

# Batch cooking

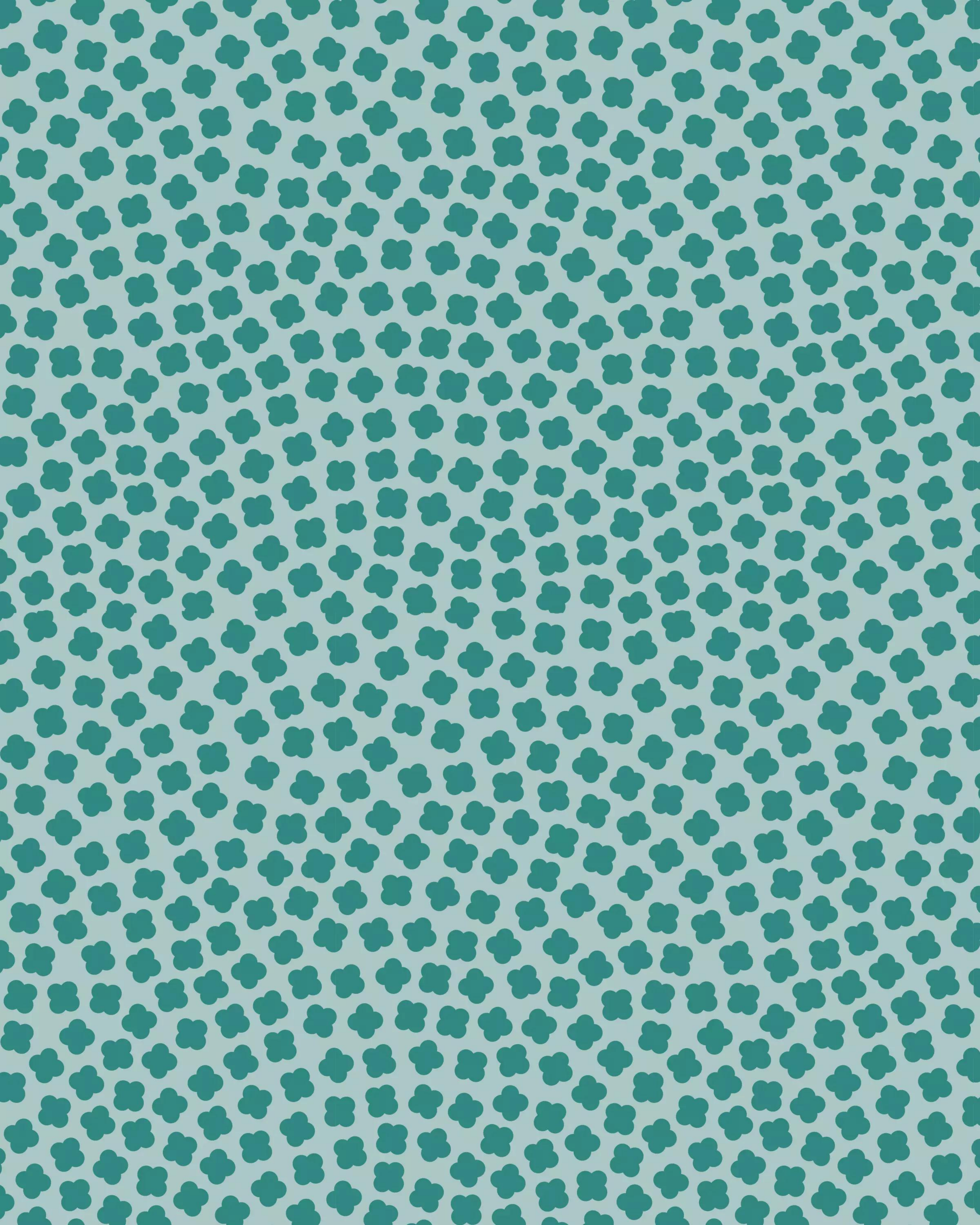
Get ahead with food prep *for* easy weeknight dinners!



Freezer-friendly  
lamb &  
apricot tagine









THE AUSTRALIAN  
Women's Weekly

# BATCH COOKING







## The Australian Women's Weekly Test Kitchen™

The Australian Women's Weekly Test Kitchen has been developing and testing recipes for more than 50 years. Each recipe is perfected by our team of culinary experts, giving you the confidence to successfully make at home, every time. Tested by us, trusted by you.

Trusted brands used in the Test Kitchen  
Our Test Kitchen chefs are proud to use quality ingredients and products.







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# COOK ONCE, EAT TWICE

WHAT CAN BE MORE COMFORTING THAN THE AROMAS WAFTING FROM A BUBBLING POT OF BRAISED GOODNESS IN YOUR KITCHEN? THE KNOWLEDGE THAT THE CONTENTS OF SAID POT ARE ENOUGH TO TIDE YOU OVER FOR A COUPLE OF MEALS, THAT'S WHAT.

Here at *The Weekly* we know all too well the value of meals that can be prepped once, then served twice, saving you time and energy (both yours and your power bills) and filling your freezer with goodies that can be whipped out at a moment's notice.

Here we share our favourite make-and-save stews, casseroles, curries and soups, as we know in our own kitchens that an initial investment in time and ingredients pays off on those evenings when you are tempted to opt for takeaway.

We aimed to keep preparation minimal while achieving the maximum flavour that slow cooking techniques never fail to bring to the table.

The recipes in this book are designed mostly to serve eight or six, so you can serve half the recipe the day it is made and store the other half to save for later. There are ideas for sides dishes to accompany the served portion, as well as advice on storing the remaining portion in the fridge or freezer to brighten your dinner horizon on another day.

## MAKING THE CUT

Slow cooking, generally using a lower-range heat, tenderises even the toughest cut of meat. Stewing or braising cuts are the best choices, with the added bonus of generally being less expensive than

premium meat cuts. While purchasing pre-cut meat offers convenience, it is more expensive, so cutting meat yourself not only saves money, it gives you the opportunity to trim off visible fat and make the pieces a uniform size, so they cook more evenly. The best cuts of meat to use are:

**BEEF** oyster, blade, skirt, round, chuck, gravy beef, topside.

**VEAL** osso buco, shanks, shoulder.

**LAMB** neck chops, shoulder, shanks, boneless forequarter, leg.

**PORK** forequarter chops, neck, belly, shoulder.

**CHICKEN** any pieces on the bone, such as drumsticks, thighs, marylands.

## POTS & PANS

The recipes include information on the size, capacity and type of dish used in the Test Kitchen. We generally used enamel-coated cast iron casserole dishes (also known as dutch ovens), which are widely available from department stores and kitchenware retailers.

The advantage of these is that they are both flameproof and ovenproof, so you can brown the meat on the stove, then transfer the dish directly to the oven, if need be. The casserole dishes we used most for this book are:

**Oval** 7 litre (28-cup) capacity, 25cm x 33cm; 5.75 litre (23-cup) capacity, 23cm x 30cm

**Round** 6.75 litre (27-cup) capacity, 28cm; 5 litre (20-cup) capacity, 26cm

**Rectangular** 4 litre (20-cup) capacity, 23cm x 33cm

If you don't have dishes of these sizes, substitute with a pan or dish of a similar-sized capacity. If your casserole dish is not flameproof, then use a frying pan for browning meat and softening any vegetables (onion, carrot, celery), then transfer the ingredients to your dish.

Another option is to use a roasting pan, then cover it tightly with a sheet of baking paper and two sheets of foil. This is great alternative for meat cuts with bones, such as lamb shanks and chicken marylands, as it means they cook can be placed in a single layer in the pan, resulting in even cooking and browning in the finished dish.

## BROWNING OFF

As straightforward as most slow cooking recipes are, it is best not to just throw all your ingredients into the pan. Browning the meat first enhances the flavour and gives the meat a beautiful rich colour. We generally recommend that meat is browned in batches, turning it so that it browns evenly. Make sure there is a



sufficient amount of oil in the pan, so that the meat caramelises rather than scorches.

Be sure to heat the pan before adding the meat, then maintain the heat during the browning process; if the pan is not hot enough the meat will stew rather than brown.

### THE SECRET IS IN THE SAUCE

Some of our recipes using diced meat include coating the meat in flour before browning, as this helps create a sauce that is thick enough to be used as a light coating gravy.

Other recipes include details for removing the meat (and vegetables, if relevant), then simmering the sauce over medium or high heat until it is reduced and reaches a thicker sauce consistency. In recipes with a sweet ingredient, such as honey or barbecue sauce, this results in a delicious glossy glaze.

If you prefer a thicker sauce, a traditional thickening technique involves combining plain flour or cornflour with butter or cold water or some of the cooled cooking juices, then stirring this into the dish or pan at the end of the cooking time.

Another trick to thicken the sauce is to blend some of the cooked vegetables until smooth, and then stir them back into the cooking juices.

### THIS GOES WITH THAT

We have included lots of recipes for hearty potato, polenta, grain and rice-based side dishes, gluten-free sides, low-carb sides like vegetable ‘rices’ and eat-your-greens vegetable accompaniments, so it’s worth perusing these pages for inspiration.

Each main recipe includes suggestions for suitable side dishes from these pages, or other simple side dish ideas that will pair perfectly with your main.

### COOK IT, FREEZE IT

Correct storage of your frozen meals is an important factor in making sure your food tastes as good on its encore performance as it did on its debut.

When it comes to packaging your freezer stash, it is important to have a ready supply of containers on hand that stack easily to maximise your freezer real estate.

Airtight containers and sealable bags are essential. When filling containers, leave a gap at the top, so liquids can expand as they freeze. If using zip-top bags, expel as much air as possible before sealing.

When freezing a homemade hot dish it is important to let it cool slightly before covering it and placing it in the fridge to cool properly before freezing.

If using glass containers for freezing, it is best to use ones sold especially for that purpose; if not, they may crack in the freezer. It is ideal to purchase airtight containers that can transfer from freezer to microwave.

Store slow cooked foods, such as soups and casseroles, in serving-sized containers. The food will freeze faster, preserving more nutrients and it will ensure quicker thawing with minimal wastage. And they’re handy to take out for a single-serve office lunch.

### LABEL IT

Labelling is an integral part in freezing any food, whether it’s leftovers, fresh meat or stock. Correct labelling is vital to getting the most out of what you’ve cooked – you don’t want to find what you’ve thawed in the fridge is pork goulash when you thought you’d pulled out a lentil curry for a vegetarian guest.

It is also important to include the date on your labels. This helps with monitoring how long containers have been in the freezer for better stock control. Food frozen past its timeframe is safe to eat but it will be past its best.

### HOW LONG TO FREEZE

Foods that are frozen for long periods can become dry and tough as they lose moisture. As a general rule, the higher the fat content of meat or a dish (so one including dairy such as cream, cheese or yoghurt), the shorter the freezer life.

The chart below indicates recommended freezing times for cooked/prepared meals.

