

# Meat, Game & Poultry



Let's  
Cook



# Welcome to Let's Cook!

## Meat, Game & Poultry

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 new 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 has over 100 pages, compiling just about every Meat, Game and Poultry recipe and chef's tip from almost every current and past class we have done. Extra recipes include; Pan Fried Chicken Breast With Honey Carrots, Peas and Pancetta, Quails in a Cherry Sauce, Ma Hor and lots more that are only available in the cookbooks!

The recipes are (mostly) organized alphabetically, with matching side dishes and condiments included next to the recipe they refer to where possible.

As a bonus, there are also articles on Sri Lankan Cuisine, Thai Cooking Philosophy and Tips, Pictorial Glossary of Grocery Items for Thai Cooking, as well as a Glossary of Some Common Asian Vegetables and Groceries for your reference.

Generally, where a word is in italics, it 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

Delicious Desserts

Easy European

Let's Cook! (recipes from The Course since 2002)

Sensational Seafood

Versatile Vegetarian

More info about who we are and what we do can be found on our website: [www.letscook.com.au](http://www.letscook.com.au)

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# Abbachio Brodettato (Lamb Casserole)

## **INGREDIENTS** SERVES 2

20g butter  
25ml extra virgin olive oil  
½ brown onion  
1 slice Parma ham  
400g loin of lamb  
1 tablespoon all-purpose flour  
25ml dry white wine  
1 egg yolk  
1 teaspoon dried marjoram  
chopped fresh continental parsley  
lemon juice  
coarse salt  
freshly ground black pepper  
hot water as necessary

## **EQUIPMENT**

Chopping Board  
Vegetable Knife  
Medium Saucepan  
Wooden Spoon  
Mixing Bowl  
Whisk or  
Fork

## **METHOD**

1. Thoroughly wash hands and dry them completely
2. Chop onion, and dice prosciutto
3. Cut lamb loin into 5cm cubes
4. In a medium saucepan, heat the butter and oil and saute' the onion, prosciutto and lamb over moderate heat until the prosciutto is browned, taking care not to burn the onion. (about 10 minutes)
5. Sprinkle with salt and pepper to taste, add the flour; cook while stirring, for 2 minutes
6. Add the wine and allow to evaporate for 2 to 3 minutes, scraping up the particles of meat on the bottom of the saucer with a wooden spoon
7. Add enough hot water to the lamb almost to cover. Place a lid on the pan and simmer for about ½ hour, adding more water if necessary
8. At the end of the cooking time there should be abundant pan juices, but they should not be watery. (Up to this point the lamb may be prepared in advance)
9. Ten minutes before serving, beat the egg yolks lightly with a fork, adding the parsley, marjoram, and lemon juice while beating. Pour this over the hot lamb, mixing with a wooden spoon. Cook over lowest heat for about 5 minutes, until the egg yolks form a cream that veils the meat. (Take care that the heat is not too high, or the sauce will curdle)
10. Serve hot



Abbachio Brodettato (Lamb Casserole)

# Authentic Spanish Paella

## **INGREDIENTS** SERVES 20

½ ltr olive oil  
3kg mixed small to medium size chicken pieces  
1 large brown onion  
1 head garlic  
3 green capsicums  
3 x 450g tins of chopped tomatoes (Italian ones are best)  
2kg medium grain white rice  
10g saffron threads  
½kg black mussels  
1kg calamari cut into rings (can be bought pre-cut)  
2kg green prawns  
225g green peas (frozen is fine)  
6 lemons  
water or  
chicken stock to cover

## **EQUIPMENT**

Large paella pan with cover  
Wooden Spoon  
Chefs Knife  
Chopping Board  
Can Opener  
Tongs

# Authentic Spanish Paella continued

## PICTORIAL GUIDE TO METHOD FOR PAELLA

These image numbers match up to the steps in the Method.

We recommend that you start before everyone gets hungry, as it will make a big difference to the end result if you can let the paella stand for 20 minutes with the cover on. It will taste so much better!



6. Brown meat



7. Add peas



...add capsicum and tomatoes



8. Cook for a little while to reduce



10. Add dry rice



13. Add safron infused water



18. Rice should be firm like risotto – not mushy

## **Authentic Spanish Paella** *continued*

### **METHOD**

1. Thoroughly wash hands and dry them completely
2. Chop garlic, onion and capsicum
3. Cut calamari into rings, season
4. Season the chicken
5. Heat oil in large pan
6. Add chicken pieces, onion and garlic and fry on a low heat until meat is golden brown
7. Add chopped green capsicum, chopped tomatoes and peas
8. Cook for a little while, so it can reduce and intensify the flavour
9. Take a note of how much rice you have
10. Add dry rice and cook for about two minutes, stirring constantly
11. Heat water (2 x whatever the weight of the rice)
12. Place lightly crushed saffron in the water when you start
13. Add saffron infused water to the pan
14. Put on full heat until it starts to boil, then reduce heat
15. Add unpeeled prawns, calamari, and mussels, arranging them evenly around the dish
16. Cook on low heat until all the liquid is absorbed
17. Turn off heat, cover and leave to settle for 10 to 20 minutes depending on the size of the dish
18. Rice should be firm, but not mushy – like risotto
19. Cut lemons into wedges and serve with paella



Authentic Spanish Paella



BBQ Beef Skewers with Ranch Dressing

# BBQ Beef Skewers with Ranch Dressing

## INGREDIENTS SERVES 4

### Beef Skewers

500g rump steak  
2 x tablespoons olive oil  
1 x teaspoons Worcestershire sauce  
sea salt  
cracked black pepper

### Ranch Dressing

½ cup whole egg mayonnaise  
½ cup sour cream  
1 bunch chives  
1 x tablespoon Worcestershire sauce  
1 x tablespoon wholegrain mustard  
2 x teaspoons water  
sea salt  
cracked black pepper

## EQUIPMENT

BBQ  
Chopping Board  
Chef knife  
Tongs  
Small non-metallic mixing bowl  
Mixing Bowl  
Wooden spoon  
Skewers

## METHOD

1. Thoroughly wash hands with soap, rinse and dry **completely**
2. Trim the steak and cut into cubes
3. Place the steak, olive oil, Worcestershire sauce, salt and pepper in a non-metallic bowl and mix to combine
4. Cover and refrigerate for 1 hour
5. Thread beef onto skewers
6. Chop chives
7. Place the mayonnaise, sour cream, chives, Worcestershire sauce, mustard, water, salt and pepper in a bowl and stir to combine
8. Heat BBQ or grill to high heat
9. Cook the skewers on the BBQ for 1-2 minutes each side or until cooked to your liking
10. Spoon over dressing to serve

# Beef Wellington

## **INGREDIENTS** SERVES 2

2 x 180g beef fillet  
1 puff pastry sheet  
1 egg  
100ml olive oil  
200g mushroom duxelle (see next recipe)  
200ml Madeira (red wine) sauce (please refer to sauces at back of book)  
salt and pepper

## **EQUIPMENT**

Chef's Knife  
Chopping Board  
Frypan  
Pastry Brush  
Serrated Knife

## **METHOD**

1. Seal beef fillet in a pan on all sides and season
2. Allow to cool
3. Place pre-prepared (cold) mushroom duxelle on top of beef fillet
4. Wrap the beef in the puff pastry to resemble a parcel
5. Egg wash the entire parcel
6. Place parcel in a preheated oven (180°C) until pastry is golden brown (12-15minutes)
7. Take parcel out and rest
8. Place Madeira sauce on a warmed plate
9. Carve Wellington in half using a serrated knife and present on top of sauce and serve



Beef Wellington

## Mushroom Duxelle (to partner with Beef Wellington)

### **INGREDIENTS** 2 PORTIONS

250g button mushrooms  
1 x med brown onion  
4 x shallots  
50g butter  
pinch nutmeg  
salt and pepper

### **EQUIPMENT**

Chef's Knife  
Chopping Board  
Tea Towel  
Saute Pan  
Wooden Spoon

### **METHOD**

1. Clean and trim mushrooms and chop finely
2. Put mushrooms in tea towel and twist tightly to extract all liquid
3. Saute chopped onion in frypan
4. Add chopped shallots, seasoning, nutmeg and mushroom
5. Stir over brisk heat until mushrooms are cooked
6. Chill until required

## Origin of Beef Wellington

If you search the web for the origin of Beef Wellington, you may get answers that are confusing: that it was named in honor the Duke of Wellington, that it was so named because it resembled the boots he wore, that it was created in 1930 by a Swiss chef named Charles Senn, or that it was created in the 1960s.

One thing we can be sure of is that the name 'Wellington' refers to Arthur Wellsley, the first Duke of Wellington, who defeated Napoleon at Waterloo.

Also, the Duke wore a type of highly polished, waterproof riding boot that was called the 'Wellington boot' after him.

Many authorities say that the Duke was a very picky eater, hard to please, but that he did favor a dish of beef and mushrooms, flavored with Madeira wine and cooked inside a covering of pastry to keep it moist and juicy.

After the Duke became a national hero for defeating Napoleon in 1815, his favorite dish was named in his honor.

Almost as many authorities say that Beef Wellington was named, not to honor the Duke, but because of its resemblance to the shiny brown 'Wellington boots' that he wore.

While Swiss chef Charles Senn might have served a version of the dish in 1930, crediting him with creating Beef Wellington is perhaps incorrect.

Beef Wellington experienced a surge of popularity in the 1960s, and the modern recipe for it that is often used was developed in that era.

However, Beef Wellington was around long before the 1960s, even before the 1930s.

From Uncle Phaedrus Website: [www.hungrybrowser.com/phaedrus](http://www.hungrybrowser.com/phaedrus)

# Chicken and Cashew Curry

## INGREDIENTS

50g onion  
2 cloves garlic  
2 sprigs fresh curry leaves (or 2 tsp dried curry leaves)  
2 x tablespoons roasted curry spices  
(½ tablespoon cumin, ½ tablespoon fennel seed, 1 tablespoon coriander seed)  
½ teaspoon fenugreek  
1 x teaspoon turmeric  
1 x teaspoon chili powder  
500g chicken breast  
150g raw unsalted cashew nuts  
300ml thin coconut milk  
pinch salt  
pinch pepper

## EQUIPMENT

Chef's knife  
Chopping board  
Saucepan  
Wooden spoon

## METHOD

1. Dry roast cumin, fennel and coriander seed. Remove and set aside
2. Peel and finely chop onion
3. Peel and finely slice garlic
4. Cut chicken into bite sized pieces
5. Put a little vegetable oil in the bottom of a saucepan
6. Heat the oil till a piece of onion dropped in will just sizzle
7. Add the onion, garlic and fresh curry leaves (if using dry curry leaves don't put them in just yet)
8. Sauté till the onions are soft and a little transparent
9. Add the roasted spices, fenugreek, turmeric, chili powder and sauté for about a minute, mixing it all up well
10. If using dried curry leaves add them now
11. Add the chicken and keep sautéing till the chicken gets lightly browned
12. Add the cashews and the coconut milk
13. Bring this all to a boil and then simmer for 30 minutes or until the chicken is cooked through but not falling apart
14. Add the peas and cook until they are soft

# Chorizo al Vino

## (Spanish Chorizo Sausage with Wine)

### **INGREDIENTS** SERVES 1 OR 2 PEOPLE

1 Chorizo (Spanish sausage)

150mls Fino wine or Dry White wine

(enough wine to cover up to half way of the chorizo in the small saucepan)

