

DeliciousDesserts



Let's
Cook



Welcome to Let's Cook! Delicious Desserts

Let's Cook! is a unique cooking school that teaches people with all levels of cooking skill how to select, prepare and present quick, easy nutritious meals for themselves, their flatmates, friends and families.

We have developed this series of cookbooks so those that can't get to our classes can still enjoy the benefits of our down to earth, practical approach to cooking instruction and culinary skill development.

The cookbooks also allow those who have been to our classes to expand thier range of dishes that they can show off at home at dinner parties, spend time exploring cooking with the kids or simply keep the family fed with some new day to day dishes.

This cookbook is designed to give you a practical, down to earth guide in the preparation, cooking and presentation of meals cooked in the home kitchen.

By introducing you to the practical theories of cooking, we expect that this is a book that you can enjoy for a lifetime.

The recipes provided develop the skills necessary to provide good food, inexpensively, with a minimum of effort.

Importantly, you are also shown many of the short cuts that professional chefs use to produce great results quickly – a bonus for people on the go.

This cookbook is much more than the current recipes from the Delicious Dessert Cooking class. Non-current extra recipes include Vattalappan, Coconut and Lychee Tapioca with Fresh Tropical Fruit, Chocolate Sponge Souffle Cakes, Lemon Sorbet, Peaches Poached in Dessert Wine and lots more that are only available in the cookbooks!

There is an international influence in the range of recipes, which includes dishes from France, Italy, Thailand, Iran, the UK and Sri Lanka.

The recipes are (mostly) organized alphabetically, and where a word is in italics, it usually means that there is a definition for your reference in the Glossary at the back.

Also included are a Weight ConversionTable from Metric to Imperial, and a Temperature Conversion Table.

Other books in the series include:

Authentic Asian

BBQ Whisperers

Easy European

Kids Cook

Meat Game and Poultry

Sensational Seafood

Versatile Vegetarian

More info about who we are and what we do can be found on our website: www.letscook.com.au

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Apple and Pear Galette with Vanilla Ice Cream

INGREDIENTS SERVES 4

4 25x25cm puff pastry sheets
1 large granny smith apple
1 large packham pear
2 tablespoons butter
2 tablespoons brown sugar
1 tablespoons vanilla essence
2 stalks mint
honey to serve
vanilla ice cream to serve

EQUIPMENT

Corer
Small Saucepan
2 x mixing bowls
Chopping Board
Chef's knife
Small piece of baking paper
Roasting Tray
Pastry Brush

METHOD

1. Preheat the oven to 180°C
2. Thoroughly wash hands with soap, rinse and dry completely
3. Melt butter on low heat
4. De-core and slice the apples and pears
5. Marinate in the vanilla and a little of the sugar and butter
6. Cut 4 circles from the puff pastry
7. Place on a lightly buttered pastry tray
8. Place the apples and pears over lapping on the pastry
9. Brush with the remaining melted butter and sprinkle with remaining sugar
10. Bake for 20-25 minutes until the pastry is golden
(this will vary from oven to oven, so keep an eye on them)
11. To serve drizzle with a little honey and ice cream on the top or on the side
12. Garnish with mint stalks



Apple and Pear Galette with Vanilla Ice Cream

Baked Cheesecake with Flamed Blueberries

INGREDIENTS MAKES CAKE THAT SERVES UP TO 12

Biscuit Base

1 pkt plain biscuits (Arnott's Nice biscuits are recommended)
100g butter

Cheesecake Filling

675g cream cheese or Neufchatel cheese
2 x eggs
2 x lemons
3 tablespoons cornflour
5ml vanilla extract
225g caster sugar
300ml cream
butter or veg oil to grease cake tin

Flamed Blueberries

1 punnet blueberries **or** 1 pkt (300g) frozen blueberries if not in season
¼ cup (60g) icing sugar
2 tablespoons Grand Marnier

EQUIPMENT

Mixing bowl
Frypan
Fire Starter / Match
Whisk
Zester
Spatula
Wooden Spoon
Chef's Spoon
23cm spring release cake tin
Food processor / Blender

Baked Cheesecake

with Flamed Blueberries *continued*

METHOD

Biscuit Base Ingredients

1. Thoroughly wash hands with soap, rinse and dry **completely**
2. Blend ingredients in blender such as the Braun Multiquick
3. *Grease* spring release cake tin with butter
4. Pour mix from blender into greased cake tin
5. Press down to form base

Cheesecake Filling Ingredients

1. Pre-heat oven to 120°C
2. *Zest* lemons
3. Mix all ingredients except cream together in bowl with wooden spoon
4. Whip cream
5. *Fold* whipped cream into mix
6. Pour into cake tin
7. Bake for about 15–20minutes

(NB: this will vary from oven to oven, so check occasionally and use oven timer to remind yourself!)

Flamed Blueberries

1. Put frypan on high heat
2. Add blueberries and sugar, reduce heat to medium
3. *Simmer* until sugar dissolves
4. Add Grand Marnier and light with a match or fire starter **Warning: Can flare up, so stand back a bit**
5. You will see a blue flame appear, cook until flame ceases
6. Allow to cool
7. Serve blueberries draped over cheesecake

Baked Rice Pudding with Cinnamon and Rhubarb

INGREDIENTS SERVES 6

40g unsalted butter
2 tablespoons medium grain rice
2 x 65g eggs
1 cup caster sugar
½ cup vanilla essence
1/3 cup sultanas
2 ½ cups milk
1 x whole nutmeg, or 10g grated nutmeg
500g rhubarb
¼ cup sugar
2 sticks cinnamon
¼ cup water

EQUIPMENT

1 litre ovenproof dish
1x Small saucepan
Whisk
Mixing bowl
Wooden spoon
Large baking dish
Microplane for nutmeg
Chopping Board
Chefs knife
Deep pot (stockpot)
Dessert plates
Dessert spoons
Serving spatula



Baked Rice Pudding with Cinnamon and Rhubarb

Baked Rice Pudding with Cinnamon and Rhubarb continued

METHOD

Rice Pudding

1. Pre-heat oven to 180°C
2. Butter a 1 litre ovenproof dish
3. Bring a saucepan of water to the boil and add the rice
4. Cook rice uncovered for 10mins then drain
5. Beat eggs and sugar with vanilla in a bowl
6. Add rice, sultanas and milk and mix well
7. Pour mix into ovenproof dish
8. Sit the 1ltr ovenproof dish in a larger baking dish which has been half filled with water
9. Place baking dish in oven to create a *ban marie*
10. Grate a little nutmeg on top and bake for about 45mins, or until pudding has set

Rhubarb

1. In a deep pot add water, sugar and cinnamon
2. Bring to boil to dissolve sugar
3. Wash and trim rhubarb into 4cm lengths
4. Add to liquid, cover and simmer until soft
5. This should take about 10mins
6. Allow to cool and serve with rice pudding

Banana Soufflé

INGREDIENTS SERVES 2

125g ripe banana
30g sugar
1 egg yolk
60 ml egg whites (about 1.5 x eggs)
2 tbsl caster sugar
icing sugar
melted butter or olive oil spray for ramekins