FOOD TYPE	FREEZING TIME
Meat, poultry and vegetable casseroles	3 months
Soup	4 months

### THE BIG THAW

When thawing foods you need to consider the moisture content of your food:

MOISTURE	FOOD TYPE	PREP
Low moisture content	Cakes, biscuits, muffins	Can be thawed at room temperature
Medium moisture content	Pasta, bread, frozen meals, frozen vegetables	Can be reheated immediately after being taken out of the freezer
High moisture content	Meat, fish, poultry, fruit, cooked liquid-based dishes	Need to be thawed in the fridge to prevent bacteria growing

### REHEAT & EAT

The microwave is the frozen meal maker’s best friend. Most microwaves come with pre-programmed defrost settings for different types of foods. Make sure to check your frozen food often when reheating to ensure it is thawing evenly and that it is heated through. Stirring the food at intervals will assist with this. Be sure to keep food covered so that it doesn’t splatter or dry out.







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# Coconut beef curry

**PREP + COOK TIME** 2 HOURS  
**SERVES** 8

- 1 tbsp olive oil
- 2kg blade steak or gravy beef, excess fat trimmed, cut into 4cm pieces
- ¼ cup (75g) Thai yellow curry paste
- 3 cloves garlic, crushed
- 1 tbsp finely grated fresh ginger
- 400ml can coconut milk
- 2 cups (500ml) beef stock
- 2 onions (300g), cut into thin wedges
- 2 fresh makrut lime leaves
- 8 fresh curry leaves
- 2 tbsp fish sauce
- 2 tbsp grated palm sugar
- 2 tbsp finely chopped peanuts, roasted
- 1 fresh long red chilli, sliced thinly
- fresh Thai basil leaves and lime wedges, to serve

- 1 Heat oil in a large 5-litre (20-cup) cast iron or other heavy-based casserole dish (see tip) over medium heat. Cook half the beef, turning, for 6 minutes or until browned all over; transfer to a heatproof bowl with a slotted spoon. Repeat with remaining beef. Return all meat to dish.
- 2 Add curry paste, garlic and ginger; cook, stirring, for 1 minute or until fragrant. Add coconut milk, stock, onion, lime leaves and curry leaves; bring to a simmer over high heat. Reduce heat to low; cook, covered, stirring occasionally, for 1½ hours or until the beef is tender.
- 3 Discard lime leaves and curry leaves. Stir in fish sauce and sugar; season to taste.
- 4 Serve half the beef curry topped with the peanuts, chilli, basil and lime wedges (see serve it). Transfer remaining beef curry to an airtight container; cool, then store (see store it).

**TIP** We used a 26cm round cast iron casserole dish.

**SERVE IT** Serve with coconut rice.

**STORE IT** Refrigerate beef curry in an airtight container for up to 3 days. Freeze for up to 3 months; thaw in the fridge, then reheat in a microwave.











# Korean beef ribs

**PREP + COOK TIME** 2 HOURS  
30 MINUTES **SERVES** 8

- 2kg beef short ribs, cut into 6cm lengths
- 1 tbsp peanut oil
- 1 bunch green onions
- 1½ tbsp finely chopped fresh ginger
- 3 cloves garlic, crushed
- 1½ tbsp sesame oil
- 2 tbsp rice wine vinegar
- 2 tbsp soy sauce
- 1½ tbsp gochujang (see tips)
- 1 cup (100g) kimchi
- 1 medium firm pear (230g),  
grated coarsely
- 200g fresh shiitake mushrooms
- 500g baby buk choy, quartered  
lengthways
- 200g enoki mushrooms
- sesame seeds and gochugaru (see tips),  
to serve (optional)

- 1 Season ribs. Heat oil in a large heavy-based saucepan or flameproof casserole dish over high heat. Cook ribs, in batches, turning occasionally, for 8 minutes or until browned all over; transfer each batch to a large heatproof bowl.
- 2 Chop white part of green onions; refrigerate green tops, reserve for serving. Add white part of onion to pan with ginger and garlic; cook, stirring, for 30 seconds or until fragrant.
- 3 Whisk sesame oil, rice wine vinegar, soy sauce and gochujang in a large jug until combined. Add mixture to pan with kimchi, pear and 1.5 litres (6 cups) water; bring to a simmer. Reduce heat to low; cook, covered, stirring every 30 minutes, for 1½ hours. Add shiitake mushrooms; cook for a further 30 minutes or until beef is tender and falls away from the bone.
- 4 Place buk choy and enoki on top of beef rib mixture in pan. Cook, covered, a further 2 minutes or until vegetables are just tender.
- 5 Trim reserved green onion tops; cut into long thin strips. Serve half the beef rib mixture with all the buk choy, topped with green onion strips, sesame seeds and gochugaru (see serve it). Transfer remaining beef rib mixture to an airtight container; cool, then store (see store it).

**TIPS** Gochujang is a Korean chilli paste available from Asian food stores. We used a mild gochujang paste; you can use hot if preferred. Gochugaru are Korean chilli flakes, available in jars from Asian food stores. This quantity of baby buk choy is enough to accompany the served portion of beef rib mixture. Cook the same amount of baby buk choy again while reheating the stored portion of beef rib mixture.

**SERVE IT** Serve with daikon noodles.

**STORE IT** Refrigerate beef rib mixture in an airtight container for up to 3 days. Freeze for up to 3 months; thaw in the fridge, then reheat in a microwave.



# Classic osso buco

**PREP + COOK TIME** 2 HOURS

45 MINUTES **SERVES** 8

---

1 cup (150g) plain flour

---

8 x 3cm thick veal osso buco (2kg)

---

¼ cup (60ml) olive oil

---

2 onions (300g), chopped finely

---

2 cloves garlic, crushed

---

4 medium tomatoes (600g),  
grated coarsely, skin discarded

---

2 bay leaves

---

1 cup (250ml) dry white wine

---

2 cups (500ml) chicken stock

---

2 tsp finely chopped fresh sage

---

2 tsp finely chopped fresh rosemary

---

2 tsp finely chopped fresh thyme

**1** Preheat oven to 170°C.

**2** Place flour in a bowl; season with salt and pepper. Coat osso buco in flour; shake off excess. Heat oil in a 7-litre (28-cup) cast iron or other flameproof casserole dish (see tip) over high heat. Cook osso buco for 2 minutes on each side or until browned; transfer to a large heatproof bowl or plate.

**3** Add onion to same dish; cook, stirring, over medium-high heat for 5 minutes or until softened. Add garlic, tomato, bay leaves and wine; bring to the boil. Reduce heat; simmer 2 minutes. Add stock, herbs and 1 cup (250ml) water. Return osso buco to dish, stirring well to combine; bring to the boil.

**4** Cover with a tight-fitting lid; transfer to oven. Bake, turning osso buco halfway through cooking time, for 2 hours or until meat is almost falling off the bone.

**5** Serve half the osso buco (see serve it). Transfer remaining osso buco to an airtight container; cool, then store (see store it).

**TIP** We used a 25cm x 33cm oval cast iron casserole dish.

**SERVE IT** Serve with saffron risotto or soft polenta, topped with gremolata.

**STORE IT** Refrigerate osso buco in an airtight container for up to 3 days. Freeze for up to 3 months; thaw in the fridge, then reheat in a microwave.











# Lamb & apricot tagine

**PREP + COOK TIME** 3 HOURS  
40 MINUTES **SERVES** 8

- ¼ cup (60ml) olive oil
- 2kg boneless lamb shoulder, excess fat trimmed, cut into 5cm pieces
- 3 cloves garlic, peeled
- 2 dried long red chillies
- 2 x 400g cans diced tomatoes
- 1 litre (4 cups) chicken stock
- ¼ cup (90g) honey
- ½ cup (75g) dried apricots, halved
- ⅓ cup (55g) natural almonds, toasted, chopped coarsely
- fresh coriander leaves, to serve

## CHERMOULLA

- 2 cups firmly packed coriander leaves, stalks and chopped roots
- 1 clove garlic, chopped
- 2 tsp ground cumin
- ½ tsp ground turmeric
- 1 tbsp lemon juice

- 1 Preheat oven to 180°C.
- 2 To make chermoulla, process or blend ingredients until smooth. Season to taste.
- 3 Heat 1 tbsp of the oil in a 7-litre (28-cup) cast iron or other flameproof casserole dish (see tips) over high heat. Season lamb with salt and pepper. Cook lamb, in three batches (adding remaining oil between batches), turning occasionally, for 5 minutes or until browned all over; transfer each batch to a large bowl.
- 4 Return lamb to dish with garlic, chillies, tomatoes, stock, honey, 1 cup (250ml) water and half the chermoulla; bring to the boil. Cover with a tight-fitting lid. Transfer to oven; bake for 2 hours. Add apricots; bake, covered, for a further 30 minutes or until lamb is tender. Season to taste.
- 5 Transfer lamb and apricots to a large heatproof bowl; cover loosely to keep warm. Strain sauce, discard solids; return sauce to dish. Bring to the boil over high heat; simmer for 15 minutes or until sauce reduces and thickens slightly. Return lamb and apricots to sauce; heat until warmed through.
- 6 Serve half the lamb tagine topped with remaining chermoulla, the almonds and coriander leaves (see serve it). Transfer remaining lamb tagine to an airtight container; cool, then store (see store it).

**TIPS** We used a 25cm x 33cm oval cast iron casserole dish. The amount of natural almonds is enough for the served tagine. Use the same amount again when serving the stored portion. The same applies to the chermoulla; make another quantity just before you serve the stored portion.

**SERVE IT** Serve with lemon and pistachio couscous.

**STORE IT** Refrigerate lamb tagine for up to 3 days. Freeze for up to 3 months; thaw in the fridge, then reheat in a microwave.



# Chilli con carne with corn dumplings

**PREP + COOK TIME** 4 HOURS  
**SERVES** 8

- 2 tbsp olive oil
- 2kg chuck steak, cut into 4cm pieces
- 2 onions (300g), chopped coarsely
- 2 cloves garlic, crushed
- 1 large red capsicum (350g), sliced thinly
- 3 tsp sweet paprika
- 3 tsp ground cumin
- 2 tsp chilli powder
- 2 x 400g cans diced tomatoes
- 2 tbsp tomato paste
- 1½ cups (375ml) beef stock
- 400g can red kidney beans, drained, rinsed
- fresh coriander leaves, to serve

## CORN DUMPLINGS

- 1 cup (150g) self-raising flour
- 1 cup (170g) polenta
- 100g butter, chopped
- 2 eggs, beaten lightly
- ½ cup (60g) coarsely grated cheddar
- 300g can corn kernels, drained
- 6 green onions, chopped
- 2 tbsp milk, approximately

- 1 Heat half the oil in a 7-litre (28-cup) cast iron or other flameproof casserole dish (see tip) over high heat. Cook beef, in batches, turning, for 5 minutes or until browned; transfer each batch to a large heatproof bowl.
- 2 Heat remaining oil in same dish over medium heat; cook onion, garlic and capsicum, stirring, for 5 minutes or until vegetables soften. Add spices; cook, stirring, for 1 minute or until fragrant.
- 3 Return beef to dish with tomatoes, paste and stock; bring to the boil. Reduce heat to low; cook, covered, stirring occasionally, for 2½ hours or until beef is tender.
- 4 Remove a quarter of the beef, shred coarsely with two forks; return to dish. Add kidney beans; bring to the boil. Reduce heat to low; cook, uncovered, for a further 15 minutes.
- 5 Meanwhile, to make corn dumplings, place flour and polenta in a medium bowl; rub in butter. Stir in egg, cheddar, corn, green onion and enough of the milk to make a soft, sticky dough.
- 6 Drop level tablespoons of dumpling mixture about 2cm apart, on top of beef mixture. Cook, covered, for 25 minutes or until dumplings are cooked through.
- 7 Serve half the chilli con carne with half the dumplings, topped with coriander leaves (see serve it). Transfer remaining chilli con carne and dumplings to an airtight container; cool, then store (see store it).