### **EQUIPMENT**

Chopping board

Paring knife

Fork

Small saucepan

Serving plate / dish

### **METHOD**

1. Prick all around the chorizo with the fork evenly along the length of the sausage
2. Place the chorizo in the small saucepan and add the wine to cover the sausage
3. Heat the small saucepan cover and cook until the wine has evaporated. Shake the pan occasionally so as the juices all mixes with the fino sherry (the sausage will cook in its own juices and wine therefore no need to add oil)
4. Take the sausage out of the small saucepan and cut into small pieces and serve immediately on a plate
5. Serve with Italian style of bread

# Chicken Quesadillas

## **INGREDIENTS** MAKES 4

8 x flour tortillas  
2 x chicken breast (single)  
125g tomatoes (vine ripened or tinned chopped Italian)  
250g grated tasty cheese  
80g sour cream  
125g 'Old El Paso' mild salsa (or similar)  
cooking spray

## **EQUIPMENT**

Chopping Board  
Chef's Knife  
Small Mixing Bowl  
Measuring Cup  
Wooden Spoon  
Large non – stick frypan  
Spatula  
Pizza Cutter

## **METHOD**

1. Thoroughly wash hands with soap, rinse and dry **completely**
2. Spray one side of a tortilla and place on frypan
3. Place ¼ of the salsa on the tortilla and spread evenly around the tortilla, using the back of the spoon
4. Sprinkle 125g of the cheese evenly over the salsa
5. Place second tortilla on top of the cheese, forming the quesadilla
6. Spray the top side
7. Cook in frypan on medium-high heat for about 2 minutes, then flip over and cook for another minute or so
8. The quesadilla should be golden brown on both sides, and the cheese in the middle should be melted
9. Using spatula, take quesadilla out of the frypan and place on cutting board
10. Repeat for rest of ingredients, making another 3 quesadillas
11. Using the pizza cutter (or sharp chef's knife if you don't have one) cut the quesadillas into six triangles
12. Serve with sour cream, or more salsa



Chicken Quesadillas

## Dom Kha Gai (Chicken and Coconut Soup)

### **INGREDIENTS** SERVES 4

300g chicken breast  
500ml thick coconut cream  
1ltr chicken stock  
2 knobs ginger  
2 stalks lemongrass  
4 x eschalots  
1 knob galangal  
5 x kaffir lime leaves  
4 x small red chilli  
1 x tablespoon palm sugar  
100g oyster mushrooms  
10 x cherry tomatoes  
30ml lime juice  
60ml fish sauce  
1 x tablesoon oyster sauce  
10g coriander leaves  
10g fried eschalots

### **EQUIPMENT**

Wok or frypan  
Chopping Board  
Chef's Knife  
Wooden Spoon  
Soup or Rice Bowl  
Plate



Dom Kha Gai (Chicken and Coconut Soup)

## Dom Kha Gai (Chicken and Coconut Soup) *continued*

### **METHOD**

1. Wash your hands thoroughly and dry them completely
2. Slice chicken breast
3. Slice ginger
4. Slice lower half of lemongrass in 2 cm angled pieces
5. Roughly slice eschalots
6. Slice galangal
7. Halve small red chilli length ways
8. Roughly tear up oyster mushrooms
9. Halve cherry tomatoes
10. Juice limes to get 30ml
11. Pick coriander leaves for garnish
12. Place stock, coconut cream into wok or pan on high heat
13. Add lemongrass, ginger, galangal, eschalots, chilli and lime leaf
14. Season with fish sauce, oyster sauce and sugar (should taste creamy, slightly salty)
15. Stir in chicken, cherry tomatoes and mushrooms and simmer for 3-5 minutes
16. Add lime juice
17. Place in bowl, garnish with coriander and fried eschalots

Thai soups such as this are becoming very popular because they are quick and very easy to make.

Typically in Thai meals soups are eaten as part of a main meal and will compliment the other dishes served, however we like to serve the soup as a starter because it stimulates the appetite.

This is a mild soup, not spicy as say, tom yam goong (hot and sour prawn)

### **CHEFS TIPS**

Instead of chicken, you could substitute blue-eyed cod, mackerel or prawns

Use a neutral oil when cooking like peanut or canola oil rather than olive oil

# Grilled Lamb Cutlets with Grilled Baby Potatoes and Rocket Lettuce

## **INGREDIENTS** SERVES 4

12 lamb cutlets, trimmed (frenched)  
½ teaspoon ground cumin  
½ teaspoon ground coriander  
1 x tablespoon rosemary leaves  
1 x tablespoon lemon juice  
1 x tablespoon olive oil  
1kg chat (baby) potatoes  
1 bunch rocket lettuce  
1 cup greek yoghurt  
1 cup mint leaves  
2 x spring onions  
olive oil for brushing  
sea salt  
cracked black pepper

## **EQUIPMENT**

BBQ  
Plastic Mixing Bowl  
Large Pot  
Chopping Board  
Chef's Knife  
Wooden Spoon  
Pastry Brush  
Vegetable Knife



Grilled Lamb Cutlets with Grilled Baby Potatoes and Rocket Lettuce

## Grilled Lamb Cutlets with Grilled Baby Potatoes and Rocket Lettuce *continued*

### **METHOD**

1. Thoroughly wash hands with soap, rinse and dry **completely**
2. Remove leaves from sprig of rosemary
3. Pick mint leaves and chop
4. Juice lemon
5. Chop spring onions
6. Place the lamb, cumin, coriander, rosemary, lemon juice, olive oil, salt and pepper in a non-metallic bowl and toss to coat
7. Cover and allow to marinate for at least 30 minutes in the fridge
8. Place the potatoes in a large pot of cold water
9. Bring to the boil, then reduce heat to simmer for 10-15 minutes or until cooked through (test with fork or skewer – they should be firm, but not hard)
10. Drain and refresh, then set aside
11. Heat BBQ over medium heat
12. Cook the lamb for 3-4 minutes each side (easy to undercook!)
13. Remove from heat and allow to rest
14. Slice potatoes and brush with oil
15. Cook for 2-3 minutes each side or until golden
16. Place the yoghurt, mint and spring onions in a bowl and stir to combine
17. To serve place the lamb, potatoes and rocket on a plate and spoon over sauce

# Kangaroo Salad, Grilled and Served with a Tomato and Chilli Relish and Fresh Coriander

## INGREDIENTS SERVES 2

1 x packet (c. 200g) kangaroo fillets  
½ bunch coriander  
1 ripe roma tomato or 8 x cherry tomatoes  
1 long red chilli  
2 eschallots  
2 cloves garlic  
1 lime  
1 teaspoon fish sauce  
40ml coconut cream  
60ml olive oil  
1 tablespoon sugar (palm sugar is even better)  
salt and pepper

## EQUIPMENT

Chefs Knife  
Measuring cup  
Mixing bowl  
Chopping board  
Tongs  
Grill or Frypan

## METHOD

1. Thoroughly wash hands with soap, rinse and dry **completely**
2. Shake tin of coconut cream well before using
3. Clean meat of any sinew and *marinate* kangaroo in a mixing bowl with olive oil with salt and pepper and coconut cream for between 10 minutes, and (but not more than) an hour
4. Meanwhile, on a hot char-grill or frypan place whole (with skin on) tomato, garlic, chilli and eschallots with a little oil
5. Grill until soft turning every few minutes, then remove from heat. Don't rinse the pan, as you'll use it soon
6. Juice lime while you wait for char grill ingredients to cool
7. Remove hard end off garlic and eschallots, then peel and crush in mortar and pestle
8. *Season* with fish sauce, lime juice and palm sugar. Relish should taste hot, salty, and sour. Remove and place in mixing bowl
9. Pan fry kangaroo fillets, being careful not to overcook. As kangaroo has very low fat content, if it's overcooked it will get very tough and sinewy very quickly. Always aim for medium rare using finger to thumb rule (chef will demonstrate this)
10. Remove kangaroo fillets from heat, and let *rest* for 10 minutes
11. Slice kangaroo, then flash in pan if it's a bit too rare for you
12. Serve with relish and top with picked coriander leaves



Kangaroo Salad, Grilled and Served with a Tomato and Chilli Relish and Fresh Coriander

# Kangaroo Salad with Green Beans, Grilled Eschallots, Watercress and a Red Wine Vinaigrette

## **INGREDIENTS** SERVES 2

1 x packet (c. 100g) kangaroo fillets (loin is best)  
150g green beans  
8 eschallots  
¼ bunch watercress  
¼ bunch flat leaf parsley (also known as continental)  
¼ bunch chives  
30g pinenuts  
4 tablespoons olive Oil  
2 tablespoons red wine vinegar  
Salt and Pepper

## **EQUIPMENT**

Paring knife  
Chefs Knife  
Measuring jug  
Mixing bowl  
Chopping board  
Dinner plate  
Frypan  
Salad Servers

## **METHOD**

1. Clean and season kangaroo in a little olive oil with salt and pepper
2. *Blanch* beans for 1 minute and *refresh* in cold water
3. Pick and wash watercress, chives and parsley
4. Grill eschallots on a char-grill turning every few minutes
5. Cook until soft
6. Toast pinenuts and allow to cool
7. Sear meat in a hot pan and cook to medium rare
8. *Rest* the meat
9. Slice thinly and add remaining ingredients

# Maile Mala Pruna

## (Pork Fillet with Apple, Prune and Almond Glaze)

### **INGREDIENTS** SERVES 4

400g pork fillet  
100g tinned apples  
50g slivered almonds  
80g prunes  
250ml merlot (red wine)  
50g brown sugar  
toothpicks

### **EQUIPMENT**

Chopping board  
Tongs  
Chef knife  
3 Small bowls  
Medium frying pan

### **METHOD**

1. Thoroughly wash hands and dry them completely
2. Slice the pork diagonally half way through
3. Stuff with apples and hold together with toothpicks
4. Place fry pan on heat cook pork on a medium heat until cooked through
5. Add prunes, wine and sugar until thickened
6. Place the pork on a plate and then pour the glaze over it
7. Finally garnish with slivered almonds

# Ma Hor

## **INGREDIENTS** SERVES 10

200g pork fillets  
200g chicken breast  
200g medium green prawns  
¼ teaspoon salt  
1 cup (250g) palm sugar  
¼ cup fish sauce  
1 cup (250g) deep fried shallots  
100g peanuts  
¼ pineapple  
10 segments mandarin  
4 bunch coriander  
1 x long red chilli  
oil for frying

### **Paste**

4 x coriander roots  
5 cloves garlic  
15 x white peppercorns  
pinch of salt

### **EQUIPMENT**

Chef's Knife  
Chopping Board  
Mortar and Pestle  
Roasting Tray  
Wok or Frypan  
Spatula or wooden spoon

## Ma Hor *continued*

### **METHOD**

1. Wash your hands thoroughly and dry them completely
2. Wash and pick leaves off one bunch of coriander, enough for a handful – keep the root!
3. Cut roots off other 3 coriander bunches, scrap and wash thoroughly
4. Peel garlic
5. Put coriander root, garlic, salt and white peppercorns into a mortar and pestle and pound to a fine paste.
6. Roughly grind or dice peanuts, place on a tray and dry-roast. Keep an eye on them as they'll burn easily!
7. Peel prawns and mince
8. Mince pork and chicken. It is imperative that you use a different or thoroughly cleaned chopping board surface and knife for each of these three ingredients, otherwise you will probably make yourself and/or your guests sick due to cross contamination
9. In a very hot wok or fry pan, add a little oil and fry off chicken, pork and prawn in separate batches until all have a golden brown colour, remove from wok and drain off excess oil.
10. Reheat wok and add a little oil, fry off paste until it becomes fragrant and golden in colour.
11. Add palm sugar and fish sauce to paste and turn down to a simmer until palm sugar melts down. You may need to break up sugar first before adding if it is in large pieces
12. Add minced prawn, chicken and pork to sugar and simmer for a further 10 minutes until mixture thickens, making sure you stir constantly.
13. Add roasted peanuts in mortar and pestle and add to mix with deep fried shallots. Stir through and taste. It should taste salty and sweet.
14. Allow mixture to cool to a point where you can handle it and roll it into bite size balls.
15. While you are waiting peel pineapple, remove core and cut into slices crossways
16. Peel and segment mandarins, gently taking out the seeds
17. De-seed long red chilli and cut lengthways and shred
18. Serve ma hor on top of pineapple and mandarin segments, garnished with a leaf of coriander and a thread of chilli

The dish's Thai name whimsically means "galloping horses". It is perfect for a hors d'oeuvre because of its wonderful interplay between the sweet, nutty and salty relish, the sweet and sour pineapple and the juicy mandarin. Ma hor stimulates and teases the palate, in readiness for the meal to follow.