EQUIPMENT

Fork Whisk
Rubber spatula Tablespoon
Fine mesh strainer
Medium stainless steel mixing bowl
Large stainless steel mixing bowl
Individual souffle dishes (ramekins)

METHOD:

1. Pre heat oven to 200°C with fans turned off
2. Thoroughly wash hands with soap, rinse and dry completely
3. Mash banana with sugar till sugar dissolves
4. Seperate egg yolk from white
5. Fold egg yolk in with banana and sugar mix
6. In a separate bowl, whisk egg whites till stiff
7. Add first table spoon caster sugar and continue whisking till sugar dissolves
8. Add the next table spoon of caster sugar and whisk till egg whites are shiny and stiff
9. Take half of the banana mixture and add to egg whites, slowly fold both mixtures together
10. Add rest of banana mixture to the whites
11. Grease ramekins with melted butter or olive oil spray and dust with caster sugar
12. Divide mixture into both ramekins
13. Bake in oven for about 15 minutes and serve immediately with a dusting of icing sugar

CHEF'S TIPS

When whisking eggs whites, you must ensure that there is no egg yolk or shell with the whites. Also, the bowl must be spotlessly clean and dry, otherwise it will be almost impossible to whisk the whites stiff and shiny so they form a meringue

Chocolate and Raspberry Brownies

INGREDIENTS MAKES 25 CAKES

200g butter
4 eggs
200g chocolate
430g caster sugar
230g plain flour
45g cocoa powder
¼ teaspoon vanilla extract
200g chocolate bits (dark)
200g raspberries – must be frozen

EQUIPMENT

Small Saucepan
2 x Mixing Bowl
Wooden Spoon
Beater
Rubber Spatula
Non-stick Cup Cake Pattie Tray

METHOD

1. Thoroughly wash hands with soap, rinse and dry completely
2. Melt the chocolate (200g) with the butter *au bain marie*
3. Beat the eggs, vanilla and sugar
4. Mix the melted chocolate and butter with the egg mix
5. Fold in flour
6. Put whole mixture into a bowl and fold in the frozen raspberries and choc bits.
7. Put into cup cake pattie tray and bake at 180°C for about 25 minutes (this will vary from oven to oven, so keep an eye on them)

CHEFS TIPS

Chocolate and Raspberry brownies have an amazing rich melt in your mouth quality about them. I have never met a chocolate lover that didn't adore them.

They are served with clotted cream on the side to break up the richness a little.

They also smell amazing when they are cooking and come out of the oven.



Chocolate and Raspberry Brownies

Chocolate Tart

with Raspberries and Fresh Cream

INGREDIENTS SERVES 6 TO 8

150g chocolate (*not* milk chocolate)
1 pre-baked pastry flan case (about 18cm diameter)
1 egg
125ml pouring cream
85ml double thick cream
60ml milk
1 punnet raspberries (or 150g frozen berries)
½ cup (125g) sugar
1 vanilla bean **or** ½ teaspoon vanilla extract

EQUIPMENT

Small saucepan
Wooden spoon
Mixing bowl
Whisk
Roasting tray
Rubber spatula
Chef's knife
Pastry brush

METHOD

1. Pre-heat oven to 150°C
2. Thoroughly wash hands with soap, rinse and dry **completely**
3. In saucepan, warm combined milk and pouring cream
4. Place broken pieces of chocolate inside saucepan, and stir until chocolate is melted and well blended. Add a bit at a time so temperature doesn't drop
5. Cool to lukewarm (about 5-10 minutes)
6. Slightly beat egg and add to cooled mix, stir until well combined.
NB: if you add egg before mixture cools to lukewarm, it will scramble
7. Brush a thin layer of chocolate into the tart case first, set in oven for 5 minutes
8. Pour remaining mix into the pre-baked pastry case
9. Bake at 150°C for 40-45 minutes, until the centre is slightly firm but still trembling in the centre
10. Remove from oven and after short cooling period, place the tart onto a clean, dry chopping board and remove from alfoil casing
11. Using a sharp chef's knife, run under hot water and wipe clean before every cut, so you get a clean edge every time for each serve. Serve with the raspberries (or any berries in season) and a spoonful of double cream or *crème fraîche*



Chocolate Tart with Raspberries and Fresh Cream

Chocolate Tart

with Raspberries and Fresh Cream continued

Alternative Tart Garnish – Raspberry Coulis

1 x punnet raspberries or frozen berries if not in season

½ cup (125g) sugar

½ cup (125ml) water

1 x vanilla bean **or** ½ teaspoon vanilla extract

EQUIPMENT

Small pot

Wooden spoon

Measuring cup

Teaspoon

Chef's knife

Chopping board

METHOD

1. Boil sugar and water until sugar has dissolved
2. Add raspberries and vanilla extract and stir
3. *Reduce* until its a nice smooth texture
4. Allow to cool at room temperature
5. Spoon over tart with some creative flair!

CHEF'S TIPS – CHOCOLATE TART

Chocolate - We use and recommend Cadbury Old Gold Chocolate as it is readily available and not a compound cooking chocolate (which tend to have a 'waxy' texture). Generally you want a dark chocolate that has more than 70% cocoa for this dish

Vanilla Bean - If you are using a vanilla bean, slice lengthways and scrape out the seeds and flesh inside. Add the split bean whole just like the extract. Keep the bean at the end and once it's dry put in your sugar bowl so you get a really nice vanilla sugar combo

Crème Fraiche is an alternative to double cream that is just a touch sour, and thus goes really well with the sweetness of the chocolate, and slight bitterness of the raspberries

Cooking time will vary from oven to oven, so use the oven timer and keep an eye on it!

Cooking the chocolate mix in the mousse away from direct heat is called *au bain marie*. By using the boiling water to melt the mix, you avoid burning the chocolate and making it bitter, grainy and dry

Chop the chocolate into small pieces before melting in pot – chocolate burns easily so keep an eye on it!

Cardamom-Infused Semolina Halava Pudding with Flaked Almonds and Raisins

INGREDIENTS SERVES 6 TO 8

½ cups water
1¼ cups sugar
140g unsalted butter
1¼ cups coarse-grained semolina
1/3 cup flaked almonds
1/3 cup sultanas
1 teaspoon ground cardamom
cream or custard to serve

EQUIPMENT

Measuring Cup
2 x medium pots with lids
Wooden spoon
Heat diffuser

METHOD

1. Bring to the boil the water and sugar
2. Reduce to a simmer, and cover with a lid
3. In a second saucepan melt the butter over low heat
4. Add the semolina, and slowly and rhythmically stir-fry the grains for about 20 minutes, or until they darken to a tan colour and become aromatic
5. Add the flaked almonds to the toasting grains towards the end of the toasting process
6. In the first pot, raise the heat under the syrup, and add the sultanas and cardamom
7. Remove the toasted grains in the second pot from the heat, and carefully pour in the boiling syrup in the first pot, stirring continuously. The grains may at first splutter, but will quickly cease as the liquid is absorbed. This forms the *halava*
8. Return the *halava* to the heat and stir steadily over very low heat until the grains fully absorb the liquid, and start to form a pudding. It will start to pull away from the sides of the saucepan
9. Place a tight-fitting lid on the saucepan and steam the *halava* over the lowest possible heat source on your stovetop (a heat-diffuser works well)
10. Remove the covered saucepan from the heat, and allow the *halava* to continue to steam for an additional 5 minutes
11. Serve hot, with cream, custard or as is

The word *halv* is Arabic for sweet. Arabic and Persian cuisine was introduced into India by the Mogul invaders during their occupation from the 11th to the 17th century.