**TIP** We used a 25cm x 33cm oval cast iron casserole dish.

**SERVE IT** Serve with tortilla crisps and chunky guacamole.

**STORE IT** Refrigerate chilli con carne and dumplings in separate airtight containers for up to 3 days. Freeze for up to 3 months; thaw in the fridge, then reheat in a microwave.











# Beef stifado

**PREP + COOK TIME** 2 HOURS  
30 MINUTES **SERVES** 8

- 1/3 cup (80ml) extra virgin olive oil**
- 2kg beef chuck steak, excess fat trimmed, cut into 4cm pieces**
- 3 large onions (600g), chopped coarsely**
- 4 cloves garlic, chopped finely**
- 2 tsp ground cumin**
- 1/2 cup (140g) tomato paste**
- 2/3 cup (160ml) dry red wine**
- 1/4 cup (60ml) red wine vinegar**
- 2 cinnamon sticks**
- 10 whole cloves**
- 4 fresh bay leaves**
- 16 red eschalots (400g), peeled, root ends intact**
- 2/3 cup (105g) dried currants**

- 1 Heat half the oil in a 7-litre (28-cup) cast iron casserole dish or large heavy-based saucepan over high heat. Cook beef, in batches, turning, for 5 minutes or until browned all over; transfer each batch to a large heatproof bowl.
- 2 Add remaining oil to dish; cook onion and garlic, stirring, for 5 minutes. Add cumin; cook for 1 minute or until fragrant. Stir in tomato paste; cook for 1 minute. Add wine, vinegar and 2 cups (500ml) water; stir to combine.
- 3 Return beef to dish. Add cinnamon, cloves and bay leaves; bring to the boil over high heat. Reduce heat to low; cook, covered, stirring occasionally, for 1 hour.
- 4 Add eschalots and currants; cook, uncovered, over low heat, stirring occasionally, for a further 1 hour or until meat is tender and sauce has reduced. Season to taste.
- 5 Serve half the beef stifado (see serve it). Transfer remaining beef stifado to an airtight container; cool, then store (see store it).

**TIP** We used a 25cm x 33cm oval cast iron casserole dish.

**SERVE IT** Top with 200g crumbled fetta and serve with risoni or crusty bread.

**STORE IT** Refrigerate beef stifado in an airtight container for up to 3 days. Freeze for up to 3 months; thaw in the fridge, then reheat in a microwave.





# Caponata-inspired pork

**PREP + COOK TIME** 6 HOURS  
20 MINUTES **SERVES** 8

- 1/2 cup (125ml) extra virgin olive oil
- 1.5kg pork scotch fillet, cut into 5cm pieces
- 1 large eggplant (650g), cut into 4cm pieces
- 8 eschalots (200g), peeled
- 4 trimmed celery stalks (400g), chopped
- 6 large Roma tomatoes (540g), chopped
- 2 tbsp tomato paste
- 1/3 cup (65g) drained baby capers
- 1/4 cup (35g) golden raisins
- 1/2 cup (80g) Sicilian green olives
- 2 tbsp red wine vinegar
- 3 cups (750ml) chicken stock
- pasta and finely chopped flat-leaf parsley, to serve

- 1 Heat 1 tbsp of the oil in a large deep frying pan over medium heat. Cook pork, in two batches, turning, for 4 minutes or until browned. Transfer to a 6-litre (24-cup) slow cooker.
- 2 Heat 1/3 cup (80ml) of the remaining oil in same frying pan; cook eggplant for 5 minutes until golden. Transfer to cooker. Cook eschalots and celery in frying pan for 4 minutes or until browned. Transfer to cooker, then add the chopped tomatoes, tomato paste, half the capers, the raisins, olives, vinegar and stock. Season. Cook, covered, on low for 6 hours or until meat is tender.
- 3 Heat remaining oil in a small frying pan; cook remaining capers, stirring, for 4 minutes or until crisp. Drain on paper towel.
- 4 Serve pork on pasta, topped with crisp capers and parsley.

**TIP** We used ziti pasta but you can use any shaped pasta you prefer.













# Red wine braised ribs with mushrooms

**PREP + COOK TIME** 8 HOURS  
30 MINUTES **SERVES** 6

- 15g dried porcini mushrooms
- 2 tbsp extra virgin olive oil
- 12 beef short ribs (3kg)
- 6 eschalots (150g), peeled
- 4 cloves garlic, sliced thinly
- 400g small Swiss brown mushrooms
- ½ cup (125ml) red wine
- ½ cup (125ml) port
- 100g piece pancetta
- 8 fresh thyme sprigs, plus extra to serve
- 2 fresh or dried bay leaves
- 1½ cups (375ml) beef stock
- 2 tsp sherry vinegar
- mashed potato and fresh flat-leaf parsley, to serve

- 1 Place porcini in a small heatproof bowl with 1 cup (250ml) boiling water.
- 2 Heat 1 tbsp of the oil in a large frying pan over medium-high heat. Season ribs all over. Cook ribs, in batches, turning, for 6 minutes or until browned both sides. Transfer ribs to a 5.5-litre (22-cup) slow cooker.
- 3 Heat remaining oil in same frying pan; cook eschalots, garlic and Swiss brown mushrooms, stirring occasionally, for 5 minutes or until browned. Add wine and port; simmer for 2 minutes or until reduced by half. Add pancetta, porcini and soaking liquid, thyme, bay leaves and stock. Transfer mixture to cooker. Cook, covered, on low for 8 hours.
- 4 Remove ribs from cooker; cover to keep warm. Strain cooking liquid into large frying pan over medium heat; discard solids. Bring to the boil. Reduce heat; simmer for 8 minutes or until thickened. Stir in vinegar. Season to taste.
- 5 Serve with mashed potato, drizzled with sauce. Top with parsley and extra thyme.





# Pastitsio

**PREP + COOK TIME** 4 HOURS  
15 MINUTES (+ STANDING)  
**SERVES** 8

- 1 tbsp olive oil
- 2 medium onions (300g), chopped
- 2 cloves garlic, crushed
- 1 tsp chilli flakes
- 1 tsp ground cinnamon
- ½ tsp ground nutmeg
- 1kg lamb mince
- ⅓ cup (160ml) red wine
- 3¼ cups (810ml) tomato passata
- 2 tbsp tomato paste
- 500g rigatoni
- ½ cup (50g) grated mozzarella
- ½ cup (40g) grated parmesan
- green salad, to serve

## RICOTTA TOPPING

- 750g fresh ricotta, crumbled
- ¾ cup (180ml) pouring cream
- 2 egg yolks

- 1 Heat oil in a large deep frying pan over medium-high heat; cook onion, stirring, for 3 minutes or until softened. Add the garlic, chilli flakes, cinnamon and half the nutmeg; cook, stirring, for 30 seconds or until fragrant. Add lamb; cook, stirring to break up any lumps, for 5 minutes or until browned. Add wine; bring to the boil. Reduce heat; simmer for 3 minutes or until liquid has almost evaporated. Stir in passata and tomato paste; season.
- 2 Remove insert from a 6-litre (24-cup) oval slow cooker; line the base with baking paper. Spoon half the lamb mixture over the base; arrange pasta on lamb, then cover with remaining lamb mixture. Return insert to cooker.
- 3 To make the ricotta topping, whisk ingredients in a large bowl until smooth; season to taste.
- 4 Spread topping over lamb in cooker; sprinkle with remaining nutmeg. Place a piece of baking paper cut to size, directly on the topping. Cook, covered, on low for 3 hours 50 minutes or until topping is set.
- 5 Preheat grill to high. Remove insert from cooker. Remove baking paper from pastitsio; top with combined cheeses. Place under grill for 5 minutes or until cheeses are golden and melted. Stand for 15 minutes before slicing.
- 6 Serve pastitsio with a green salad.













# Shredded mushroom & beef pies

**PREP + COOK TIME** 8 HOURS  
45 MINUTES (+ REFRIGERATION)  
**SERVES** 6

- ½ cup (75g) plain flour
- 1.2kg piece beef brisket, trimmed
- 2 tbsp olive oil
- 2 tbsp tomato paste
- 1 cup (250ml) dry red wine (see tips)
- 400g portobello mushrooms, chopped coarsely
- 1 large onion (200g), chopped coarsely
- 1 large carrot (180g), chopped coarsely
- ¼ cup (60ml) caramelised balsamic vinegar
- 3 cloves garlic, crushed
- 7 sprigs fresh rosemary
- 2 sheets frozen butter puff pastry, partially thawed
- 1 egg, beaten lightly
- sea salt flakes
- mashed potato and peas, to serve

- 1 Place flour in a large bowl; season. Add beef; toss to coat. Heat the oil in a large frying pan over high heat. Cook beef, turning, for 10 minutes or until browned all over. Remove beef; reserve pan juices. Cut beef into six large pieces; place in a 4.5-litre (18-cup) slow cooker.
- 2 Add leftover seasoned flour and the tomato paste to juices in pan; cook, stirring, for 1 minute or until thickened. Add wine and 3 cups (750ml) water; cook, stirring, until smooth. Bring to the boil. Pour over beef in cooker, then add the mushrooms, onion, carrot, vinegar, garlic and 1 rosemary sprig; stir to combine. Cook, covered, on low for 8 hours or until beef is tender. Discard rosemary sprig.
- 3 Carefully remove beef from cooker; shred meat coarsely using two forks. Return to cooker; stir to combine, season. Spread mixture on a baking tray; cover, refrigerate until cold.
- 4 Preheat oven to 200°C.
- 5 Lightly oil six 1¾-cup (430ml) ramekins. Using the top of a ramekin as a guide, cut six rounds from pastry. Spoon beef mixture into ramekins. Place pastry rounds on top of filling; press with a fork to seal edges. Pierce a small hole in centre of each pastry round; brush with egg. Insert a remaining rosemary sprig into each hole. Sprinkle tops with sea salt.
- 6 Place ramekins on an oven tray; bake for 25 minutes or until pastry is golden and puffed.
- 7 Serve pies with mashed potato and peas.

