

Sensational Seafood



Let's
Cook



Welcome to Let's Cook!

Sensational Seafood

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 their 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 is much more than the current recipes from our cooking classes. Non-current extra recipes include; Calamares Fritos, Bunuelos De Bacalao (Salt Cod Fritters), Clam Soup, Grilled Tasmanian Scallops, Salmon Baked in Banana Leaves, Clam Soup and lots more that are only available in the cookbooks!

There is a decidedly global influence in the range of recipes, which includes dishes from Thailand, Italy, Spain, Japan, Sri Lanka and Tasmania.

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 Conversion Table 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)

Meat Game and Poultry

Versatile Vegetarian

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

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Alioli

(Garlic Mayonnaise)

INGREDIENTS 1 CUP

1 egg (best if used at room temperature)
1 cup extra virgin or Spanish olive oil
½-1 teaspoon lemon juice
½ teaspoon salt
½ teaspoon white vinegar (optional)
1 garlic clove

EQUIPMENT

Braun Multiquick (or similar) Hand Blender
(these are also known as stick blender)
Braun Multiquick Hand Blender beaker
Mortar and pestle or
garlic crusher

METHOD

1. Thoroughly wash hands and dry them completely
2. Peel and crush raw garlic clove into a thin paste
3. Break the egg into the beaker
4. Add the lemon juice and salt
5. Blend all the above ingredients with the Braun Multiquick Hand Blender for a few seconds until all mixed
6. With the motor running, slowly drizzle in the oil in a steady stream into the beaker until the sauce emulsifies and thickens forming the mayonnaise
7. Mix/blend the freshly homemade mayonnaise with the peeled and crushed raw garlic clove
8. If the mayonnaise is too thick in consistency you may add a little water until desired consistency is reached.

CHEF'S TIPS ABOUT OLIVE OIL

Extra Virgin Olive Oil (EVOO) is cold-pressed, thus it is designed for use in cold applications like salads, etc.

Extra virgin olive oil has a low 'smoke' point, thus it burns at a relatively low temperature, thus is not really ideal for frying.

Use a vegetable or canola oil for frying, or blend vegetable oil with olive oil if you want more flavor

'Light' olive oil has got nothing to do with fat levels, or healthy alternatives. Olive oil is good for you already just as it is. Light refers to the colour. 'Light' Olive oil is generally a third or fourth pressing, which means its got less elegant flavours and aromas, and is a bit rougher, thus it should be a cheaper than EVOO

'Poultice' is the final pressing olive oil, and is best avoided

Atlantic Salmon on Avocado Salad with Warm Orange Vinaigrette

INGREDIENTS SERVES 2

2 x 150gm salmon fillets (scaled and *pin-boned*)
50ml olive oil (for cooking salmon)
20ml olive oil (for vinaigrette)
20gm mini capers
1 medium avocado (ripe!)
Juice of half a lemon
1 shallot
1 green apple
2 Sprigs coriander
1 x orange – zest, segments, juice

Taste

salt
black pepper

EQUIPMENT

Chopping board
Mixing bowl x 2
Zester
Chef's knife
Sauté (fry) pan
Whisk
Peeler
Grater
Chef's Spoon
Tongs / Fish Turner
Paring Knife
Fish Tweezers

CHEF'S TIPS – CAPERS

Most supermarkets have the large capers preserved in vinegar. These are not what we want for as they will give a vinegar flavour.

Most delis will have green and / or black mini capers preserved in salt – these are the ones you want for this dish. Rinse salt off and pat them dry (so you don't have a flare up when you add them to pan, as water and oil don't tend to go well together).

When cooking them, you'll know they are ready when they 'pop' to form little crunchy balls that look like flowers.



Atlantic Salmon on Avocado Salad with Warm Orange Vinaigrette

Atlantic Salmon on Avocado Salad with Warm Orange Vinaigrette *continued*

METHOD

1. Thoroughly wash hands with soap, rinse and dry **completely**
2. Remove flesh from avocado with spoon and slice, place into bowl
3. Finely chop shallots and coriander and set aside
4. Peel and grate apple, add to avocado, *season* and pour lemon juice over salad so it won't *oxidise* (go brown)
5. Cover avocado salad and set aside
6. Zest orange enough for 1 teaspoon
7. Remove skin and segment the orange, place in a small bowl
8. Remove excess bones from salmon with tweezers and *season*.
9. Heat 50ml oil in sauté pan, place fish skin side down first and cook on both sides until golden. The second side will take about half the time of the first
10. With avocado salad as a bed, remove salmon from pan, place onto plate
11. Add capers to the pan and cook on high until they expand and become crispy (about 1min). Remove capers and set aside on a paper towel
12. Squeeze excess juice from husk of orange into pan
13. Add zest to pan, bring to the boil, allow to cool
14. Whisk in 20ml olive oil, then add orange segments for a minute
15. Arrange orange segments on plate around salmon and salad, then pour vinaigrette over salmon
16. Garnish with fried capers, chopped shallots and coriander and top with some picked coriander leaves for a bit of flair

For those of you looking for love, we're assured this dish works!

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

BBQ Prawns with Tomato and Caper Salsa

INGREDIENTS SERVES 4

16 medium green prawns
1 tablespoon olive oil
1 clove garlic
¼ cup salted capers
250g cherry tomatoes
1 cup continental parsley leaves
150g baby rocket
1 x tablespoon lemon rind
2 x tablespoon extra virgin olive oil
2 x tablespoon lemon juice
sea salt
cracked black pepper

EQUIPMENT

BBQ
Chopping Board
Chef knife
Tongs
Strainer
Pastry brush
Mixing bowls



BBQ Prawns with Tomato and Caper Salsa

BBQ Prawns with Tomato and Caper Salsa continued

METHOD

1. Thoroughly wash hands with soap, rinse and dry **completely**
2. Start BBQ or grill to get to medium heat
3. Peel the prawns and leave intact
4. Crush the garlic
5. Rinse and drain the capers
6. Halve the cherry tomatoes
7. Wash the rocket
8. Chop the coriander
9. Juice lemon
10. Brush the prawns with olive oil, add the garlic, salt and pepper and toss to coat
11. Cook prawns 1-2 minutes each side or until cooked through
12. Place in mixing bowl with capers, cherry tomatoes, rocket, lemon rind, olive oil and lemon juice and toss to coat
13. Divide into small bowls to serve

TIPS FOR BUYING THE BEST POSSIBLE FRESH SEAFOOD

Only buy seafood from reputable, commercial sources

If applicable, check the "sell by" or "use by" date. If it's expired, don't buy it

Make seafood one of your last purchases if buying from the supermarket and always keep it cold

Choose glistening, flawless fish that smells sea breeze clean. A strong, fishy odour generally is not acceptable

Whole fresh fish should have bright, clear and shiny eyes

Scales should be shiny and cling tightly to the skin

Look for bright pink or red gills

Choose fillets that are moist and free of drying or browning around the edges The flesh should be firm and spring back when pressed

From the Fisherman Fresh website: www.dos.com.au/fishermansfresh/seafood_tips.htm

Bunuelos De Bacalao (Salt Cod Fritters)

INGREDIENTS SERVES 2 TO 4

250 grams salt cod chopped, skinned and de-boned
30 grams plain flour
1 cup milk
1½ tbsp Spanish olive oil
1 egg yolk
2 egg whites
½-1 clove garlic
1 tbsp chopped continental parsley
1 litre Spanish olive oil for frying
freshly ground pepper

EQUIPMENT

Chopping board
Paring knife
Chefs knife
Spoon
Mixing bowls
Wooden spoon
Slotted spoon
Medium size pot
Paper towelling
Serving plate / dish

METHOD

1. Soak the salt cod for 24 hours in plenty of cold water which must be renewed at least twice or every 8 hours
2. Drain the soaked salt cod, place in the pot and bring to a boil in water to cover
3. Reduce the heat once it has been brought to boiling point
4. When froth begins to form in the water drain allow to cool down remove skin and bones and crush the fish to a paste in a bowl
5. Mix the cod with 1½ tbsp olive oil and the flour in a bowl little by little until well mixed.
6. Add egg yolk and milk beating constantly
7. Add the crushed garlic the chopped parsley and pepper to taste
8. Stir all ingredients in the bowl thoroughly
9. Immediately before frying fritter beat the egg whites until stiff add and mix with the cod paste
10. Heat the olive oil in the pot
11. Drop small spoonfuls of the paste in hot frying oil
12. Wait until the balls rise and are lightly golden brown
13. Place on paper towel to drain excess oil, then serve immediately while hot in serving dish



Bunuelos De Bacalao (Salt Cod Fritters)

Black Mussel Risotto

INGREDIENTS SERVES 2

12 x black mussels (cleaned)
80g risotto rice (Arborio only)
2 tbsp butter
½ brown onion diced
½ bunch dill chopped
125ml white wine
200ml fish stock
20g grated Parmesan cheese
salt and pepper

EQUIPMENT

Frying pan
Chopping board
Tablespoon
2 x Mixing Bowls
2 Saucepans
Chefs Knife
Strainer
Paring knife
Wooden Spoon