# Marinated Seared Lamb with Layers of Eggplant, Roasted Tomato and Basil Sauce

## **INGREDIENTS** SERVES 2

### **Roasted tomatoes**

200g cherry tomatoes  
1 teaspoon fresh picked thyme or ½ teaspoon dried  
1 teaspoon fresh picked rosemary or ½ teaspoon dried  
1 clove garlic clove  
1 teaspoon sugar  
salt  
freshly ground black pepper  
olive oil

### **Layers of eggplant**

1 large eggplant  
sea salt  
olive oil  
freshly ground black pepper

### **Marinated seared lamb**

300g lamb fillet  
½ tablespoon olive oil  
1 cloves garlic  
1 tablespoon picked rosemary, or ½ teaspoon dried  
1 tablespoon picked thyme, or ½ teaspoon dried

### **Pistou (basil sauce)**

½ large bunch fresh basil  
1 small clove garlic  
30g parmesan cheese  
1.5 tablespoons olive oil  
salt & pepper

# Marinated Seared Lamb with Layers of Eggplant, Roasted Tomato and Basil Sauce *continued*

## **EQUIPMENT**

Chopping Board  
Chef's Knife  
Roasting Tray  
Paper Towels  
Pastry Brush  
Baker  
Shallow tray  
Tongs  
Aluminium Foil  
MultiMixer / Food Processor  
Round Cutters

## **METHOD**

### **Roasted tomatoes**

1. Thoroughly wash hands and dry them **completely**
2. Preheat the oven to 160°C / 325°F / Gas3
3. Wash, dry and cut the tomatoes in half lengthways and press them gently to remove excess water
4. Lay the tomatoes cut-side up in a lightly-oiled shallow roasting tin
5. Sprinkle over with salt, pepper, sugar, thyme, rosemary, garlic and olive oil
6. Roast the tomatoes until they have shrivelled to about half their original size and concentrated in flavour

### **Eggplant**

1. Cut the eggplant in thin slices
2. Sprinkle with sea salt and let stand for 30 minutes
3. Rinse with water and dry with paper towels
4. Brush with olive oil and bake in the grill pan, basting with more olive oil if necessary

### **Marinated Seared Lamb**

1. Place the lamb fillet in a shallow dish and rub with the oil, chopped garlic and herbs
2. Cover and let marinate for a minimum of 20 minutes up to 4 hrs
3. Just before serving, sear over a moderate heat, 6 minutes on each side until lightly browned
4. Remove from the heat, fold in aluminium foil and allow to rest for 5 minutes to allow the juices to redistribute
5. Season with salt and pepper just before slicing

## Marinated Seared Lamb with Layers of Eggplant, Roasted Tomato and Basil Sauce *continued*

### **Pistou (basil sauce)**

1. Thoroughly wash hands and dry them **completely**
2. Blend crushed garlic, basil leaves, and parmesan cheese gradually
3. Add salt and pepper
4. Work in 1 tablespoon olive oil to obtain a thick sauce
5. Add the oil gradually and blend until creamy and smooth

### **To serve**

1. Using a round cutter, place a layer of eggplant slices at the bottom of a roasting tray or baker
2. Season to taste with salt and pepper
3. Add a layer of roasted tomatoes
4. Sprinkle with pistou
5. Repeat this process with all the vegetables
6. Arrange lamb slices on top of the vegetables
7. Serve immediately with the remaining pistou

### **CHEF'S TIP ON SALTING EGGPLANTS BEFORE COOKING**

This step draws out some of the moisture and produces a denser-textured flesh, which means the eggplant will exude less water and absorb less fat in cooking

Salting also seems to eliminate the vegetable's natural bitter taste

Rinsing the eggplant thoroughly after salting will remove most of the salt



Marinated Seared Lamb with Layers of Eggplant, Roasted Tomato and Basil Sauce

# Oregano, Garlic and Chilli Flattened Chicken (Portuguese Style) with Coleslaw Salad

## **INGREDIENTS** SERVES 4

1 x 1.5 kg chicken

### **Marinade**

¼ cup oregano leaves

3 cloves garlic

¼ cup lemon juice

3 small red chillies

½ cup olive oil

sea salt

cracked black pepper

### **Salad**

2 iceberg lettuces

½ cup parsley leaves

¼ cup chives

3 x spring onions

### **Dressing**

½ Cup whole egg mayonnaise

¼ Cup white wine vinegar

## **EQUIPMENT**

BBQ

Mixing Bowls

Kitchen Scissors

Tongs

Pastry Brush

Wooden Spoon

Chopping Board

Chef's Knife



Oregano, Garlic and Chilli Flattened Chicken (Portuguese Style)

## Oregano, Garlic and Chilli Flattened Chicken (Portuguese Style) with Coleslaw Salad continued

### **METHOD**

1. Thoroughly wash hands and dry them completely
2. Chop oregano, chives, spring onions and garlic
3. Crush garlic
4. Quarter lettuce
5. Pick parsley leaves
6. Heat BBQ to medium
7. Use kitchen scissors to cut the backbone of the chicken
8. Trim off any excess fat and clean chicken
9. Place the oregano, garlic, lemon juice, chillies, olive oil, brown sugar, salt and pepper in a small bowl and mix to combine
10. Brush the chicken with half the marinade
11. To make the dressing place the mayonnaise, vinegar, salt and pepper in a small bowl and mix to combine
12. Place the chicken skin side down on the BBQ and cook for 40 minutes, turning and basting every 10 minutes
13. Remove from heat and cut into portions
14. To make the salad place the lettuce, parsley, chives, green onions and dressing in a bowl and toss to coat

# Osso Bucco (Braised Lamb Shanks)

## **INGREDIENTS** SERVES 2

4 lamb shanks (frenched)  
2 bottles medium flavoured beer such as an amber ale  
2 x 400ml tins peeled tomatoes  
1 onion  
1 carrot  
2 sprigs thyme  
2 sprigs rosemary  
3 cloves garlic  
3 x medium potatoes  
100ml milk  
50g butter  
salt and pepper

## **EQUIPMENT**

Braising Pan or Pot with Lid  
Deep flat pot with lid  
Chef Knife  
Chopping Board  
Fry Pan  
Whisk  
Peeler  
Oven

## Osso Bucco (Braised Lamb Shanks) *continued*

### **METHOD**

1. Pre-set oven to 200°C
2. Thoroughly wash hands and dry them completely
3. Cut onion, carrot, into dice and set aside
4. Brown shanks in pot and season with salt and pepper
5. Add onion and carrot to pot and colour (do not burn). Remove
6. Deglaze pan with beer and scrape off flavour from bottom of pan with rubber spatula or wooden spoon. Bring to boil
7. Add shanks and onions and carrots to the pan
8. Add tinned tomatoes, thyme and rosemary and bring to boil on top of stove
9. Add lid to pan and place entire pan, with lid on, into oven and let braise for 70 minutes at 200°C. This will vary from oven to oven, so check it every now and then
10. Meanwhile, place potatoes in a pot with cold salted water, and bring to boil. You'll know they are ready when the potatoes slide off your skewer or fork when you stick them
11. Strain and air dry potatoes for a few minutes. Once slightly cooled, peel and mash
12. Add milk and butter, then whisk to smooth consistency
13. When shanks are ready (be careful – the pot from oven will be very hot) place mash in centre of plate and shanks on top
14. Season sauce and drizzle over shanks
15. Serve at once with crusty bread

# Pan Fried Chicken Breast With Honey Carrots, Peas and Pancetta

## **INGREDIENTS** SERVES 6

3 x corn fed single chicken breast  
120g snowpeas  
2 x baby cos lettuce  
60g pancetta  
½ onion  
2 x large carrots  
1 tsp honey  
1 sprig thyme  
20g butter  
1 tsp olive oil  
salt and pepper

## **EQUIPMENT**

Chopping Board  
Paring Knife  
Frypan  
1x sheet Alfoil about 20cms long

## **METHOD**

1. Thoroughly wash hands with soap, rinse and dry **completely**
2. Pod peas and blanch
3. Chop and blanch cos lettuce
4. Dice pancetta and onion
5. Wash and baton carrot and place on to a sheet of foil, add honey, thyme and butter
6. Fold foil into a bag, place into the oven and bake for 5-10 minutes
7. Pan fry the chicken breast with a little olive oil
8. Finish with cooking in a hot oven for approx 5 minutes
9. Rest for a further 5 minutes before serving
10. Meanwhile, saute the onion and pancetta until cooked
11. Add cos lettuce, peas and then season
12. Place carrots on the plate first, then slice the chicken breast
13. Place cos and pea mix around the dish
14. Pour chicken jus over the top and serve

# Porter Beer, Beef and Puff Pastry Pie Served with Roasted Carrots, Bacon and Peas

## **INGREDIENTS** SERVES 2

600g stewing beef  
50g smoked bacon  
1 pkt frozen peas  
1 sheet puff pastry  
½ teaspoon worchester sauce  
1 tablespoon wholegrain mustard  
25g pearl barley  
1 x egg  
2 medium onions  
½ bunch thyme  
2 cloves garlic  
2 medium potatoes  
2 medium carrots  
½ bunch flat leaf parsley  
2 small bunch dutch carrots  
1 bottle James Squire Porter  
1 teaspoon honey  
50g butter  
salt and pepper

## **EQUIPMENT**

Chopping Board  
Chef's Knife  
Peeler  
Casserole Pot with lid  
Strainer  
Wooden Spoon  
Foil  
Frypan  
Baking Dish



Porter Beer, Beef and Puff Pastry Pie Served with Roasted Carrots, Bacon and Peas

## Porter Beer, Beef and Puff Pastry Pie Served with Roasted Carrots, Bacon and Peas *continued*

### METHOD

1. Pre-heat oven to 180°C
2. Thoroughly wash hands with soap, rinse and dry **completely**
3. Dice beef into 2cm cubes, removing any excess sinew
4. Heat pot with a little oil and brown meat
5. Once browned remove from pot and **retain fat**
6. Slice onion and garlic and add to pot. Cook gently until soft
7. Peel and thinly slice potato. Add to onions with browned meat
8. Add Worcester sauce, mustard, thyme and stout. Bring to simmer
9. Cut peeled carrot into 1cm cubes and add
10. Add pearl barley
11. Season and cover
12. Cook in oven for at least 90mins, or until meat is tender
13. Remove from oven. Mix should be thicker
14. Spoon into baking dish and cover with puff pastry
15. Glaze with egg wash
16. Return to oven for 25 minutes until pastry is golden
17. Peel baby (dutch) carrots, trim and wrap in foil with thyme, honey and 50gm of butter and place in oven for 20 minutes
18. Meanwhile, in a frypan place one sliced brown onion
19. Add bacon and remaining butter
20. Sweat until soft
21. Add peas and a little water and cook until tender
22. Add chopped parsley and serve with carrots and pie