**TIPS** For a family-friendly version, use beef stock instead of wine. Beef mixture can be spooned into ramekins and topped with pastry up to 6 hours ahead. Refrigerate until ready to bake.

**STORE IT** Uncooked pies can be frozen for up to 2 months. Bake from frozen, allowing an extra 5 minutes cooking time.





# Zucchini & chorizo cornbread slice

**PREP + COOK TIME** 4 HOURS  
15 MINUTES (+ COOLING)  
**SERVES** 8

- ½ cup (75g) self-raising flour
- ½ cup (85g) instant polenta
- 2 medium zucchini (240g),  
grated coarsely
- 1 trimmed corn cob (250g),  
kernels cut off
- 50g cured chorizo sausage, chopped  
coarsely (see tips)
- 2 green onions, sliced thinly
- ¾ cup (90g) coarsely grated cheddar
- 8 eggs
- ¾ cup (180g) sour cream
- salad leaves and tomato relish, to serve

- 1 Oil the insert of a 4.5-litre (18-cup) oval slow cooker. Line base and long sides, allowing the paper to come halfway up the sides.
- 2 Combine flour, polenta, zucchini, corn kernels and half each of the chorizo, green onion and cheese in a large bowl. Whisk eggs and sour cream in a large jug. Add egg mixture to flour mixture in bowl; season, stir until just combined.
- 3 Pour mixture into cooker; smooth the surface. Scatter evenly with the remaining chorizo, green onion and cheese. Cook, covered, on low for 4 hours or until a skewer inserted into the centre comes out clean. Remove lid, cover cooker with a clean tea towel; place lid on top. Leave to cool.
- 4 Using the baking paper, carefully lift cornbread out of cooker; transfer top-side-up to a chopping board, then cut into slices.
- 5 Serve cornbread with salad leaves and tomato relish.

**SWAP IT** Swap chorizo for the same amount of pancetta, prosciutto or salami, if you prefer.

**STORE IT** Cornbread slice will keep refrigerated in an airtight container for up to 3 days.













# Tunisian lamb stew with almonds

**PREP + COOK TIME** 6 HOURS  
55 MINUTES **SERVES** 4-6

- 2 tbsp olive oil
- 1kg lamb shoulder, cut into 4cm pieces
- 1 large onion (200g), chopped coarsely
- 2 cloves garlic, chopped finely
- 1 tbsp baharat (see tip)
- 10 saffron threads
- 2 tbsp honey
- 400g can crushed tomatoes
- 2 cups (500ml) chicken stock
- 12 pickling onions (480g)
- 400g can chickpeas, drained, rinsed
- ½ cup (40g) natural flaked almonds, toasted
- pearl couscous, to serve

- 1 Preheat a 5-litre (20-cup) slow cooker on high.
- 2 Heat oil in a large frying pan over high heat; cook lamb, in batches, for 3 minutes or until browned all over. Transfer to cooker.
- 3 Add chopped onion and garlic to same frying pan; cook, stirring, over medium-high heat for 3 minutes or until onion softens. Add spices; cook, stirring, for 1 minute or until fragrant. Stir in honey, canned tomatoes and stock; bring to the boil. Adjust cooker setting to low. Carefully pour tomato mixture over lamb in cooker. Cook, covered, for 3 hours.
- 4 Add pickling onions to cooker; stir to combine. Cook, covered, for 3 hours 30 minutes or until lamb is tender. Stir in chickpeas; cook, uncovered, for 10 minutes or until heated through. Sprinkle stew with almonds, serve with couscous.

**TIP** To make your own baharat, combine 1 tsp each of ground cumin, turmeric, ginger and cinnamon.

**STORE IT** Stew is suitable to freeze after the chickpeas have been heated in step 4.





# Creamy chicken & corn mac 'n' cheese

**PREP + COOK TIME** 6 HOURS  
**SERVES** 4

- 1 medium leek (350g), sliced thinly
- 420g can creamed corn
- ¼ cup (70g) Dijon mustard
- 300ml pouring cream
- 3 cups (750ml) hot vegetable stock
- 500g chicken thighs, trimmed
- 2 trimmed corn cobs (500g), kernels cut off
- 200g small pasta shells
- 1½ cups (180g) grated vintage cheddar
- sautéed cavolo nero (see tips) and herb bread, to serve (optional)

## PANCETTA CRUMB

- 2 tbsp extra virgin olive oil
- 100g chopped pancetta
- ⅓ cup (50g) panko (Japanese) breadcrumbs
- 1 tbsp finely chopped chives

- 1 Place the leek, creamed corn, mustard, cream and stock in a 4.5-litre (18-cup) oval slow cooker; stir to combine. Place chicken on top of leek mixture. Cook, covered, on low for 4 hours or until chicken is tender.
- 2 Remove chicken from cooker; shred coarsely using two forks. Return shredded chicken to cooker, then add the corn kernels and pasta, season well; stir to combine. Cover cooker with a clean tea towel; place lid on top, then fold towel up over the lid. Cook, covered, for 1 hour 30 minutes or until pasta is tender and most of the liquid is absorbed, stirring halfway through cooking time.
- 3 Turn cooker off. Stir through 1 cup of the cheese. Stand, covered, for 10 minutes.
- 4 Meanwhile, to make the pancetta crumb, heat oil in a large non-stick frying pan over high heat; cook pancetta, stirring, for 1 minute or until golden. Add breadcrumbs; cook, stirring occasionally, for 2 minutes or until golden. Remove from heat; stir in chives, season.
- 5 Preheat grill to high. Remove insert from cooker. Sprinkle the mac 'n' cheese with remaining cheese. Place under grill for 5 minutes or until cheese is golden and melted.
- 6 Sprinkle mac 'n' cheese with pancetta crumb. Serve with sautéed cavolo nero and herb bread.

**TIPS** For sautéed cavolo nero, heat 1 tbsp extra virgin olive oil in a medium frying pan over high heat; cook 1 bunch (400g) trimmed cavolo nero, stirring, for 2 minutes or until tender. Top with 2 tbsp toasted seed mix with pine nuts. We used a seed mix containing pepitas, sunflower seeds and pine nuts.

**STORE IT** Store leftover mac 'n' cheese in an airtight container for up to 3 days in the fridge.











# Chicken parmigiana

**PREP + COOK TIME** 1 HOUR  
45 MINUTES **SERVES** 6

12 chicken thigh fillets (2.04kg),  
excess fat trimmed

12 thin slices prosciutto (180g)

2 tbsp olive oil

1 large onion (200g), chopped finely

3 cloves garlic, crushed

½ cup (125ml) dry white wine

4 x 400g jars tomato and chilli  
pasta sauce

2 tbsp finely chopped oregano leaves

175g Turkish bread, torn coarsely

½ cup finely chopped flat-leaf parsley

½ cup (40g) finely grated parmesan

60g butter, melted

fresh oregano leaves, to serve

- 1 Preheat oven to 160°C.
- 2 Season chicken; wrap each thigh in a slice of prosciutto.
- 3 Heat oil in a 4-litre (16-cup) flameproof roasting pan (see tips) over medium-high heat. Cook chicken, seam-side down, for 4 minutes or until golden. Turn, then cook for another 4 minutes or until golden all over; transfer to a large plate or tray.
- 4 Add onion to pan; cook, stirring, for 3 minutes or until softened. Add garlic; cook, stirring, for 30 seconds or until fragrant. Add the wine; cook, stirring, for 1 minute or until reduced slightly.
- 5 Return chicken to pan in a single layer. Pour pasta sauce over chicken and sprinkle with oregano; season. Cover tightly with baking paper and two layers of foil; bake for 40 minutes.
- 6 Meanwhile, process bread to form coarse crumbs. Combine breadcrumbs, parsley, parmesan and butter in a bowl.
- 7 Remove foil and paper from dish; sprinkle chicken with breadcrumb mixture. Bake, uncovered, for a further 30 minutes or until crumb mixture is golden.
- 8 Serve half the chicken parmigiana topped with oregano leaves (see serve it). Transfer remaining chicken parmigiana to an airtight container; cool, then store (see store it).

**TIPS** We used a 23cm x 33cm cast iron roasting pan. Alternatively, if you don't have a flameproof roasting pan large enough to fit the ingredients, use a large heavy-based frying pan in steps 3 and 4, then proceed with the recipe, using a 4 litre (16-cup) ovenproof dish.

**SERVE IT** Serve with a simple green salad.

**STORE IT** Refrigerate chicken parmigiana in an airtight container for up to 2 days. Freeze for up to 3 months; thaw in the fridge, then reheat in a microwave.



# Hot & sour ginger chicken casserole

**PREP + COOK TIME** 1 HOUR  
40 MINUTES (+ STANDING)  
**SERVES** 8

**16 chicken thigh cutlets (3.2kg),  
excess fat trimmed**

**½ bunch fresh coriander, roots and stalks  
chopped, leaves reserved**

**1 tbsp finely grated lime rind**

**1 tbsp peanut oil**

**3 small red onions (300g), cut into  
thick wedges**

**600g kipfler potatoes, halved lengthways**

**2 cups (500ml) chicken stock**

**1 tbsp lime juice**

**½ cup (75g) roasted salted cashews**

**lime wedges, to serve**

## HOT & SOUR PASTE

**2 tbsp tamarind puree**

**1 tbsp coarsely chopped fresh ginger**

**5 cloves garlic, chopped coarsely**

**5 fresh long red chillies, chopped coarsely**

**2 tbsp brown sugar**

- 1 Preheat oven to 160°C.
- 2 To make hot and sour paste, process ingredients in a small food processor until combined to form a smooth paste.
- 3 Place chicken in a large bowl; add hot and sour paste, 2 tbsp of the coriander stalks and roots, and the lime rind. Mix to coat; stand for 15 minutes.
- 4 Heat half the oil in a 6.75-litre (27-cup) cast iron or other flameproof casserole dish (see tip) over high heat. Cook half the chicken, skin-side down first, for 5 minutes or until well browned all over. Transfer to a large heatproof bowl. Repeat with remaining oil and chicken; scraping base of dish to remove any caught pieces.
- 5 Wipe dish clean with paper towel. Reduce heat to low; add onion, potato, stock and any remaining marinade. Return chicken to dish; season. Cover chicken mixture with a large round of baking paper; cover dish with a tight-fitting lid. Transfer to oven; cook for 1 hour or until chicken and potatoes are cooked through. Stir in lime juice.
- 6 Serve half the chicken casserole topped with cashews and the reserved coriander leaves; accompany with lime wedges (see serve it). Transfer remaining chicken casserole to an airtight container; cool, then store (see store it).

**TIP** We used a 28cm round cast iron casserole dish.

**SERVE IT** Serve with steamed rice or coconut rice.

**STORE IT** Refrigerate chicken casserole in an airtight container for up to 2 days. Freeze for up to 3 months; thaw in the fridge, then reheat in a microwave.