This pudding-like dish is quite different to the sweet sesame based sweet of the same name. Halava is the ultimate comfort food. This well-loved dessert is hot, buttery, sweet, flavoursome and completely satisfying, especially on a cold winter's day.

In this recipe, the humble semolina teams up with the world's third most expensive - cardamom. Enriched with sultanas and flaked almonds, fluffy, plump-grained *halava* is a gourmet experience served with cream, custard, or just as it is.

Chocolate Soufflé Cakes

INGREDIENTS MAKES 4 SMALL CAKES

½ cup butter, plus some for buttering the molds
120g bittersweet chocolate – the better the quality the better the cake
2 eggs
2 egg yolks
¼ cup sugar
2 teaspoons plain flour, plus a little more for dusting

EQUIPMENT

4 x small ramekins or soufflé dish
1 x baking tray that fits in your oven
Double boiler
Whisk
Spatula

METHOD

1. Preheat the oven to 225-250°C
2. Lightly butter the molds and dust with flour – place on a baking dish and then into the refrigerator to set the butter and make them ‘non stick’
3. In the top of a double boiler set over simmering water, heat the butter and chocolate together until the chocolate is almost completely melted
4. While the chocolate and butter are melting, beat together the eggs, yolks and sugar until the sugar has dissolved and the mixture is smooth
5. Mix the melted chocolate and egg mixture together. NB make sure mix is not too hot or you’ll get chocolate flavoured scrambled eggs
6. Add in the flour and mix this through until combined to a smooth batter
7. Pour the batter into the molds – ¾ to top
8. Bake in the oven for 6-8 minutes
9. Invert onto a small plate and serve immediately

CHEFS TIPS

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Chocolate Soufflé Cakes

Coconut and Lychee Tapioca

INGREDIENTS SERVES 4

150g dried tapioca pearls
2 litres water
1 cup (250ml) coconut cream
½ cup (125ml) sugar syrup (1:1 sugar and water boiled to make a syrup)
1x teaspoon vanilla extract
½ teaspoon sea salt
100g young coconut flesh
100g lychees
1 x fresh mango

EQUIPMENT

Medium / Large Pot
Wooden Spoon
Strainer
Mixing Bowl and Glass Bowl Muslin or cheesecloth
Grater
Glass or glass dish to serve dessert in

METHOD

1. Make your sugar syrup (equal parts sugar and water, boiled to make a syrup)
2. Wash your hands thoroughly and dry them completely
3. Finely slice young coconut flesh
4. Peel and roughly chop lychee flesh (tinned if fresh not available)
5. Cut fresh mango into large pieces to serve (any fresh tropical fruit is good if mango out of season)
6. Bring the water to a rapid boil and *rain in* (pour in a slow, steady stream) the tapioca, stirring with the whisk so that the pearls do not stick to the bottom
7. *Simmer* until the pearls become transparent with just a tiny dot of white left in the middle. You want to just slightly undercook the tapioca pearls as they will continue to cook once you take them out of the water. Getting this right is important as this dish relies on the firm texture of the tapioca
8. Pour into a strainer and rinse in cold water to prevent the pearls from sticking to each other
9. Add cream, sugar syrup, vanilla and salt together
10. Place the tapioca in a mixing bowl and work in liquid so tapioca is all separated and quite wet
11. *Fold* in young coconut and lychees
12. Serve in a glass with fresh mango pieces on the side

Coconut and Lychee Tapioca continued

Coconut Milk

1. Crack the coconut kernel
2. Set the coconut half over the 'rabbit' grater
3. Grate the flesh. (At home, use a normal grater)
4. Add about 1 cup (250ml) hot water to the flesh
5. Allow the grated flesh to *steep* in the water for a little while
6. Place small handfuls of the flesh in some muslin or cheesecloth
7. Squeeze the milk into a glass or ceramic bowl
8. Allow the coconut milk to settle, the 'coconut cream' will rise to the top; the rest is 'coconut milk'

CHEFS TIPS

Our chefs use Kara brand coconut cream and recommend it as the best all-rounder that is found in most Asian Supermarkets

If mangoes are out of season, you can substitute any fresh tropical fruit, or fresh stone fruit like peaches

The art to using a mortar and pestle is to push the ingredients from the inside straight to the curve, so everything turns over itself and the ingredients are pushed together, rather than mashed

When using the mortar and pestle it should sing, rather than clink and clunk!

Tapioca pearls have been used in Thai desserts since 1350 (AYUTHYA) when commercial letters record ships arriving with sugar and tapioca from the south. During this period monks and others have been known to eat tapioca pudding.

Tapioca derives from the Palmata variety of Cassava. The root is grated, washed thoroughly again, served through mesh and finally results in pearls slightly larger than the ordinary sago pearls. These are then heated and dried.

Crème Caramel

INGREDIENTS SERVES 2

125ml milk
1 x egg
12g sugar
2 drops vanilla essence
30g sugar
25ml water

EQUIPMENT

2 saucepans
Mixing bowl
Dariole molds
Baking dish (deep sided)
Silicone paper
Food processor
Scale
Baking sheet
Whisk

METHOD

1. Add the sugar (30g) to the water and heat until *caramelized*
2. Remove from the stove and add a few drops of water to stop the caramelizing
3. Pour caramel into the *dariole mold* and let set (be careful as caramel is particularly hot). You don't need to grease the mold
4. Add egg sugar (12g) and vanilla together in a bowl and mix lightly
5. Bring the milk to the boil and slowly pour onto the egg mixture whisking thoroughly (NB; do not beat eggs too much as you do not want egg mix to rise)
6. Pour egg mix into a jug and skim off any foam
7. Pour into dariole molds
8. Place into a baking dish filled with hot water and bake for 35-45 minutes in an oven at 165°C
9. When cooked remove from the oven and refrigerate
10. To serve, run knife around inside of mould and lightly shake free onto a plate



Crème Caramel



Drunken Strawberries Flambé with Vanilla Cream

Drunken Strawberries

Flambé with Vanilla Cream

INGREDIENTS SERVES 4

250g Strawberries
80ml Cointreau
50g Castor sugar
1 x cup Double Cream
1 x teaspoon Vanilla Extract
1 x tablespoon Icing sugar

EQUIPMENT

Sauté Pan
Mixing bowl
Spoon
Whisk

METHOD

1. Thoroughly wash hands with soap, rinse and dry **completely**
2. Wash strawberries and hull
3. Marinate the strawberries in Cointreau and sugar, saving some of the Cointreau for making the flambé effect
4. Place cream, icing sugar and vanilla in a bowl and gently whisk to combine
5. Heat a BBQ to a very high heat
6. Heat a sauté pan on the BBQ until its smoking hot
7. Toss the marinated strawberries into the pan and add the Cointreau
8. Allow all of the alcohol to burn out, caramelizing the strawberries
9. Remove the strawberries from the pan and serve on a plate or a glass coupe
10. Top the strawberries with the vanilla cream
11. Enjoy!