# Potato Gnocchi with Tuscan Ragout and Pancetta

## **INGREDIENTS** SERVES 2

350g waxy potatoes (select Desiree or Coliban)  
160g plain flour (80g for bench, 80g for mix)  
40g Parmesan cheese (Pecorino is fine)  
1 long red chilli  
½ brown onion  
2 x cloves garlic  
10 basil leaves  
3 slices pancetta  
100ml red wine  
50g frozen / fresh peas  
1 tablespoon tomato paste  
50ml olive oil  
½ tin (200g) chopped tomato (Italian is best)  
salt  
pepper

## **EQUIPMENT**

Chopping Board  
Ricer / Potato Masher  
Can Opener  
Small Saucepan  
Wooden Spoon  
Chef's Knife  
Paring Knife  
Frypan  
Mixing Bowl  
Fine Mesh Strainer



Potato Gnocchi with Tuscan Ragout and Pancetta

# Potato Gnocchi

## with Tuscan Ragout and Pancetta continued

### METHOD

#### Gnocchi

1. Thoroughly wash hands with soap, rinse and dry **completely**
2. Put 750ml water on high heat, place potato in from a cold start. This way they'll cook all the way through
3. Boil potatoes in salted water until just before they are fully cooked. Poke the potato with a fork to see if they are ready. The fork will stay in for just a second, and then release
4. Drain through a colander into a medium pot (**retain water and keep on low heat to cook gnocchi at end**)
5. Mash potatoes leaving as dry as possible, and allow to cool
6. *Sift* flour and add to potato
7. In mixing bowl knead the mix until an elastic dough forms
8. Add salt and pepper
9. Roll dough into a 1cm wide cylindrical shape on a *floured* bench
10. Cut into a 2cm lengths with a sharp clean chef's knife
11. Place gnocchi in rows on a floured tray

#### Tuscan Ragout

1. Finely chop onion, garlic, pancetta and chilli
2. In frypan heat olive oil slightly and add onion, garlic, chilli
3. Add pancetta
4. *Sweat* (cook without colour) until soft and fragrant
5. Add tomato paste and cook for 2 minutes
6. Add red wine and *reduce* by half
7. Add chopped tomatoes and *simmer* for 10 minutes

#### All Together

1. Finish sauce with peas and torn basil
2. Cook gnocchi in boiling salted water until they float to the surface. This should take about two minutes if you don't crowd them
3. Place gnocchi in sauce and coat all over
4. *Season* and serve with parmesan

### CHEF'S TIP

*Pancetta* is cured spiced Italian back bacon. Regular bacon is an OK substitute

# Poulet en Papiotte

## (Chicken Breast Baked in a Bag)

### INGREDIENTS SERVES 2

2 x 140g skinless chicken breasts  
100g butter  
150ml white wine  
10g dried porcini  
150g mixed mushrooms (field, oyster, shiitake)  
2 medium potatoes  
2 sprigs fresh thyme  
1 clove garlic  
1 lemon  
touch of olive oil and mustard  
salt and pepper

### EQUIPMENT

Peeler  
Medium pot  
Chopping board  
Paring knife  
Mixing Bowl  
Pastry brush  
Aluminium foil  
Roasting tray  
Chef's Knife

### METHOD

1. Pre-heat oven to 220°C
2. Thoroughly wash hands with soap, rinse and dry completely
3. Peel, slice and boil potatoes from cold water start
4. Meanwhile, *pick* thyme and tear up mushrooms
5. Peel and slice garlic
6. Juice lemon
7. *Score* chicken with chef's knife
8. In a bowl mix all together with mustard
9. Take large piece of alfoil (about 36cms long) and fold in half
10. Fold in half again, creating a double thick bag with a closed end
11. Fold the side edges over twice, creating two sealed edges and leaving one side open
12. Place mixture into the bag, including all the liquids, ensuring you don't pierce the foil
13. Close the final edge, making sure the bag is tightly sealed and secure on all sides and carefully slide on to roasting tray
14. Place tray on high heat for about 1 minute, then bake in middle of pre-heated oven for about 25 minutes
15. Remove from oven, place the bag on a big plate, then take to table and break open foil to serve with loads of bread



Poulet en Papiotte (Chicken Breast Baked in a Bag)



Prosciutto Wrapped Grissini with a Basil Pesto

# Prosciutto Wrapped Grissini with a Basil Pesto

## **INGREDIENTS** MAKES 24

2 pkts grissini sticks (there's about 14 to a pack)  
100g fresh picked basil leaves (1 bunch)  
12 slices Prosciutto  
50g pine nuts  
2 tblspns raw garlic  
75g Parmesan cheese (Pecorino is fine)  
olive oil

## **EQUIPMENT**

Chopping board  
Non-stick frypan  
Paring knife  
Food processor  
Grater or Microplane  
Wooden spoon or rubber spatula  
Serving platter

## **METHOD**

1. Thoroughly wash hands and dry them completely
2. Dry-roast pinenuts in frypan until toasted (be careful, don't burn them!)
3. Pick basil leaves from bunch, place in processor
4. Add roasted pinenuts, raw garlic, grated cheese, and 50 ml olive and place in processor, blend to a coarse consistency
5. You may choose to add a small amount of water to achieve a less oily consistency in the pesto sauce.
6. Lay prosciutto out flat, smear with pesto so it lightly covers the prosciutto from end to end (prosciutto can easily tear, so take it easy)
7. Cut the prosciutto in half vertically with a sharp knife
8. Tuck one end of prosciutto under grissini stick, and roll up tightly
9. Place grissini seam side down, and arrange attractively on platter or plate

# Quaglie alle Ciliegie (Quails in a Cherry Sauce)

## **INGREDIENTS** SERVES 4

4 quails (preferably de-boned)  
4 large slices Pancetta  
4 sage leaves  
1 carrot  
1 celery stalk  
1 brown onion  
olive oil  
150ml white wine  
150ml stock (meat preferred)  
200g pitted cherries  
butter

## **EQUIPMENT**

Chopping Board  
Vegetable Knife  
Fry Pan  
Baking Dish  
Strainer

## **METHOD**

1. Pre heat oven at about 180°C
2. Thoroughly wash hands and dry them completely
3. Season quail
4. Place a sage leaf on each quail and then wrap in pancetta
5. Quickly seal the quail
6. Chop carrots and celery stalks into small pieces
7. Finely dice onion
8. Sweat these veggies (i.e cook slowly without colour)
9. Sautee the quail and the carrots, celery and onion in a pan with oil
10. Add wine, stock and let cook for 2 minutes
11. Add three quarters of the cherries (the remaining are for garnish), and place in the oven for 5-7 minutes
12. Remove the quail from frypan and place in baking dish to keep warm in the oven
13. Place the pan on the stove and let the sauce reduce
14. Pass through a strainer, mashing any remaining cherry pulp
15. Finish reducing the sauce and then add the butter to bind
16. Cut quail in half and serve covered with sauce and garnished with remaining cherries



Quaglie alle Ciliegie (Quails in a Cherry Sauce)



Roasted Chicken Breast with Garlic Mashed Potato and Agresto Sauce

# Roasted Chicken Breast with Garlic Mashed Potato and Agresto Sauce

## **INGREDIENTS** SERVES 2

### **Agresto Sauce**

2 x small chicken breasts  
65g almonds  
65g walnuts  
½ clove garlic  
½ bunch flat leaf parsley  
¼ bunch basil  
40ml olive oil  
40ml verjus  
3 medium potatoes (Desiree or Sebago)  
40g butter  
¼ cup pouring cream  
salt  
pepper

### **EQUIPMENT**

Chopping board  
Chef's Knife  
Peeler  
Medium Pot with lid  
Multi Mixer  
Mixing Bowls  
Colander  
Small saucepan  
Whisk  
Medium frypan  
Chef's spoon

## Roasted Chicken Breast with Garlic Mashed Potato and Agresto Sauce continued

### METHOD

1. Thoroughly wash hands with soap, rinse and dry **completely**
2. Trim chicken of excess fat, skin and sinew
3. Season with salt and pepper and a little olive oil
4. Peel and cut potatoes into 2cm cubes
5. Cover with water, add a pinch of salt and bring to a rapid boil, then turn down to a simmer until potato is tender
6. For the agresto sauce, place nuts and peeled garlic into blender and pulse until fine
7. Transfer to a bowl, chop herbs and add with olive oil and verjus
8. Mix well and season, and set sauce to one side
9. Drain potatoes when soft and air dry, then mash
10. On low heat, simmer cream, 2 x cloves garlic and 20g soft butter for about 5 minutes
11. Add this mix to the potatoes and whisk until you get a smooth consistency
12. Add salt to taste (and pepper if desired)
13. In a hot pan place chicken breasts and roast until brown, turning occasionally until cooked
14. This should take about 7 minutes
15. Serve chicken on a bed of mash potato and give a healthy spoonful of agresto sauce over the top

# Pumpkin Frittata with Chorizo and Tomato Salad

## INGREDIENTS SERVES 2

100g peeled butternut pumpkin  
1 small brown onion  
2 roma tomatoes  
25g picked basil leaves  
¼ bunch continental (also known as Italian) parsley  
¼ bunch oregano  
4 eggs  
¼ cup (85ml) pouring cream (not thickened)  
70g fetta cheese  
½ Spanish chorizo  
20ml olive oil  
5ml balsamic vinegar  
15ml extra virgin olive oil  
salt & pepper

## EQUIPMENT

Peeler  
Frypan  
Mixing Bowls  
Chefs Knife  
Chopping Board  
Whisk  
Wooden Spoon  
Spatula  
Cheese shaver if Parmesan isn't already shaved

## METHOD

1. Preheat oven at 160°C (moderate heat)
2. *Dice* onion and chorizo into small pieces
3. *Dice* pumpkin into 1cm cubes, chop parsley and pick oregano
4. Heat the oil in frypan, add the onion and the chorizo and cook slowly until golden, then remove from pan
5. In same oil, fry pumpkin until golden and chopped oregano
6. *Season* with salt and pepper and add cooked onion and chorizo
7. Mix whole eggs and cream until smooth, and pour over the pumpkin, chorizo and onion
8. Sprinkle fetta over the top and bake until firm
9. Meanwhile, dice tomato and add to chopped parsley, add a splash of olive oil and balsamic, salt and pepper to form salad
10. Portion frittata and lever out of the dish onto a plate with tomato salad  
**NB Be careful with frypan as it will still be hot long after it has come out of the oven**

# Rack of Lamb with Garlic Mashed Potato and Baked Carrots

## **INGREDIENTS** SERVES 2

2 x 3 bone racks of lamb  
400g potatoes (*Desiree* are best for mash)  
1 clove garlic  
200ml milk  
100g butter  
6-8 dutch carrots  
1 tablespoon honey  
2 sprigs fresh thyme  
½ bunch baby rocket lettuce (washed)  
salt and pepper  
nutmeg and oil