# Sweet & sour braised pork

**PREP + COOK TIME** 50 MINUTES  
**SERVES** 8

- 1 tbsp cornflour
- 1 egg, beaten lightly
- 2 tbsp soy sauce
- 1.6kg pork neck, cut into 3cm pieces
- ¼ cup (60ml) olive oil
- 1 large red onion (300g), chopped
- 5cm piece fresh ginger, cut into matchsticks
- 4 cloves garlic, sliced
- 3 fresh long red chillies, sliced thinly
- 1 medium red capsicum (200g), chopped coarsely
- 700g fresh pineapple, peeled, core removed, chopped
- 3 medium tomatoes (450g), chopped coarsely
- ¾ cup (180ml) rice wine vinegar
- 1 cup (250ml) Chinese cooking wine (shao hsing)
- 2½ tbsp honey
- thin strips green onion tops and lime wedges (optional), to serve

- 1 Combine cornflour, egg and soy sauce in a large bowl; add pork, toss to coat. Season. Heat oil in a large heavy-based saucepan over high heat. Cook pork, in batches, stirring, for 5 minutes or until browned all over; transfer each batch to a large heatproof bowl.
- 2 Add red onion, ginger, garlic and chilli to same pan; cook, stirring, for 4 minutes or until soft. Add capsicum; cook, stirring, for 3 minutes. Add pineapple, tomatoes, vinegar, cooking wine and honey; return pork with any resting juices. Reduce heat to low; cook for a further 20 minutes or until sauce has thickened. Season to taste.
- 3 Serve half the braised pork with green onion strips and lime wedges (see serve it). Transfer remaining braised pork to an airtight container; cool, then store (see store it).

**SERVE IT** *Serve with steamed rice or coconut rice.*

**STORE IT** *Refrigerate braised pork for up to 3 days. Freeze for up to 3 months; thaw in the fridge, then reheat in a microwave.*



# Hearty Mexican chicken soup

**PREP + COOK TIME** 1 HOUR  
15 MINUTES **SERVES** 8

6 large Roma tomatoes (540g) (see tips)

2 tbsp olive oil

1 medium red onion (170g),  
chopped finely

1 large carrot (180g), chopped finely

1 celery stalk (150g), trimmed, chopped  
finely, leaves reserved

2 tbsp finely chopped fresh coriander  
stem, leaves reserved

2 tsp smoked paprika

1 tsp ground cumin

1 tsp ground coriander

1.75 litres (7 cups) chicken stock  
(see tips)

1kg chicken thigh fillets,  
excess fat trimmed

⅓ cup (80g) coarsely chopped pickled  
jalapeño chilli

⅓ cup (80ml) lime juice

**1** Bring a saucepan of water to the boil. Cut a shallow cross in the base of each tomato, add to water; boil for 30 seconds. Drain; place tomatoes in a bowl of iced water. Peel tomatoes, then discard skin; chop coarsely.

**2** Heat oil in a large heavy-based saucepan over low-medium heat; cook onion, carrot, celery, coriander stem and spices, stirring, for 8 minutes or until vegetables soften. Add tomato; cook, stirring, for 4 minutes or until softened. Add stock and chicken; bring to the boil. Reduce heat to low; cook, covered, for 45 minutes or until chicken is very tender.

**3** Meanwhile, combine reserved coriander leaves and celery leaves with chilli in a small bowl.

**4** Remove chicken from soup; cool slightly. Shred chicken, then return to soup with any juices; stir through lime juice, season to taste. Stir over medium heat until hot.

**5** Serve half the soup topped with chilli mixture (see serve it). Transfer remaining soup to an airtight container; cool, then store (see store it).

**TIPS** *Instead of peeling fresh tomatoes, omit step 1 and add a 400g can diced tomatoes in step 2. Use water instead of chicken stock, if preferred.*

**SERVE IT** *Serve with crusty wholegrain bread.*

**STORE IT** *Refrigerate soup for up to 2 days. Freeze for up to 3 months; thaw in the fridge, then reheat in a microwave.*











# Chicken, bacon & mushroom stew

**PREP + COOK TIME** 2 HOURS  
15 MINUTES **SERVES** 6

- 1 tbsp olive oil
- 350g streaky bacon slices, cut widthways into thin strips
- 12 chicken lovely legs (1.5kg)
- 2 medium leeks (700g), white part only, sliced thinly
- 400g button mushrooms, trimmed
- 3 cloves garlic, crushed
- 2 tbsp plain flour
- ½ cup (125ml) dry white wine
- 2 cups (500ml) chicken stock
- 2 tbsp wholegrain mustard
- 2 tbsp fresh thyme leaves, plus extra to serve
- sour cream, to serve (optional)

- 1 Heat oil in a 5-litre (20-cup) cast iron or other flameproof casserole dish (see tip) over medium-high heat. Cook bacon, stirring, for 5 minutes or until golden and crisp. Transfer to a large plate.
- 2 Cook chicken in dish, in batches, turning, for 10 minutes or until browned all over; transfer each batch to plate with bacon.
- 3 Add leek and mushrooms to dish; cook, stirring, for 5 minutes or until softened. Add garlic and flour; cook, stirring, for 30 seconds or until mixture looks dry. Gradually stir in wine, stock, mustard and thyme. Return chicken and bacon to dish; bring to the boil. Reduce heat to low; cook, covered, for 1½ hours or until chicken is very tender. Season to taste.
- 4 Serve half the chicken stew topped with extra thyme and sour cream (see serve it). Transfer remaining chicken stew to an airtight container; cool, then store (see store it).

**TIP** We used a 26cm round cast iron casserole dish.

**SERVE IT** Serve with mashed potato or polenta.

**STORE IT** Refrigerate chicken stew in an airtight container for up to 2 days. Freeze for up to 3 months; thaw in the fridge, then reheat in a microwave.



# Lamb kofta curry

**PREP + COOK TIME** 2 HOURS  
**SERVES** 8

- 1.5kg lean lamb mince
- 1 tbsp ground cumin
- 2 tsp ground coriander
- 2 tsp ground cardamom
- 3 cloves garlic, crushed
- ⅓ cup finely chopped coriander leaves and stems, plus extra to serve
- 2 tbsp olive oil
- 1 onion (150g), chopped finely
- ½ cup (150g) korma paste
- 2 cups (500ml) chicken stock
- 2 x 400g cans cherry tomatoes
- 1 cinnamon stick
- 300ml thickened cream
- natural flaked almonds, roasted, to serve (optional)

- 1 Combine lamb mince, spices, garlic and coriander in a bowl; season. Roll rounded tablespoons of mixture into balls (makes about 50 kofta).
- 2 Heat half the oil in a 5-litre (20-cup) cast iron or other flameproof casserole dish (see tip). Cook kofta, in batches, turning, for 5 minutes or until browned all over; transfer each batch to a tray.
- 3 Heat remaining oil in same dish, reduce heat to low; cook onion, stirring, for 3 minutes or until softened. Add korma paste; cook, stirring, for 2 minutes or until fragrant. Add stock, tomatoes and cinnamon; bring to the boil over medium-high heat.
- 4 Return kofta to dish; cover with a tight-fitting lid. Reduce heat to low; cook, stirring occasionally, for 1 hour. Uncover; simmer for a further 15 minutes or until sauce reduces slightly. Stir in cream; season to taste.
- 5 Serve half the lamb curry topped with almonds and extra coriander leaves (see serve it). Transfer remaining lamb curry to an airtight container; cool, then store (see store it).

**TIP** We used a 26cm round cast iron casserole dish.

**SERVE IT** Serve with basmati pilaf.

**STORE IT** Refrigerate lamb curry for up to 2 days. Freeze for up to 3 months; thaw in the fridge, then reheat in a microwave.











# Chinese five-spice lamb shanks

**PREP + COOK TIME** 2 HOURS  
30 MINUTES **SERVES** 8

- 1/3 cup (50g) plain flour**
- 8 French-trimmed lamb shanks (1.6kg)**
- 1/3 cup (80ml) extra virgin olive oil**
- 2 large onions (400g), chopped coarsely**
- 8 cloves garlic, chopped finely**
- 2 fresh long red chillies, sliced thinly**
- 2 tsp Chinese five-spice**
- 2 cups (500ml) beef stock**
- 1/3 cup (80ml) red wine vinegar**
- 1/4 cup (60ml) oyster sauce**
- 2 tbsp salt-reduced soy sauce**
- 2 tbsp hoisin sauce**
- 2 cinnamon sticks**
- fresh coriander leaves, to serve (optional)**

- 1 Heat oven to 180°C. Season flour; toss shanks in flour, shaking to remove excess.
- 2 Heat oil in a 7-litre (28-cup) cast iron or other flameproof casserole dish (see tip) over medium-high heat. Cook shanks, in batches, turning, for 5 minutes or until browned all over; transfer each batch to a large plate.
- 3 Cook onion and garlic in same dish, stirring, for 5 minutes or until softened. Add chilli and five spice; cook, stirring, for 1 minute or until fragrant.
- 4 Add stock, vinegar, sauces and cinnamon; stir well to combine. Return lamb to dish. Cover surface with baking paper cut to fit, then a tight-fitting lid. Transfer to oven; bake for 2 hours or until lamb is tender.
- 5 Serve half the lamb shanks and sauce topped with coriander leaves (see serve it). Transfer remaining lamb shanks and sauce to an airtight container; cool, then store (see store it).

**TIP** We used a 25cm x 33cm oval cast iron casserole dish. If you don't have a casserole dish that fits all the lamb shanks, use a large flameproof roasting pan instead, then cover tightly with baking paper and two layers of foil.

**SERVE IT** Top with roasted cashews and serve with steamed rice and steamed Asian greens.

**STORE IT** Refrigerate lamb shanks and sauce for up to 3 days. Freeze for up to 3 months; thaw in the fridge, then reheat in a microwave.



# Pork goulash

**PREP + COOK TIME** 2 HOURS  
15 MINUTES **SERVES** 8

- ¼ cup (60ml) olive oil
- 2.5kg piece boneless pork shoulder, rind and excess fat trimmed, cut into 4cm pieces
- 4 small red onions (400g), chopped coarsely
- 5 cloves garlic, chopped coarsely
- 2 tbsp sweet paprika
- 2 tsp caraway seeds
- 2 tbsp tomato paste
- 400g button mushrooms, trimmed
- 2 large red capsicums (700g), chopped coarsely
- 1 large green capsicum (350g), chopped coarsely
- 2 tbsp firmly packed fresh oregano leaves, plus extra to serve
- 1 tsp sea salt flakes

- 1 Preheat oven to 180°C.
- 2 Heat half the oil in a 7-litre (28-cup) cast iron or other flameproof casserole dish (see tip) over high heat. Cook pork, in batches, turning, for 6 minutes or until browned all over; transfer each batch to a large heatproof bowl.
- 3 Add remaining oil to dish. Cook onion and 3 cloves of the garlic, stirring, for 5 minutes or until softened. Stir in paprika, caraway seeds and tomato paste; cook for 2 minutes or until fragrant. Return pork to dish with 2 cups (500ml) water; stir to combine.
- 4 Cover pork mixture with baking paper cut to fit; cover with a tight-fitting lid. Transfer to oven; bake for 1 hour. Stir in mushrooms and capsicum. Return to oven; bake, covered, for a further 30 minutes or until pork and vegetables are tender.
- 5 Meanwhile, crush oregano, remaining garlic and salt with a mortar and pestle to form a coarse paste. Stir into pork mixture; cook for a further 15 minutes; season to taste.
- 6 Serve half the pork goulash topped with extra oregano leaves (see serve it). Transfer remaining pork goulash to an airtight container to cool, then store (see store it).

