

Mawson  
Lakes *Living*

FREE

# Anniversary Cook Book

CELEBRATING  
10 YEARS



[www.mawsonlakesliving.info](http://www.mawsonlakesliving.info)

Mawson  
Lakes *Living*

# Anniversary Cook Book

This e-book is available online at  
[www.mawsonlakesliving.info](http://www.mawsonlakesliving.info)

**For a printed copy, look at the online version to see how to send  
the file to a printer of your choice.**

First Published in 2018

Cover: Celebration Cake, see page 16

**PUBLISHED BY**

*Mawson Lakes Living Magazine*

43 Parkview Drive

Mawson Lakes 5095

SOUTH AUSTRALIA

Ph: +61 8 8260 7077

[office@mawsonlakesliving.info](mailto:office@mawsonlakesliving.info)

[www.mawsonlakesliving.info](http://www.mawsonlakesliving.info)

© All rights reserved. No part of this publication may be reproduced or transmitted in any form or by any means, electronic, mechanical photocopying, recording or otherwise, without credit to the publisher.



Mawson  
Lakes *Living*

# Anniversary Cook Book

## An anniversary gift to the people of Mawson Lakes

*Mawson Lakes Living* is celebrating its 10th Anniversary this year, so as a gift to our readers we have prepared a celebration cookbook using recipes that have been published in the magazine over the years.

Many of the recipes have been contributed by the residents of Mawson Lakes, others are my favourites, or come from the MLL designer, Nicole Aspinall.

We are both happy home cooks and have a great stock of delicious treats for our families. We like simple recipes that are easy to prepare and easy to serve, and our cookbook reflects this.

Dishes from our readers sometimes have an international flavour. Others come from young cooks, and we have selected recipes for special occasions such as Valentine's Day, Mother's Day and Christmas. We even have a recipe for dog biscuits from Nigella.

People often tell me they like to try out the recipes in *Mawson Lakes Living* so we hope that by bringing them together in one place, with step-by-step guidelines and tips for cooking success, we will add to your pantry of good eats.

*Linda*

Linda Vining  
Editor

*Nicole*

Nicole Aspinall  
Designer

## HAPPY COOKING!

# CONTENTS

## Soups, Starters & Salads

- 06 **Salad Nicoise** - one of the most famous of all salads; hearty and satisfying yet light and so easy to throw together.
- 07 **Norwegian Prawn Salad** - if you love seafood this dish is healthy, colourful and easy to make.
- 08 **Watermelon, Mint & Ginger Salad** - a quick, refreshing salad with a unique touch.
- 09 **Broccoli & Cranberry Salad** - tasty, crunchy and very good for you.
- 09 **Hearty Chicken Noodle Soup** - a nutritious bowl as a stand alone meal or a starter.
- 09 **Baby Beet Salad** - a colourful and nutritious dish.

## Cakes, Cookies & slices

- 10 **Passionfruit & Lemon Slice** - a devilishly delicious slice with a tangy topping.
- 11 **Pink Lady Loaf** - apples are available all year so this is a good allrounder.
- 11 **Banana Cake** - use up overripe bananas in this moist cake.
- 12 **ANZAC Biscuits** - based on a traditional oat cake recipe that uses golden syrup to keep them moist.
- 13 **Jam Slice** - so simple that kids can make it on their own.
- 14 **Cheesecake Truffle Balls** - made with Snickers bars.
- 15 **Coconut, Pistachio & Lemon Macaroons** - light and gluten free.
- 16 **Chocolate Ripple Celebration Cake** - a no-cook recipe for a deliciously moist cake for any festive occasion.
- 17 **Neighbourhood Slice** - a chewy caramel slice to share.
- 17 **Raspberry Blondies** - simple and adaptable, the only blondies recipe you'll ever need.

## Savouries & Main meals

- 18 **Tuna Mornay** - a classic family favourite baked in the oven.
- 19 **Zucchini Slice** - protein-packed lunch box fare.
- 19 **Chicken Stir Fry** - use any vegetables you like in this quick mid-week dinner.
- 19 **Sweet Potato Bake** - put everything in the food processor, then pop it in the oven.
- 20 **Annie's Homemade Pizza** - an easy crowd pleaser when guests drop in.
- 21 **Sushi** - choose your favourite fillings wrapped in sticky rice and seaweed sheets.
- 22 **Roast Chicken** - with lemon, cranberry and pistachio stuffing.
- 23 **Pan fried fish with broccoli pesto** - a light dish that is quick and easy to prepare.
- 23 **Carrot and Thyme Bake** - this fragrant side dish is perfect served with roasted meats



**SALAD  
NICOISE**  
*p. 06*



**ANZAC  
BISCUITS**  
*p. 12*

## Tips & Tricks

- 07 How to boil the perfect egg** - from very runny to totally firm yolks, it's all in the timing.
- 14 Tips for working with chocolate** - for perfectly melted chocolate using the microwave.
- 27 The Perfect Cheesecake** When you've got the know-how it's easy to make a fabulous looking cheesecake.



**PANNA  
COTTA**  
*p. 26*

**ZUCCHINI  
SLICE**  
*p. 19*

## Sweets & Desserts

- 24 Plum and Berry Cobbler** - this self-saucing dish is quick and easy to throw together.
- 25 Raspberry & Coconut Macaroon Dessert** - a simple but beautifully decorative and festive layered dish.
- 26 Blueberry Cheesecake Slice** - so delicious you wouldn't think it was low fat.
- 26 Panna Cotta** - a kid-friendly, no-bake dessert.
- 27 Lemon Baked Cheesecake** - a delicious classic.
- 28 Doggie Biscuits** - by Nigella & **Sasha's Doggie Loaf**
- 29 Frozen Fruit Snacks** - a refreshing and healthy treat for sunny summer days.
- 30 Chocolate, Date and Almond Torte** - impress with this sweet gluten free treat made with just 5 ingredients.
- 30 Easy Apple Pie** - follow the step by step directions.
- 31 Carrot Payasam** - a creamy Indian dessert from the Sanskrit word 'payasa' meaning milk.



**PLUM  
COBBLER**  
*p. 24*



# Salad Nicoise



## METHOD

1. Cook potatoes and beans: Bring a medium-size pot of water to the boil. Halve or quarter potatoes so they are all roughly the same size. Boil for 10 minutes until just tender. Drop beans into boiling water with the potatoes and cook for a further 3 minutes. Drain potatoes and beans. Set aside.
2. Brush the fish with olive oil, and sprinkle with salt and pepper. Grill each side for only 2 to 2.5 minutes. The centre should be raw, like sushi, or the tuna will be tough and dry. Allow to rest for 5 to 10 minutes while you prepare the eggs.
3. Soft-boil eggs: place eggs in a small pot of cold water, bring to a boil and cook for exactly 4 minutes once the water starts to boil. Run eggs under cold water (to stop them cooking). Once cooled, peel off shells.