## **EQUIPMENT**

Frying pan  
Medium Pot  
Potato masher  
Aluminium foil  
Chopping board  
Chef's Knife  
Strainer Colander

## **METHOD**

1. From cold water start in medium pot, boil potatoes, and use colander to drain when they are cooked
2. Once they have cooled a bit, peel and return to pot and keep warm
3. In frypan, heat milk and add crushed garlic, bring to the boil and immediately strain mix onto the potatoes in the pot
4. Add salt, nutmeg to the potatoes and then mash
5. Add milk to get desired consistency. For a real fluffy mash, whisk or use hand blender on the mix rapidly for a minute
6. Wash carrots and place on to a sheet of foil, add honey, thyme and butter
7. Fold foil into a bag, place into the oven and bake for 5-10 minutes
8. *Seal* and season lamb in a hot frypan, then roast in the oven on 170°C. It should take about 25 minutes, depending on your oven and how rare you like it. Generally, when cooking lamb, allow 20 minutes per ½ kilo
9. Place mash on to a plate, add rocket, cut lamb into cutlets and place on top
10. Garnish with carrots and the juice from the carrots



Rack of Lamb with Garlic Mashed Potato and Baked Carrots

# Roasted Kangaroo with Baby Beetroots, Capers and Red Wine Vinegar

## INGREDIENTS SERVES 2

2 kangaroo fillets (trimmed)  
1 bunch baby beetroots and leaves  
6 cloves garlic  
2 sprigs marjoram  
¼ cup red wine vinegar  
10g capers  
2 sprigs flat leaf parsley  
1 pinch brown sugar  
salt and pepper  
olive oil

## EQUIPMENT

Chopping Board  
Paring knife  
Aluminum foil  
Frypan  
Mixing bowls  
Tongs  
Chef's knife

## METHOD

1. Pre-heat oven to 200°C
2. Thoroughly wash hands with soap, rinse and dry **completely**
3. Wash beetroot and cut off stalk and excess roots. **NB Keep the leaves**
4. Place beetroot on a piece of foil with a little olive oil, salt and pepper and a pinch of brown sugar
5. Wrap in foil and roast in oven for about 20mins or until tender
6. Once soft and cool, peel off the outer skin and cut in half
7. Peel garlic and sauté on low heat in some olive oil until golden and soft
8. Remove garlic, but keep the oil
9. Pick parsley and marjoram and beetroot leaves.
10. Wash and add to roasted beetroot and garlic in a bowl
11. Clean kangaroo fillets of excess sinew
12. Toss in a little olive oil, salt and pepper
13. Sear kangaroo in a very hot pan or grill for a few minutes until medium rare
14. Remove from pan and rest
15. Add red wine vinegar to the pan juices and reduce by half
16. Add capers and cook until the expand slightly into miniature 'flowers'
17. Slice kangaroo and toss with other ingredients
18. Finish by drizzling vinegar over salad

# Saltimbocca alla Romana (Veal Fillets Roman Style)

## **INGREDIENTS** SERVES 2

4 veal fillets of 80-100gms each  
8 fresh sage leaves  
4 large slices Parma ham  
50g butter  
100-150ml white wine  
seasoning  
plain flour  
olive oil

## **EQUIPMENT**

Chopping board  
Knife  
Frying pan  
Little bowl  
Fork  
Tongs

## **METHOD**

1. Thoroughly wash hands and dry them completely
2. Either leave veal as is or cut in half if required
3. Place veal on chopping board and cover with cling wrap
4. Beat veal out evenly and thinly to form *escalopes*
5. *Season* veal with salt and pepper
6. Take 30g of soft (room temperature) butter and mix it with a bit of flour in the bowl using the fork until combined. Set aside
7. Place the veal on the chopping board, place the sage leaves on it and cover with parma ham
8. Gently cover the veal *escalopes* in flour, so that they are thinly coated
9. Place the pan on the stove with a little oil and remaining butter
10. When the butter bubbles, add the veal ham side down
11. Cook for 2-3 minutes and turn over
12. After cooking the other side for 2-3 minutes more, remove the veal and place it on serving plates
13. *Deglaze* (French term indicating the extraction of the cooking flavours from the pan) the pan with the white wine and let it evaporate a little
14. Add the butter mixed with flour a bit at the time till the sauce has reached the desired consistency
15. Season and place the sauce on the veal
16. In Italy this dish is usually served with roasted potatoes or sauteed spinach

# Saltimbocca di Vitello

## (Veal Fillets with Parma Ham, Sage and White Wine Sauce)

### INGREDIENTS

2 large (or 4 medium) Veal fillets  
6 fresh sage leaves  
4 thin slices Parma ham (larger than the veal)  
flour for dredging  
2tbs olive oil  
25gms butter  
100mls dry white wine  
150mls chicken stock  
60mls Marsala  
salt and pepper  
fresh sage for garnish

### EQUIPMENT

Toothpicks  
Frypan  
Chopping board  
Meat tenderiser  
Medium mixing bowl  
Cooks knife cling wrap

### METHOD

1. Thoroughly wash hands and dry them completely
2. Either leave veal as is or cut in half if required
3. Place veal on chopping board and cover with cling wrap
4. Beat veal out evenly and thinly to form *escalopes*
5. *Season* veal with salt and pepper
6. Place 1-2 sage leaves on veal then lay the ham on top and secure with tooth picks
7. Place oil and butter in pan
8. Dredge veal in flour then fry to golden brown (1 escalope = 4 minutes, 2 escalope = 5-6 minutes)
9. Transfer veal to serving plate
10. Add wine, stock and Marsala to pan and bring to the boil. This is called *deglazing*
11. Stir until reduced to half
12. Pour over veal and garnish with fresh sage leaves

**Escalopes** (also spelled as **escaloppes**) are pieces of boneless meat which have been thinned out using a mallet, rolling pin or beaten with the handle of a knife. By thinning out the meat, it cooks more quickly.

# Thai Beef Salad

## **INGREDIENTS** SERVES 4

400g rump steak  
olive oil for brushing  
salt and pepper

### **Dressing**

1 tablespoon fish sauce  
¼ cup lime juice (about 3 limes)  
¼ cup brown sugar  
1 x garlic clove

### **Salad**

2 x long red chillies  
½ cup coriander leaves  
½ cup mint leaves  
½ cup basil leaves  
1 x lebanese cucumber  
1 punnet cherry tomatoes  
2 cups bean sprouts  
1 x red onion  
1 tablespoon sesame seeds

## **EQUIPMENT**

BBQ  
Mixing bowls  
Pastry Brush  
Chopping Board  
Chef's Knife  
Vegetable Knife  
Wooden spoon  
Tongs



Thai Beef Salad

## Thai Beef Salad continued

### METHOD

1. Thoroughly wash hands with soap, rinse and dry **completely**
2. Peel and crush garlic
3. De-seed chilli (this will take out a lot of the heat) and slice
4. Pick coriander, mint and basil leaves
5. Slice lebanese cucumber
6. Halve cherry tomatoes and thinly slice red onion
7. Heat BBQ over high heat
8. Brush the steak with oil and season with salt and pepper
9. Cook the steak for 3-4 minutes each side
10. Lightly toast sesame seeds (this will only take a few seconds)
11. Remove from heat and allow to rest
12. Thinly slice steak across the grain
13. To make the dressing, place the fish sauce, lime juice, brown sugar and garlic in a bowl and stir until the sugar is dissolved
14. Place the chillies, coriander, mint, basil cucumber, tomatoes, bean sprouts, onion, sesame seeds dressing and steak in a large bowl and toss to coat
15. Divide onto plates to serve, or get an iceberg lettuce and serve sang choi bau style!

### CHEF'S TIPS WITH MEAT

Always cut meat **against** the grain and so the juices won't run out easily

Allow the meat to rest after you bring it out of the oven as it will continue to cook for a few minutes. Resting the meat ensures that it will be tender, and the juices won't run out when it is served or sliced

As a general rule meat is cooked when the internal temperature is 65°C.

Chicken internal temperature should be 84°C

# Threaded Chicken Skewer with Preserved Lemon

## **INGREDIENTS** MAKES 10 SERVES

2 x chicken breasts  
½ jar preserved lemon  
1 x garlic clove  
1 x tablespoon olive oil  
10 x skewers  
1 x tablespoon olive oil  
1 small brown onion  
1 x tablespoon rosemary  
1 x tin Italian chopped tomato  
sea salt  
cracked black pepper

## **EQUIPMENT**

BBQ  
Chopping Board  
Chef's knife  
Tongs  
Small saucepan

## **METHOD**

1. Thoroughly wash hands with soap, rinse and dry **completely**
2. Slice the chicken across the grain
3. Remove and discard flesh from preserved lemon (rind is what is being used).
4. Crush the garlic
5. Place chicken, lemon rind, garlic, olive oil, salt and pepper in a bowl and combine
6. Thread the chicken onto skewer
7. Cover and marinate in a non-metallic dish for 1 hour in fridge
8. Chop rosemary
9. Heat a small saucepan over medium heat
10. Add the oil, onion and rosemary and cook for 1 minute or until onion is soft
11. Add the tomatoes, salt and pepper
12. Bring to the boil the reduce heat to low and simmer for 8-10 minutes or until thickened slightly
13. Heat a BBQ or grill to medium heat
14. Cook the chicken on the BBQ for 2-3 minutes each side or until cooked through
15. Spoon over tomato sauce, and serve as a starter or with rocket salad



Threaded Chicken Skewer with Preserved Lemon



Zucchine Ripiene (Stuffed Zucchini)

# Zucchini Ripiene (Stuffed Zucchini)

## **INGREDIENTS** SERVES 2

2 medium green zucchini  
30ml olive oil  
½ brown onion  
75g minced veal  
½ bunch flat continental parsley  
300g Italian peel tomatoes  
25g grated parmesan cheese  
salt and pepper as required

## **EQUIPMENT**

Chopping Board  
Vegetable Knife  
Small Saucepan  
Can Opener  
Apple Corer  
Mixing Bowl  
Fry Pan  
Baking Dish  
Tongs or steel spoon

## **METHOD**

1. Pre heat the oven to 180°C
2. Thoroughly wash hands and dry them completely
3. Chop onion
4. In a small saucepan, heat part of the olive oil, and fry the chopped onion. Add peeled tomatoes, season and let sauce cook till it starts to thicken
5. Trim ends of the zucchini, and cut in half. Using an apple corer remove flesh from the zucchini leaving a shell of about 6mm thick. Chop zucchini centres finely and place in a bowl
6. Chop parsley, add with minced veal to zucchini centres and season to taste
7. In a frypan add the remaining olive oil and when hot add the zucchini and meat mixture. Cook for 5 minutes. Remove from stove
8. Place the tomato sauce in a small baking dish. Stuff the zucchini with the meat filling and arrange them in the baking dish with the sauce. Sprinkle with the grated parmesan cheese and place in the oven for about 15 minutes
9. Serve warm

# Zucchini Frittata with Crispy Pancetta and Tomato Salad

## **INGREDIENTS** SERVES 2

2 medium zucchini  
1 small brown onion  
¼ bunch continental (also known as Italian or flat) parsley  
4 eggs  
2 slices pancetta  
20ml olive oil  
1 med tomato **or**  
2 x roma tomatoes  
25g picked basil leaves  
4 shavings Parmesan cheese  
5ml balsamic vinegar  
20ml olive oil for frying  
15ml extra virgin olive oil for salad dressing  
salt  
pepper

## **EQUIPMENT**

Peeler  
Frypan  
Mixing Bowls x 3  
Chefs Knife  
Chopping Board  
Whisk  
Wooden Spoon  
Spatula  
Loose base quiche flan or dish, or ovenproof porcelain baker  
Four sided grater so you can shave Parmesan if it isn't already shaved



Zucchini Frittata with Crispy Pancetta and Tomato Salad

## Zucchini Frittata with Crispy Pancetta and Tomato Salad *continued*

### **METHOD**

1. Preheat oven at 160°C (moderate heat)
2. Thoroughly wash hands with soap, rinse and dry **completely**
3. *Dice* onion and *chop* parsley
4. Thinly slice the zucchini
5. Heat the oil add the onion and the zucchini and cook slowly until soft (*sweat*)
6. Season with salt and pepper and layer into greased bakers
7. Crack and whisk the eggs, add parsley and pour over the zucchini
8. Bake in oven for about 15 minutes or until it is **just** set (it should be just a little wobbly in the middle)
9. Meanwhile, roughly dice tomato and set aside
10. Pick basil leaves and set aside
11. Lightly fry or grill pancetta until it is slightly crispy
12. Portion frittata and lever out of the dish onto a plate
13. Garnish with pancetta, roughly diced tomato, fresh basil leaves and parmesan shavings, then drizzle with oil and vinegar

# Tips for Roasting Large Joints of Meat

Always get the best quality meat you can, ideally well marbled, aged and from a good supplier.