**TIP** We used a 25cm x 33cm oval cast iron casserole dish.

**SERVE IT** Serve with mashed potato or pasta.

**STORE IT** Refrigerate pork goulash for up to 3 days. Freeze for up to 3 months; thaw in the fridge, then reheat in a microwave. Freeze remaining cooking liquid in batches to use when making this again.











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# Wedges & fries



## 1. Spicy Cajun potato wedges

Preheat oven to 220°C. Cut 1kg unpeeled kipfler potatoes into wedges. Combine 2 tbsp olive oil, ½ tsp ground oregano, 2 tsp ground cumin, 1 tsp hot paprika, ½ tsp ground black pepper, 1 tsp ground coriander and ¼ tsp chilli powder in a small bowl. Place wedges on a large oiled oven tray, in a single layer; drizzle with oil mixture, toss to coat. Roast 40 minutes, turning occasionally, or until crisp and cooked. Serve topped with oregano leaves.

## 2. Paprika potato wedges with parmesan

Place two baking trays in the oven; preheat oven to 240°C. Cut 1kg floury potatoes (see tip) into wedges. Place wedges in a large bowl with 2 tbsp extra virgin olive oil, 40g melted butter and 2 tsp smoked paprika, then season with salt; toss to coat. Place wedges, in a single layer, on hot trays. Roast, turning once, for 35 minutes or until golden and crisp. Serve topped with ½ cup (40g) finely grated parmesan and with aioli, if you like.

**TIP** We used sebago potatoes.

## 3. Sweet potato wedges with lime chilli salt

Preheat oven to 240°C. Cut 1kg orange sweet potato into wedges. Place wedges, in a single layer, on baking-paper-lined trays; drizzle with 2 tbsp olive oil. Roast 15 minutes. Turn wedges; roast a further 15 minutes or until lightly browned. Stir 2 tsp finely grated lime rind, 2 tbsp sea salt flakes and 1 tsp chilli flakes in a small dry frying pan over a low heat for 3 minutes or until rind is dry. Cool. Serve wedges sprinkled with lime chilli salt.

## 4. Lemon pepper fries

Make a batch of Salted Fries (right), omitting the salt. Combine 1 tbsp finely grated lemon rind (or use a microplane grater), ½ tsp freshly ground black pepper and 1 tsp salt flakes in a small bowl. Serve hot fries immediately; sprinkle with lemon pepper and serve with lemon wedges.

**SWAPS** Use grated lime rind instead of lemon and crushed Sichuan peppercorns instead of black pepper.

## 5. Salted fries

Cut 1kg peeled russet burbank potatoes, lengthways, into 1cm thick slices; cut lengthways into 1cm wide pieces. Place potato in a large bowl of cold water; stand for 30 minutes. Drain; pat dry with paper towel. Heat vegetable oil in a deep-fryer, large saucepan or wok; cook fries, in three batches, for 4 minutes each batch or until just tender but not browned. Drain fries on paper towel; stand 10 minutes. Reheat oil; cook fries again, in three batches, separating any that stick together, until crisp and golden. Drain on paper towel. Season with salt.

## 6. Chilli garlic fries

Make a batch Salted Fries (left). Meanwhile, heat 2 tsp olive oil in a small frying pan; cook 2 sliced fresh long red chillies until soft. Add 2 sliced cloves garlic; cook, stirring, until fragrant. Serve hot fries immediately sprinkled with chilli mixture.

**TIP** If you like, add ½ cup Thai basil leaves to the oil after cooking the fries; fry leaves for 30 seconds until crisp, then toss them with the chilli mixture.



1



2



3



4



5



6







## Basic potato mash

**PREP + COOK TIME** 30 MINUTES **SERVES** 4

Place 1kg peeled and coarsely chopped potatoes (see tip) in a medium saucepan with enough cold water to barely cover them. Boil, uncovered, over medium heat for 15 minutes or until potato is tender; drain. Return potato to pan, mash until smooth (or use a potato ricer or mouli). Add 40g butter and  $\frac{3}{4}$  cup hot milk; fold in gently until mash is smooth. Season to taste. Serve as is, or with one of the flavour variations on this page.

**TIP** *Floury and all-rounder potatoes are best for mash; try coliban, Toolangi Delight, King Edward or Dutch cream.*

## Olive oil & sage mash

**PREP + COOK TIME** 35 MINUTES **SERVES** 4

Boil 1kg potatoes as directed for Basic Potato Mash; drain. Wipe pan dry. Heat  $\frac{1}{3}$  cup olive oil in same pan; fry 2 thinly sliced cloves garlic and 2 tbsp sage leaves until crisp. Remove with a slotted spoon. Return potatoes to pan with  $\frac{1}{2}$  cup hot milk; mash until smooth. Season with salt and ground black pepper. Serve topped with garlic and sage.







## Kale mash

**PREP + COOK TIME** 35 MINUTES **SERVES** 4

Boil 1kg potatoes as directed for Basic Potato Mash; drain. Wipe pan dry. Heat  $\frac{1}{3}$  cup olive oil in pan; cook 125g shredded kale and 1 chopped clove garlic, stirring, over medium heat for 5 minutes or until kale wilts. Remove from pan. Return potatoes to pan with 30g butter and  $\frac{3}{4}$  cup hot milk; mash until smooth. Stir in kale; season with salt and pepper.

## Mustard & cheddar mash

**PREP + COOK TIME** 35 MINUTES **SERVES** 4

Make Basic Potato Mash. When adding the butter and milk, add 2 tbsp Dijon or wholegrain mustard and 1 cup coarsely grated vintage cheddar. Return pan to heat; stir mash over medium heat until smooth and cheddar melts. Season with salt and ground black pepper. Serve topped with extra grated vintage cheddar.





# Roasted vegetables



## Parsnip & pear

**PREP + COOK TIME** 40 MINUTES **SERVES** 4

Preheat oven to 200°C. Scrub and trim 4 medium (1kg) parsnips and core 2 medium (460g) pears. Cut parsnips and pears lengthways into wedges. Line an oven tray with baking paper. Place parsnips and pears on tray; drizzle with 2 tbsp each honey and extra virgin olive oil, then add 6 small sprigs fresh rosemary. Season with salt and freshly ground black pepper; toss to coat. Roast for 30 minutes or until parsnips and pears are browned and tender. Add 2 slices torn prosciutto; roast a further 5 minutes or until crisp.



## Beetroot & walnut crumble

**PREP + COOK TIME** 1 HOUR **SERVES** 4

Preheat oven to 220°C. Trim leaves and stalks from 1.5kg red beetroot and 500g baby yellow beetroot; wash. Peel red beetroot; cut into six wedges. Keep yellow ones whole. Place all beetroots on a large piece of foil on oven trays with 2 bay leaves; drizzle with 1 tbsp olive oil. Cover with another piece of foil; seal. Roast red beetroots 40 minutes and yellow beetroots 30 minutes or until tender. Peel yellow beetroots; halve. Process ½ cup walnuts and ¼ cup fresh flat-leaf parsley until chopped. Toss beetroots with walnut crumble.





## Heirloom carrots

**PREP + COOK TIME** 40 MINUTES **SERVES** 6

Preheat oven to 200°C. Scrub 1 bunch each orange, white and purple heirloom carrots. Trim stalks to 2cm long; reserve carrot tops. You will need 1kg trimmed carrots. Pick 1 cup small tender leaves from reserved carrot tops, wash; discard remaining tops. Process tops with ½ cup extra virgin olive oil, ¼ cup red wine vinegar, 1 tbsp honey and 2 tsp cumin seeds until finely chopped. Season to taste. Drizzle half the dressing over carrots on a baking-paper-lined tray; roast 30 minutes or until tender. Serve topped with remaining dressing.

## Sweet potato & chickpeas

**PREP + COOK TIME** 45 MINUTES **SERVES** 4

Preheat oven to 220°C. Scrub 1kg small orange sweet potato. Cut sweet potato and 2 medium (340g) red onions lengthways into wedges. Drain a 400g can chickpeas; rinse. Place sweet potato, onions, chickpeas and 10 torn sprigs fresh thyme on a baking-paper-lined oven tray. Drizzle with ¼ cup olive oil; season with flaked salt and freshly ground black pepper, toss to coat. Roast for 30 minutes or until sweet potato is tender and browned.



# Eat your greens



## Garlic beans

**PREP + COOK TIME** 10 MINUTES **SERVES** 4

Boil, steam or microwave 400g trimmed green beans until just tender; drain. Add beans to a large bowl of iced water, drain well; place in a large bowl. Heat 2 tbsp olive oil and 1 thinly sliced garlic clove in a small frying pan over low heat until garlic just changes colour. Add 2 tbsp toasted pine nuts; stir until heated through. Spoon garlic mixture over beans.



## Steamed Asian greens

**PREP + COOK TIME** 15 MINUTES **SERVES** 4

Layer 350g trimmed broccolini, 150g trimmed snow peas, 2 halved baby bok choy and 1 thinly sliced fresh long red chilli in a large baking-paper-lined bamboo steamer. Steam, covered, over a large wok of simmering water for 5 minutes or until vegetables are just tender. Combine vegetables, 2 tbsp char siu sauce and 2 tsp sesame oil in a large bowl. Heat 1 tbsp peanut oil in a small saucepan until hot; pour over vegetable mixture, then toss to combine. Sprinkle with 1 tbsp toasted sesame seeds.





## Lemony lettuce wedges

**PREP TIME** 15 MINUTES **SERVES** 4

Combine 300g sour cream, 2 tbsp wholegrain mustard, 2 tsp finely grated lemon rind and ¼ cup lemon juice in a small bowl; season to taste. Remove the outer leaves from 2 baby cos lettuces; discard root ends. Cut lettuce into quarters lengthways. Arrange lettuce on a platter; drizzle with dressing. Serve topped with ¼ cup fried Asian shallots or toasted natural almond flakes or toasted natural seed mixture.

**TIPS** Use 1 large iceberg lettuce cut into 8 wedges instead of the cos lettuces, if you prefer. For a non-vegetarian version, top with crisp fried diced bacon or pancetta.



## Chargrilled asparagus

**PREP + COOK TIME** 10 MINUTES **SERVES** 4

Trim 2cm from the ends of 480g asparagus. Preheat a chargrill pan. Group asparagus in threes, side-by-side, then thread two toothpicks through each group to hold them together. Brush asparagus with 2 tbsp each combined kecap manis and olive oil. Chargrill for 2 minutes each side. Season and serve with baby rocket and lime wedges.