**Salad Nicoise is one of the most famous of all salads. There are countless versions of this classic French summer salad, named after the city of Nice. Its correct ingredients are often disputed, while even the way it is assembled can cause arguments. However you serve it, Nicoise salad is a great dish for warm weather - hearty and satisfying yet light, and oh so easy to throw together!**

## INGREDIENTS

- 400g **tuna or salmon steak**
- 800g **waxy baby potatoes**
- 300g **green beans**, trimmed
- 4 **free-range eggs**
- 1 punnet **cherry tomatoes**, halved
- 1 small **red onion**, thinly sliced
- 1/2 cup **pitted kalamata olives**

## DRESSING

- 2 teaspoons **dijon or wholegrain mustard**
- 4 tablespoons **extra-virgin olive oil**
- juice of one **lemon**
- 2 tablespoons **capers** roughly chopped
- 3 tablespoons **chopped dill**
- ¼ cup **flat-leaf parsley**, chopped

4. Make the dressing: In a large bowl (big enough to hold the entire salad), whisk all dressing ingredients together and season with salt and freshly ground black pepper. Toss potatoes, beans, tomatoes, olives and red onion with the dressing.

5. Assemble: To serve, divide the dressed salad between plates and top with flakes of cooked, still warm, tuna or salmon steak. Cut boiled eggs in half lengthways and place two halves on top of each plate.

# Norwegian Prawn Salad



*Erik Helgerod*

Where I come from, Norwegians love their seafood and eat lots of fresh fish throughout the day. A popular lunchtime meal is prawn salad. These salads are healthy, colourful and easy to make. Here is the basic building block for a prawn salad but you can add whatever you like.



## INGREDIENTS

About 20 **cleaned small prawns per salad**

1 or 2 **boiled eggs sliced**

**Lettuce leaves**

**small tomatoes** and thin slices of **cucumber**

A tablespoon of **mayonnaise**

**Bread with personality** such as rye

**Lemon wedges & Salt and Pepper** to taste

## METHOD

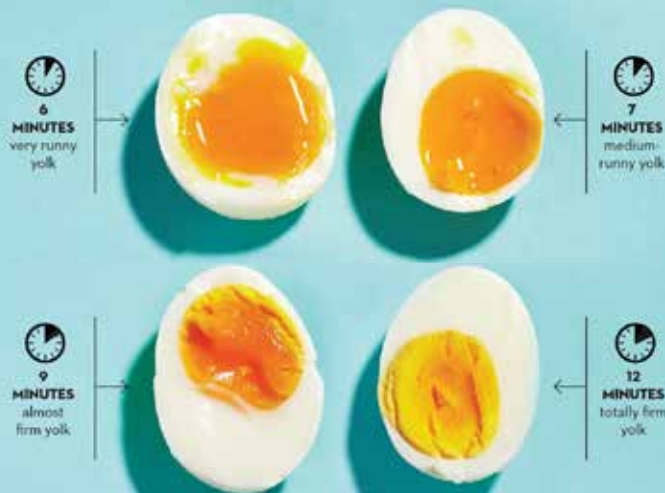
1. Place bread on an attractive plate and cover the slice with mayonnaise.
2. Place lettuce on the bread, allowing it to overlap the sides.
3. Pile prawns into a mound.
4. Slice the eggs with an egg slicer and tuck along one or both sides.
5. Top with a wedge of lemon and a few cucumber slices.
6. Decorate with small tomatoes cut in half.

## HOW TO BOIL THE PERFECT EGG

Gently slide room temperature eggs into boiling water.

Follow the times below for perfect yolks.

Transfer eggs to a bowl of cold water to cool for 5 minutes before peeling.



# Watermelon, Mint & Ginger Salad



WHAT MAY SEEM LIKE AN ABSURD MIXTURE IS ACTUALLY A HARMONIOUS BLEND OF INGREDIENTS AND TEXTURES. THIS DISH ILLUSTRATES HOW THE SEEMINGLY DIFFERENT FLAVOURS OF SWEET, SOUR, BITTER, AND SALTY CAN BE SUCCESSFULLY COMBINED. THE SALAD DOES NOT TAKE A LOT OF TIME TO PREPARE YET IT LOOKS APPEALING, REFRESHING AND ELEGANT.



*Aamod Sharma*

FROM A  
PROFESSIONAL  
CHEF!

There's no sweeter way to say "I love you" than with a homemade dish. To give your menu a kick start I have a 10 minute very refreshing salad recipe with a unique touch, and the best part is that most of the ingredients are easy to source.

## INGREDIENTS

300g **diced watermelon**  
5 stalks **freshly picked mint leaves**  
30g **creamed Goats Cheese**

## GINGER HONEY DRESSING

5mL fresh grated **juiced ginger**  
30mL **honey**  
1 **Lime** (squeezed and juiced)  
1 pinch **salt**

## METHOD

1. Mix in all the dressing ingredients and stir vigorously.
2. Toss watermelon dices and mint leaves together in ginger honey dressing.
3. Present in a salad bowl with a few mint leaves and piped goats cheese on top.
4. Serve chilled and fresh.





## BROCCOLI & CRANBERRY SALAD

### INGREDIENTS

- 4 cups fresh **broccoli florets** (small and raw)
- ½ cup thinly sliced or finely **diced red onion**
- 1 cup **dried cranberries** (craisins)
- 1/3 cup crumbled well **cooked bacon**
- ½ cup **roasted slivered almonds**
- ½ cup **shaved parmesan cheese**
- ½ cup **mayonnaise**
- ½ cup **thin cream**
- 3 tablespoons **sugar**

### METHOD

1. In a large salad bowl, combine the broccoli, onion, cranberries and bacon.
2. In a small bowl, combine the mayonnaise, cream and sugar until smooth.
3. Pour over the broccoli mixture with parmesan cheese and almonds, toss to combine.
4. Refrigerate until serving.

## HEARTY CHICKEN NOODLE SOUP

by Tina Danher-Hart

### INGREDIENTS

- 2 tablespoons **olive oil**
- 2 cloves **garlic**, crushed
- 2 rashers lean **bacon**, chopped
- 500g **skinless chicken thigh** fillets, chopped into small pieces
- 1 large **carrot**, thinly sliced
- 2 **celery sticks**, thinly sliced
- 1 large **leek**, thinly sliced
- 1 litre **chicken stock**
- 2 cups **water**
- 1 cup **risoni**
- 100g **baby spinach leaves**
- 2 **eggs**, lightly beaten

### METHOD

Heat the olive oil in a large saucepan and cook the chicken, bacon and garlic until just golden. Add the leek, carrot and celery and cook until the vegetables are just tender. Add the stock and water and simmer, covered, for about 10 minutes. Add the pasta and cook until tender – about 5 minutes. Slowly drizzle the beaten eggs into the hot soup, while stirring constantly. Stir through the baby spinach leaves, season with salt and pepper to taste. Delicious served topped with parmesan cheese flakes and a good crusty bread.