Choose cuts that are suitable for roasting, basically anything with lion or fillet in the name

Bring meat out of fridge 1hr before cooking so it comes up to room temperature. Never leave meat in direct sunlight, even to defrost

Always rest your meat well, at least 15 minutes as a minimum, your meat will be more tender and juicy.

Roast meat over a rack so that it is in no direct contact with cooking tray. This will stop the meat stewing in its own juices and help the meat cook more evenly

When roasting large joints of meat, make sure the first half an hour is hot 220°C this will help get the meat get started and also help the outside seal and go brown. After the first half hour turn your oven down to about 160°C

Always cut meat **against** the grain and so the juices won't run out easily

## COOKING TIMES

Note all times are after the first half hour

(i.e. once you have turned your oven down – see tip above).

### Beef / Lamb

Rare 10 minutes per 500g

Medium 15 minutes per 500g

Well done 20 minutes per 100g

**Pork** 22 minutes per 500g

**Chicken** About 50-70 mins total time

## TEMPERATURE GUIDELINES

Temperatures should be taken in the middle of the joint of meat, so get a food thermometer, they are worth every cent!

### Beef / Lamb/ Venison

Rare 50°C

Medium 60°C

Well done 70°C

**Pork** (should be cooked medium) 60-65°C

**Chicken** 60°C

# Apple Sauce for Roast Pork

## INGREDIENTS

3 ripe green apples  
25mls lemon juice  
25g sugar  
zest of half an orange

## EQUIPMENT

Zester or  
microplane or  
grater Peeler  
Corer Small Chef's knife  
Chopping Board Mixing Bowl  
Small saucepan

## METHOD

1. Thoroughly wash hands and dry them completely
2. Zest orange
3. Peel, core, and slice up apples into small even size pieces.
4. In a mixing bowl, toss in lemon juice as you go (to stop them going brown)
5. Place in pan with sugar and zest and cook on a low heat, stirring regularly
6. The sauce is ready when apples have cooked down to a puree
7. Season with a little salt



Apple Sauce for Roast Pork

# Bread Sauce for Roast Chicken

## INGREDIENTS

500mls milk  
1 small onion  
4 cloves  
1 bay leaf  
125g fresh white bread crumbs  
50g butter

## EQUIPMENT

Saucepan Chopping Board  
Cooks knife Fine Mesh Strainer  
Whisk

## METHOD

1. Thoroughly wash hands and dry them completely
2. Slice onion and place in saucepan with milk, cloves, bayleaf, pepper and a little salt
3. Infuse milk over the stove for about half an hour
4. Strain milk through fine mesh strainer
5. Whisk in bread crumbs and butter
6. Check seasoning

### CHEF'S TIP ON GETTING CRISPY SKIN CHICKEN

You can get a really crunchy effect with chicken skin by giving the skin a light smear in oil or butter and turning the fan on in your oven to get a high heat

# Honey Glaze for Baked Ham

## INGREDIENTS

250g honey  
1 x tablespoon Dijon mustard  
1 x orange  
about fifteen cloves

## EQUIPMENT

Tablespoon  
Saucepan  
Pastry brush  
Zester / grater  
Baking Dish

## METHOD

1. Preheat oven to 180°C
2. Thoroughly wash hands and dry them completely
3. Zest orange then juice
4. Score ham to white fat level in a diamond pattern
5. Push a clove into the middle of each diamond
6. Mix juice, zest, mustard and honey together in a saucepan with a little hot water and melt over stove until thin enough to brush over ham
7. Place ham in a baking dish and pour in wine to prevent the ham from sticking to the bottom
8. Bake for about 30 minutes until you get a rich shiny colour

## CHEF'S TIPS WITH MEAT

Always cut meat against the grain and so the juices won't run out easily

Allow the meat to rest after you bring it out of the oven as it will continue to cook for a few minutes

Resting the meat ensures that it will be tender, and the juices won't run out when it is served or sliced

# Madeira (or Red Wine) Sauce

## **INGREDIENTS** 2 PORTIONS

125ml Madeira (or rich red wine as substitute)  
25g Miropoix (carrots, onions, celery)  
2 sprigs thyme  
300ml beef stock  
50g butter  
1 tablespoon cornflour

## **EQUIPMENT**

Chef's Knife  
Chopping Board  
Saucepan  
Measuring Jug  
Strainer

## **METHOD**

1. Prepare Miropoix
2. Place Madeira or red wine in saucepan with miropoix and reduce by half
3. Add beef stock, simmer for 5 minutes
4. Add diluted cornflour to liquid, bring to boil
5. Strain, season to taste



Madeira (or Red Wine) Sauce

# Mint Sauce for Roast Lamb

## INGREDIENTS

1 large bunch mint  
2tsp caster sugar  
1 tablespoon boiling water  
60mls malt or cider vinegar  
salt and pepper to taste

## EQUIPMENT

Chopping Board Small Chef's Knife  
Mixing Bowl  
Saucepan

## METHOD

1. Thoroughly wash hands and dry them completely
2. Pick mint leaves from stems and chop fine
3. Dissolve sugar in warm water, allow to cool
4. Mix all ingredients and season to taste

Mint sauce is best served with a spoon, not poured, so the solids are spooned onto the meat and not just the vinegar!



Mint Sauce for Roast Lamb

# Roast Vegetables

## **INGREDIENTS** SERVES 4

- 1 sprig rosemary
- 1 sprig thyme
- 2 medium carrots
- 2 medium potatoes
- 1 medium sweet potato
- 2 cloves garlic
- 1 brown onion

## **EQUIPMENT**

- Chopping Board
- Chef's Knife
- Mixing Bowl
- Roasting Tray

## **METHOD**

1. Thoroughly wash hands with soap, rinse and dry **completely**
2. Pick and chop thyme
3. Pick and chop rosemary
4. Peel and cut vegetables into medium sized chunks
5. Place vegetables in a bowl and toss in clarified butter or duck fat or olive oil
6. Add salt and pepper and chopped thyme
7. Place in roasting tray with rosemary and a few whole cloves of garlic
8. Put in 200°C oven with fan on if you have one and roast until tender and crisp

Peel and slice each of the vegetables into evenly sized pieces so they take the same amount to cook

However, keep different varieties of vegetables separate as cooking times will be different – the harder they are, the longer they'll take to cook.



Roast Vegetables

# Gravy for Roast Beef

Gravy is basically a sauce made from the juices left in the bottom of the pan after roasting meat

There is no fixed recipe for making gravy, but instead guidelines you should follow:

Always taste the juices you are going to use, are they salty, sweet, sour?

Do they need reducing (concentrating) or are they too strong and do they need diluting?

How thick do you want your gravy? Does it need thickening?

## **Thickeners**

Flour – needs to boil and cook out for a few minutes to get rid of starchy taste

Butter – don't boil or it will split but instead whisk in just before serving. Butter will also make gravy richer and add a little sweetness

Cream – needs to reduce to thicken and will make gravy richer.

## **Thinners**

Water or stock

Wine

Cider

Beer, especially stout

## **Aromatises**

Fresh herbs

Citrus zest – good with pork

Always scrape off all the juice and pieces of meat stuck to the bottom of the roasting tray to maximise flavour, the only exception to this is if all your meat juices and scrapings are burnt and black and will make the gravy bitter.



# Rasa Cama (Tasty Food) - All About Sri Lankan Cuisine

## PAUL VAN REYK

Paul Van Reyk wants to help Australians experience the richness of the cuisine of his native country, Sri Lanka. Paul has taught at the Seafood Cooking School and Accoutrement, runs a catering company – Buth Kuddeh – and often reviews South Asian restaurant for Sydney restaurant guides, as well as running foodie tours to Sri Lanka. Paul can be contacted at [buthkuddeh@buthkuddeh.com.au](mailto:buthkuddeh@buthkuddeh.com.au)

## NOT JUST RICE AND CURRY

Sit down to a Sri Lankan meal, and you sit down to 2000 years of fusion cooking.

It began with the earliest settlers, Tamils from the South of India and Bengalis from the Gangetic plain of North Eastern India. Then, as seafaring technology advanced, came traders riding the monsoonal winds from the Mediterranean and Arab worlds on the one hand, and China and South East Asia on the other.

The foundations of this trade were spices, and when Portugal and the Netherlands took to the seas to seize control of the trade, they also naturally established trading posts in Sri Lanka.

With the incorporation of the island into the British Empire, the transformation of the cuisines of these various nations into modern Sri Lankan cuisine was complete. Rice and curry form the basic menu, but it's extended, turned on its head, and completely abandoned at times.

So today Dutch slow cooked pot roasting techniques and indigenous lime pickle meet in Smoor. Arab steamed egg puddings are transformed into the palm sugar based dessert, Wattalappam. The Portuguese brought chilli and in return had their cakes enriched with coconut. Mulligatawny, the British Raj version of Indian pepper water, gets even more developed with specifically Sri Lankan touches. Chinese spring rolls fuse into roti rolls. Even the classic French omelette gets a re-working with eschalots and green chilli.

But under all the fusion, there are some consistent regional ingredients that make the food distinctly Sri Lankan. There's coconut, grated coconut in particular. It's used fresh in the classic pol sambol and in mallungs, lightly sautéed and spiced mixes of shredded green vegetables. It's also soaked and squeezed out to make coconut milk, the main liquid used to cook curries.

Coconut oil is also extracted from it and used in some fried dishes, and it can also be turned into coconut vinegar. Versatile or what! By the way, the jury is still out on whether the fat in coconut is bad for you or not; but then, it's not as if you are going to be eating Sri Lankan every night of the week either!

Spice wise, you'll find cinnamon flavouring virtually every curry. That's no surprise. True cinnamon is native to Sri Lanka and that's the spice that everyone's wanted to get control of throughout the country's history

# Philosophy and Tips for Authentic Thai Cooking

## **WILL MEYRICK**

Will Meyrick has a wealth of experience with Asian food, and loves to share his passion for herbs and spices, particularly in Thai regional dishes. Will has vast international culinary experience and has worked in some of Sydney's best Thai restaurants, including Longrain and Jimmy Liks.