Fresh Fruit Salad

INGREDIENTS SERVES 2

1 Red Apple (Delicious, Jonathan or Pink Lady)
1 Banana (Medium Sized and Ripe)
1 Kiwi Fruit
1 Pear (Small to Medium)
5 Strawberries
1 Passionfruit (Optional)
2 Oranges
Honey

EQUIPMENT

Chopping board
Paring Knife
Dessert Spoon
Porcelain Bowl
Juicer
Serving bowls

METHOD

1. Peel banana and kiwi fruit, halve passionfruit
2. Cut all fruit into similar sized diced pieces, discarding seeds
3. Put into serving bowl
4. Cut strawberries into thin slices and put into serving bowl
5. Scoop passionfruit pulp into bowl and mix well
6. Add two dessert spoons of honey and the juice of two oranges
7. Mix all ingredients well so the honey and the juice disperse evenly throughout the fruit salad
8. May be served with yoghurt or ice cream

CHEF'S TIPS

There are many ways that you can make fruit salad. This is the recipe for the fruit salad that I grew up with, it's all natural and easy to make.

You may add or substitute any fruit as desired or if they are in season, however, the apple, banana and kiwifruit are the basic elements.



Fresh Fruit Salad



Fruit and Nut Clusters with White Chocolate and Toasted Shredded Coconut

Fruit and Nut Clusters with White Chocolate and Toasted Shredded Coconut

INGREDIENTS MAKES ABOUT 30

80g dates
80g chopped dried apricots
80g macadamias
80g hazelnuts
100g shredded coconut
375g packet white melts

EQUIPMENT

Chopping board
Roasting tray
Chef's knife
Aluminium Foil
Food processor
2 x medium mixing bowls
Wooden spoon or rubber spatula
Non-stick Frypan
Serving platter or plate
Small or Medium pot

METHOD

1. Remove seed from dates
2. Toast macadamia and hazelnuts (be careful not to burn!)
3. Toast shredded coconut and keep separate bowl
4. In a small/medium pot, put about 100ml water on the boil
5. Melt chocolate in a bowl that is sitting on top of the pot, making a *ban-marie*, stirring with spatula or wooden spoon so it melts evenly
6. Combine dates and apricots with toasted nuts in processor, *pulse* until nicely chopped
7. Add mix to melted chocolate, and drop heaped teaspoons of mixture into coconut, shaping into balls
8. Place on foil-covered trays and refrigerate until set
9. Makes about 30 medium sized balls

Lemon and Lime Tart with Clotted Cream

INGREDIENTS MAKES 2 TARTS THAT SERVE UP TO 8

75g caster sugar
300ml double cream (42% fat)
100ml fresh lemon juice (about 4 lemons)
50ml fresh lime juice (about 3 limes)
2 eggs
2 pre-cooked tart cases
150ml clotted cream to serve

EQUIPMENT

Juicer
Whisk
Mixing bowl
Wooden spoon
Strainer

METHOD

1. Pre-heat oven to 160°C
2. Juice lemons
3. Juice limes
4. Whisk eggs and sugar
5. Add lemon and lime juice to egg and sugar mix
6. Slowly add double cream and strain and strain again
7. The mixture should have smooth texture
8. Pour mixture into tart cases and place in oven for approximately 25mins. This will vary from oven to oven. Basically the tart should tremble in the middle when you 'shimmy' it gently. If the tart is 'cracking', then its been overcooked.
9. Allow to cool and serve with cream

CHEF'S TIPS

The cream will soften the natural 'zinginess' of the tart, so the two go really well together

Clotted cream is cream that has been heated to a point (37°C) and then cooled quickly to allow the butter solids to separate from the milk solids, hence the layer of fat at the top



Lemon and Lime Tart



Lemon Sorbet

Lemon Sorbet

INGREDIENTS SERVES 2

125ml lemon juice
125g caster sugar
125ml white wine
125ml water
1 x egg white
4 x strawberries

EQUIPMENT

Small pan
Shallow baking dish to freeze sorbet
Wooden spoon
Whisk
Fork
Glass for serving
Zester

METHOD

1. Zest lemon (take off outer skin of a fruit). This contains essential oils that have heaps of flavour and nutrients. Make sure you don't take the white skin underneath off as well, as this tends to be quite bitter as will spoil the flavour. A zester is a specialized tool that makes this task easy
2. Place sugar, lemon juice, water and wine in a small sauce pan
3. Heat over low heat until sugar is dissolved, bring to boil, simmer for 5 minutes
4. Allow to cool
5. Strain mixture into a shallow dish and freeze until mixture is just firm
6. Beat the egg white till stiff
7. Remove mixture from freezer, fold egg white in with spatula
8. Fold in the egg white
9. Return to the freezer until firm
10. Serve in a glass and garnish with strawberries

Dark Chocolate Mousse with Stewed Cherries and Fresh Cream

INGREDIENTS SERVES 6

315g dark chocolate
8 x eggs
125g unsalted butter
1/3 cup (90g) caster sugar
400g tin or jar of pitted cherries
½ cup (125g) caster sugar for stewed cherries
½ teaspoon cornflour
60ml cognac or brandy

EQUIPMENT

Strainer
Whisk
Small Pot
Mixing Bowl
Wooden Spoon
Rubber Spatula
Chopping Board
Chef's Knife
Chef's Spoon
Fire starter or match
Martini glasses (or half filled wineglasses)



Dark Chocolate Mousse with Stewed Cherries and Fresh Cream

Dark Chocolate Mousse with Stewed Cherries and Fresh Cream continued

METHOD

1. Thoroughly wash hands with soap, rinse and dry **completely**
2. Separate yolks from whites, placing 5 yolks in a mixing bowl and whisk
3. Place broken pieces (each about 1cm square) of chocolate in a bowl
4. Cut butter into small 1cm square cubes
5. Put small pot with 200ml water on high heat until it boils
6. Place mixing bowl with chocolate on top (*ban marie*) and stir until chocolate is melted
7. Add butter a bit at a time so temperature doesn't drop and stir continuously. Once mix is well blended, cool to lukewarm (about 5 minutes)
8. Add egg yolks. If you add yolks before mixture cools to lukewarm, they will scramble. The mix will become a little thicker and shinier
9. Whisk egg whites and sugar until mix reaches a soft peak meringue
10. Gently *fold* meringue into the chocolate mixture, trying to retain as much air as possible
11. Spoon mix into martini glasses and let cool for 5-10 minutes
12. Place in fridge and let set for 35 minutes (this will vary from fridge to fridge)
13. Meanwhile, to make stewed cherries place sugar into pot with juice from cherries. Bring to boil to dissolve sugar
14. Add cornflour and cherries, stir and *simmer*, stirring constantly until mixture has thickened
15. Add cognac or brandy and ignite to burn off alcohol
16. Allow to cool and spoon over chocolate mousse once they have set
17. Alternatively you could spoon a little whipped cream on top and then sprinkle a small amount of shaved chocolate on top of that to make it look as good as it tastes!