## BABY BEET SALAD

### INGREDIENTS

- 2x 425 cans **baby beets**, drained and dried
- 750 g **cocktail potatoes**, cooked till just tender, and cut in quarters
- 3 **hard boiled eggs** cut in quarters
- ¼ cup **walnut halves**
- small bunch **watercress** or other green herb

### DRESSING

- 200g Greek yoghurt
  - 2 teaspoons dijon mustard
  - ⅓ cup chopped chives
- Whisk all ingredients until well combined.

### METHOD

1. Mix potatoes and beets with watercress.
2. Gently toss to combine then transfer to a large flat serving platter as the base layer.
3. Scatter eggs and walnuts on salad.
4. Drizzle dressing over salad to serve.



*Linda Vining*

# Passionfruit & lemon slice



My neighbour gave me some lemons from his backyard tree in Mawson Lakes so here's what I did with them - in a few simple steps I converted the juice into a devilishly delicious slice with a tangy topping. Here's how:

## BASE

- 125g **butter** melted
- 1 cup **SR flour**
- 1 cup **caster sugar**
- 1 cup of **shredded coconut**
- 1 tablespoon grated **lemon rind (zest)**

Combine all ingredients and press into a baking tin. Cook in moderate oven until golden (about 15 mins).

Cool for 10-15 mins to allow base to harden, then spread passionfruit topping over the base.

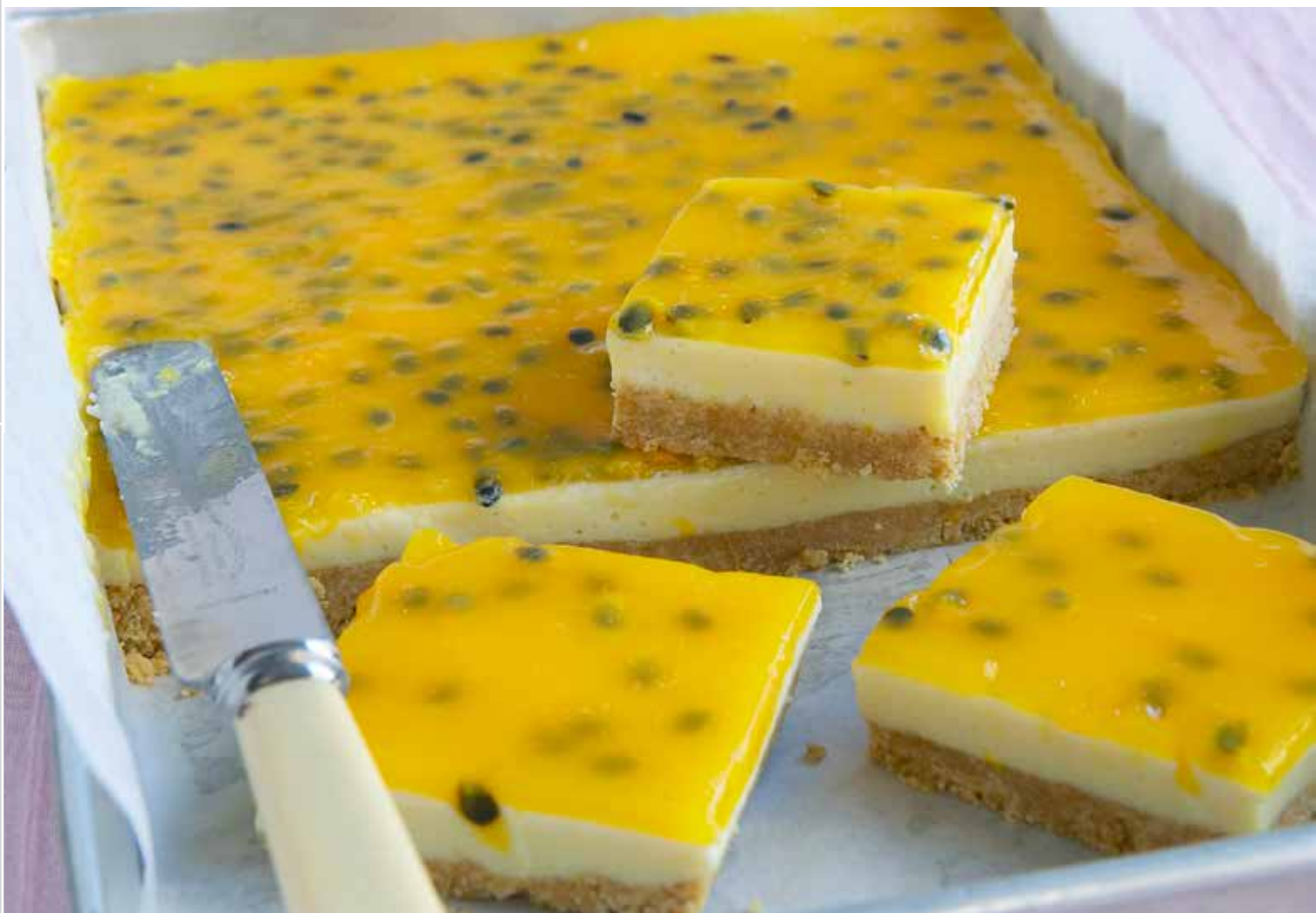
## TOPPING

- 1 can **condensed milk**
- 1 can **passionfruit pulp (or fresh fruit)**
- $\frac{1}{4}$  cup freshly squeezed **lemon juice**

Whisk ingredients together until smooth. Pour over base. Reduce oven to 150 degrees and bake for 15 mins.

Leave the slice to cool completely. This is by far the hardest step!

Cut into slices with a hot knife.



# Pink Lady Loaf

## INGREDIENTS

125g soft **unsalted butter**  
 1 cup **caster sugar**  
 2 **eggs**  
 2 medium **pink lady apples** -  
 peeled, quartered and thinly sliced  
 1  $\frac{3}{4}$  cups **chopped walnuts**  
 $\frac{3}{4}$  cup **plain flour**  
 $\frac{1}{4}$  cup **self-raising flour**  
 1 teaspoon **cinnamon**  
 $\frac{1}{2}$  teaspoon **nutmeg**  
 1 teaspoon **brown sugar** and a few extra walnuts for topping



## METHOD

Preheat oven to 160 degrees.  
 Grease and line a loaf tin.

Beat butter and caster sugar until light and fluffy.  
 Add eggs one at a time and beat until smooth.

To this mix add sliced apples and walnuts. Apples  
 will add moisture.

In a bowl combine flours and spices then stir into  
 the apple mix.

Spoon into greased and papered loaf tin, smooth  
 top and sprinkle with topping.

Bake the loaf for one hour at 160 degrees or until a  
 skewer comes out clean.