## **PHILOSOPHY AND TIPS FOR AUTHENTIC THAI COOKING**

Any number of Asian stir-fries begin with garlic cooked in oil. But if you add chillies, kaffir lime leaves, sugar, and fish sauce, a stir-fry takes on a delicious, unmistakably Thai flavour.

The result is an explosion of salty, spicy, sweet, and sour flavours that sparkle with personality yet all harmonize on the plate. Indeed, the art of Thai cooking is combining ingredients at opposite ends of the flavour spectrum—chilli paste and coconut milk, palm sugar and lime juice—and balancing them to create vibrantly flavoured food.

To create such dishes at home, stock your pantry with some basic Thai flavourings. Once you understand the main players, you can use them to cook authentic Thai food or to give your own cooking a taste of Thailand.

## **FISH SAUCE – THE SALT OF THAI CUISINE**

Fish sauce, called nam pla in Thai or nuoc mam in Vietnamese, is used much like salt or soy sauce as a flavour enhancer. It serves as a seasoning in cooked dishes as well as a base for dipping sauces.

Made from the liquid drained from fermented anchovies, fish sauce is potent; it's usually combined with other ingredients when used as a dipping sauce. For cooking, you can use it straight, but never add it to a dry pan or the smell will be overpowering.

Like olive oil, there are several grades of fish sauce. High-quality fish sauce, which is the first to be drained off the fermented fish, is usually pale amber, like clear brewed tea. Because it has a more delicate and balanced flavor, I use a premium-grade fish sauce, such as Three Crabs or Phu Quoc brands in my dipping sauces.

For cooking, I'll use stronger-flavored, lower-grade brands, such as Squid or Tiparos, which are made from a secondary draining. Whichever grade I buy, I prefer it in a glass bottle; I find that fish sauces bottled in glass taste better and last longer than those packaged in plastic.

For heat, try fresh and dried chillies and ground chilli pastes

If you like hot food, add chillies and chilli paste to just about everything, as the Thais do. I start all my Thai stir-fries by foaming some little fresh bird chillies in hot oil with garlic.

If you can't find fresh Thai chillies, use fresh serranos or substitute dried.

Chilli paste, usually a mix of chillies, garlic, salt, and oil, is the base for many Thai soups, salad dressings, dipping sauces, and stir-frys.

Coconut milk and palm sugar are the most common sweet ingredients

The sweet element found in most Thai dishes isn't cloying. Instead, it balances the heat and counters the sour notes. Coconut milk, often added to curries, stews, and stir-fries, tones down the heat with its creamy sweetness. Palm sugar, made from the sap of various palm trees, comes packaged in plastic jars or as round cakes. It has a caramel flavour that enhances the salty and sour flavours of a dish.

## Philosophy and Tips for Authentic Thai Cooking *continued*

If you can't find palm sugar, substitute light brown or granulated white sugar, increasing the amount called for by about 20 percent.

### **ACIDIC INGREDIENTS ADD VIBRANCY**

Thai cooks use great amounts of tart ingredients, such as lime juice and tamarind juice (made by soaking tamarind pulp in water), to wake up the taste buds. Lemongrass and kaffir lime leaves give a dish a refreshing, lingering lift.

Lemongrass, the most popular herb used in Thailand, is a tall, scallion-like stalk that has a subtle lemony and citrusy flavor and fragrance. Before using, peel away the tough outer layers and crush or chop the stalk to release its flavour.

Kaffir lime leaves impart a most intense floral and citrus flavour and are almost required in Thai curries. Lime zest, while not the same, will give the dish a similar refreshing citrusy flavour.

### **BRIGHT, FRESH HERBS ARE AROMATIC FINISHES**

There's another group of ingredients that further enhances all these basic flavors--the aromatics. Fresh herbs, such as basil, mint, and cilantro, are added to finished dishes in great quantities, sometimes by cupfuls, with leaves often left whole to give a burst of flavour with each bite.

### **THAI FOOD IS EATEN WITH A FORK AND SPOON**

Even single dish meals such as fried rice with pork, or steamed rice topped with roasted duck, are served in bite-sized slices or chunks obviating the need for a knife. The spoon is used to convey food to the mouth.

Ideally, eating Thai food is a communal affair involving two or more people, principally because the greater the number of diners the greater the number of dishes ordered.

Generally speaking, two diners order three dishes in addition to their own individual plates of steamed rice, three diners four dishes, and so on. Diners choose whatever they require from shared dishes and generally add it to their own rice.

The ideal Thai meal is a harmonious blend of the spicy, the subtle, the sweet and sour, and is meant to be equally satisfying to eye, nose and palate.

A typical meal might include a clear soup (perhaps bitter melons stuffed with minced pork), a steamed dish (mussels in curry sauce), a fried dish (fish with ginger), a hot salad (beef slices on a bed of lettuce, onions, chillies, mint and lemon juice) and a variety of sauces into which food is dipped.

Spicy dishes are "balanced" by bland dishes to avoid discomfort.

This would be followed by sweet desserts and / or fresh fruits such as mangoes, durian, jackfruit, papaya, grapes or melon.

### **TIDBITS**

These can be hors d'oeuvres, accompaniments, side dishes, and / or snacks. They include spring rolls, satay, puffed rice cakes with herbed topping. They represent the playful and creative nature of the Thais.

## Philosophy and Tips for Authentic Thai Cooking *continued*

A simple kind of titbit is fun to make. You need shallots, ginger, lemon or lime, lemon grass, roasted peanuts and red phrik khi nu chillies. Peeled shallots and ginger should be cut into small fingertip sizes. Diced lime and slices of lemon grass should be cut to the same size. Roasted peanut should be left in halves. Chillies should be thinly sliced.

Combinations of such ingredients should be wrapped in fresh lettuce leaves and laced with a sweet-salty sauce made from fish sauce, sugar, dried prawns and lime juice.

### **SOUPS**

Soups are enjoyed concurrently with other dishes such as rice, not independently.

A good meal for an average person may consist simply of a soup and rice. Traditional Thai soups are unique because they embody more flavours and textures than can be found in other types of food.

### **SOUP STOCKS**

Soups generally need good stock. Add to boiling water crushed peppercorns, salt, garlic, shallots, coriander roots, and the meats or cuts of one's choice. After prolonged boiling and simmering, you have the basic stock of common Thai soups. Additional galanga, lemon grass, kaffir lime leaves, crushed fresh chillies, fish sauce and lime juice create the basic stock for a Tom Yam.

### **DIPS**

Dips entail some complexity. They can be the major dish of a meal with accompaniments of vegetables and some meats. When dips are made thinly, they can be used as salad designs. A particular and simple dip is made from chillies, garlic, dried prawns, lime juice, fish sauce, sugar and prawn paste.

Mixing crushed fresh chillies with fish sauce and a dash of lime juice makes a general accompanying sauce for any Thai dish. Adding some crushed garlic and a tiny amount of roasted or raw prawn paste transforms it into an all-purpose dip (nam phrik).

Some pulverised dried prawn and julienned egg-plant with sugar makes this dip more complete. Serve it with steamed rice, an omelette and some vegetables.

### **SALADS**

A harmony of tastes and herbal flavours are essential. Major tastes are sour, sweet and salty. Spiciness comes in different degrees according to meat textures and occasions.

### **SALAD DRESSINGS**

Salad dressings have similar base ingredients. Add fish sauce, lime juice and sugar to enhance saltiness, sourness and sweetness. Crushed chillies, garlic and shallots add spiciness and herbal fragrance. Lemon grass and galanga can be added for additional flavour. Employ this mix with any boiled, grilled or fried meat. Lettuce leaves, sliced cucumber, cut spring onions and coriander leaves help top off a salad dressing.

### **CURRIES**

Most non-Thai curries consist of powdered or ground dried spices, whereas the major ingredients of Thai curry are fresh herbs. A simple Thai curry paste consists of dried chillies, shallots and prawn paste. More complex curries include garlic, galanga, coriander roots, lemon grass, kaffir lime peel and peppercorns.

To make a quick curry, fry curry or chilli paste in heated oil or thick coconut milk. Stir and fry until the paste is well cooked and add meats of one's choice. Season with fish sauce or sugar to taste. Add water or thin coconut milk to make curry go a longer way. Add sliced eggplant with a garnish of basil and kaffir lime leaves. Make your own curry paste by blending fresh (preferably dried) chillies, garlic, shallots, galanga, lemon grass, coriander roots, ground pepper, kaffir lime peels and prawn paste.

## **SINGLE DISH MEALS**

Complete meals in themselves, they include rice and noodle dishes such as Khao Phat and Phat Thai.

Heat the cooking oil, fry in a mixture of crushed chillies, minced garlic, ground pepper and chopped chicken meat. When nearly cooked, add vegetables such as cut beans or eggplants.

Season with fish sauce and garnish with kaffir lime leaves, basil or balsom leaves. Cooked rice or fresh noodles added to the frying would make this a substantial meal.

## **GENERAL FARE**

A sweet and sour dish, a fluffy omelette, and a stir-fried dish help make a meal more complete.

## **DESSERTS**

No good meal is complete without a Thai dessert. Uniformly sweet, they are particularly welcome after a strongly spiced and herbed meal

## Pictorial Glossary of Grocery Items for Thai Cooking



### **Palm Sugar**

Try using the lighter variety as opposed to the darker Indonesian sugar



### **Dried Prawns**

Optional and more suited for the adventurous



### **Tamarind**

Something you probably won't use much in your cooking, so try to buy it in the smallest quantity you can. It will come either in a jar ready-made paste or in a solid block from which you add water. It is the tamarind that adds the sour element to your dish.



### **Fried Onions/Schallots**

Crisp fried onions add a fantastic dimension to any Thai dish. To avoid the hassle and mess of deep frying them yourself, buying them this way is the way to go. I find it better to buy them in smaller amounts to avoid them getting stale. They add great flavour and texture to both salads and curries, even stir fries. Thais have even been seen using deep fried onions on some desserts as well.

### **Kara Brand Coconut Cream**

We recommend it as the best all-rounder that is found in most Asian Supermarkets



## Pictorial Glossary of Grocery Items for Thai Cooking continued



### Coconut Cream

There are many varieties of coconut cream on the market. We find that the Ayam brand or Chef's Choice are the way to go. Try and steer away from the 'lite' cream/ milk alternatives – they just taste like water so you might as well not use coconut cream at all.



### Fish Sauce

Most people would agree when we say that this stuff smells and tastes horrible. On the other hand, it is a key to Thai cookery, adding a salty element to the dish. Thais will use this fish sauce as salt in their dishes to season and flavour.

Warning – overuse can result in disaster so be sparing. Remember you can always add more if you have to.



### Rice Flour

Rice flour is foreign to most Westerners. It is very similar to corn flour with high starch properties that are great for either thickening sauces, making dumplings or even pancakes



### Mung Beans

Mung beans are a very diverse pulse and have many uses whether it be as an accompaniment in a curry or a binding agent in a fish sauce or lightly toasted and sprinkled over the dish (eg mango and sticky rice) to give a little crunch

## Glossary of Some Common Asian Vegetables and Groceries



### **Bamboo Shoot (Nor Mai)**

Crunchy in texture and with a subtle, refreshing taste, these are the edible young shoots of certain type of bamboo. The shoots of the bamboo are cut when they have grown about 15 cm (6 inches) above the ground. Fresh bamboo shoots are hard to get and, if not already prepared, must be peeled then parboiled to remove toxic hydrocyanic acid. Boil whole or in chunks for 30 minutes or until they no longer taste bitter. Canned and bottled are the ones used most often. The canned variety needs to be boiled for only 10 minutes and may be used immediately in soups or curries.