CHEF'S TIPS WITH CHOCOLATE MOUSSE

Cooking the chocolate mix in the mousse away from direct heat is called *bain marie*. By using the boiling water to melt the mix, you avoid burning the mix and making it bitter

The reason why you let something cool before you place it in the fridge is not so much for hygiene. It's more about not making the fridge work overtime to reduce the internal temperature which goes up when something hot is placed inside

Lemon Tart with Passionfruit Sauce and Double Cream

INGREDIENTS MAKES 2 TARTS THAT SERVES UP TO 8 EACH

Tart

80g caster sugar
150ml double cream (42% fat) for tart
150ml fresh lemon juice (about 3 lemons)
2 eggs
2 x pre-cooked tart cases
150ml double cream to serve

Passionfruit Sauce serves 6

170ml water
170g passionfruit pulp (frozen is fine if not in season)
170g white sugar

EQUIPMENT

Tart

Chopping Board
Roasting Tray
Chef's Knife
Juicer
Fine Mesh Strainer
Whisk
Mixing bowl
Strainer

Passionfruit Sauce

Small Pot
Chef's Spoon
Measuring Spoon

CHEF'S TIPS ON SAVING WASHING UP

For the final strain of lemon mix, run directly through fine mesh strainer into tart cases

Use the tin that the passionfruit pulp comes in to measure the sugar, and then the water, as the amounts required are the same for all three ingredients

Lemon Tart with Passionfruit Sauce and Double Cream *continued*

METHOD

Tart

1. Pre-heat oven to 160°C
2. Thoroughly wash hands with soap, rinse and dry completely
3. Juice lemons, and strain juice
4. Whisk egg and sugar
5. Add lemon juice to egg and sugar mix
6. Slowly add double cream and strain again so the mixture has a smooth texture
7. Pour mixture into tart cases (try not to overfill)
8. Place in oven on a roasting tray for approximately 25 minutes This will vary from oven to oven, so set the oven timer at 15 minutes and keep an eye on it
9. Allow one to cool and serve with cream, the other you can freeze
10. At your next dinner party take the second one out of freezer the day before to thaw in the fridge

METHOD

Sauce

1. Place pulp, sugar and water in a pot and bring to boil, then lower heat
2. Reduce liquid on a low heat skimming foam off the surface with chef's spoon until clear spoon-coating liquid forms
3. Chill and spoon half of the sauce over tart and serve with double cream
4. Take other half of the sauce in a small container and put in freezer for use with the other tart

CHEF'S TIPS

If you are a citrus freak, you could zest the lemon before you juice them and add the zest to the mix

Alternatively you could lessen lemon juice by 50ml and juice 3 limes for another citrus dimension

The cream will soften the natural 'zinginess' of the tart, so the two go really well together

Clotted cream is an alternative topping that has been heated to a point (37°C) and then cooled quickly to allow the butter solids to separate from the milk solids, hence the layer of fat at the top

The cooking time will vary from oven to oven.

Basically the tart should tremble in the middle when you 'shimmy' it gently. Don't 'shimmy' too energetically, as any spilled mix will burn and stick to the tray

If the tart is 'cracking', then its overcooked by being too long in the oven, or the oven is too hot



Lemon Tart with Passionfruit Sauce and Double Cream

Panna Cotta with Strawberry Coulis

INGREDIENTS SERVES 2

Panna Cotta (set cream)

160ml cream
40 g sugar
¾ leaf gelatine (or 5-7g powder)
½ vanilla bean
2 strawberries for garnish
vegetable or nut oil for greasing molds

Strawberry Coulis

200g fresh or frozen strawberries
100g sugar

EQUIPMENT

Saucepan
Strainer
Wooden spoon
Ladle
Individual Dariole molds
Blender
Chopping board
Knife

METHOD

Panna Cotta

1. Boil cream, sugar and vanilla
2. Soak gelatine in cold water for a few seconds, squeeze out water
3. Add to hot mix and stir with a wooden spoon until gelatine is fully dissolved
4. Strain
5. Pour into individual greased dariole molds and refrigerate
6. Turn out of the molds, place on plate garnish with *coulis* and fresh strawberry

Coulis

1. Place fruit and sugar into a sauce pan and bring to the boil
2. Pass through a strainer with a ladle and refrigerate

CHEF'S TIPS

You can add lemon juice to the coulis to reduce the apparent sweetness

Add 3 or 4 whole cardamom pods to the cream for a delicious aromatic smell and exotic flavor. Serve panna cotta with a fruit coulis, fresh or poached fruit



Panna Cotta with Strawberry Coulis



Peaches Poached in Dessert Wine with Ice Cream

Peaches Poached in Dessert Wine with Ice Cream

INGREDIENTS SERVES 6

4 peaches
1 x 375ml dessert wine (Botrytis)
2 large oranges
6 scoops ice-cream
sugar as required

EQUIPMENT

Chopping board and knives
Zester
Juicer
Saucer with lid

METHOD

1. Wash and cut peaches in halves
2. Insert wooden skewer
3. Place them in the medium pot with the dessert wine
4. Add sugar syrup to ensure that peaches are covered
5. Place on low heat and cook till the peaches are soft
6. You will know when they are ready when the skewer is easily removed
7. Remove the peaches from the cooking liquid, and take out the skewers
8. Keep the wine on a low heat and allow it to *reduce* slowly
9. Zest the oranges, and add to the reducing syrup
10. When the syrup has thickened, remove from heat and let cool down
11. When the peaches are cool, cut them into wedges
12. Place them on the ice cream scoops and cover with cold syrup
13. Can be garnished with oranges segments

CHEF'S TIPS

You can add lemon juice to the *coulis* to reduce the apparent sweetness

Add 3–4 whole cardamom pods to the cream for a delicious aromatic flavour. Serve panna cotta with a fruit *coulis*, fresh or poached fruit

Pears Poached in Dessert Wine with Ice Cream

INGREDIENTS SERVES 6

6 x pears
1 x 375ml dessert wine (Botrytis)
3 large oranges
6 scoops ice-cream
sugar as required

EQUIPMENT

Chopping board and knives
Zester
Juicer
Saucer with lid

METHOD

1. Wash and cut pears in halves
2. Insert wooden skewer
3. Place them in the medium pot with the dessert wine
4. Add sugar syrup to ensure that pears are covered
5. Place on low heat and cook till the pears are soft
6. You will know when they are ready when the skewer is easily removed
7. Remove the pears from the cooking liquid, and take out the skewers
8. Keep the wine on a low heat and allow it to *reduce* slowly
9. Zest the oranges, and add to the reducing syrup
10. When the syrup has thickened, remove from heat and let cool down
11. When the pears are cool, cut them into wedges
12. Place them on the ice cream scoops and cover with cold syrup
13. Can be garnished with orange segments, or walnuts and blue cheese, it's all good!