# Easy moist Banana Cake

**If you have overripe  
 bananas in your fruit bowl  
 don't throw them away,  
 turn them into a banana  
 cake with this simple  
 recipe. The cake is moist  
 and particularly delicious  
 served warm, either iced  
 or plain.**

## INGREDIENTS

125g **unsalted butter**  
 1 cup **sugar**  
 1 teaspoon **vanilla essence**  
 1 **egg**  
 1  $\frac{1}{2}$  cups **self-raising flour**  
 $\frac{1}{4}$  cup **milk**  
 2 very **ripe bananas**, well mashed



## METHOD

1. Melt butter until just soft, add sugar and vanilla and beat  
 together until smooth.

2. Add mashed bananas and egg and mix in well. Stir in flour,  
 add milk and mix lightly by hand.

4. Bake in moderate oven for approx 30 minutes. Cake is  
 cooked if a knife comes out clean when inserted into cake.

5. Cover with icing if desired.

# ANZAC Biscuits



During the First World War families baked biscuits to send to their loved ones overseas. This recipe is based on a traditional Scottish oat cake recipe. ANZAC biscuits (previously known simply as soldier's biscuits) were made from readily available ingredients with the addition of golden syrup to keep them moist and preserve them on their long journey.



## METHOD

1. Mix together flour, sugar, coconut and rolled oats.
2. Combine melted butter and golden syrup.
3. Dissolve baking soda in boiling water and add to butter and syrup mixture.
4. Make a well in the centre of the flour mix and pour in the liquid. Stir until combined.
5. Roll spoonfulls into small balls and place 5cm apart on a lined tray. Bake in a preheated oven for 15-20 minutes at 160 degrees.

## INGREDIENTS

- 1 cup **plain flour**
- 1 cup **rolled oats**
- 2/3 cup **desiccated coconut**
- 3/4 cup **sugar**
- 125g **butter**
- 3 tablespoons **golden syrup**
- 1/2 teaspoon **bi-carb soda**
- 2 tablespoons **boiling water**



# Jam slice

## INGREDIENTS

- 1 1/2 cups **self raising flour**
- 1/4 cup **desiccated coconut**
- 1/2 cup **caster sugar**
- 125g **butter**, chopped and melted
- 1 **egg**
- 1 cup **jam** of your choice

## TOPPING

- 1 cup desiccated coconut
- 1 cup shredded coconut
- 2 egg whites
- 2 tablespoons caster sugar

## METHOD

1. Preheat the oven to 180C. Place the flour, desiccated coconut, sugar, butter and egg in a large bowl and mix until combined. Use the back of a spoon to press mixture into a lightly greased slice tin lined with baking paper.
2. Cook for 15 minutes or until golden brown. Spread the jam over the cooked base.
3. To make the topping, place the desiccated and shredded coconut, egg whites and sugar in a medium bowl and mix until combined. Sprinkle over the jam layer and cook for 12-15 minutes or until golden brown.
4. Cool completely before slicing into squares. Refrigerate in an airtight container.



# Cheesecake Truffle Balls

## INGREDIENTS

- 2 bags of **Snickers fun size bars**
- 1 teaspoon **butter**
- 9 **Nice biscuits**
- 1 block of **cream cheese**, softened
- 1 tablespoon **vanilla extract**
- 1 bag **milk chocolate chips**
- 1- 2 teaspoons **sea salt flakes**

## METHOD

1. Place butter and most of the Snickers bars into a small saucepan and melt over low heat slowly without scorching. By the time you complete the rest of the recipe, they will have melted.
2. Place biscuits into a zip-top bag, seal and use a rolling pin to crush them to fine crumbs.
3. In a mixing bowl, combine cream cheese, biscuits and vanilla. Mix thoroughly to create a dough.
4. Add the melted Snickers. Stir to combine.
5. Chop the rest of the Snickers bars into quarters. Mix most of these into the truffle dough, setting aside some for decoration. Refrigerate mixture.
6. Once chilled, form into uniformly-sized balls by rolling between your hands, then place on foil or waxed paper. Freeze or refrigerate.
7. Melt chocolate chips in a microwave safe container slowly until it is a good consistency for dipping. Check every 15 seconds and stir until you get a nice creamy dip.
8. Remove the truffles from the fridge and one-by-one use a fork to dip and turn them in the chocolate. Allow the excess chocolate to fall through the tines of the fork.
9. Place coated truffles back on the foil/wax paper and arrange one slice of Snickers bar atop each one.
10. Sprinkle each truffle with a few flakes of sea salt.
11. Refrigerate and serve chilled.



## TOP TIPS FOR WORKING WITH CHOCOLATE

### For perfectly melted chocolate using the microwave:

Make sure the chocolate is in small, uniform pieces. Chocolate chips might seem ideal because they are already petite and all the same size but chips are designed to hold their shape, so blocks and bars, finely chopped, are better for melting. Transfer chopped chocolate to a glass bowl for melting as the glass insulates the chocolate better than other materials, preventing scorching.

Heat chocolate in 30-second bursts and stir between each. For the first burst or two, stirring will not appear to achieve much and you may be tempted to leave it in the microwave longer but by the third, you will start to notice the edges of the bowl are melting faster than the centre and distributing their heat will melt everything more evenly and quickly.



# Coconut, Pistachio & Lemon Macaroons

GLUTEN  
FREE

## INGREDIENTS:

80g pistachio nuts  
4 egg whites  
1 cup caster sugar  
finely grated zest of one lemon  
3 cups shredded coconut

## METHOD

1. Preheat oven to 180 degrees celcius.
2. Line 2 trays with baking paper.
3. Process pistachios in a food processor until finely ground.
4. Beat egg whites and sugar together for 10 minutes or until thick and glossy.
5. Add zest and beat until combined. Gently fold through pistachios and coconut.
6. Drop heaped tablespoons of the mixture onto trays 5cm apart and bake for 15-20 minutes or until dry and lightly golden.
7. Transfer to a wire rack to cool and store in an airtight container.

# Chocolate Ripple Celebration Cake

This versatile recipe (pictured on the cover for a birthday) is so simple to make, it's a perfect activity for the kids to get involved in and results in a deliciously moist and chocolatey 'cake' with very little effort! Depending on the celebration (birthday, easter, mother's day, christmas etc) you can decorate it with a variety of candies, flowers, candles etc.



## PREP TIME:

25 mins

## CHILL TIME:

6 hours or overnight

## SERVES:

8-10 people

## INGREDIENTS

900mL **thickened cream** and **sugar** to sweeten

2x packets **Chocolate Ripple biscuits**

**mixed berries** to decorate

## METHOD

Beat cream with an electric mixer until firm peaks form.

Spread approx 1 tablespoon of cream onto a biscuit then sandwich with another biscuit. Continue spreading cream and sandwiching biscuits together into your chosen shape.

Position biscuits on their sides to form a log as shown, or use a springform pan to provide a round base for a wreath shape.