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# Chipotle beans

**PREP + COOK TIME** 4 HOURS  
15 MINUTES **SERVES** 6

- 1 tbsp olive oil
- 1 medium red onion (170g), chopped
- 6 cloves garlic, bruised
- 1½ tsp cumin seeds
- 2 tbsp chipotle chilli in adobo sauce (see tip)
- 3 x 400g cans black beans, drained, rinsed
- 2 cups (500ml) vegetable stock
- 1 tbsp lime juice
- 500g small corn tortillas
- ½ cup (100g) fetta, crumbled
- ¼ cup coriander leaves, chopped
- sliced green onion and green hot sauce, to serve

## PICKLED CABBAGE

- 2 cups (160g) shredded red cabbage
- ¼ cup (60ml) lime juice
- 1 tsp caster sugar

- 1 Heat oil in a large saucepan over a medium-high heat. Cook onion, garlic and cumin for 5 minutes or until onion softens. Add chipotle in sauce; cook, stirring, for 1 minute or until fragrant. Transfer to a 5-litre (20-cup) slow cooker. Add black beans and stock; stir to combine. Cook, covered, on low for 4 hours. Season to taste.
- 2 Meanwhile, to make the pickled cabbage: Place cabbage, lime juice, sugar and 1 tbsp water in a medium bowl; mix well. Stand for 15 minutes, stirring occasionally. Drain just before serving.
- 3 Coarsely mash beans in cooker; stir in lime juice. Season.
- 4 Warm tortillas following packet directions.
- 5 To serve, spoon beans on tortillas; top with pickled cabbage, fetta, coriander, green onion and hot sauce.

**TIP** *Chipotle chilli in adobo sauce can be found in most good grocers and delicatessens.*





# Sweet potato, turmeric & lentil soup

**PREP + COOK TIME** 5 HOURS  
15 MINUTES **SERVES** 4-6

- 1 tbsp olive oil
- 1 large onion (200g), diced
- 2 cloves garlic, crushed
- 1 tbsp finely grated fresh ginger
- 1 tbsp finely grated fresh turmeric (see tip)
- 1kg sweet potatoes, chopped coarsely
- 300g carrots, chopped coarsely
- 1 cup (200g) red lentils
- 1.5 litres (6 cups) vegetable stock
- 400ml can coconut milk
- fresh coriander sprigs and crusty bread, to serve

- 1 Heat oil in a large frying pan over medium-high heat; cook onion, garlic, ginger and turmeric, stirring, for 5 minutes or until onion softens. Transfer to a 4.5-litre (18-cup) slow cooker.
- 2 Add sweet potato, carrot, lentils, stock and coconut milk to cooker; season, stir to combine. Cook, covered, on low for 5 hours.
- 3 Ladle soup into bowls; top with coriander sprigs and serve with crusty bread.

**TIP** *If fresh turmeric is hard to find, you can use the same amount of ground turmeric instead.*











# Roasted tomato soup

**PREP + COOK TIME** 1 HOUR  
(+ STANDING) **SERVES** 8

**2kg vine-ripened tomatoes, quartered**

**3 large cloves garlic, unpeeled**

**6 sprigs fresh thyme**

**1 large onion (200g), chopped coarsely**

**1 tsp sea salt flakes**

**½ cup (80ml) extra virgin olive oil**

**1.5 litres (6 cups) vegetable stock**

**toasted pine nuts and baby basil leaves,  
to serve**

- 1** Preheat oven to 220°C.
- 2** Place tomatoes, garlic, thyme and onion in a large ovenproof dish or roasting pan; sprinkle with salt flakes, season with pepper. Drizzle with oil; toss to coat tomato. Roast for 30 minutes or until tomato is very soft and coloured around the edges.
- 3** Transfer roasted tomato mixture to a large heavy-based saucepan. Squeeze garlic out of skins; add garlic to tomato mixture. Remove thyme stalks. Add stock to pan; bring to the boil. Remove from heat. Stand for 10 minutes to cool slightly.
- 4** Blend or process tomato mixture until smooth. Return soup to pan; stir over low heat until hot.
- 5** Serve half the soup with pine nuts, basil and extra pieces fresh tomato, if you like; season. Transfer remaining soup to an airtight container; cool, then store (see store it).

**SERVE IT** *Top with pesto and serve with chargrilled sourdough, if you like.*

**STORE IT** *Refrigerate soup for up to 3 days. Freeze for up to 3 months; thaw in the fridge, then reheat in a microwave.*



# Chickpea masala

**PREP + COOK TIME** 45 MINUTES  
(+ STANDING) **SERVES** 8

- 2 tbsp olive oil
- 2 large onions (400g), sliced thinly
- 2 cloves garlic, crushed
- 2 tbsp finely chopped fresh ginger
- 1 tbsp yellow mustard seeds
- 1 tbsp garam masala
- 2 tsp ground coriander
- 1 tsp ground turmeric
- ¼ tsp cayenne pepper
- 2 x 400g cans diced tomatoes
- 270ml can coconut cream
- 1 medium cauliflower (1.5kg), cut into florets
- 2 x 400g cans chickpeas, drained, rinsed
- 1 bunch silverbeet (750g), stems removed, leaves chopped coarsely
- Greek yoghurt and fresh coriander sprigs, to serve (optional)

- 1 Heat oil in a large heavy-based saucepan over medium-high heat; cook onion, stirring, for 5 minutes or until soft. Add garlic and ginger; stir for 1 minute or until fragrant. Add mustard seeds; once they start popping, add remaining spices and stir for 1 minute or until fragrant.
- 2 Add tomatoes, coconut cream and ⅔ cup (160ml) water to pan; bring to the boil. Add cauliflower and chickpeas; return to the boil. Reduce heat to low-medium; cook, covered, for 20 minutes or until cauliflower is tender.
- 3 Stir silverbeet through chickpea mixture; simmer for 3 minutes or until wilted.
- 4 Serve half the chickpea masala topped with yoghurt and coriander (see serve it). Transfer remaining chickpea masala to an airtight container; cool, then store (see store it).

**SERVE IT** *Serve with simple flatbreads, if you like, or your favourite purchased roti, chapatis or naan bread.*

**STORE IT** *Refrigerate chickpea masala for up to 3 days. Freeze for up to 3 months; thaw in the fridge, then reheat in a microwave.*











# Lentil & vegetable soup

**PREP + COOK TIME** 50 MINUTES

**SERVES** 8

1 tbsp extra virgin olive oil

1 large onion (200g), chopped finely

2 medium carrots (240g), chopped finely

4 trimmed celery stalks (400g),  
chopped finely

1 fresh long red chilli, chopped finely

3 large cloves garlic, crushed

1 tbsp finely grated fresh ginger

2 tsp cumin seeds, crushed lightly

3 fresh bay leaves

3 fresh thyme sprigs

2½ cups (370g) dried French-style  
green lentils, rinsed

¼ cup (70g) tomato paste

3 litres (12 cups) vegetable stock

2 tbsp lemon juice

finely grated vegetarian-style parmesan  
cheese, extra thyme sprigs and extra  
thinly sliced fresh long red chilli,  
to serve (optional)

**1** Heat oil in a large heavy-based saucepan over medium-high heat; cook onion, carrot, celery, chilli, garlic, ginger and cumin, stirring, for 10 minutes or until vegetables soften.

**2** Add bay leaves, thyme, lentils, tomato paste and stock; bring to the boil. Reduce heat to low; cook, partially covered, for 25 minutes or until lentils are tender. Stir in juice; season to taste.

**3** Serve half the soup topped with parmesan, extra thyme and extra chilli, (see serve it). Transfer remaining soup to an airtight container; cool, then store (see store it).

**SERVE IT** *Serve with crusty bread or chargrilled sourdough, if you like.*

**STORE IT** *Refrigerate soup for up to 3 days. Freeze for up to 3 months; thaw in the fridge, then reheat in a microwave.*



# Broccoli & kale soup with lemon crème fraîche

**PREP + COOK TIME** 35 MINUTES

**SERVES** 8

400g kale leaves, stems removed,  
chopped coarsely (see tips)

¼ cup (60ml) olive oil

2 large onions (400g), chopped finely

4 cloves garlic, chopped finely

3 litres (12 cups) vegetable stock

1.3kg sebago potatoes (see tips),  
chopped coarsely

900g broccoli, cut into florets,  
stems sliced thinly

2 cups fresh flat-leaf parsley leaves

1 cup (240g) crème fraîche (see tips)

1 tbsp finely grated lemon rind (see tips)

thin strips lemon rind, to serve (optional)

**1** Preheat oven to 180°C.

**2** Rub 100g of the kale with 1 tbsp of the oil. Place on an oven tray. Bake for 10 minutes or until crisp.

**3** Meanwhile, heat remaining oil in a large heavy-based saucepan over medium heat; cook onion and garlic, stirring, for 5 minutes or until softened. Add stock and potato; bring to the boil. Reduce heat to low; cook, covered, for 8 minutes.

**4** Add broccoli to pan; cook, covered, for 8 minutes or until vegetables are tender. Stir in remaining kale and the parsley; cook for a further 1 minute or until just wilted.

**5** Remove pan from heat. Using a stick blender (see tips), carefully blend soup until smooth. Season to taste.

**6** Combine crème fraîche and grated rind in a small bowl; season.

**7** Ladle half the soup into four bowls; top with crème fraîche mixture, kale chips and strips of rind (see serve it). Transfer remaining soup to an airtight container; cool, then store (see store it).

**TIPS** Sebago is a white-fleshed potato; use any white all-purpose non-waxy potato instead. If using a blender or food processor to blend soup, stand the soup for 10 minutes to cool slightly before blending, as the heat build-up can cause the lid to blow off. The amount of kale used to make the chips in step 2 is enough for the served soup. Bake the same amount again when reheating the stored portion. The same applies to the combined crème fraîche and grated lemon rind.

**SERVE IT** Serve with sourdough baguette.

**STORE IT** Refrigerate soup for up to 3 days. Freeze soup for up to 3 months; thaw in the fridge, then reheat in a microwave.











