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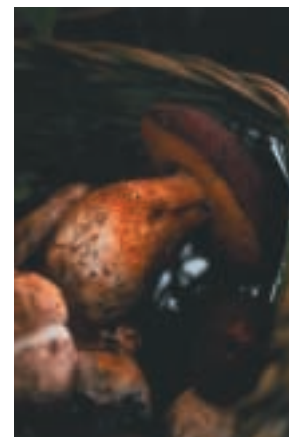
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pasta and gnocchi



## Braised mushrooms and potatoes

Who doesn't love potatoes? This wonderful new take on everyone's favourite will give added variety and flavour to your next family meal or barbecue.

Serves 6

Preparation time 5 minutes

Cooking time 35 minutes

- 20g porcini mushrooms
- 1.5kg kipfler potatoes
- 1 tablespoon extra virgin olive oil
- 4 large cloves garlic, finely chopped
- 500g field mushrooms, cleaned and cut into 1cm slices
- 2 tablespoons chopped flat-leaf parsley
- freshly ground black pepper, to taste

1. Place the porcini mushrooms in a small bowl and cover with boiling water. Leave 20 minutes or until needed. Line a sieve with a damp paper towel and drain the porcini, reserving the soaking water. Check the porcini pieces for grit and set aside.
2. Meanwhile, bring a large pot of water to a boil and cook potatoes until tender, about 15 minutes. Set aside to cool slightly then slice on the diagonal in  $\frac{1}{2}$ cm thick slices
3. Combine the oil and garlic in a large non-stick pan and cook over moderately low heat until the garlic is fragrant, about 1 minute. Add the field mushrooms, turn up the heat and cook 5 minutes, stirring frequently. Stir in the parsley and season with pepper. Set aside.
4. Combine the potatoes with the field mushrooms, the reserved porcini and approximately half a cup of the porcini soaking water. Toss gently, and cook over low heat for 10 minutes.

## Lemon risotto with rocket

Although there are many different imported Italian rices which are ideal to make risotto, the most common variety is arborio, which is now grown in Australia. Other specific risotto rices available in Australia are vialone nano, for a very creamy and smooth result, or carnaroli, which won't easily overcook and never becomes mushy.

Serves 4

Preparation time 10 minutes

Cooking time 30 minutes

- 3 cups (750ml) reduced-salt chicken stock
- 3 cups (750ml) water
- 2 teaspoons extra virgin olive oil
- 1 onion, chopped
- 2 teaspoons coarsely grated lemon zest, plus 2 tablespoons freshly squeezed lemon juice
- 2 large cloves garlic, finely chopped
- 400g arborio rice
- 1/2 cup (125ml) dry white wine
- 30g freshly grated parmesan cheese
- 200g rocket, well rinsed, spun dry and cut into strips
- freshly ground black pepper, to taste

1. Combine the chicken stock and water in a pan and bring to a simmer.
2. Combine the oil and onion in a heavy, round-bottomed saucepan and cook over moderate heat until the onion is soft, about 5 minutes, stirring frequently. Add the lemon zest and garlic, and stir a further 1 minute.
3. Add the rice and stir 2 minutes to coat the grains. Add the wine and stir until absorbed. Add a ladleful of the simmering stock and stir until absorbed. Continue adding stock in this manner until the rice is tender, about 20 minutes. Reserve a few tablespoons of the stock to stir in last. Season with pepper halfway through the cooking time. If the stock runs out before the rice is cooked, continue with simmering water.
4. When the rice is cooked, add the reserved stock and the reserved lemon juice, the parmesan and rocket, and stir vigorously. Cover the pan and stand 3 minutes before serving in warmed, deep plates.





## Classic minestrone

Minestrone in Italy is made using “cavolo nero” (black cabbage), a crinkly dark green cabbage which needs to grow in a cold climate. As this cabbage isn’t readily available in Australia, the next best thing for authentic flavour is savoy cabbage.

Serves 6

Preparation time 30 minutes

Cooking time 3 hours, 20 minutes

- 125g dried cannellini beans, or a 400g can cannellini beans, well rinsed
- 30g pancetta, trimmed of fat, finely chopped
- $\frac{1}{3}$  cup flat-leaf parsley
- 2 cloves garlic, peeled
- 2 teaspoons extra virgin olive oil
- 2 large onions, sliced
- 4 carrots, halved lengthwise, cut into 1cm pieces
- 2 stalks celery, sliced
- $\frac{1}{2}$  cauliflower, cut into 2cm flowerets
- 2 medium desiree potatoes, peeled and cubed
- 2 zucchini, sliced
- 125g green beans, cut into 2cm pieces
- 1 cup frozen peas
- 250g savoy cabbage, thinly sliced
- 400g can reduced-salt diced roma tomatoes, with juice
- 2 tablespoons parmesan cheese shavings

1. Place the cannellini beans in a saucepan with plenty of water to cover, bring to a boil, boil for 2 minutes, remove from the heat and leave to soak for 1 hour. Drain and rinse well. Return to the saucepan with about 2.5cm water to cover and bring slowly to a boil. Simmer until the beans are tender, about 30-60 minutes, depending on age. Reserve in the cooking liquid and set aside.
2. Combine the pancetta, parsley and garlic in a processor and pulse until finely chopped and then transfer to a large, heavy-based saucepan with the oil. Place over medium-low heat and saute for 2 minutes. Add onion and cook until onion is soft, about 5 minutes, stirring frequently. Add carrots and stir over heat for a few minutes, before adding the celery, cauliflower, potatoes, zucchini, green beans, peas and cabbage, each one in turn, stirring each for a few minutes before adding the next. Cook until the cabbage has wilted, stirring occasionally.
3. Add enough water to just cover the vegetables. Add the tomatoes with their juice. Cover the pot and cook at a gentle simmer, just the occasional bubble on the surface, for 2 hours.
4. When ready to serve, add the reserved cannellini beans and heat through for 10 minutes. Remove from the heat and scatter parmesan shavings on top. Serve hot or warm.

## Lentils with potato and rocket

Lentils are small legumes and provide an excellent source of vegetable protein for non-meat eaters. For this dish, look for small Australian dried red lentils (brown on the outside, red inside) or otherwise ordinary brown or green lentils. Dried lentils are quick and easy to cook, but canned lentils may be used as a quicker alternative.

Serves 4

Preparation time 10 minutes

Cooking time 70 minutes

- 1 tablespoon extra virgin olive oil
- 2 large cloves garlic, finely chopped
- 1/2 teaspoon chilli flakes
- 400g small brown lentils
- 750g waxy potatoes, such as desiree, cut into 2cm cubes
- 1/3 cup freshly squeezed lemon juice
- 6 cups rocket leaves
- 4 black olives, preferably kalamata, stoned and quartered
- lemon wedges and Italian bread, to serve
- freshly ground black pepper, to taste

1. Combine the oil, garlic and chilli flakes in a casserole and cook over very low heat for 10 minutes, without colouring the garlic, stirring frequently. Add the lentils and stir in the fragrant oil for a few minutes to coat.
2. Add 6 cups (1.5 litres) water and bring to a boil. Cover and simmer gently for 20 minutes. Add the potatoes and cook, uncovered, for a further 20 minutes, or until the lentils and potatoes are tender. Add more water, if necessary.
3. Stir in the rocket, lemon juice and olives, cover and cook 5 minutes, or until the rocket has wilted. Season with pepper and serve in deep, heated plates with lemon wedges separately.