Alternatively, you can simply stack them up alongside each other in a square. When stacking, consider how the cake will be cut - maximum impact is achieved when slices reveal the layers.

Cover your completed creation with more whipped cream before chilling overnight.

When ready to serve, touch up with a bit more cream and decorate to suit your occasion.







## NEIGHBOURHOOD SLICE

This delicious chewy caramel slice is just right to take to afternoon tea with the neighbours. The marbled effect is easy to create.

### BASE

Melt 125g **unsalted butter** in the microwave. Mix in 1 cup **self raising flour**, 1 cup **desiccated coconut** and 1 cup **brown sugar**. Place mix in a greased and papered tin and cook 10 mins in 180 degree oven. For a thinner slice, spread across two baking tins.

### FILLING

Tip 1 can of Nestle **Top'n'Fill Caramel** into a microwave dish and heat for a few seconds to melt so you can spread evenly over the base. Not too long in the microwave or it will burn. Cook in oven until bubbles form, about 10 minutes. Cool slightly.

### TOPPING

Melt a packet of **dark choc bits** (375 g) then spread over the warm filling. Cool slightly. For extra decoration melt 200g **white chocolate** and place it in lines across the dark chocolate. Then with a skewer or a fork form a squirly pattern in the chocolate.

Can be frozen . . . if it lasts long enough!



## RASPBERRY BLONDIES

There's nothing nicer than a cup of tea/coffee and a freshly made slice. Try these raspberry blondies that have a moist chewy centre studded with crunchy nuts and white chocolate. The burst of tang from the raspberries gives a piquant flavour. Suitable to freeze.

### INGREDIENTS

185g **unsalted butter**  
 1 pkt **white choc bits**  
 1 ¼ cups (275g) **caster sugar**  
 3 **eggs**, lightly beaten  
 1 ¼ cups (185g) **plain flour**  
 ¾ cup (105g) **self-raising flour**  
 ¾ cup unsalted chopped **hazelnuts or macadamias**  
 punnet of fresh **raspberries** or 150g frozen  
 sifted **icing sugar** to serve

### METHOD

1. Set oven to moderate. Grease and line a slice pan.
2. Melt together butter and half the chocolate, stirring until smooth. Cool 10 mins.
3. Stir sugar and eggs together then add flours, remaining choc bits and nuts.
4. Gently fold in the raspberries. Spread evenly in pan. Bake about 30 mins in moderate oven. Cool in pan.
5. Just before serving, dust blondies with sifted icing sugar and cut into squares.



# Tuna Mornay Pasta Bake



Historically, since about the second century of Christianity, Christians abstained from meat on Friday as a kind of sacrifice and reminder that acknowledged Jesus' sacrifice on the Cross which we commemorate on Good Friday. Here is a fish dish that is suitable for Easter or any other time of the year. Leftovers are also good for the school lunchbox.



## INGREDIENTS

2 tablespoons **butter**  
1 **celery** stalk, diced  
1 **leek**, sliced  
2 tablespoons **cornflour**  
1.5 cups **milk**  
2 cups **grated cheese**  
420g can **corn kernels**  
420g can **tuna** in springwater  
1/2 cup frozen **peas**  
1 cup cooked **pasta shapes**  
1 tablespoon **lemon juice**  
**salt and pepper**  
salad to serve

## METHOD

Heat oven to 200 degrees.

Melt butter in a pan, add celery and leek and cook until soft.

Combine flour and 1/4 cup of milk in jug. Add to vegetables in pan and stir for a minute. Add remaining milk and stir until thickened.

Add lemon juice and 1 cup of cheese and stir until melted.

Remove from the heat and add drained corn, peas, drained pasta and drained tuna. Stir gently to combine. Add salt and pepper.

Pour mixture into an ovenproof dish and sprinkle with remaining grated cheese.

Cook in oven for 20 minutes or until cheese is golden.  
Serve with salad.



## ZUCCHINI SLICE

by Kirra Aspinall

### INGREDIENTS

5 **eggs**  
 3 **zucchini**  
 1 **onion**  
 4 rindless **bacon** rashers  
 1 cup **self raising flour**  
 1 cup **grated cheese**  
 ¼ cup **milk**  
 ¼ cup **olive oil**  
**Salt and pepper**

### METHOD

Preheat oven to 180 degrees.

Grate zucchini and squeeze handfuls over the sink to remove excess water. You don't want a soggy slice!

Finely dice onion, chop bacon, lightly beat eggs. In a large bowl combine all ingredients. Season with salt and pepper.

Pour into a lined, greased baking tin.  
 Cook for 30-40 minutes or until lightly browned.

Rest for a few minutes in the pan before turning out to cool slightly and then cutting into squares.

## CHICKEN STIR FRY

by Verity Rogers

### INGREDIENTS

400g **chicken strips**  
 1 cup diced, cooked **pumpkin**  
 1 red **capsicum**, sliced  
 2 cups **snow peas**  
 1 **brown onion**, sliced  
 1 tsp **tamarind**  
 1 tblspn **crushed garlic**  
 1/4 cup **sweet chili sauce**  
 2 desertspoons **tomato sauce**  
 few drops **fish sauce**

### METHOD

In a small saucepan of water, cook pumpkin until just soft.

Heat a fry pan with canola oil. Add chicken strips and cook, stirring until browned. Add brown onion and cook until onion is golden. Add drained pumpkin and other vegetables to the pan and cook over low heat for about 5 minutes until the vegetables have softened.

In a cup mix the garlic and all sauces. Stir until combined.

Stir the sauce mix through the chicken and vegetables. Cook for 5 more minutes stirring regularly.

Serve with rice or couscous.



## SWEET POTATO BAKE

Use your food processor to prepare all the ingredients for this tasty slice then mix it together in easy steps. Nice served with salad, and perfect as nude food for the lunchbox next day.

### INGREDIENTS

1 **sweet potato** shredded  
 1 **zucchini** shredded  
 1 **onion** shredded  
 1 cup of **cheese** grated  
 4 **eggs** lightly beaten  
 1 cup **ham or bacon** shredded  
 1 cup **self-raising flour**  
 1 teaspoon **garlic**  
 1 tablespoon **seeded mustard**  
**salt and pepper** to taste

### METHOD

Add all ingredients together and mix well.

Place in a non-stick slice tray.

Bake 180 degrees (fan-forced oven) for 40-50 minutes.





# Annie's Home Made Pizza

When I visited Annie Payne (former Mawson Lakes Community Relations Officer, pictured) in the Riverland I watched her make a simple pizza to feed her visitors. Here is her quick recipe.



## INGREDIENTS

Buy a packet of bread and pizza flour from the supermarket to make the dough.

Put 1 ½ cups flour, and 1 tsp salt into a bowl.

In a cup place 1 teaspoon dried yeast and dissolve in a little lukewarm water then stir in ⅓ cup lukewarm water.