METHOD

1. *Dice* an onion
2. Put wine and half of the diced onion and dill in a heated pot
3. Add mussels and cook with lid on for 1-2 minutes or until shells open
4. Remove mussels from pan and **reserve liquid** – strain liquid back into the pan with the fish stock & return to stove and bring to boil
5. Set mussels aside and remove all but 3 from shells to fold through risotto, leaving 3 for garnish
6. Melt ½ the butter, add the other half of the diced onion and cook slowly **without coloring**
7. Add rice, stir for a minute then add hot reserved liquid feeding the rice a little at a time (add liquid in three parts)
8. Whilst boiling, keep stirring and add stock a little at a time, as the risotto absorbs it as it cooks. This will take about 12 minutes in total
9. Add mussels with 1 minute to go and stir
10. Add dill, butter and Parmesan cheese, season and serve



Black Mussel Risotto

Black Mussels in White Wine, Leek and Garlic Sauce and Baked Chats

INGREDIENTS SERVES 2

Mussels

500g black mussels
1 large leek
2 cloves garlic
¼ cup (80mls) white wine
1 x red chilli
2 sprigs fresh thyme
½ teaspoon smoked paprika
½ bunch flat (continental) parsley

Baked Chats

½kg chats (baby potatoes)
¼ cup (80ml) vegetable oil
1 x lemon
1 sprig fresh rosemary
salt
pepper

EQUIPMENT

Medium Pot
Paring Knife
Strainer
Chefs Knife
Chopping Board
Mixing Bowl
Mortar and Pestle
Tongs
Zester
Frypan



Black Mussels in White Wine, Leek and Garlic Sauce with Baked Chats

Black Mussels in White Wine, Leek and Garlic Sauce and Baked Chats continued

METHOD

Baked Chats

1. Thoroughly wash hands with soap, rinse and dry **completely**
2. Leave skins on and cut potatoes into halves
3. From cold water start, bring to the boil in a medium pot, adding salt once water first starts to boil
4. Cook till $\frac{3}{4}$ done. If they slide off an inserted fork or skewer, they're ready. Tip out water, but don't rinse the pot as you'll need it for the mussels
5. Drain and allow to steam dry in a colander. This will give fluffier result
6. After about 5-10 minutes, slightly squish the potatoes so they are flatter
7. Turn oven on and set to 180°C
8. On a baking pan place potatoes and give a fine coating of vegetable oil
9. Zest lemon skin - don't go too deep as the white bit is quite bitter
10. In a mortar and pestle, put salt, pepper, rosemary leaves, lemon skin and pound into a smooth paste. If you don't have a mortar and pestle, use a thick coffee mug and a wooden spoon to mash it all together
11. Sprinkle flavoured seasoning paste over chats and bake at 180°C for about 10 minutes or until they are brown and crisp
12. Serve as a side dish to mussels to soak up the juices

Mussels

1. Place mussels in water so they can self-rinse
2. Slice leek, garlic, and red chilli
3. Chop parsley and set aside
4. Pluck mussels from water one at a time to clean and *de-beard*
5. Place leek, garlic and chilli in pot used for potatoes with a little olive oil and *sweat* down slowly
6. When leeks are soft, add paprika and thyme and raise heat to high for 2 minutes
7. Add mussels and wine to pot and cover, turning heat from high to medium. It's got to hiss and steam to cook the mussels well
8. Stir every few minutes, they should take only about 5 minutes
9. Add chopped parsley with about 2 minutes to go
10. Set an large bowl on the table for the empty shells

Crisp Seafood Salad with Pilsener Beer, Batter and Citrus Alioli

INGREDIENTS SERVES 2

2 prawns (medium green prawns)
2 scallops
1 x 100g cuttlefish body – Squid (legs attached)
60g fish fillet (Ling, or whatever white fish is on special)
1 Bottle James Squire Pilsener beer
200g plain flour
150g salad leaves (mesclun mix)
1 tomato
2 shallots
1 lemon
400ml oil for frying
egg yolk
100ml olive oil
limes
1 clove garlic
1 teaspoon French mustard
salt and pepper

EQUIPMENT

4L Pot for frying
2 x Mixing Bowl
Paper towel Fry pan
Whisk
Sieve
Chopping Board
Braun Multiquick
Chef's Knife



Crisp Seafood Salad with Pilsener Beer, Batter and Citrus Alioli

Crisp Seafood Salad with Pilsener Beer, Batter and Citrus Alioli continued

METHOD

1. Blanch, peel and cut tomato into strips
2. Zest and juice 1 x lemon and lime
3. Set oil to fry and get temperature to 180°C
4. Clean and portion seafood for frying (set aside)
5. Mix flour with 1 tablespoon salt and make a well
6. Add the beer to the flour well and gradually incorporate
7. Pass through a sieve and set aside
8. Make dressing by adding egg yolk, lime zest and juice, mustard, to mixer and gradually add oil whilst blitzing
9. Season to taste and should not be too thick
10. Wash salad leaves and make a salad with tomato and set aside
11. Dust seafood with seasoned flour and dip into batter
12. Fry for 2 minutes or until golden and crispy. Place on absorbent paper to soak up excess oil
13. Dress salad leaves onto plate with a little lemon juice and place seafood on top
14. Place a ramekin of dressing with a quartered lime on the side



Calamares Fritos (Fried Squid)

Calamares Fritos (Fried Squid)

INGREDIENTS SERVES 2

350g calamari rings or
2-4 medium squid tubes / bodies cut into rings **or** 2 fresh whole squid
2 cups plain flour
3 cups spanish olive oil
salt
lemon wedges and / or
mayonnaise or
alioli to serve with

EQUIPMENT

Medium saucepan
Pasta plate for flour
Sieve
Slotted spoon
Plate with paper towel
Serving plate

METHOD

1. Thoroughly wash hands and dry them completely
2. If buying whole squid clean and prepare the squid by removing the heads, tentacles, ink bags, fins and skin
3. Wash the remaining squid parts thoroughly under running water
4. Drain them and slice squid into rings. (tentacles and fins can be used for frying as well)
5. If using squid tubes cut into 0.5-1cm thick rings
6. Heat the oil in a medium saucepan to 180°C or when the oil is just starting to smoke a little
7. While the oil is heating up season the squid rings, tentacles and fins with salt
8. Mix the squid in the flour to coat the calamari in the pasta plate and shake them through the sieve to remove any excess flour
9. Fry them (bunch at a time) in plenty of hot olive oil until they begin to turn golden brown
10. Remove with slotted spoon once golden brown
11. Drain on paper towels
12. Serve hot with lemon wedges and/or homemade mayonnaise or alioli

Chilli and Lime Squid Hoods with Glass Noodles and Coriander

INGREDIENTS GREAT STARTER FOR 4

8 x cleaned squid hoods
1 x long red chilli
2 x limes
2 x teaspoon lime zest
1 x tablespoon lime Juice
1 x packet vermicelli noodles
1 x green onion
2 x teaspoon vegetable oil
1 x teaspoon fish sauce
¾ cup coriander leaves
1 x teaspoon cracked black pepper
2 x teaspoon sea salt

EQUIPMENT

BBQ, char grill or griddle iron
Butter knife
Mortar and pestle or small food processor
Mixing Bowls
Wooden spoon
Pastry Brush
Tongs

METHOD

1. Thoroughly wash hands with soap, rinse and dry **completely**
2. Cut open squid and score inside flesh with butter knife in cross pattern
3. Place salt, chilli, pepper and lime zest in mortar and pestle and grind until paste forms
4. Place noodles in bowl of hot water for 5 minutes or until softened
5. Drain and refresh
6. Chop green onions
7. Place lime juice, vegetable oil and fish sauce in a bowl and mix to combine
8. Heat BBQ or grill over high heat
9. Lightly brush squid with vegetable oil and sprinkle with a little of the salt mixture
10. Cook squid for 1-2 minutes or until curled
11. Place in bowl with noodles, coriander, and dressing and toss to combine

Serve in small bowls and top with sprinkle of salt mixture



Chilli and Lime Squid Hoods with Glass Noodles and Coriander



Clam Soup

Clam Soup

INGREDIENTS SERVES 2

500g clams – Vongole (or Pipis)
100g white fish fillet (no bone or skin)
¼ brown onion
450ml water
½ tablespoon oil
1 x shallot
90g mushrooms (the tiny button ones)
¼ cup cream
1 tablespoon corn flour
1/3 cup white wine
salt and pepper

EQUIPMENT

Saucepan and Medium Pot
Paring Knife
Strainer
Chefs Knife
Chopping Board
Mixing Bowl

METHOD

1. Soak clams in cold water for at least 10 minutes to discard grit (the clams spit it out). Change the water at least once
2. Scrub clams, rinse well, drain, ready for step 4
3. Dice onion, finely chop shallot and mushrooms
4. Place in pot, then add sliced fish fillets. Cook gently (3 minutes), then add water, bring slowly to the boil
5. Remove from heat and place in a bowl
6. Heat pot moderately, add clams, pour in white wine, place cover over saucepan
7. Steam for 3 minutes or until clams just begin to open
8. Remove from heat
9. Strain liquid from clams into saucepan with mushrooms, onions and fish
10. Allow clams to cool slightly and remove from shell
11. Place the flesh of the clam into the saucepan with other ingredients and discard shells
12. Combine cornflour and cream in a bowl to form a *slurry*
13. Bring all ingredients in the saucepan back to the boil with the chopped shallots
14. Add the slurry to the soup and add cream, stirring until the soup thickens
15. Remove from heat, season with salt and pepper
16. Place into warmed soup bowls