# Baked beans with pumpkin

**PREP + COOK TIME** 45 MINUTES  
**SERVES** 8

- 1kg Kent pumpkin, cut into thin wedges (see tips)
- 1/3 cup (80ml) extra virgin olive oil
- 1 large red onion (300g), cut into wedges
- 6 x 400g cans four-bean mix, drained, rinsed
- 2 x 400g cans chickpeas, drained, rinsed
- 1/3 cup (65g) chilli in adobo sauce (see tips), chopped finely
- 2 tbsp honey
- 1/3 cup (95g) barbecue sauce
- 2 tsp Dijon mustard
- 2 x 700g bottles tomato passata
- 1 1/2 cups (180g) coarsely grated vegetarian cheddar-style cheese
- 3/4 cup (80g) coarsely grated vegetarian smoked cheddar-style cheese

- 1 Preheat oven to 220°C. Line two large oven trays with baking paper.
- 2 Place pumpkin on trays, drizzle with 2 tbsp of the oil. Roast for 15 minutes.
- 3 Heat remaining oil in a large heavy-based saucepan over high heat; cook onion, stirring occasionally, for 4 minutes or until softened slightly. Add beans, chickpeas, chilli in adobo sauce, honey, barbecue sauce and mustard; cook, stirring occasionally, for 3 minutes or until heated through. Stir in passata; bring to the boil. Cook for 10 minutes or until sauce thickens slightly; season.
- 4 Transfer bean mixture to a large ovenproof dish. Place pumpkin on beans; sprinkle with cheeses. Bake for 15 minutes or until cheese topping is golden and melted.
- 5 Serve half the baked beans and pumpkin (see serve it). Transfer remaining baked beans and pumpkin to an airtight container; cool, then store (see store it).

**TIPS** *There is no need to peel the skin from the pumpkin, as it is edible. Chipotle chilli with adobo sauce can be found in most good grocers and delicatessens. Alternatively, increase the barbecue sauce to 1/2 cup and add 2 tsp smoked paprika and 1 tsp chilli flakes.*

**SERVE IT** *Serve with bagels or ciabatta rolls, if liked.*

**STORE IT** *Refrigerate baked beans and pumpkin for up to 3 days. Freeze for up to 3 months; thaw in the fridge, then reheat in a microwave.*



# Roast corn & quinoa chowder

**PREP + COOK TIME** 1 HOUR  
40 MINUTES **SERVES** 8

4 corn cobs (1.6kg), husks and silks removed
¼ cup (60ml) olive oil
1 large onion (200g), chopped finely
1 large potato (300g), chopped coarsely
2 cloves garlic, crushed
1 tsp chilli flakes
¼ tsp smoked paprika
1 litre (4 cups) vegetable stock
½ cup (125ml) pouring cream
⅓ cup (70g) mixed red and white quinoa
½ tsp smoked paprika
fresh coriander leaves, paprika and lime wedges, to serve (optional)

- 1 Preheat oven to 180°C. Oil an oven tray; line with baking paper.
- 2 Place corn on tray, drizzle with 1 tbsp of the oil; season. Roast corn, turning occasionally, for 45 minutes or until golden and tender. Using a sharp knife, cut kernels from cobs; discard cobs.
- 3 Increase oven to 200°C.
- 4 Heat remaining oil in a large heavy-based saucepan over medium heat; cook corn kernels, onion and potato, covered, for 10 minutes or until onion softens. Add garlic, chilli and paprika; cook, stirring, for 1 minute or until fragrant. Add stock and cream; bring to the boil over high heat. Reduce heat to medium; cook, covered, for 10 minutes or until potato is tender. Remove from heat; stand for 10 minutes.
- 5 Meanwhile, place quinoa and ¾ cup (180ml) water in a small saucepan; bring to the boil. Reduce heat to low; cook, covered, for 12 minutes or until tender. Stand, covered, for 10 minutes; fluff with a fork.
- 6 Blend or process half the chowder until almost smooth; return to pan. Season to taste; stir over heat until hot. Stir the quinoa through chowder.
- 7 Ladle half the chowder into four bowls; serve with coriander, paprika and lime wedges (see serve it). Transfer remaining soup to an airtight container; cool, then store (see store it).

**SERVE IT** *Serve with chunky guacamole and tortilla crisps, if you like.*

**STORE IT** *Refrigerate chowder for up to 3 days. Freeze for up to 3 months; thaw in the fridge, then reheat in a microwave.*











# Spiced pumpkin dahl

**PREP + COOK TIME** 1 HOUR  
20 MINUTES **SERVES** 8

800g butternut pumpkin, peeled,  
cut into 2cm pieces

¼ cup (60ml) olive oil

1 tbsp cumin seeds

2 tsp coriander seeds

1 large red onion (300g), chopped finely

1 large carrot (180g), chopped finely

1 bunch coriander, roots and stems  
chopped, leaves reserved

1 tbsp finely grated fresh ginger

3 cloves garlic, crushed

1 tbsp yellow mustard seeds

2 tsp ground turmeric

1½ cups (300g) dried red lentils

1 litre (4 cups) vegetable stock

1 large cinnamon stick

4 eggs (see tip)

**1** Preheat oven to 200°C. Line an oven tray with baking paper.

**2** Place pumpkin on lined tray; drizzle with half the oil, toss to coat. Roast pumpkin for 30 minutes or until tender; cool for 5 minutes. Process pumpkin until smooth.

**3** Meanwhile, toast cumin and coriander seeds in a large heavy-based frying pan or saucepan, shaking pan occasionally, over medium heat for 1 minute or until fragrant. Pound seeds with a mortar and pestle until ground finely.

**4** Heat remaining oil in same pan over medium-high heat; cook onion and carrot, stirring, for 5 minutes or until soft. Add coriander stems, ginger, garlic, mustard seeds, turmeric and ground spices; cook, stirring, for 1 minute or until fragrant. Add lentils, stock, 1 litre (4 cups) water, pumpkin puree and cinnamon stick; bring to the boil. Reduce heat to low-medium; simmer, partially covered, for 30 minutes.

**5** Stir pumpkin dhal. Transfer half the pumpkin dhal to an airtight container; cool, then store (see store it).

**6** Make four indents in remaining pumpkin dhal; crack eggs into indents. Cook, covered, for 10 minutes or until eggs are set. Serve with reserved coriander leaves (see serve it).

**TIP** This number of eggs is enough for the served pumpkin dhal. Reheat the stored pumpkin dhal in a frying pan, then cook another 4 eggs following the instructions in step 6. Alternatively, poach or fry the eggs separately.

**SERVE IT** Top with toasted shredded coconut and chilli flakes; serve with naan and lime cheeks, if you like.

**STORE IT** Refrigerate pumpkin dhal for up to 3 days. Freeze for up to 3 months; thaw in the fridge, then reheat in a microwave.



# Ratatouille bake with cauliflower bechamel

**PREP + COOK TIME** 1 HOUR

30 MINUTES (+ STANDING)

**SERVES** 8

**½ cup (80ml) extra virgin olive oil**

**2 eggplants (600g)**

**3 large zucchini (450g)**

**200g fresh shiitake mushrooms,  
stems discarded, chopped finely**

**2 tbsp finely chopped fresh sage**

**1 tsp smoked paprika**

**400g can diced tomatoes**

**125g sun-dried tomatoes, chopped finely  
(see tips)**

**1 cup (250ml) tomato passata**

**1 cup (250ml) vegetable stock**

**¾ cup (90g) walnuts, chopped finely**

**¼ cup (20g) finely grated parmesan**

## CAULIFLOWER BECHAMEL

**¾ head cauliflower (750g), cut into florets**

**3 cloves garlic, bruised**

**1½ cups (375ml) vegetable stock**

**375g fresh ricotta**

**¾ cup (60g) finely grated vegetarian  
parmesan-style cheese**

**¼ tsp ground nutmeg**

**1** Preheat grill to high.

**2** To make cauliflower bechamel, place cauliflower, garlic and stock in a saucepan over medium heat; bring to a simmer. Reduce heat to low; cook, covered, for 12 minutes or until cauliflower is tender. Cool for 10 minutes. Blend with cheeses and nutmeg until smooth. Season.

**3** Meanwhile, cut eggplants and zucchini lengthways into 4mm thick slices. Place eggplant, in batches, in a single layer, on a foil-lined oiled oven tray; brush with 1 tbsp of the oil and season. Place eggplant under grill for 5 minutes each side or until golden. Repeat with zucchini and another 1 tbsp of oil; grill for 3 minutes each side or until golden.

**4** Preheat oven on 200°C.

**5** Heat 1 tbsp of the oil in a heavy-based frying pan over medium-high heat; cook mushrooms for 2 minutes. Add sage and paprika; cook for a further 3 minutes or until golden. Stir in canned and sun-dried tomatoes, passata, stock and walnuts; bring to a simmer. Simmer for 12 minutes or until mixture thickens slightly. Season to taste.

**6** Spread a quarter of the cauliflower bechamel in a 2.5 litre (10-cup) oval or rectangular ovenproof dish; arrange a layer of grilled vegetables over. Top with another quarter of the bechamel. Spoon on half the tomato mixture. Repeat layering with grilled vegetables, bechamel and tomato mixture, finishing with bechamel. Top with parmesan; drizzle with remaining oil. Season.

**7** Bake ratatouille mixture for 20 minutes or until top is golden and filling is warmed through. Stand for 10 minutes.

**8** Serve half the ratatouille bake (see serve it). Transfer remaining ratatouille bake to an airtight container; cool, then store (see store it).

**SERVE IT** *Top with pesto; serve with simple green salad or lemony lettuce wedges alongside, if you like.*

**STORE IT** *Refrigerate ratatouille bake for up to 3 days. Freeze for up to 3 months; thaw in the fridge, then reheat in a microwave.*











# Tofu & vegetable red curry

**PREP + COOK TIME** 40 MINUTES  
**SERVES** 8

- 2 tbsp peanut oil
- 1 large onion (200g), sliced thinly
- 2 x 400ml cans coconut milk, unshaken (see tips)
- ⅓ cup (200g) red curry paste
- 2 tbsp lime juice
- 2 tbsp light brown sugar
- 3 tsp soy sauce
- 1½ cups (325ml) vegetable stock
- 1 small cauliflower (1kg), sliced thickly
- 300g green beans, trimmed, halved lengthways
- 300g sugar snap peas
- 220g tofu puffs, halved diagonally
- 1 fresh long red chilli, sliced
- fresh Thai basil leaves, to serve

- 1 Heat oil in a large heavy-based saucepan over medium heat; cook onion, stirring, for 2 minutes or until softened.
- 2 Remove ⅓ cup of the thick coconut cream (see tips) from the top of the cans; add to pan. Add curry paste; cook, stirring, for 3 minutes or until oil separates from coconut cream and rises to the surface. Stir in lime juice, sugar, soy sauce, remaining coconut milk and stock; bring to the boil. Reduce heat to low-medium; simmer for 20 minutes or until reduced by one third. Add cauliflower; simmer, covered, for 5 minutes. Add beans and peas; simmer, partially covered, for 5 minutes or until vegetables are tender. Add tofu; stir until hot.
- 3 Serve half the red curry topped with chilli and basil (see serve it). Transfer remaining curry to an airtight container; cool, then store (see store it).

**TIPS** We used canned coconut milk that hasn't been emulsified, so that it separates with the solids rising to the surface. If you use an emulsified brand of coconut milk, skip the step of adding the solid coconut cream first. Check the curry paste label to ensure it doesn't contain any animal products.

**SERVE IT** Serve with broccoli 'rice' or steamed jasmine rice.

**STORE IT** Refrigerate red curry for up to 3 days. Freeze for up to 3 months; thaw in the fridge, then reheat in a microwave.





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