Add 2 tsp olive oil.

Using your hands, mix wet ingredients into a well in the flour and gradually work the flour in from the sides.

Remove dough from bowl and knead on a floured board until smooth and elastic. If dough is too sticky, add 1-2 tbl extra flour.

Place dough in a clean bowl, cover with a damp cloth and leave to rise for about 20 mins in a warm place until double in volume.

Roll out on a lightly floured surface to fit a round baking tin.  
Add desired toppings.

Bake 220 degrees C for 15-20 minutes until golden brown.

## ANNIE'S TOPPING

140 gm tub of **pizza paste**

½ cup **pineapple** pieces

½ **onion** cooked in microwave

12 slices **sweet potato** cooked in microwave

Variety of **diced meats** from supermarket

½ cup sliced **camembert cheese**

Chopped **sundried tomatoes**

1 cup of **pizza cheese** sprinkled on top



# Pick your own Sushi filling



**Sushi does not have to mean raw fish. This rolled rice snack can be made with any filling you like. We like bacon, avocado and cucumber for fussy kids and Aussie blokes (dad)!**

## INGREDIENTS

Sushi rice • rice wine vinegar • nori sheets • fillings of your choice • Sushi mat

## METHOD

(1) Cook rice as per packet instructions, mix in required amount of rice wine vinegar.

(2) Spread rice onto nori sheets placed on mat and (3) position your chosen ingredients on top of the rice in the lower centre.

(4) Lift the bottom of the mat and (5) 'fold' almost in half to cover the ingredients.

(6) Tightly roll seaweed to the top and stick together with water. Once tight, roll once more in the mat (7) to firm the shape. Repeat the process until all ingredients are used.

(8) Cut sushi rolls with a warm knife and serve in bite sized pieces with soy sauce and wasabi.



# Roast Chicken

## with lemon, cranberry & pistachio stuffing

### INGREDIENTS

- 1 whole **chicken**
- 2 tbsp **butter**
- 1 **onion**, diced
- 3 tbsp **pistachio nuts**, roughly chopped
- Loaf **stale white bread**, pulsed into crumbs
- 3 tbsp **dried cranberries**
- Bunch **sage**, finely chopped
- Lemon**, zest
- Salt and pepper**
- 1 tbsp **olive oil**
- 1 tsp **sweet paprika**

### METHOD

1. Pre-heat oven to 180°C.
2. Melt butter in a sauce pan, add onions and sauté on medium heat for 1-2 minutes, add pistachio nuts and sauté a further minute before adding the crumbs, lemon zest, cranberries and sage, season with salt and pepper, stir well and set aside.
3. Rinse chicken under cold water and dry with a kitchen towel. Season the inside of the chicken with salt and pepper, a sprinkle of paprika, rub the outside with oil and season with salt, pepper and paprika.
4. Gently separate the skin from the breast at the cavity end of the chicken (not the neck end). Place the stuffing under the skin. Fill chicken with remaining stuffing.
5. Place onto a baking tray and roast for about 1 hour or until golden and cooked.

Serve with roast vegetable salad.



# Pan fried fish with broccoli pesto



**This is a quick and easy recipe to prepare for lunch or dinner when you feel like something lite.**

**The pesto is also nice with meat and chicken.**

## INGREDIENTS

8 skinless **fish fillets** (whiting or flathead work well)  
 ½ cup **cornflour** to coat fish  
 500g **broccoli** cut into florets  
 ⅓ cup **almonds**  
 ¾ cup grated **parmesan cheese**  
 1 glove crushed **garlic**  
 1 cup **parsley or spinach leaves** for greenery  
 Grated zest of 1 **lemon**  
 ½ cup extra-virgin **olive oil**

## METHOD

Put cornflour in a plastic bag and coat fish in flour. Heat a little oil in a large non-stick frying pan and cook fish for 4-5 mins over medium-high heat.

Cook broccoli in boiling water for 2-3 minutes until just tender, then drain and refresh in cold water.

In a food processor chop broccoli and almonds. Add cheese, garlic, parsley, lemon and oil. Pulse to a coarse pesto.

Add pesto to fish and decorate with lemon wedges and parsley.



## CARROT & THYME BAKE

**Here's a simple, low-fat recipe to turn the humble carrot into a spectacular accompaniment that can be eaten hot or cold.**



## INGREDIENTS

8 **carrots** peeled and thinly sliced  
 1 **red onion** sliced into short strips  
 Fresh **thyme** leaves  
 ½ cup **white wine or chicken stock**  
 100g **feta**, crumbled (use low fat)  
 2 **eggs**, lightly beaten

## METHOD

1. Grease a dish and line with baking paper to cover base and extend up the sides.
2. In a saucepan or the microwave cook carrots and onions in wine until soft. Drain carrot mix and save liquid.
3. Whisk liquid, eggs and feta together.
4. Mix liquid, eggs and feta, add herbs and seasoning. Whisk to combine.
5. Place vegetables in baking dish and pour over egg mix.
6. Cook uncovered in moderate oven (180 degrees) for 30 minutes or until egg mixture is set.
7. Stand for 5mins then serve with extra feta and thyme or parsley sprinkled on top.

# Plum & Berry Cobbler



Plums are at their best in late summer so use up the soft ripe ones in this cobbler that makes its own sauce. A cobbler is a roughly thrown together dish, so this recipe is quick and easy. You can reduce the sugar and calorie count by using artificial sweetener and a dollop of zero yoghurt.



## FRUIT BASE

Take a deep baking dish and depending on the size of the dish, throw in **plums**, stones removed and roughly sliced. Leave skins on.

Mix in a cup of **mixed berries** - fresh or frozen

Toss fruits with  $\frac{1}{2}$  cup **caster sugar**

## COBBLER TOPPING

Mix together in food processor:

1 cup **self-raising flour**  
 100g unsalted **butter**, chopped  
 $\frac{1}{4}$  cup **caster sugar**  
 $\frac{1}{3}$  cup **milk**  
 1 tsp **vanilla**

Distribute the cobbler mix roughly over the fruit. Sprinkle with **flaked almonds**.

Cook 45-50 minutes in moderate oven until golden. Delicious served with cream, ice cream or yoghurt.



# Raspberry & coconut macaroon dessert



**This decorative dish can be made easily with few ingredients and no fancy equipment. It's a good one for the holiday season (colours of Christmas) or for something nice to end a meal. Use a see through bowl and just add layers.**

## INGREDIENTS

### Freshly whipped cream

(I used two cartons of thickened cream, but you may need more or less, depending on how big your bowl is). Add **sugar** to sweeten the cream if desired.

**Raspberries** (one whole box of frozen raspberries, and two punnets of fresh raspberries.)

### Crushed coconut macaroons

(pop them in a plastic bag and crush with a rolling pin/mallet/your preferred crushing object. Don't smash them too much – a mixture of crumbs and chunks).