Fresh Oysters with a Range of Condiments

INGREDIENTS

12 fresh oysters
1 lime
1 firm ripe tomato
¼ bunch fresh coriander
2 cloves garlic
1 small tin crab meat
1 spring onion
1 x tablespoon natural yoghurt
1 x tablespoon grated parmesan cheese
¼ bunch fresh continental parsley
1 x tablespoon breadcrumbs
½ x tablespoon pine nuts
1 x tablespoon frozen spinach or
1 handful of fresh English spinach
1 x bocconcini cheese
4 x basil leaves
salt and pepper
rock salt optional to serve oysters on

EQUIPMENT

Chopping board and knives
Spoon
Tongs
Grilling dish
Mixing bowl



Fresh Oysters with a Range of Condiments

Fresh Oysters with a Range of Condiments continued

METHOD

Oysters with Lime and Coriander Salsa (Cold)

1. Chop and mix the firm ripe tomato, the chopped coriander, ½ cloves of garlic, and lime juice
2. Season to taste
3. Place a generous teaspoon of salsa on each oyster
4. Arrange on a platter and serve

Oysters with Crab Meat (Cold)

1. Mix the crabmeat, the chopped spring onion, the yoghurt, a little parmesan cheese and seasoning
2. Top the oysters with the mixture

Grilled Mediterranean Oysters (Hot)

1. Mix chopped garlic, chopped parsley, chopped pine nuts, bread crumbs, parmesan cheese, seasoning, a touch of olive oil
2. Cover the oyster with mixture and place under the hot grill till crumbing becomes golden
3. Serve hot

Grilled Oysters with Spinach and Bocconcini Cheese (Hot)

1. Remove oysters from shell
2. Mix the spinach with a little garlic, seasoning and olive oil
3. Place spinach on the shell and replace oyster on top
4. Cut bocconcini in small pieces, mix with chopped basil and season
5. Cover oyster with cheese and place under hot grill till cheese is melted
6. Serve hot

Gambas Al Ajillo

(Garlic Prawns)

INGREDIENTS SERVES 2

250g medium green prawns, peeled and deveined
2-4 garlic cloves, thinly sliced
1 small chilli, chopped in half or quarters
6 tablespoons Spanish olive oil
chopped flat leaf parsley for garnish (optional)
bread (Italian style bread eg. Rosetta)

EQUIPMENT

Small frypan or small terracotta dish
Chopping board
Paring knife
Small Serving dish such as oblong porcelain dish if not using a terracotta dish

METHOD

1. Thoroughly wash hands and dry them completely
2. Peel the green prawns, de-vein and discard heads and tails
3. Heat the oil in a small frying pan or in a small terracotta dish and add the thinly sliced garlic
4. Leave on low to medium heat until the garlic is golden brown
5. Add the chopped small red chilli
6. Add the prawns and spread evenly into the frying pan or terracotta dish
7. Sauté for 1-3 minutes or until the prawns turn pink and curl slightly
8. Season to taste with salt and sprinkle with chopped parsley (optional)
9. Serve hot and immediately after cooking and with plenty of bread on hand to soak up the delicious pan juices

If small terracotta dish is used for cooking the prawns you should serve the terracotta dish on a small plate, tray or board so the guests don't burn themselves.

Grilled Salmon Skewers with Wasabi Butter

INGREDIENTS SERVES 4

Salmon Skewers

200g salmon fillet portion (ask for skin on, scaled and pin-boned)
8 x skewers
sea salt
cracked black pepper
olive oil for brushing

Wasabi Butter

125g butter
1 x tablespoon wasabi paste
2 x teaspoons pickled ginger
2 x teaspoon lemon rind

EQUIPMENT

Barbeque, char grill or griddle iron
Chefs knife
Fork
Mixing bowl
Pastry brush
Chopping board
Chef's knife
Boning knife
Paring knife
Skewers
Fork
Wooden spoon
Tongs

METHOD

1. If using wooden skewers, soak them in water so they don't burn
2. Heat BBQ or char grill pan over medium high heat
3. Take butter out of fridge so its softens
4. Place the salmon on chopping board skin side down
5. Carefully remove skin from salmon by running knife horizontally between skin and flesh
6. Cut the salmon into 2cm cubes
7. Brush with oil, salt and pepper
8. Divide onto skewers
9. Place the butter, wasabi, ginger lemon rind, salt and pepper in a mixing bowl and mix with a fork until well combined
10. Cook the salmon for 1-2 minutes each or until cooked through
11. Spoon over wasabi butter to serve



Grilled Salmon Skewers with Wasabi Butter



Grilled Tasmanian Scallops

Grilled Tasmanian Scallops, Marinated in Olive Oil, Chilli, Lime and Coriander, Served in the Shell

INGREDIENTS SERVES 2

6 scallops in half shell
½ fresh chilli (medium size)
1 lime (zest and juice)
2 sprigs coriander
10ml good olive oil
salt

EQUIPMENT

Mortar and Pestle
Zester
Mixing bowl
Spoon

METHOD

1. In this order, place chilli, coriander, salt, lime zest and juice in a pestle and mortar
2. Crush into a rough pulp, add olive oil
3. Spoon mixture onto the scallops
4. Place scallops under the grill for a minute then serve on a plate

Involtini di Pesce Spada (Swordfish Rolls)

INGREDIENTS SERVES 2

½ onion
400g swordfish
2 basil sprigs
4 parsley sprigs
100g breadcrumbs
50g provolone cheese
1 egg
1 lemon
50g butter
100ml white wine
olive oil
seasoning

EQUIPMENT

Chopping board
Knife
Frying pan
Mixing bowl
Thongs
Mixer
Whisk
Small Toothpicks

Involtini di Pesce Spada (Swordfish Rolls) *continued*

METHOD

1. Thoroughly wash hands and dry them **completely**
2. Finely chop half onion
3. Chop basil and parsley
4. Cut half the swordfish in thin slices and place them aside
5. Chop the rest of the fish in small cubes
6. Place pan on the stove with a little oil on moderate heat
7. Add onions and fry slowly
8. Add chopped fish and cook for two minutes
9. Add half the parsley, half the basil and breadcrumb
10. Cook for a further four minutes
11. Put all the mix in the blender, add grated provolone, the egg and seasoning. Mix well
12. Take the sliced swordfish and flatten it. Spread some of the filling on each slice, roll them up and secure with a toothpick
13. Panfry the rolls in little butter till brown on all sides, remove them and place them on a plate
14. Add white wine to pan and reduce
15. Add the juice of a lemon, and whisk in the soft butter
16. Add remaining basil and parsley and seasoning
17. Pour sauce over swordfish and serve hot

Onion and Anchovy Pasta

INGREDIENTS SERVES 2

2 x large brown onions
8 x anchovy fillets
50-60ml extra virgin olive oil
50g grated Parmesan cheese
¼ bunch continental parsley
pepper
120g spaghetti or linguine

EQUIPMENT

Frypan
Saucepan
Wooden spoon
Chopping board
Colander
Cheese grater

METHOD

1. Heat at least 1.2ltrs of water to boiling (10x water to pasta)
2. Add a little salt to water, then pasta once salt is dissolved
3. In shallow frypan, heat the oil, finely slice the onion and add
4. Cook **slowly** over medium heat, 'melting' the onion without frying or coloring
5. Add anchovy to the onion and stir until dissolved. You can add the oil from the tin of anchovies if you really want a lot of flavour
6. Cook the pasta for exactly the amount of minutes specified on the box
7. Drain the pasta, but don't rinse after it is drained as the starch will be lost which means the sauce won't bind to the pasta as well
8. Add pasta to the anchovies and onion
9. Chop parsley and add to pasta
10. Add pepper, serve and top with parmesan cheese

CHEF'S TIP

Before adding pasta to the boiling water, add a small amount of oil if pasta is fresh, but don't add oil if pasta is dried

Prawn Curry

INGREDIENTS

500g medium green prawns
1 tomato
50g brown onion or shallots
2 thin slices of ginger
2 cloves garlic
5 cm lemon grass
5 cm cinnamon stick kept whole
1 or 2 green chillies
½ tsp turmeric
1 sprig curry leaves and / or
1 small bunch fenugreek sprouts
375ml 2nd and 3rd extract coconut milk
1 tbsp 1st extract coconut milk
2 tbsp oil
lime juice to taste
salt to taste

EQUIPMENT

Chopping board
Chef's knife
Saucepan
Wooden spoon
Medium Pot with lid
Fine mesh sieve or sieve with cheesecloth (also known as muslin)
Blender
Juicer