Pears Poached in Dessert Wine with Ice Cream

Raspberry and Chocolate Ripple with Mint

INGREDIENTS MAKES 10 SERVES

300ml pouring cream
50g caster sugar
250g fresh raspberries if in season, otherwise frozen is OK
1 pkt pavlova nests
1 pkt Maltesers
1x bunch mint to decorate (optional)
icing sugar, to dust

EQUIPMENT

Electric whisk or blender
Rubber spatula
Wooden spoon
Fork
Mixing bowl
Serving glass
Entrée plate
Teaspoon

METHOD

1. Whisk the cream with 1 tablespoon of the sugar in a bowl, using a balloon whisk or an electric beater, until soft peaks form
2. Place the raspberries in a separate bowl with the remaining sugar and, using a fork, lightly crush and mix together
3. With a spoon lightly smash the meringues and the Maltesers while they are still in the packet, as there's less mess
4. Fold in with rest of ingredients. Don't over-mix here, but gently fold the raspberries into the cream with crushed meringue and Maltesers, until you get a rippled effect
5. Spoon the mixture into serving glasses set on plates, decorate with mint sprigs and dust with icing sugar



Raspberry and Chocolate Ripple with Mint

Raspberry Soufflé

INGREDIENTS SERVES 2

100g frozen raspberries
50 g caster sugar
100 ml water
60 ml egg white (about 2 eggs)
2 tablespoon caster sugar
icing sugar
butter or olive oil spray for ramekins

EQUIPMENT

Fork Whisk
Small potTablespoon
Fine mesh strainer Rubber spatula
Small stainless steel bowl
Large stainless steel bowl
Individual souffle dishes (ramekins)

METHOD

1. Pre heat oven to 200°C with oven fan turned off
2. Bring raspberry, caster sugar and water to the boil
3. Simmer till raspberry becomes slightly thick
4. Pass raspberry through fine strainer and cool
5. Separate eggs yolks from whites
6. Whisk egg whites till stiff in a clean dry bowl
7. Add first tablespoon caster sugar and continue whisking till sugar dissolves
8. Add the next table spoon of caster sugar and whisk till egg whites are shiny and stiff
9. Take half of the raspberry mixture and add to egg whites, slowly fold both mixture together
10. Add rest of raspberry mixture to the whites
11. Grease ramekins with melted butter or olive oil spray and dust with caster sugar
12. Divide mixture into both ramekins
13. Bake in oven for about 15 minutes and serve immediately with a dusting of icing sugar on the top

CHEF'S TIPS:

When whisking eggs whites, you must ensure that there is no egg yolk or shell with the whites. Also, the bowl must be spotlessly clean and dry, otherwise it will be almost impossible to whisk the whites stiff and shiny so they form a meringue



Raspberry Souffle



Sautéed Nectarines in Olive Oil Caramel

Sautéed Nectarines in Olive Oil Caramel

INGREDIENTS SERVES 2

1 vanilla bean
2.5 tablespoons water
45g sugar
2 ripe nectarines
1 tablespoon olive oil

EQUIPMENT

Chopping Board
Chefs Knife
Med Pot
Wooden Spoon
Mixing Bowl

METHOD

1. Thoroughly wash hands and dry them completely
2. Cut vanilla bean in half lengthwise
3. Half nectarine and remove seed (pit) and set aside
4. Scrape the seeds from the vanilla bean and add the seeds and bean to the water
5. Bring vanilla water to a gentle simmer and let infuse for 5 minutes
6. Combine sugar and vanilla infused water in a pan
7. Cook over medium heat, until the sugar dissolves and turns to a rich light brown caramel. Be careful not to allow it to get too brown or it will taste burned
8. Add nectarine and olive oil to the caramel
9. Cook over low heat until the caramel is smooth and the fruits are tender (about 5 minutes)
10. Transfer fruits to serving bowls, pour caramel over fruits
11. Serve warm



Sensational Cheese Platter

Sensational Cheese Platter

INGREDIENTS

50g vintage cheddar
50g blue cheese
50g camembert cheese
50g sheep (*Feta*) or goat's (*Chevre*) cheese
1 or 2 of each granny smith apple, grapes or pear
100g dried fruit like figs, apricots, dates, etc
100g nuts like fresh pistachios, almonds, etc
100g Spanish olives (pitted)
75g quince paste
fresh crusty bread and / or crackers

EQUIPMENT

Big, Clean Porcelain Platter
Good sharp knife
As many cheese knives as there are different styles of cheeses
(so one for soft white cheese, another for hard vintage cheese, etc)

CHEF'S TIPS FOR PUTTING TOGETHER A GREAT CHEESE PLATTER

Cheese served all by itself is not all that impressive. Get a nice big platter and try some of the following to mix and match with a range of cheeses:

Fresh fruit. Granny Smith apples are the easiest and most common pairing and pears also make a good match. However, don't slice them too early before serving them, as they'll start to oxidize and go brown

Dried fruit like figs, dates, apricots, pears, served in a small bowl

Quince paste goes great with a range of cheeses

Spanish olives, served in a nice bowl. Include an extra small empty bowl on the side for people to discard their pits (or 'bones' as they call them in Spain)

Nuts are great as well, particularly fresh pistachios shelled and stuffed in dried figs – YUM!

Take the cheese out of the fridge 20 minutes before guests are due to arrive. This means they will have better texture and more flavour, but be careful not to let them warm up too much, and definitely don't leave the cheese in direct sunlight. You could try serving the platter as guests arrive, and then tidy it up, put the cheese back in the fridge and re-serve at the end of the meal to nibble on

Get a nice big plain porcelain platter to show off all the ingredients. This is your canvas, get creative in the presentation! A symmetrical, repeated pattern usually works



Sticky White Rice with Mangoes and Coconut Sauce

Sticky White Rice with Mangoes and Coconut Sauce

INGREDIENTS SERVES 8

2 cups (500g) white sticky rice (also known as glutinous rice)
2 cups coconut cream
2 cup caster sugar (superfine)
2 teaspoon salt
3 mangoes

EQUIPMENT

Bamboo Steamer
Wooden Spoon
Mixing Bowl

METHOD

1. Soak rice overnight
2. Next day drain and steam until tender (about 20 minutes)
3. Make sure rice is not piled too high in centre, so that it cooks evenly
4. Taste some from the thickest part of the pile. It should be soft and tender
5. Meanwhile stir coconut cream with sugar and salt until dissolved
6. When rice is cooked remove from steamer and pour coconut over rice
7. Incorporate thoroughly
8. Cover and set aside for 15 minutes
9. Peel and cut mango into bite sized pieces
10. Arrange on plate with rice and serve

CHEF'S TIP

If Mangoes are out of season, you can use lychees. Other alternatives you can get from the Asian supermarket or fruit shop include longons or rabutan

Strawberries Poached in Dessert Wine coated with Chocolate Fondue and Orange Syrup

INGREDIENTS SERVES 2

4 x strawberries
1 x 375ml dessert wine (Botrytis)
2 x large oranges
1 pkt dark Chocolate (*Old Gold*)
sugar as required

EQUIPMENT

Chopping board and knives
Zester
Juicer
Saucer with lid

METHOD

1. Wash and trim strawberries
2. Bring poaching liquid to boil with *zest*
3. Pour over strawberries to *mascerate* (*begin to ferment*)
4. When strawberries have slightly softened remove from poaching liquid and cool
5. Drain and retain poaching liquid
6. *Reduce* poaching liquid
7. Grate chocolate into a mixing bowl and melt *au bain marie*
8. Dip strawberry tips in the chocolate
9. Set on kitchen paper
10. Pour reduced and cooled syrup in a bowl just to cover the base
11. Place dipped strawberries on top of syrup and serve
12. Can be garnished with orange segments