## METHOD

1. Place a generous layer of crushed coconut macaroons in the bottom of a glass bowl.
2. Using a spatula, layer freshly whipped cream on top of the macaroons.
3. Top the cream with a layer of raspberries.
4. Repeat the layers until your glass bowl is full.
5. Finish with a layer of whipped cream and fresh raspberries.

Keep chilled until you're ready to serve, then dust with icing sugar.



# Blueberry Cheesecake Slice

LOW FAT &  
DELICIOUS!



**Treat yourself without guilt. This recipe is so yummy you wouldn't think it was low fat.**

1 serving = approx 615kj

## INGREDIENTS

1/2 cup **milk arrowroot biscuits**  
2 tablespoons of **sugar**  
plus 1/3 cup **sugar**  
1/3 cup **oats**  
3 tablespoons reduced-fat **butter**, melted  
1 package (250g) reduced-fat **cream cheese**  
1 tablespoon **orange juice**  
1/2 teaspoon **vanilla extract**  
1/2 cup reduced-fat **cream** beaten  
2 tablespoons **blueberry jam**  
1-1/2 cups **fresh blueberries**



## METHOD

In a small bowl, combine cracker crumbs, 2 tablespoons sugar, oats and butter.

Press onto the bottom of an 8-in. square baking dish coated with cooking spray.

Bake at 180°C for 9-11 minutes or until set and edges are lightly browned. Cool on a wire rack.

In a large bowl, beat cream cheese and remaining sugar until smooth. Beat in orange juice and vanilla.

Fold in beaten cream. Spread over crust.

In a microwave-safe bowl, heat blueberry jam on high for 15-20 seconds or until warmed; gently stir in blueberries. Spoon over filling. Refrigerate until serving.



## VALENTINE'S PANNA COTTA

**Pretty in Pink for Valentine's Day. This is a kid-friendly, no-bake dessert. Divine but yet so simple.**

## INGREDIENTS

180 gms **white cooking chocolate**  
2 cups **thickened cream**  
1 tbs **sugar**  
1 tsp **vanilla essence**  
1 tbs **hot water**  
1 1/2 tsp **gelatine powder**

## METHOD

Place all ingredients, except water and gelatine, in a saucepan over medium heat until chocolate has melted.

Place hot water in small bowl, sprinkle gelatine over and stir until dissolved. Combine with chocolate mixture. Add a few drops of red food colouring, mixing until you get an even pink colour.

Pour into 6-8 small ramekins or glasses and set in fridge 4 hours. Next top with whipped cream. If desired, top with sprinkles. Serve or store in the refrigerator to serve later in the day.

# Lemon Baked Cheesecake

## INGREDIENTS

125g **butter**, melted  
250g crushed **sweet biscuits**  
500g **cream cheese**  
200g **caster sugar**  
1 tablespoon **cornflour**  
3 **eggs**  
2 tablespoons **lemon juice**  
Pinch of **salt**  
2 cups **sour cream**



## METHOD

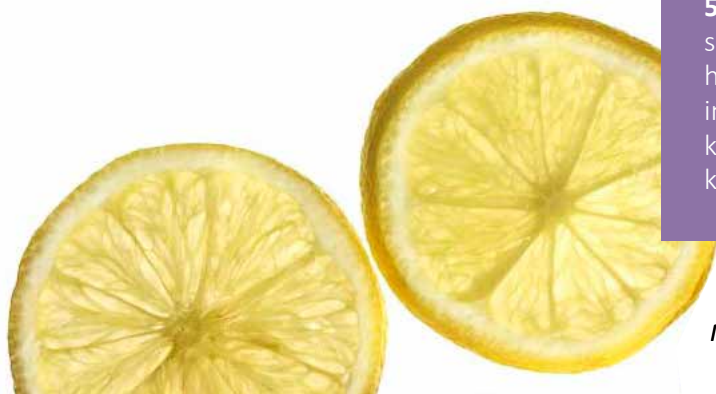
1. Preheat oven to 180C (160C fan forced).
2. Line base of tin with baking paper
3. Crush biscuits in a food processor. Add butter and mix together.
4. Press crumb mixture into base of 22cm tin.
5. Beat cream cheese and sugar in an electric mixer until smooth.
6. Beat in cornflour, then add eggs one at a time, beating each time just until smooth.
7. Add lemon juice and salt.
8. Add sour cream and beat briefly to combine.
9. Pour batter into tin and bake for 50 minutes
10. Cool completely in tin on a wire rack and refrigerate for several hours or overnight before serving.



## 5 TIPS FOR A PERFECT CHEESECAKE

When you've got the know-how it's easy to make a fabulous looking cheesecake. Follow these tips:

- 1. Plan ahead** Take the cream cheese out of the fridge at least 30 minutes before use so it's soft, easy to work and you won't get lumps in your cheesecake.
- 2. Build a perfect base** Use a drinking glass to tightly press the biscuit mix into a straight sided dish. Chill in the fridge until firm before adding filling.
- 3. Don't overbake** If a cheesecake bakes for too long or at too high a temperature, it will be dry and the surface will brown and crack. It's cooked if you gently shake the pan and the filling has a slight wobble in the centre.
- 4. Avoid cracking** If you remove the baked cheesecake from the oven suddenly it can crack, so turn off the oven, leave to door ajar and rest your creation in the oven to cool completely, then chill it in the fridge.
- 5. Cut clean** Cheesecakes can be messy to cut, so select a long-bladed knife, run it under very hot water and wipe dry. Cut the cheesecake in half, then in quarters, then slices. Rinse the knife after each cut and work quickly while the knife is hot and clean.





Nigella

# Doggie Treats by Nigella

I love fruit and veg - raw or in doggie biscuits. Here is my favourite recipe using apples and carrots for an occasional doggie treat when the rest of the family is having something yummy.



## INGREDIENTS

1 **apple** cored and grated (leave peel on)  
 ½ cup **carrots**, peeled and grated  
 2 ½ cups **flour**  
 ½ cup **oats**  
 1 **egg** beaten  
 tablespoon **vegetable oil**  
 a little **water** if needed (apples will add a lot of moisture so only add water if needed)

## METHOD

1. Preheat moderate oven and grease a biscuit slide.
2. Use a food processor to grate apples and carrots. Core the apples before grating because apple seeds are not good for dogs.

3. Beat egg, add oil, then throw in apples and carrots.

4. Mix in flour and oats.

5. Gently roll mixture out and cut into shapes (eg hearts or bones) with a cookie cutter, or just drop blobs onto a tray.