Prawn Curry

Prawn Curry *continued*

METHOD

1. Shell and de-vein prawns if the vein is noticeable. Cover and return to fridge until you need them
2. Peel and chop tomato
3. Finely dice onion or shallots
4. Thinly julienne ginger
5. Finely chop garlic
6. Thinly slice lemon grass
7. Finely chop green chillies
8. Heat oil in a pan and sauté onions, ginger, garlic, till onions are soft
9. Add the lemon grass, curry leaves/fenugreek leaves, cinnamon, chili, turmeric and tomatoes
10. Sauté for another 2 minutes or so
11. Add the 2nd and 3rd extracts of coconut milk and a little salt
12. Simmer gently for around 10 minutes or till the gravy has reduced and thickened to a creamy consistency
13. Put in the prawns and shoosh them around to coat them with the spice mixture. Let them cook at a high simmer for 10 minutes till they are cooked through
14. Take the pan off the heat
15. Add a squeeze of lime juice
16. Taste and add salt and lime juice as necessary
17. Stir in the thick milk and serve

For added prawn flavor don't discard the prawn shells from step 1

1. Boil prawn shells up in some water with ginger, garlic, cinnamon, for about ½ an hour
2. Take them out and transfer them to a strong blender
3. Add a little of the stock you've now made
4. Blend until a good thick-ish broth
5. Now sieve the broth using a very fine sieve so you get all the little bits of prawn shell out of the liquid
6. Then you add the lime juice
7. Add a teaspoon or two of this sieved broth to the pan as well – you get this terrific infusion of prawn essence
8. Taste after the first teaspoon and add more if you like
9. Whether you tell your guests what you've done is up to you!

Sri Lankans go wild for prawn curry, crab curry, any seafood curry in fact.

This recipe is adapted from Chandra Dissanayake.



Prawn Tempura

Prawn Tempura

INGREDIENTS SERVES 4

12 or more medium prawns

Batter

2 x egg yolks
2 cups ice water
2 cups sifted flour

Dipping sauce

1 cup dashi no moto (instant dashi)
1/3 cup mirin
1/3 cup light soy sauce

METHOD

Preparing prawns

1. De-vein prawn but leave tails attached
2. Cut off the tips of prawn tails and gently press out moisture from prawn with the flat of the knife tip
3. To prevent prawn from curling as they are deep-fried, make a few deep incisions along the belly and then lightly tap across each prawn with back of knife blade

Preparing the dipping sauce

1. Combine dashi, mirin and light soy sauce over heat and bring just to a boil, then keep it warm
2. Grate radish and ginger for dipping sauce

To deep-fry

1. Make the batter in 2 batches, the first batch just before you are ready to begin deep-frying, as you are waiting for the oil to heat
2. In a mixing bowl, lightly beat 1 egg yolk, then pour in 1 cup of ice water and give this a few strokes
3. Add 1 cup sifted flour all at once
4. Stroke a few times with chopsticks or fork, just until ingredients are loosely combined
5. The batter should be very lumpy. If you overmix, the batter will be sticky and the coating will turn out oily and heavy. Mix the batter with the least amount of movement. Make the second batch of batter as first is used up
6. The oil should be fairly hot about 170 degrees
7. First use fingers to dip prawn in flour, shake off excess, and then dip in batter
8. Lay or slide coated material in hot oil and deep-fry till golden, around 3 minutes, turning in the oil for even cooking
9. Briefly drain and rest briefly on paper towel before transferring to serving plate

Tempura Trout

INGREDIENTS SERVES 2

200g boned fillet of prime conditioned trout
1 cup very cold beer instead of water or sparkling wine
2lt fresh, clean oil (eg vegetable or canola) for deep-frying
½ carrot
½ zucchini
½ continental cucumber
(the ones wrapped in plastic)
30g young green beans
4 broccoli and cauliflower florettes
½ red capsicum
½ yellow capsicum
1 spring onion
25g shaved fresh ginger
25g pickled ginger
1 small bottle light soy sauce for dipping
1 packet wakame (Japanese seaweed)
1 packet tempura batter
ice cubes

EQUIPMENT

Chopping Board
Cook's Knife
2 x Mixing Bowls
Medium Pot
Dinner Plate
Paper towels
Serving Platter
Bowls for dipping sauce
Chopsticks

Tempura

Trout continued

METHOD

1. Dice the trout into 2 cm cubes
2. Slice carrot in baton shape about ½ cm thick
3. Slice zucchini in baton shape ½ cm thick
4. Trim ends of green beans and use whole
5. Cut broccoli and cauliflower into florettes (small bunches)
6. Cut capsicum into fingers
7. Coat vegetable pieces in some of the dry batter mix and then dip in the batter itself
8. Drop individually and in small batches into the hot oil
9. Don't cook for more than a minute -- remove from oil and place on paper towels
10. Do the same thing with the trout, but cook no longer than 30secs and drain separately
11. Once drained place vegetables on serving platter and trout on top.
12. Garnish with wakame, pickled ginger and a little spring onion on top
13. Serve with chopsticks (or toothpicks if you prefer, but chopsticks are more fun!) and two or three small bowls of soy sauce with grated ginger for dipping

Don't be put off by the long list of ingredients -- this is a very simple and eagerly devoured recipe whether used as pre-dinner nibbles, a main course or leisurely summer lunch

The Japanese pre-mixed batters are the best, as they are the genuine article. The only difference: when it says to make up the batter with 1 cup of very cold water -- replace this with very cold beer (or you could use champagne or good bubbly). It makes a very light batter and is the key to this recipe. Be careful not to over mix -- moderately lumpy tempura batter is the best tempura batter.



Salmon Fillets Baked in Banana Leaves

Salmon Fillets Baked in Banana Leaves

INGREDIENTS SERVES 6

6 x 150g salmon fillets
6 fresh limes
1 leek
2 large carrots
salt and pepper
banana leaves
butcher twine
olive oil

EQUIPMENT

Chopping board and knives
Zester
Grater
Mixing bowl
BBQ Grill on low heat

METHOD

1. Peel and grate carrots
2. Cut leeks in halves, wash well, dry and cut thinly
3. Zest the limes and squeeze juice
4. In a mixing bowl add the lime zest, leeks, carrots lime juice, olive oil, seasoning
5. Rub mixture on salmon fillets
6. Wrap salmon in banana leaves, with leek and carrot mix placed on the top
7. Secure into a parcel with butcher twine
8. Cook gently on low heat BBQ (with lid closed) for about 15-20 minutes
9. When its ready, cut the twine off, cut an opening in the top part of the banana leaves and serve hot

Pimientos Con Anchoas **(Red Capsicum with Anchovies)**

INGREDIENTS SERVES 2 TO 4

1-2 large red capsicums
2-4 cloves garlic
4 tablespoons olive oil
1 small tin anchovies in olive oil (6-8 anchovies)

EQUIPMENT

Chopping board
Paring knife
Chefs knife
Paper towelling
Tea towel
Frying pan (medium – large)
Serving plate / dish (flat based)

METHOD

1. Roast the red capsicums in a preheated oven at 180°C (400°F) for 15–20 minutes
2. Turn the red peppers and leave for 15-20 more minutes until both the sides are done
3. Wrap them one by one after removing from the oven in paper towels or tea towels and leave aside to cool.
4. Alternatively you can place them in a bowl and cover with plastic cling wrap. Your aim is to keep them moist so as to be able to peel the skin off easily
5. Peel and seed the capsicums, then cut them into ½ inch wide strips
6. Peel the garlic cloves and slice them thinly
7. Heat olive oil in a frying pan at low heat, add the garlic to fry
8. When the garlic is the golden brown, add the pepper strips
9. Saute for 10 minutes shaking the pan a little
10. Place the sautéed peppers in serving plate / dish
11. Place the anchovies coiled around the peppers. You can add the olive oil from the anchovies if more flavour is desired
12. Serve warm or at room temperatures with Italian style bread

Raita

INGREDIENTS 2 PORTIONS

100g plain yoghurt
¼ medium Lebanese cucumber
¼ medium lemon
½ small Spanish (red) onion
¼ teaspoon ground cumin
¼ teaspoon chilli powder
½ green chilli each serve
½ pinch sea salt
½ bunch coriander

EQUIPMENT

Chopping Board
Chefs Knife
Medium Mixing Bowl

METHOD

1. De-seed and chop Lebanese cucumber
2. Juice the lemon
3. Finely dice Spanish onion
4. Dice green chilli
5. Pick coriander leaves and chop
6. Mix all ingredients in a bowl, checking taste
7. Serve as side dish or condiment

PETER KURUVITA

The Snapper Curry, Raita and Saffron Rice and Vattalappan recipes are supplied by our first Sri Lankan chef presenter Peter Kuruvita of Sydney's Flying Fish restaurant

For more info, go to www.flyingfish.com.au

Snapper Curry

INGREDIENTS SERVES 2

1 whole snapper
1 piece goraka (a sour fruit that can be substituted for tamarind)
¼ piece cinnamon stick
¼ teaspoon freshly ground tumeric
1 sprig curry leaves
1 large onion
1 whole tomato
½ medium sweet potato
¼ tablespoon Sri Lankan fish curry powder
2 whole green chillis
½ teaspoon fenugreek seeds
1 whole cardamom pod
¼ teaspoon fennel seed
1 clove garlic
250ml coconut cream
250ml coconut milk
1 x banana leaf
2 tablespoons ghee
2 tablespoons vegetable oil
coriander sprigs