Strawberries Poached in Dessert Wine coated with Chocolate Fondue and Orange Syrup



Strawberry Zabaglione

Strawberry Zabaglione

INGREDIENTS SERVES 2

2 egg yolks
30g caster sugar
30ml Marsala
30ml white wine or favourite liqueur (eg *Drambuie*)
1 punnet strawberries, or any berries in season

EQUIPMENT

Mixing bowl
Double saucepan, or saucepan and mixing bowl
Whisk

METHOD

1. Combine egg yolks and sugar in a bowl
2. Beat for a few minutes, off heat, with whisk until well combined
3. Put mixture over simmering water
4. Gradually beat in half the Marsala and half the White wine, beat well
5. Gradually beat in the remaining Marsala and wine
6. Beat constantly for about 10 minutes, until thick and creamy or doubled in size

If mixture adheres to side of pan, quickly remove from heat and beat vigorously with whisk especially around base and sides
7. Wash the strawberries, remove the green top and place into individual dishes
8. Pour zabaglione over the top of strawberries

CHEF'S TIPS

In place of Marsala, any favorite liqueur can be used

Zabaglione makes a great topping for ice cream

When you bring the strawberries home, take the plastic wrapping off immediately and then place in fridge. Removing the plastic means they won't sweat and go mouldy



Tiramisu

Tiramisu

INGREDIENTS SERVES UP TO 8

3 *Luv-a-Duck* duck eggs, (or regular eggs if you don't have duck eggs)
75g sugar
60ml Marsala
750g Mascarpone
150g Savoiardi biscuits (sponge fingers)
20g dark chocolate, grated
cocoa to serve

Coffee

30g sugar
150ml fresh brewed espresso coffee
180ml Marsala
30ml dark rum

EQUIPMENT

Medium pot
Mixing bowl
Whisk
Rubber spatula
Serving dish or ice cream container
Grater or microplane

METHOD

1. Combine coffee ingredients and stir until sugar dissolved
2. Separate egg whites and yolks
3. Whisk egg yolks and sugar until light and fluffy
4. Mix marsala and mascarpone until smooth. Add to the egg yolk mix and stir until combined. Do not overbeat
5. Whisk egg whites separately until stiff peaks form and then fold through the yolk mixture
6. Spread ¼ of the egg mixture over the base of a serving dish
7. Dip the biscuits in coffee mix and layer on top
8. Repeat twice more – finishing with an egg layer on top
9. Cover and chill until set
10. Serve dusted with cocoa and grated chocolate

Vanilla Custard Profiteroles with Warm Butterscotch Sauce

EQUIPMENT

Mixing bowl
Whisk
Heavy bottom pan
Piping bag and tubes
Wooden spoon
Baking trays
Spatulas
Plastic scrapers

INGREDIENTS SERVES 4

Profiteroles

250ml water
2 x teaspoon sugar
100g butter
125g flour
4 x eggs

Butterscotch Sauce

300ml fresh cream
200g brown sugar
150g unsalted butter (cut into small cubes)

Vanilla Custard Filling for 6 to 12 profiteroles

500ml milk
6 egg yolks
25g plain flour
35g cornflour
120g sugar
1 teaspoon vanilla extract (or vanilla essence if you don't have extract)

Alternative Chocolate Custard Filling for 6 to 12 profiteroles

500 ml milk
6 egg yolks
25 g plain flour
35 g cornflour
120 g sugar
200 g dark chocolate



Vanilla Custard Profiteroles with Warm Butterscotch Sauce

Vanilla Custard Profiteroles

with Warm Butterscotch Sauce continued

METHOD

Profiteroles

1. Bring water and butter to boil
2. Remove from heat
3. Add flour mix with wooden spoon
4. Return to moderate heat, stir till mixture leaves side of pan
5. Remove from heat
6. Add eggs one by one
7. The mixture should be of dripping consistency
8. Using a spoon, form mixture into small balls
9. Place on a greased baking tray, spacing them evenly
10. Bake for 20 minutes at 180°C or until golden brown and crisp

Butterscotch Sauce

1. Bring cream and sugar to boil
2. Remove from heat, slowly whisk in cubes of butter
3. Do not re-boil the sauce

Vanilla Custard Filling

1. Bring milk to boil
2. In a separate bowl mix and combine both types of flour, egg yolks and sugar
3. Tip hot milk into egg mixture, add vanilla and put mixture back in pot
4. Return pot to low heat and stir constantly
5. Cook till mixture thickens forming a custard that sticks to the back of a metal spoon (about 15-20 minutes)
6. Don't allow the mixture to boil, as it might curdle
7. Strain through fine mesh strainer and place in fridge to chill. If you have time, let it cool before putting in the fridge

Alternative Chocolate Custard Filling

1. Same as recipe above to step 4
2. Break chocolate up into small pieces and add a bit at a time to mixture so that mix temperature doesn't drop too quickly
3. Cook on low heat until mixture thickens forming a custard that sticks to the back of a metal spoon (about 15-20 minutes)
4. Don't allow the mixture to boil, as it might curdle
5. Strain through fine mesh strainer and place in fridge to chill. If you have time, let it cool before putting in the fridge

Vanilla Custard Profiteroles with Warm Butterscotch Sauce continued

Bringing It All Together

1. To assemble the dish, first split three profiteroles in half
2. Spoon a tablespoon of chilled custard (or chocolate custard) into the bottom half of profiteroles
3. Cover the custard filled profiteroles with the tops and place on a serving dish
4. Pour warm butterscotch sauce over the top of profiteroles and serve
5. You may prefer serve this dish with ice-cream and whipped cream

CHEF'S TIPS

Profiteroles can be made a day in advance as long as they are kept in air tight containers

To make éclairs just pipe profiterole mix into fingers instead of balls, filled with whipped cream and dip half in chocolate by hand

Profiteroles can also be a savoury dish, just omit the sugar in the profiterole recipe and add a pinch of salt, fill with cream cheese instead of chocolate custard and top with smoked salmon. This makes a great pre-dinner snack

Instead of making chocolate custard try filling it with your favourite ice-cream, which makes a nice summer dessert

Vattalappan

INGREDIENTS 2 PORTIONS

150g palm sugar, dark (jaggery)
125mls coconut cream
2 whole eggs
1 pinch ground cardamom
12 cashews – unsalted

EQUIPMENT

Saucepan
Mixing Bowl
Whisk
Wooden spoon
Deep baking dish or saucepan
2 ramekins
Aluminium foil

METHOD

1. Grate palm sugar
2. Halve and *dry roast* cashews in small saucepan, then remove
3. In same small saucepan, dissolve palm sugar in coconut cream
4. In a mixing bowl whisk the eggs, mix all ingredients together, except for cashews
5. Place 6 cashews each into ramekins and then pour over mix
6. Cook covered in a water bath for 25mins at 175°C

The Vattalappan should be firm to touch and not overcooked as you will get bubbles in the mixture. Bubbles in the mixture will make it look unpalatable and if cooked too far the oil will come out of the coconut cream and the mix will split.

