolate melts and is smooth. Set aside to cool slightly.

19. Ice cakes then decorate with sugar mint leaves.
Pear and cinnamon muffins

- 6 cups plain flour
- 3 tsp baking powder
- 4 tsp cinnamon, plus ½ extra to dust
- 1 ½ cups sugar
- 6 eggs, lightly beaten
- 3 cups milk or soy
- 2 cups olive oil
- 4 pears
- nutelex
- 3 tbs icing sugar

1. Preheat oven to 200 degrees Celsius or 180 degrees Celsius fan.
2. Wash, peel and chop pears into 1cmish cubes. Set aside.
3. Combine flour, baking powder and cinnamon in a bowl.
4. Stir in sugar.
5. Fold through egg, milk and oil until just combined.
6. Gently fold thru 2/3 of the pear.
7. Lightly grease 3 muffin trays with nutelex.
8. Spoon mixture into trays and top each muffin with remaining pear.
10. Cool for 5 mins in pan before turning out onto a wire rack to cool completely.
11. Mix icing sugar and cinnamon and lightly dust muffins.

Note: you can use any other fruit you like, such as kiwi fruit or apple.