EQUIPMENT

Chopping board
Chefs knife
Medium mixing bowl
Saucepan
Tweezers
Filleting knife
Muslin cloth
Heavy based frypan



Snapper Curry

Snapper Curry continued

METHOD

1. Scale and fillet snapper, leaving the skin on
2. Pinbone snapper fillets
3. Wrap the snapper head in muslin cloth
4. Finely chop onion and tomato
5. Cut sweet potato into small cubes
6. Slightly roast fenugreek seeds
7. Peel and slice garlic cloves
8. Keep all these ingredients separately
9. Sauté the onions, curry leaves and garlic in the ghee
10. Add the sweet potatoes, green chillies and cook until the onion is soft and transparent
11. Add all the dry spices and then coconut milk
12. Place the snapper head in the curry and gently simmer until sweet potato is soft, 15-20 minutes
13. Remove snapper head, add tomato and coconut cream
14. Just bring to the boil, then remove from the heat
15. Season snapper fillets, and place a frypan on the stove to heat.
16. Pour in the 2 tablespoons of oil and place snapper fillets skin side down into hot frypan
17. Cook until crisp
18. To serve, cut banana leaf into an oval plate shape
19. Place curry into a bowl, place snapper on top of curry and garnish with curry leaves
20. Serve saffron rice in a bowl decorated with the banana leaf and serve fish with the raita as side dish

Steamed Snapper with Pickled Garlic Lime and Mint

INGREDIENTS SERVES 2

1 x snapper weighing around 700g
3 x bulbs of pickled garlic
2 x tablespoons pickled garlic brine
1 x bulb of fresh garlic
3 x coriander root
3 x large dried red chillies
2 x red fresh chillies
4 x tablespoons limejuice
1½ tablespoons light soy
1 bunch mustard green (or other Chinese vegetable)
1 bunch shallots
5 x oyster mushrooms
a few sprigs of mint

EQUIPMENT

Knife for scaling
Chefs knife
Steamer
Chopping Board
Mortar and Pestle
Chef's Spoon or
wooden spoon

METHOD

1. Wash your hands thoroughly and dry them completely
2. Chop the mustard green and mushrooms, *pick* mint
3. Remove the green tops of the shallots and finely slice at a 45° angle
4. Peel the shallots and slice finely at a 45° angle and set aside
5. Roughly mix and layer upon a dish
6. Scale, clean and wash the fish, and *score* both of its sides with three slashes
7. Place fish on top of the vegies in the dish
8. Sprinkle with a little soy, place in the steamer and steam over a high heat for 20 minutes. If you don't have a steamer, wrap fish, vegies and soy in alfoil and place on tray in 200° oven for about 10mins for each 1cm of width of the fish. If its not quite cooked when you open the alfoil pack, just leave open and roast until the eye is white and top side flesh is crisp
9. Meanwhile, chop the pickled garlic and peel and dice the fresh garlic
10. Finely slice the large red chillies
11. Chop coriander root
12. Add garlic, chillies and coriander root in the mortar and pestle and pound until a paste forms
13. Place paste over the fish after it has come out of the steamer
14. Next, spoon the pickled garlic brine and the limejuice over the fish
15. Garnish with broken roasted dried chillies, mint leaves and finely sliced shallot
16. Serve immediately

Stuffed Cuttlefish with Lemon and Basil Sauce

INGREDIENTS SERVES 6

6 medium size fresh cuttlefish
200g country style bread (crustless)
1 egg
1 bunch Italian parsley (also known as flat leaf, continental)
60g pine nuts
1 bunch basil
100g grated Parmesan cheese
2 cloves garlic
1 pinch dried chilli **or** 1 fresh chilli
250ml dry white wine
8 small toothpicks per cuttlefish
100g butter
salt
pepper
olive oil

EQUIPMENT

Chopping board and medium knife
Wooden spoon
Tongs
Grater for cheese
Frying pan with lid
Mixing bowl

Stuffed Cuttlefish with Lemon and Basil Sauce continued

METHOD

1. Clean the cuttlefish, by removing the tentacles, the ink sac and interiors. Rinse under cold water and set aside
2. In a bowl soak the bread with water for 10 minutes, drain and squeeze moisture away
3. Add chopped tentacles to bread, the egg, almost all the chopped basil and parsley, the parmesan, the chili, and season
4. Mix well, and use to stuff the cuttlefish
5. Secure the end of the cuttlefish with a toothpick
6. Place the frying pan on medium heat with a little olive oil, when the oil is warm fry the cuttlefish for 6 minutes turning them once
7. Add the wine to the pan, cover with a lid, and cook slowly for 15-20 minutes. If the pan becomes too dry add a little water
8. Once ready, remove cuttlefish from pan, remove toothpick, place on a plate
9. With the sauce in the pan, add the butter, the rest of the chopped herbs, and seasoning
10. Mix well and pour over the cuttlefish
11. This dish can also be prepared in advance and served cold with lettuce and tomatoes for garnish

Thai Crispy Whole Fish with Three Flavoured Sauce

INGREDIENTS SERVES 2

Whole Fish

700g whole fish (preferably snapper)
1/2 cup holy basil leaves - 20g weight
2 x kaffir lime leaves
1 large red chilli
50g jasmine rice
oil for deep frying
lime wedges to serve

Three Flavoured Sauce

1 x coriander root
2.5cm (1 inch) fresh tumeric root or
1 tsp ground tumeric
2 x red birds eye chilli
3 x large red chillis
3 x small eschalots
1 x teaspoon dried prawn paste
1 x tablespoon krachai (wild ginger / pickled rhizome)
200g palm sugar
3 x tablespoons dried tamarind pulp
2 x tablespoons fish sauce
100g fresh pineapple
oil for frying

EQUIPMENT

Whole Fish

Chopping Board
Chef's Knife
Frypan / Wok
Absorbent Paper
Rice Cooker
Fish Turner
Kitchen Shears
Spider for taking fish out of deep fryer, or you can use tongs



Thai Crispy Whole Fish with Three Flavoured Sauce

Thai Crispy Whole Fish with Three Flavoured Sauce continued

Three Flavoured Sauce

Chopping Board
Chef's Knife
Mortar and Pestle
Strainer
Frypan / Wok
Tablespoon
Grater
Masher
Peeler
Roasting tray
Alfoil

METHOD

Three Flavoured Sauce

1. Wash your hands thoroughly and dry them completely
2. Scrape and thoroughly clean the coriander root
3. Peel fresh tumeric root
4. De-seed large red chillis
5. Peel small eschalots
6. Wrap dried prawn paste in alfoil and roast on low heat (120-140°C) for about 15minutes (check to make sure it doesn't burn)
7. Shave palm sugar
8. Mix three tablespoons dried tamarind pulp with ½ cup (125ml) hot water
9. Mash and strain to obtain juice
10. Peel and dice fresh pineapple
11. Pound the coriander root, turmeric, chillies, eschallots, prawn paste and wild ginger in a mortar and pestle until a uniform paste is achieved
12. Heat a little oil in a pan and fry the paste until crisp and fragrant
13. Add the palm sugar and a tablespoon of water to help dissolve the sugar
14. Keep cooking until the sugar caramelises slightly, then add the tamarind, fish sauce and pineapple and simmer for about 5 minutes to allow the pineapple to soften
15. Keep warm while you finish the fish

Thai Crispy Whole Fish

with Three Flavoured Sauce continued

Whole Fish

1. Wash your hands thoroughly and dry them completely
2. Heat the oil in a wok or deep frypan
3. Put rice in cooker and set accordingly. 50g of rice raw will make 150g serve (1:3)
4. Finely slice kaffir lime leaves
5. Remove seeds and finely julienne large red chilli
6. Scale the fish if you haven't got the fish monger to do it
7. Cut the fins off with a good pair of kitchen shears
8. Score the fish on both sides in a criss-cross pattern. Cut to the bone, but be careful not to go through
9. Deep-fry until crisp, then remove
10. Drain on absorbent paper, then transfer to serving plate
11. Fry the basil leaves in the oil until crisp and drain
12. Cut limes into wedges
13. Pour the sauce over the fish and garnish with the crisp basil, lime leaves and chilli
14. Serve with steamed jasmine rice and fresh lime wedges

This is another typical or popular Thai dish that has many variations or adaptations.

Essentially it combines three opposing flavours sweet, sour and hot yet allows each to remain distinct and separate.

Best served with seafood that has been grilled or fried but is also suitable for pork or chicken.

CHEFS TIPS 1

You could use a blender to chop up and combine all the ingredients for the sauce, but it might not be as therapeutic as a good bash on the mortar and pestle!