N.B. The Cooking method is identical to a crème caramel

CHEF'S TIPS

When whisking the eggs don't whisk for too long or there will be bubbles

Ensure the water in the water bath is blood temperature (38°C) at the start or the mix will take too long to cook. Cover water bath well with aluminium foil

Never overcook

Panna Cotta with Caramelised Apple and Cinnamon

INGREDIENTS SERVES 6

80 ml milk
450 ml cream
75g unsalted butter, cut into small pieces
70ml cold water
3 leaves gelatine or
15g powder in 2 tblspns warm water)
80g caster sugar
½ vanilla bean or
½ teaspoon vanilla extract
80g brown sugar
3x granny smith apples
1x orange
½ cup (125ml) orange juice
1 cinnamon quell
vegetable or nut oil for greasing moulds

EQUIPMENT

Saucepan
Strainer
Zester
Whisk
Frypan
Chopping board
Dariol Moulds
Mixing Bowls



Panna Cotta with Caramelised Apple and Cinnamon

Panna Cotta with Caramelised Apple and Cinnamon *continued*

METHOD

1. Thoroughly wash hands with soap, rinse and dry **completely**
2. *Grease* molds with canola oil spray or butter (not olive oil)
3. Bring milk, 250ml cream (**keep remaining 200ml for later**), caster sugar and vanilla to the boil then take off heat
4. Mix gelatine in water for a few seconds, forming smooth paste
5. Add to milk mix and stir with a wooden spoon until gelatine is fully dissolved, then place in fridge to cool
6. Meanwhile whip remaining cream and fold through milk mix once the mix has cooled
7. Strain into individual greased moulds and refrigerate for at least 1.5hrs or until set (this will vary from fridge to fridge)
8. Pre-heat your frypan, and add the brown sugar
9. Stir quickly so the sugar melts to a caramel on the base but does not burn
10. Zest orange and grate
11. Add rind and juice to pan and stir to dislodge the bits of caramel from the frypan
12. De-core, peel and quarter apples
13. Add apple to caramel along with butter and cinnamon quells
14. Mix and cook for just under a couple of minutes
15. Cool apple, take out of caramel, slice and serve with panna cotta

Glossary of Terms

al dente	to boil pasta to the point that it is cooked, but still firm literally 'to the tooth'
bain marie	to cook or melt something off direct heat by placing in a bowl above boiling water
baton	to cut an item into 5mm square, 5cm lengths
blanch	to briefly plunge vegetables in boiling water
caramelized	(for onions, leeks etc) to cook on low heat for a long time. The item will lose moisture and volume, turning into a light brown colour
chop	to coarsely cut into small pieces
compound chocolate	a less expensive chocolate replacement made from a combination of cocoa, vegetable fat, and sweeteners
convex	to have a gentle curve up and outwards, as opposed to being flat or depressed (concave)
coulis	a sauce made from cooked fruit and sugar
crème fraiche	slightly soured cream with bacterial culture, but is less sour, and thicker, than sour cream. French is best for this
crimp	to press to sides together to form a water tight seal
crouton	small piece of sautéed or rebaked bread , often cubed and seasoned
dariole	French term meaning a small, cylindrical mold. It also refers to the dessert that is baked in the mold
de-beard	to remove the tendon that attaches a mollusk to a rock. The best way is to grab the exposed tip firmly, twist and pull up against the side of the shell
de-glaze	to lift meat sediment from the bottom of the pan by adding liquid, bringing to the boil and stirring to blend flavours
dice	to cut into fine, small cubes about 5mm square
drizzle	to lightly pour a liquid over a dish in a zig-zag and/or circular fashion
dry fry or dry roast	to lightly fry in a pan (preferably teflon coated) or oven without any liquid
emulsify	thicken to a creamy consistency
flambé	to add alcohol to hot pan and ignite. Burning off alcohol is essential for better flavour
floured	lightly sprinkle the prep surface with flour to avoid sticking
fold	to gently incorporate an ingredient or mix to another by tumbling over each other, usually in a mixing bowl
garnish	ornament or decorate food
grease	to lightly cover a surface so that the ingredient or mix doesn't stick while cooking
julienne	to cut an item into small matchstick sized pieces
marinate	to immerse an ingredient in a liquid to tenderize prior to cooking

Glossary of Terms **continued**

oxidise	exposed fruit will go brown very quickly, which will detract from the lifted aromas and fresh flavours
pancetta	Italian type of dry cured meat
panna cotta	an Italian phrase, literally translated means 'cooked cream'
pick	to remove leaves of a vegetable from root
pin-boned	removing all bones from fillet, using specialized fish tweezers, not your partner's cosmetic ones, or your pliers from the shed!
poach	to cook at a temperature less than boiling to avoid damage to delicate foods
puree	a pulp made by forcing cooked food through a strainer
quenelle	small egg shaped size, formed by using 2 tablespoons
ragout	French term for combination of ingredients to form a wet dish or sauce
reduce	as water evaporates, the remaining flavours are concentrated in the smaller volume of liquid
refresh	briefly dipping veggies in ice cold water to stop the cooking process and bring out the colour
sauté	to cook in oil or butter to soften without colour
seal	to use high heat for a short time to cauterize (seal) the exterior surface
season	add salt and pepper to desired taste
score	to lightly cut surface of an ingredient to form ridge or pocket
sift	by passing an ingredient or mix through a fine mesh (sifter) solids are removed to give a uniform, smooth texture
simmer	there should be continuous movement of water in the pot, but just below a slow rolling boil
slow boil	boiling liquid that has only slight surface movement
slurry	a thick suspension of solids in liquid, usually by mixing powdered item with liquid to enable a better mix or combination
strain	to pass a liquid through a fine mesh to block solids
sweat	to cook slowly on a low heat without letting the ingredient colour
top and tail	to cut the top and end off so you get a neat square item
translucent	to be see through, without colour
vinaigrette	blend of vinegar or similar acid base with oil, used to flavour salads or served warm as a dressing. The best ratio for vinaigrette is three parts oil, one part vinegar.
zest	to take the outer layer of skin off fruit. This layer has lots of flavour and nutrients from the essential oils. The next layer is white and is called the pith, and is usually avoided as it can be quite bitter

Weight Conversion Table

Metric		Imperial	
teaspoon	5ml	teaspoon	1/6oz
tablespoon	20ml	tablespoon	2/3oz
cup	250ml	cup	8oz
	30g		1oz
	50g		1 2/3oz
	200g		7oz
	250g		8oz
	400g		14oz
	500g		16oz
	600g		21oz
	650g		23oz
	700g		25oz
	750g		26oz
	800g		28oz
	1kg		35oz
	100ml		3 fl oz
	120ml		4 fl oz
	150ml		5 fl oz
	300ml		10 fl oz
	800ml		26 fl oz
	850ml		28 fl oz
	900ml		1 qt
	1L		35 fl oz

Temperature Conversion Table

Celsius	F/heit	Gas Mark	Description
110	225	1/4	Very cool
130	250	1/2	---
140	275	1	cool
150	300	2	---
170	325	3	very moderate
180	350	4	moderate
190	375	5	---
200	400	6	moderately hot
220	425	7	hot
230	450	8	---
240	475	9	very hot