6. Bake 40-45 minutes until biscuits are firm. Longer if you want them hard. I like mine hard. Keep in fridge.

**To my doggie friends, if you suffer from allergies this recipe may not be for you.**

# Doggie Loaf by Sasha

## INGREDIENTS

1kg favourite **minced meat**  
 3 cups of **grated veggies** (carrot, pumpkin, sweet potato etc)  
 Handful of finely chopped **kale**  
 2 cups **rolled oats**  
 2 **eggs**  
 1/3 cup **flaxseed meal**  
 60ml **fish oil**  
 1/3 cup **chia seeds**  
 1/3 cup **dried parsley**  
 2 grated **garlic** cloves

## METHOD

1. Mix well together with gloves. Line a couple of bread tins with grease proof paper
2. Fill up bread tins with mixed doggie loaf
3. Bake at 180 degrees C for an hour. It is OK if red meat is a bit pink but ensure chicken or turkey mince is cooked through.
4. After cooked let cool, slice up, glad wrap portions and freeze.

**Note: COOKED garlic is OK for dogs.**

**Modify ingredients as desired to suit your pooch.**

# Frozen fruit snacks

Ice blocks are a refreshing treat on a sunny day. Cool off by making your own delicious and healthy homemade frozen snacks. You don't really need a recipe, as essentially you are just freezing fruit and juice in icypole moulds but here are some flavour ideas for inspiration.

## TUTTI FRUITTI

1 cup of mixed chopped **fruit** of your choice.  
2 cups of **fruit juice**.

Fill moulds half way with fruit and top up with juice before freezing.

## SMOOTHIE POLES

1 **banana**  
200g strawberry **yoghurt**  
2 cups **milk**

Blend banana, yoghurt and milk. Pour into moulds and freeze.

## MANGO LASSI

2 peeled and chopped **mangoes**.  
1/2 cup **yoghurt or milk**.

Blend until smooth, pour into moulds, freeze.

## BERRY BLEND

250g **mixed berries** (fresh or frozen).  
juice of 1 **lemon**.  
4 tablespoons **cordial, water or juice**.

Blend until combined, leaving a few berry chunks for texture. Freeze and enjoy!

**If you have the patience, try combining a few flavours in layers. Fill the mould 1/3 of the way with one flavour and freeze. Then pour a second flavour on top and freeze again. Go for a third if you're game!**





# Chocolate, date & almond torte



**This elegant sweet cake is gluten free. With only 5 ingredients, it's easy to make and goes well with cream.**

## INGREDIENTS

250g good **dark chocolate**  
250g **almonds**  
200g pitted and sliced **dates**  
12 **egg whites**  
1 cup **caster sugar**

## METHOD

Grease and line a 23cm spring-form cake tin. Preheat oven to 180 degrees.

Place almonds in food processor and whiz until ground. Place chocolate in processor and whiz until crumbly.

Put egg whites in a clean bowl, add a pinch of salt, then beat until white peaks form. Keep beating and slowly add sugar until dissolved.

Gently fold dates, chocolate and almonds into mixture. Pour into tin and bake 30-40 minutes or until brown on top and firm in centre.

Cool and dust with icing sugar if desired.

## EASY APPLE PIE

### INGREDIENTS

1/2 cup **brown sugar**  
1 1/2 cups **self-raising flour**  
125g melted **butter**  
1 **egg**  
425g **can pie apple**  
1 tablespoon **cinnamon sugar**

### METHOD

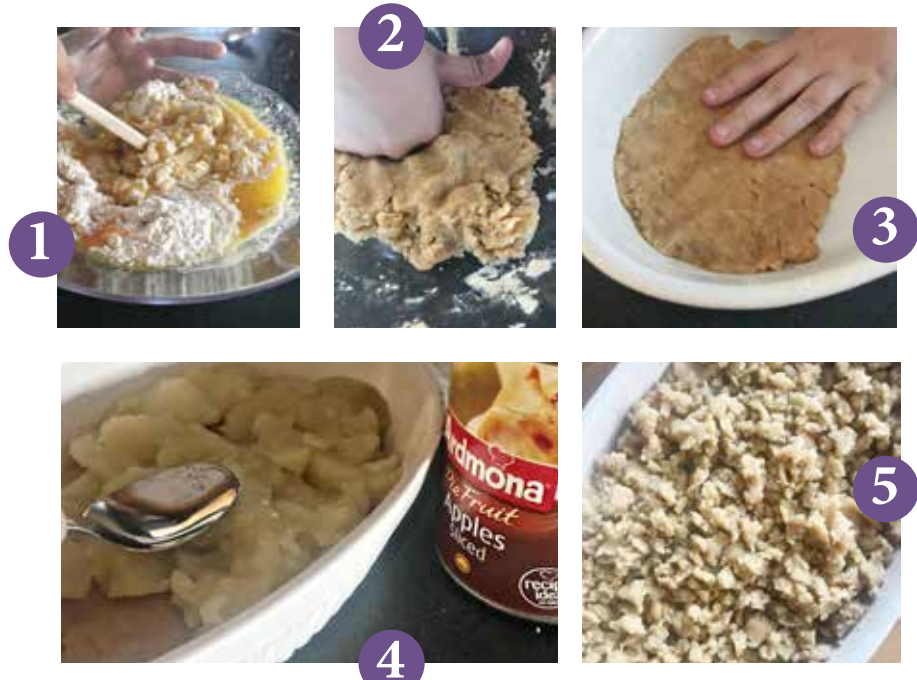
Preheat oven to 180 degrees. Lightly grease a 5 cup capacity ovenproof dish.

Mix together the sugar, flour, butter and egg.

Spread half the mixture on the base of the prepared dish. Top with pie apples.

Crumble or spread the remaining mixture over the fruit. Sprinkle lightly with cinnamon sugar.

Bake in oven for 20 minutes or until golden brown. Serve with cream or ice cream.





Gayatri Nair

# Carrot Payasam

Food for my mother in law, Radha, has always been more than just the mere culmination of vegetables and spices, it is the language of the soul. Her favourite getaway is the kitchen where she is constantly experimenting with food. The carrot payasam (from the Sanskrit word 'payasa' meaning milk) is one of her favourite recipes.

## INGREDIENTS

1kg carrots, washed and peeled.  
1.5 litres of milk  
1 can condensed milk  
1 teaspoon crushed or powdered cardamom seeds  
4 tablespoons ghee or clarified butter  
50 gms cashew nuts and raisins for garnishing,  
fried in 1 teaspoon of clarified butter or ghee

## METHOD

Take around 750 gms of the carrots and cut them into chunks. Pressure cook these in 1 cup of milk. After the mixture has cooled down, pour the contents into a blender and blend them into a puree.

Grate the rest of the carrots (225 gms). Heat butter in a pan and sauté the grated carrots for about 10 minutes (picture 1).

Add the remaining milk, and cook the grated carrots till the milk starts to boil. To this mixture add the carrot puree (picture 2).

Remember to keep stirring through all the steps.

Add the condensed milk and cardamom powder. Add sugar if needed.

Once the mixture starts to boil, turn the flame to medium and keep stirring till the mixture thickens slightly.

Add the fried cashews and raisins (picture 3) for garnish and serve hot and enjoy!



1



2



3