Be sure to add the turmeric as it makes the sauce more 'green' rather than dull

CHEFS TIPS 2

Add a touch of salt to the ingredients in the mortar and pestle, as this brings out the flavour, and the coarse texture helps in the grinding process

The dried tamarind pulp will last ages if kept in a cool, dark, dry place

Marinate the whole fish in fish sauce for a few minutes to get a great crunchy effect on the surface of the fish when you cook it

Thai Squid Salad with Mint, Coriander, Cucumber and a Red Chilli Dressing

INGREDIENTS SERVES 2

Thai Squid Salad

2 medium squid tubes (cleaned)
½ bunch mint
½ bunch coriander
1 lebanese cucumber
1 eschallot or
¼ red onion
salt and pepper
olive oil

Dressing (*Nam Dim*)

1 clove garlic
½ red chilli
25g sugar (palm sugar if you can get it)
1 teaspoon fish sauce
2 limes
root of coriander

EQUIPMENT

Wok or frypan with a lid
Paring Knife
Strainer
Chefs Knife
Chopping Board
Mixing Bowl
Mortar and Pestle
Tongs
Juicer



Thai Squid Salad with Mint, Coriander, Cucumber and Red Chilli Dressing

Thai Squid Salad with Mint, Coriander, Cucumber and a Red Chilli Dressing continued

METHOD

1. Thoroughly wash hands with soap, rinse and dry **completely**
2. *Pick* leaves off mint and coriander – **keep the coriander root**, wash, drain and set aside
3. Cut cucumber into 2cm long *batons* (*always with the grain*)
4. Slice ecshallots or onion finely and combine in a bowl with cucumber, mint and coriander
5. Flatten squid tube and slice open along the edge one side of squid tube lengthways to make a 'sheet', then *score* and cut into thin strips
6. *Season* with salt and pepper and a little olive oil
7. Peel garlic, and add to coriander root, rough cut red chilli and sugar in a mortar and pestle and pound into a paste
8. Juice limes and retain strained juice
9. Add fish sauce and lime juice to the mortar and pestle
10. Dressing should be a balance of salty, sweet and sour
11. *Sear* squid quickly on hot wok or really hot frypan with lid on – this should take about 3 minutes
12. Combine squid with salad and enjoy!

CHEF'S TIPS

You don't have to take out the seeds of the chilli, but they add a lot of heat to the dish

Generally, the smaller the chilli, the hotter it is

The hottest part of the chilli is usually identified as the seeds, but it is actually the bit that attaches the seeds to the chilli that is the hottest part (the pith)

The mortar is the bowl, the pestle is the round handle bit

Whole BBQ Baked Snapper with Mediterranean Marinade

INGREDIENTS

1 x Whole Snapper (1kg)

Marinade

½ Tomato, diced
2 Lemons, zest + juiced
50g Capers
2 cloves Chopped Garlic
1 tsp Cumin
1 tsp Paprika
½ cup Chopped parsley
½ Onion, brunoise
50ml Olive Oil
3 Eggs – whites only
Salt and Pepper

EQUIPMENT

2 kilos salt (inexpensive)
Mixing Bowl
Aluminium foil or baking paper
Chopping Board
Chef knife
Fish Slice
Roasting tray

METHOD

1. Light oven and set to high (200°C).
2. In a bowl combine all marinating ingredients and taste for seasoning.
3. Clean and scale fish and remove excess fins to prevent burning.
4. Score fish in 3 incisions along fillet ½ ways through to spine on both sides.
5. Season fish on all sides with salt and pepper and rub with a little of the oil from the marinade.
6. Place fish into large bowl - pour over marinade and rub through
7. Mix all salt with egg whites
8. Line tray or porcelain serving platter with aluminium foil or paper and then lay out 1½cms of salt over entire base covering the foil
9. Place fish on salt and cover with remaining salt to totally enclose it
10. Place fish in centre of oven for about 40 minutes



Rice & Pasta



Coconut Rice

INGREDIENTS SERVES 8

2 cups (500ml) jasmine rice
2 cups coconut cream
1 cup water
2 x tablespoon white sugar or palm sugar
2 x pandanus leaves
1 x packet dried deep fried onions / shallots
pinch of salt

EQUIPMENT

Large Pot with lid
Wooden Spoon
Mixing Bowl
Colander / Strainer

METHOD

1. Wash your hands thoroughly and dry them completely
2. Rinse rice and soak in plenty of water for at least 2 hours
3. Drain rice and put into heavy base pan
4. In mixing bowl, mix coconut cream with water
5. Add salt and sugar stir until dissolved
6. Add pandanus leaves
7. Pour mixture over rice and bring slowly to boil
8. Stir to prevent cream separating
9. When it has just come to boil cover and turn down to simmer
10. After 15 mins check rice is not burning
11. If cooked remove from heat
12. If rice is not cooked stir and leave on heat for another minute or two, and allow rice to cool
13. Sprinkle with dried shallots and serve



Coconut Rice



Jasmine Rice

Jasmine Rice (absorption method)

INGREDIENTS

Jasmine Rice (unwashed) 3 parts

Water 4 parts

EQUIPMENT

Pot with lid

Wooden spoon

METHOD

1. Place the jasmine rice and water into a suitably sized saucepan and bring to a rapid boil
2. Reduce heat to the lowest possible setting, cover with a lid and let cook for 10 minutes
3. Remove from the heat keeping the lid firmly on and let rest for at least 10 minutes
4. Loosen the rice grains with the tongs of a fork or a rice spoon

Many flavour variations can be achieved by the addition of kaffir lime leaves, ginger, chilli etc.

Saffron Rice

INGREDIENTS

2 cups jasmine rice unwashed
400ml water
1 pinch ground tumeric
1 pinch saffron threads
½ stick cinnamon
1 sprig curry leaf
sea salt

EQUIPMENT

Heavy based pot with tight fitting lid

METHOD

1. Wash rice, place into pan and strain off water
2. Measure water in with rice until it comes up to the first knuckle of the middle finger and add spices
3. Bring rice rapidly to the boil, then turn low and keep a tight fitting lid on for about 15 minutes until rice is steamed and tender



Saffron Rice

Fresh Noodle / Pasta Dough Recipe

INGREDIENTS SERVES 4

250gm plain flour
3 eggs (55gm)
10ml oil
pinch of salt

METHOD

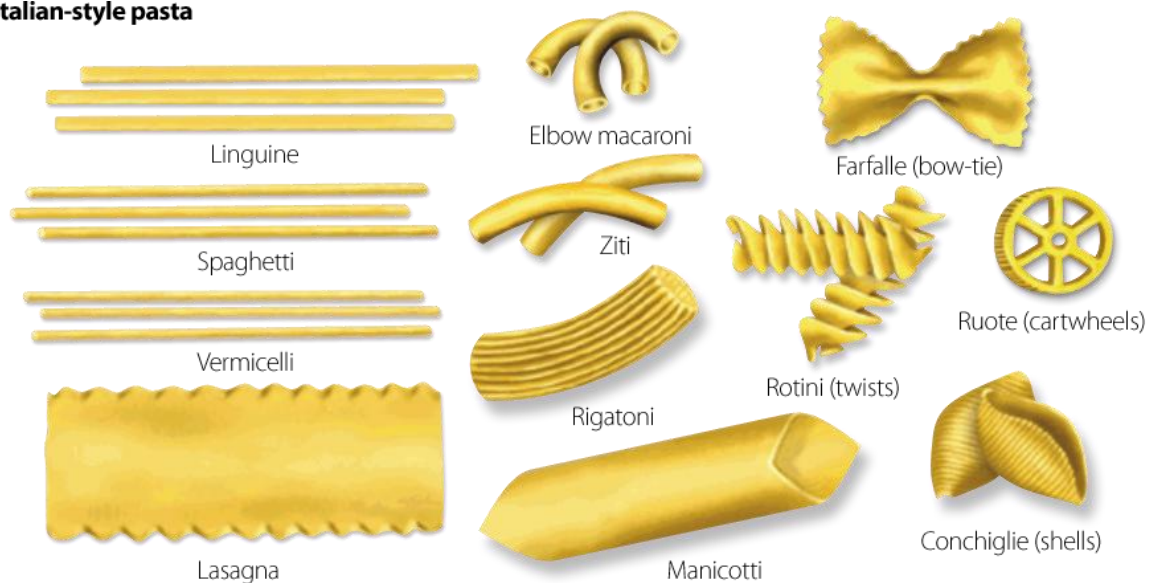
Method 1

1. Thoroughly wash hands and dry them completely
2. Sift the flour into a bowl and form a bay in the middle
3. Whisk the eggs and pour into the bay
4. Add the oil and salt
5. Gradually incorporate the flour into the egg
6. Knead the dough until its smooth and doesn't stick to your hand
7. Wrap and refrigerate for ½ hour
8. Roll as desired

Method 2

1. Thoroughly wash hands and dry them completely
2. Sift flour into a food processor, add the egg, oil and salt and process until smooth
3. Wrap and refrigerate for ½ hour

Italian-style pasta



Italian-style pasta. Image from <http://www.britannica.com/EBchecked/topic-art/417882/165/Two-types-of-alimentary-pastes>

Salad Recipes

At Let's Cook!, we want you to eat better and healthier, and often a good serving of salad is an excellent way to add colour and flavor to a meal.