### **Basil and Holy Basil**

Hindus believe that basil is sacred and they like to plant it in religious sanctuaries. The variety of basil they use is called holy basil and it has a spicy flavour. This is more difficult to find in the West than sweet basil, but pepper or finely chopped chilli can be added to the sweet variety to compensate. Both types of basil are used a lot in Thai cooking.

### **Beancurd**

This is a soy bean extract to which a setting agent has been added. Soft beancurd is white, and is used extensively in Chinese dishes. It is available in most oriental shops, and is usually sold in pieces 7.5 cm square. Hard or dry beancurd is made by compressing soft beancurd. Beancurd is available in many other forms – fried, fermented, etc.



### **Bean Sprout (Thua Ngok)**

The sprouts of the soya or mung bean are crunchy and tender. They can be grown at home, and they are easy to find in most supermarkets. The canned variety is not a very good substitute but beansprout can be replaced by other fresh vegetables, finely sliced, if necessary.



### **Bergamot (Makroud)**

Also known as kaffir lime, this plant is found everywhere in Thailand and people often grow it at home. The leaves have a delicate flavour, slightly lemony, which goes equally well with curries and seafood dishes. The fruit has a bumpy dark green rind with a concentration of aromatic oils and the aroma of lemon. Sometimes the juice of this fruit is used in Thai dishes instead of lime, or vice versa. The skin is also used in many Thai dishes, especially curries, and can be replaced by grated lime skin if necessary.



### **Black Fungus (Cloud ear, Hed Hoo Noo)**

This tree fungus has a little flavour of its own, but is valued for its crunchy texture. It is most commonly available in its dried form, which looks like wrinkled black paper. Before use, soak in warm water for 15-30 minutes, until the fungus swells to about five times its size. They should then be rinsed several times to remove any sand.

## Glossary of Some Common Asian Vegetables and Groceries *continued*

### **Celery**

Thai celery is much smaller than the variety found in the West. It is also greener, thinner-stemmed and leafier, with a stronger celery flavour. However, either type can be used equally well for Thai soups, sautés and salads. Young celery leaves make an attractive garnish which enhances the flavour of the food at the same time.



### **Cherry Eggplant (Ma Kheua Phuang)**

Grows in clusters and, when yet unripe, look like large peas.

### **Cardamom**

The queen of spices, cardamom has been used since ancient times. Produced mostly in India and Sri Lanka, it also grows in south-eastern Thailand near Cambodia. The aromatic pods can be green, white or black and they all contain a number of small seeds. The pods and seeds are used in different types of sweet or savoury Thai dishes, especially in curries. Powdered cardamom is readily available but it is better to grind your own freshly if possible.

### **Chillies**

The Thai add generous amounts of chillies to most of their dishes. No one region is known as the home of fiery food, as each province has its own "hot" dishes.

Many different varieties of chillies are used in Thailand but the most common is 7.5-10cm long and can be red, green or yellow when fresh. Dried, it is red. Another popular chilli in Thai cooking is tiny, green and extremely fiery. The seeds are the hottest part of the chilli so if you want to keep the flavour, with out the heat, slit open the chillies and discard the seeds. Dried chillies should be soaked in hot water for 10 minutes before grinding.

The Thai use chillies in almost every conceivable way – fresh, dried, whole, chopped, crushed or sliced into rings. Just a few words of caution, always wash your hands carefully after handling chillies and do not touch your eyes or mouth, or they will suffer from a burning sensation.

### **Chilli Paste**

Can be bought in bottles from Asian stores. A particularly popular one in Thai cooking, especially for seafood dishes, is burnt mild chilli paste.



### **Chinese Broccoli (Pak Kha Nar)**

Has smooth round stems sprouting large dark green leaves and small, white flowers. The juicy stems trimmed of most of their leaves, is the piece of plant which is most commonly eaten. Gai Larn has the similar flavour to western broccoli, but without the characteristic large flower heads.



### **Chinese Dried Mushrooms (Hed Hom)**

Also called Chinese dried black mushrooms. These dried, whole mushrooms have a distinctive woody, smoky taste which is intensified by the drying process and they are rarely eaten fresh. They should always be soaked in warm water for 30 minutes before being added to other ingredients. The stems are seldom eaten, as they are quite tough. They are sold in most oriental food stores around the world

## Glossary of Some Common Asian Vegetables and Groceries *continued*



### **Chinese Flowering Cabbage (Pak Khwang Tung)**

Slimmer than bok choy and has a smooth green leaves and pale green stems with clusters of tiny yellow flowers on the tips of the inner shoots. The leaves and flowers cook quickly and have light, sweet mustard flavor; the stems are crunchy and juicy.



### **Chinese White Cabbage**

Also known as Chinese Chard, has fleshy white stems and leaf ribs and green flat leaves. It has a slightly mustardy taste. Separate the leaves, wash well and drain. The white stems can be sliced thinly and eaten raw. A smaller type is called baby bok choy or Shanghai bok choy.

### **Cinnamon**

In southern Asia, there are many varieties of cinnamon, the dried, aromatic bark of a member of the laurel family. In Thailand the "Batavia" variety is commonly used to give a pleasant aroma to beef and chicken dishes.

### **Cloves**

In Thai cuisine, cloves are added to curries and they also go very well with tomatoes, salty vegetables and ham. In Thailand, cloves have traditionally been chewed with betel leaves.

### **Coconut Milk**

The milk itself is the liquid wrung from the grated and pressed coconut meat and then combined with water. In Thai cooking it is used with curries and stews and it is often combined with curry pastes for sauces. The milk is used as a popular cooling beverage and a key ingredient in puddings and candies. Be sure to shake the tin well before opening to use.

### **Coriander**

The leaves and seeds are used in many cuisines throughout the world, but Thai cooking makes use of the roots as well. The round, beige seeds are added to curries and vegetables. The roots are crushed with garlic to flavour meat and are often added to soups, especially beef soups. The leaves are used extensively as a garnish.

### **Cumin**

Only the seeds are used, dried and ground. In Thai cuisine, cumin is used in sauces and on grilled meats. Cumin can be purchased already ground, but the whole seeds keep their flavour better and they are easy to grind at home.



### **Daikon (Hua Chai Tau)**

Much used in Japanese and Chinese cooking. It has a similar taste and texture to ordinary radish and is grated and added to stewed dishes or mixed with finely chopped chillies as a relish.

## Glossary of Some Common Asian Vegetables and Groceries *continued*

### **Galangal (Kha)**

Both greater and lesser galangal are related to ginger. In Thailand greater galangal is most commonly used; its aroma is subtler than that of lesser galangal and its inside is milky white. You often find it in curries and soups. It is used fresh in Asia, but elsewhere it may have to be purchased dried. In this case, soak the root in hot water for 1 hour before use and remove it before serving. Powdered galangal is also available.



### **Garlic Bulb (Kra Tiem Thon)**

This type of garlic is preferred for pickling with honey has bulbs with just one clove. These garlic rounds are not a separate variety of garlic but a natural phenomenon where a garlic bulb does not divide into many cloves. In the sorting of pickled garlic, 20 to 30 kilograms yields only 1 to 2 kilograms of garlic rounds, and therefore they are expensive.



### **Garlic (Kra Tiem)**

The Thai garlic head is made up of smaller cloves than the Western varieties.

Garlic flavour is strongest when the cloves are squeezed and their juice extracted, slightly less strong when the cloves are grated or finely chopped, even less strong when the clove are merely sliced, and mildest when whole unbroken cloves are used. In addition, the longer garlic is cooked, the milder it becomes.

Garlic contains significant amount of vitamin C, calcium and protein. It is also rich in potassium, phosphorus, iron and zinc. Medicinally, it is believed that garlic can reduce blood pressure and cleanse the blood of excess glucose. It is also said to alleviate flu, sore throats and bronchial congestion.



### **Ginger**

The aromatic rhizome of the ginger plant is an important ingredient of Thai main dishes and desserts. It must be peeled before it can be chopped, grated or crushed. Fresh ginger is preferable, but powdered ginger can be substituted if necessary.

### **Lemongrass**

This herb is close to being the 'signature' ingredient of Thai cookery. Lemongrass is available in fresh as well as dried form. Dried Lemongrass is used for herbal teas, and only the fresh for cooking. Fresh lemongrass is sold in stalks that can be 60cm (2 ft) long – it looks like a very long, thin spring onion.

Most recipes use only the bottom few inches of the stem. Lemongrass pieces are removed after the dish is cooked. In recipes that call for lemongrass to be finely chopped or pounded into a paste, it becomes an integral aspect of the dish, and isn't removed.

Fresh lemongrass can be kept, loosely wrapped, in the bottom part of your refrigerator for up to one week. Please note that lemon is not a substitute for the unique flavours of lemongrass.



### **Lime Leaf**

You'll find lime leaves floating in soups or finely shredded. The dried leaves must be soaked in cold water 20 minutes before use. Substitute 1 tablespoon lime juice.

## Glossary of Some Common Asian Vegetables and Groceries *continued*



### **Mint**

Leaves of the spearmint variety are often used in Thai salads, fish dishes and soups. Sweet basil leaves can be used as a substitute if necessary.

### **Napa Cabbage (Pad Khad Kow)**

Napa Cabbage also known as Celery Cabbage and Chinese Cabbage, has a long shape and closely packed broad, pale green leaves with wide white stems. It has a delicate mustard-like flavour. This vegetable always used in Thai stir-fried vegetable, and Kim Chi.

### **Rice, Thai or Jasmine**

This fragrant long-grain rice from Thailand is prized for its aromatic and nutty flavour. Widely available in supermarkets, it is much favoured by Thai cooks and chefs. The taste of jasmine is not quite perceptible, but you sense that the rice is pleasingly different. And there is a difference, however subtle.

### **Rice Noodles**

Don't be intimidated by all the foreign writing on these packages of clear rice noodles. For pad thai you'll need the wider noodles, which look like dry linguine. Rice noodles should be soaked in cold water, then quickly boiled or stir fried



### **Straw Mushrooms (Hed Fang)**

Named for their growing environment – straw – and are cultivated throughout Asia. They have globe-shaped caps, are stemless and have a musty flavour. They are available in cans but need to be drained and rinsed before use

### **Tamarind**

This sweet-and-sour fruit comes from a fuzzy light brown pod. The pulp (with seeds) is sold in a flat square as tamarind paste. It must be mixed with water and strained before using.

### **Thai Eggplant (Ma Kheua)**

Thai Eggplant is eaten with Nam Prik or Chili Paste. There are a number of types ranging in size from that of ping-pong ball down to that of a marble. One small type is Ma-Kheua Pro.



### **Water Chestnuts (Haeo)**

These white-fleshed roots of a variety of water grass are prized for their semi-sweet taste and crisp texture, which is retained when cooked. They are used throughout China and Southeast Asia in both savoury and sweet dishes. Available canned and sometimes fresh; cut off the woody base, peel away papery skin, and cover in water to stop discolouring.



### **Winged Bean (Thua Phu)**

Bears a pod which in cross section looks like a rectangle that has a fringe-like extension at each corner, the 'wings' of the bean.



### **Yard Long Beans (Thua Fax Yao)**

They have pod up to 60cm long. These are eaten both fresh and cooked and are at their best when young and slender. Mostly used in Thai Papaya Salad or Som Tum

## 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 fraîche	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

<b>Celsius</b>	<b>F/heit</b>	<b>Gas Mark</b>	<b>Description</b>
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