By bumping up your salad intake, you can reduce the size of the main, or the amount of sauce or bread thus reducing your intake of kilojoules, carbohydrates, salt and /or fat.

Here are four salads that really turn a meal into a feast!



Pasta Avocado Salad

INGREDIENTS SERVES 4

Salad

500g penne pasta
1 large, ripe avocado
1 large spanish (red) onion
1 red capsicum
1 large firm ripe tomato
 $\frac{3}{4}$ 1 cucumber
200g leg ham

Dressing

60ml light soy sauce
60ml fresh lime juice
40ml extra virgin olive oil
30ml red wine vinegar
30g picked coriander leaf

EQUIPMENT

Chopping board
Saucepan
Peeler
Paring knife
Mixing bowl
Salad bowl
Salad servers

METHOD

1. Thoroughly wash hands with soap and dry them **completely**
2. Cook pasta according to instructions and drain
3. *Dice* avocado
4. Cut spanish onion into *julienne* strips
5. *Dice* capsicum and tomato and ham
6. Peel cucumber and *dice*
7. Combine pasta with vegetables and ham in a large bowl
8. Juice limes, you'll probably need 2 or 3
9. *Pick* and chop coriander leaves, try to avoid the stalks as they can be bitter
10. Combine ingredients listed for dressing in a jar, close lid and shake well
11. Pour half of salad dressing over the pasta and toss well
12. Add remaining dressing if desired



Pasta Avocado Salad

Potato Salad

INGREDIENTS SERVES 4

500g potatoes
100g bacon or *pancetta*
4 tablespoons sour cream
1 teaspoon Dijon mustard
2 teaspoons seeded mustard
1 tablespoon red wine vinegar
1 tablespoon chives
pinch salt
black pepper to taste

EQUIPMENT

Chopping board
Saucepan
Peeler
Paring knife
Frypan
Mixing bowl
Wooden spoon

METHOD

1. Thoroughly wash hands with soap and dry them **completely**
2. Boil potatoes from a cold water start until tender
3. Let them cool and air dry in a colander for 10 minutes, then peel and cut into small cubes
4. Chop bacon or pancetta into 1cm pieces
5. Fry bacon gently until crisp
6. Combine bacon with sour cream, mustards, vinegar and salt, stirring into mix
7. *Deglaze* hot frypan with a little water, and add to mix
8. Finely chop chives
9. Pour mix over potato, lifting and stirring until well combined
10. Scatter chives over the top at the end for presentation
11. *Season* with freshly ground black pepper
12. Serve at room temperature



Potato Salad

Three Leaf Green Salad with Cherry Tomatoes

INGREDIENTS SERVES 4

1/3 butter lettuce
1/3 iceberg lettuce
1/3 cos lettuce
1 spanish (red) onion
1 ripe tomato (recommend truss tomato) **or** 8 cherry tomatoes
1 carrot
30ml olive oil
10ml balsamic vinegar

Taste

salt and black pepper

EQUIPMENT

Paring knife
Chefs Knife
Screw cap jar
Mixing bowl / Salad Bowl
Chopping board
Salad Servers

METHOD

1. Thoroughly wash hands with soap and dry them **completely**
2. Wash and dry lettuce leaves and tear into bite sized pieces
3. Wash and cut tomato into wedges and place with lettuce leaves into a large salad bowl
4. Peel, *top and tail* and slice carrots thinly and place in salad with tomato
5. Slice onion very thinly, lay over the top of lettuce leaves
6. Combine vinegar and olive oil in jar and pour over salad. The proportion is 2 parts olive oil to 1 part vinegar
7. Place on table and toss just before serving
8. *Season* with salt and freshly ground pepper

For variation, you may add or replace ingredients with what's at hand, say avocado, pine nuts, sun-dried tomatoes or Dijon mustard to taste



Three Leaf Green Salad with Cherry Tomatoes

Caesar Salad

INGREDIENTS SERVES 4

Salad

1 cos lettuce
1 tablespoon Parmesan cheese
2 x rasher bacon or pancetta
2 slices wholegrain bread
3-6 to taste anchovies – in real olive oil (optional)

Dressing

1 tablespoon white vinegar
1 teaspoon salt
1 pinch sugar
1 clove garlic
1 teaspoon Dijon mustard
1 teaspoon lemon juice
100–125ml milk
200–250mls vegetable oil

Taste

black pepper
salt
2 or 3 anchovies in olive oil

EQUIPMENT

Paring knife
Chefs Knife
Measuring jug or spoon
Mixing bowl
Chopping board
Roasting pan / Oven tray
Frypan
Spatula
Grater / Microplane
Blender – Let's Cook! uses and recommends the Braun Multiquick



Caesar Salad

Caesar Salad continued

METHOD

Salad

1. Turn oven on and set to 200°C
2. Thoroughly wash hands with soap and dry them **completely**
3. Wash and dry lettuce leaves and place pieces in bowl
4. Cut crust from bread and cut into 1 cm cubes
5. Place on oven tray
6. Roast bread cubes until golden brown, making *croutons*.
7. This will take about 10 minutes. Use the oven timer to remind you, and check them as the roasting time will vary from oven to oven
8. Meanwhile, peel and crush garlic to a fine paste using chopping board, chef's knife and a little salt
9. Grate parmesan using a microplane or grater function on your four sided grater
10. Slice bacon / pancetta into small pieces and pan fry

Dressing

This is not the traditional dressing, as it doesn't have egg, but it does last a lot longer

1. Juice half a lemon, and *strain* into a small container so no seeds go in your dressing
2. Introduce hand blender such as a Bamix to base of beaker
3. Switch hand blender on and slowly move up and down to mix all ingredients well, adding a little vegetable oil at a time until the mix *emulsifies* (thickens to a creamy consistency)
4. Once you have a right texture, add sugar, salt, vinegar, mustard, garlic and lemon juice
5. Add dressing to leaves in a mixing/ serving bowl and scatter on anchovies, bacon / pancetta, croutons and parmesan cheese
6. *Season* to taste
7. Eat immediately

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

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

Some Important Sri Lankan Cooking Techniques

COCONUT MILK

What is coconut milk? It's not the slightly cloudy watery stuff that comes out of a coconut when you crack it. That's coconut water. You can drink that, and you can certainly use it in cooking as water, but it isn't coconut milk.

Some people reckon you can make coconut milk by zooshing up dessicated coconut. We recommend that you don't even think about it!

To make coconut milk you start by grating a ripe coconut. These are coconuts where the flesh has thickened into a band of white flesh within the hard shell. So, first up, you don't make coconut milk from young green coconuts. You make them from those round brown hard-shelled fibre covered coconuts that you are likely to find in Asian and South Asian providores.

You choose a good ripe coconut by doing a couple of things. First, it has to have that hard brown shell. Then shake it, and you should be able to hear the coconut water sloshing around inside. If you can't then it may mean the coconut is over-ripe, that all the moisture has been absorbed and the flesh is starting to turn.

If it's brown, and you can hear the water shaking, check the condition of the three 'eyes' in the coconut. These are the three darker, smooth slight depressions you'll find clustered together at one end (if there is such a thing as an end in a sphere). If these are nice and dry, you are okay. If they are wet, or have a bit of mould on them, then again the coconut has started to ferment and rot and you won't be able to use the flesh.

Whew! Now you have a coconut, crack it and scrape it. You can do this using a specialist utensil you get from Indian and Sri Lankan providores, or you can carefully cut chunks of it out of the shell and use a grater or food processor to grate it up fine. Now to extract the milk.

Chandra Dissanayke reckons to get the first extract, the creamiest milk that's usually put in at the end of cooking as a thickener, you mix grated fresh coconut with cold water in the proportion of 4 parts coconut to 3 of water. You slosh these around together a little and then you strain and squeeze off the cloudy liquid – your first extract.

For the second and third extracts you use coconut and water roughly in a proportion of 2:1. This will give you a very thin cloudy liquid which is generally the primary cooking liquid in Sri Lankan curries instead of plain water.

You can make the extracts by mixing the water and coconut by hand or in a mixer, with the latter giving you a creamier liquid at each stage.

Some Important Sri Lankan Cooking Techniques continued

Now, if you can't get a coconut and crack it, what do you do? Well, you may be able to find vacuum packed fresh grated coconut in freezer compartments of some South Asian providores these days. Oh, and if you do get a coconut and grate your own, you can always freeze whatever you don't use for later. Coconut is one of those things that freezes very well without loss of quality, or at least not much.

If you can't find fresh and you can't find frozen, then try and find powdered coconut milk. This does work very well and you mix it up with water to the thickness you want. You can add it directly to a cooking dish also, where you've used water initially as the cooking medium. Put it in when the liquid is hot so it dissolves well.

Then there is canned coconut milk. Most of this is very, very thick and intended for use in South East Asian and Pacific Island foods. It's way too thick to use in Sri Lankan curries straight out of the can. Always mix it up with water before using. For a first extract quality you want it thinned to about the consistency of plain milk. For second and third mix it down to a very weak milk, like a lite non-fat but even lighter.

Some people reckon you can make coconut milk by zooshing up dessicated coconut. We recommend that you don't even think about it!

COOKING RICE

In any halfway decent cookery book from Sri Lanka and it will tell you that the basic quantities of water to rice when cooking is 2 cups of water to 1 of rice. Then they will also inevitably tell you that nonetheless there is no hard and fast rule about it. That's because different kinds of rice absorb more or less water to reach that separate-but-whole-and-beyond-al-dente-ness that you are supposed to aim for.

In Sri Lanka there are a number of different kinds of rice. Chandra Dissanayake mentions raw white Sri Lankan rice, imported raw white rice, raw rice also known as country rice (rice with only the husk removed), and varieties of parboiled rice - milchard, samba, and sududuru samba.

For each type of rice the amount of water varies slightly between 2.5 cups and 1.5 cups of water to one of rice. Whichever rice you use, experiment with the water quantities until you are roughly sure of what amount of water you will need for the kind you are using.

Since most of you will be using raw white rice, let's go with the 2 cups of water to 1 of rice.

Past this, actually cooking the rice follows the same method. You begin by washing the rice. Yes, you must. It gets rid of any little bits of grit or husk (and, let's face it, the odd little insect) that are still in the rice, and washes off the starchy dust that inevitably forms whenever rice rubs up against itself as it will in any kind of storage of it and which will definitely glug up your rice.

You wash the rice in plenty of cold water in a saucepan, swooshing the rice and water with your hand or a wooden spoon and then carefully draining off the water. You will need to do this a number of times till the water runs reasonably clear

Now put your rice in the pan in which you are going to cook it. Add the cold water. You can add a pinch of salt in now if you cook with salt - and no Sri Lankans don't use salt in rice. Bring to the boil in an uncovered pan. If you get any scum on the top of the rice, scoop it off, it just means it isn't as clean as you could have it.

Some Important Sri Lankan Cooking Techniques continued

Continue to boil uncovered until the level of the rice and that of the water are equal, or you can keep going until you just start to get little steam holes forming in your mess of rice. Turn the heat right down (heat diffusing pads are a good idea at this stage) and cover the pan with a tight fitting lid.

Now leave it alone for 10 minutes or so. Then lift the lid off and check to see how well the water has been absorbed and how fluffy the rice is. If you need to cook it a little more add a little bit of hot water and put the lid back on again.

And there you have it. While it is cooking you can add turmeric or saffron to the rice to give you yellow rice/saffron rice, or you can toss in a couple of cardamoms, some cloves, some peppercorns, a piece of cinnamon and some rampa (pandanus leaf) or sera (lemongrass) and curry leaves to give you a subtly spiced and perfumed rice. You can add in some caramelised diced or thinly sliced onions, too, just before serving.

An alternative way of working out how much water to put in is once the rice has been washed put in enough water to cover the rice to about the level of the first knuckle of your thumb - sure, we don't all have the same size knuckle, but it seems to work anyway!

Finally of course, you can just give up and use an electric rice steamer - absolutely no shame in that.

Oh, and if the rice has gone gluggy anyway, just add a little coconut milk and let the liquid evaporate again, then turn it out on a plate into a flat cake shape and let it set in the fridge. Just before serving, cut the cake on the plate into diamond shaped wedges. It's a cheat's way of making kiributh, coconut milk rice. This will wow your guests when you tell them it's a very special celebratory dish, which kiributh actually is. For an added thrill, press a halved unsalted cashew into the middle of each diamond.

Some Important Sri Lankan Cooking Techniques *continued*

CURRY SPICE MIXES / POWDERS

Don't buy curry powders. Please. It's easy to make your own and you become the creator of flavour as a result, rather than leaving it up to some machine in some factory indifferently plonking together heaps of turmeric, some dust, some husk and every now and then a bit of some other ground spice. Harsh judgement? Sure. But it really is easy to make your own.

You don't need a pestle and mortar unless you want to impress people. You can buy spice grinders at all South Asian grocers from fancy ones like Suneet's (the best present to give a young Indian couple as a marriage gift - okay, money is good too), or just things that look like coffee grinders, and often in fact are.

You can of course use a coffee grinder, either a dedicated one just for spices, or the same one you use for coffee if you remember to wash it thoroughly after each use, unless you like a bit of curry spice flavour in your coffee.

Buy your raw ingredients - the seeds or dry chillies or cinnamon bark or pods or whatever - from South Asian grocers who will tend to have fresher product as they will have a higher turnover of stock and will most likely have better sourced product to keep their community members happy.

I know some people tell you only to buy in small quantities, but really, if you have some good airtight or some even not quite so airtight jars around the house - say empty instant coffee jars since you will now also be grinding your coffee on that expensive gizmo you bought for the spices - they will do to keep your spices fresh enough for several months.

But which ones do you buy? The basic currying spices in Sri Lankan cooking are coriander seed, cumin, fennel seed, cinnamon, turmeric and chili (often bought as whole dried ones). Have them on hand and you won't go wrong.

For meat and chicken curries, you put together a mix of coriander, cumin and fennel in the rough proportions of 2:1:1 (teaspoons / tablespoons or such). Add in as many dry red chillies as you reckon you can handle, and dry roast the chillies and seeds over a low heat in a clean frypan.

Keep them roasting till they are quite dark brown, almost black in colour. They will probably be pungently smoking a little by now. Try not to breathe the smoke in or you will have a nasty fit of coughing and have a very tingly set of nostrils. If you have an exhaust fan, use it!

Take the roasted spices off the fire and put them into your grinder. Grind till very fine. These, the cinnamon and the turmeric get added to your frypan / saucepan early in the cooking process, usually after you've sauteed some onions and other leafy things that you can also use late for tempering your curry.

For seafood, vegetable and egg curries, you use the same mix of coriander, cumin and fennel but this time you don't roast them before you grind them.

Some older cookbooks, like my grandmother's domestic one, ask you to grind the spices with a little vinegar. You can do that to add flavour, and it also means you can prepare the spices well in advance and make them into little balls that can be set aside till you are ready to use them. It's where curry pastes began, and see - again you can make your own!

Simple as that. Recipes will then ask for different additional spices, and some may leave out one or other of the basic 6. You can too. Experiment with different proportions and mixtures building on the basics. Curry making ought to be more haphazard than any recipe can codify.

Some Important Sri Lankan Cooking Techniques continued

DEVIL-ING

Every now and then you find a recipe for something 'devilled' - prawns, or chicken or such.

I wondered for a long time what the term meant. Looking through Chandra Disanayake's book *Ceylon Cookery* I found her recipe for devilled chicken among a set of Chinese recipes (the Chinese were in Sri Lanka for hundreds if not thousands of years prior to European colonisation).

It makes sense, as the method of making devilled dishes described in recipes called 'devilled' is basically stir frying. That is, rather than make a curry gravy through boiling up spices and the main ingredient, all ingredients are quickly fried over high heat, usually in a sequence corresponding to how long it will take to cook them just through. You don't use a chatty or saucepan, you use a thathchi, which is just like a wok.

TEMPERING

It's likely the term tempering comes from the Portuguese 'temperado' meaning to add flavour to, or to season.

In Sri Lanka cooking what it means is to shallow fry ingredients and add them to a dish just before it is served to add flavour or accentuate existing flavours.

Oil is heated in a frypan to a very high temperature and ingredients such as onions, rampa (pandanus leaf), sera (lemongrass), mustard seeds, curry leaves and sometimes ground but not roasted spices (corinader, cumin, fennel and perhaps cardamom and cinnamon depending on the dish), are put into the hot oil and cooked quickly.

Onions are usually allowed to brown and caramelise. Mustard seeds are usually fried till they pop, curry leaves till the crisp (careful, they spit), spices till they are dark, cinnamon till it starts to release its scent.

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 fraiche	slightly soured cream with bacterial culture, but is less sour, and thicker, than sour cream. French is best for this
crimp	to press to sides together to form a water tight seal
crouton	small piece of sautéed or rebaked bread , often cubed and seasoned
dariole	French term meaning a small, cylindrical mold. It also refers to the dessert that is baked in the mold
de-beard	to remove the tendon that attaches a mollusk to a rock. The best way is to grab the exposed tip firmly, twist and pull up against the side of the shell
de-glaze	to lift meat sediment from the bottom of the pan by adding liquid, bringing to the boil and stirring to blend flavours
dice	to cut into fine, small cubes about 5mm square
drizzle	to lightly pour a liquid over a dish in a zig-zag and/or circular fashion
dry fry or dry roast	to lightly fry in a pan (preferably teflon coated) or oven without any liquid
emulsify	thicken to a creamy consistency
flambé	to add alcohol to hot pan and ignite. Burning off alcohol is essential for better flavour
floured	lightly sprinkle the prep surface with flour to avoid sticking
fold	to gently incorporate an ingredient or mix to another by tumbling over each other, usually in a mixing bowl
garnish	ornament or decorate food
grease	to lightly cover a surface so that the ingredient or mix doesn't stick while cooking
julienne	to cut an item into small matchstick sized pieces
marinate	to immerse an ingredient in a liquid to tenderize prior to cooking

Glossary of Terms **continued**

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

Weight Conversion Table

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

Temperature Conversion Table

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