

HeCooks



HE COOKS



Welcome to He Cooks!

He Cooks is a unique cooking school that teaches men with all levels of cooking skill how to select, prepare and present quick, easy nutritious meals for themselves, their flatmates, friends and families.

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

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

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

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

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

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

This cookbook has over 100 pages, compiling just about every recipe and chef's tip from current and past He Cooks Courses (Lessons 1–6).

There is a wide range of recipes, which includes dishes from Vietnam, Thailand, France, Italy, Spain and Tasmania.

Much more than the current recipes from The Course, extra recipes include; Tasmanian Scallops, Pumpkin Frittata with Chorizo, Rack of Lamb, Spinach and Ricotta Gnocchi, and more that are only available in the cookbooks!

As a bonus, there are also articles on 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.

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

Desserts have their own section at the back.

Generally, where a word is in italics, it means that there is a definition for your reference in the Glossary at the back.

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

Other books in the series include:

Authentic Asian

Delicious Desserts

Meat Game and Poultry

Sensational Seafood

Versatile Vegetarian

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

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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!

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 and 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

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

Clam Soup

INGREDIENTS SERVES 2

500g clams – Vongole (or Papis)
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



Clam Soup



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

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

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

INGREDIENTS SERVES 2

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

EQUIPMENT

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

METHOD

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

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

INGREDIENTS SERVES 2

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

EQUIPMENT

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

METHOD

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



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

Mushroom Risotto

INGREDIENTS SERVES 2

100g risotto rice (Arborio only)
60g butter
30ml olive oil
250ml chicken stock
100ml water for soaking Porcini mushrooms
20g grated parmesan cheese
½ brown onion
½ bunch chives
150g field mushrooms (not button mushrooms)
10g dried Porcini mushrooms (will be 20g when soaked)
1 clove garlic
¼ lemon to serve with dish
125ml white wine

EQUIPMENT

Medium Pot
Chopping board
Tablespoon for tasting
2 x Mixing Bowls
Chefs Knife
Grater or microplane
Paring knife
Wooden Spoon



Mushroom Risotto

Mushroom Risotto *continued*

METHOD

1. Thoroughly wash hands with soap, rinse and dry **completely**
2. Soak Porcini mushrooms in warm water for 10 minutes or until soft
3. In a medium pot, bring chicken stock and white wine to boil with lid on then bring down to *simmer* for 5 minutes with lid off.
4. Remove the stock from pot and set aside. Don't rinse out the pot
5. *Dice* onion and garlic, and *chop* field mushrooms and chives
6. In the pot you used for the chicken stock gently *saute* garlic and onions in half of the butter and 30ml olive oil on a low heat until golden brown
7. Slightly increase heat, add rice to pot, stir and cook for 2 minutes
8. Add chopped field mushrooms, mix well and cook for another 2 minutes
9. Remove Porcini mushrooms from water, chop roughly and add to pot, cook for another 2 minutes – ***retain the soaking water***
10. Combine mushroom soaking water with stock you set aside earlier
11. Add stock a little at a time to pot until all absorbed. Mix it in well each time. Take your time, this should take about 3 or 4 goes over 12 minutes
12. Stir rice occasionally so it doesn't stick to the bottom and burn
13. You want to keep the temperature up so the risotto cooks, rather than stews. That's why you don't just chuck all the stock in at once at the start
14. When all liquid is absorbed and rice is cooked (taste to check firmness), add chopped chives, parmesan and remaining half of the butter, mix gently until butter is absorbed
15. *Season* and serve immediately with a squeeze of lemon if you want to lift the aromas and flavours

If you are doubling or trebling amount of people that are to be served, you don't need to times the stock and wine amounts by the same factor. Roughly just double if you are serving three times as much as an example.

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

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

Penne Pasta

with a Basil Pesto Sauce

INGREDIENTS FOR 2 ENTRÉES

200g penne pasta
100g fresh picked basil (1 bunch)
50g pine nuts
1 clove raw garlic
50g Parmesan cheese
50g (approx.) olive oil
black pepper

EQUIPMENT

Chopping Board
Paring knife
Food processor
Grater
Strainer / colander
4ltr Saucepan
Spatula
Wooden Spoon
Frypan / bowl

METHOD

1. Bring at least 2ltr water to the boil on a high heat adding salt once water is boiling, not before
2. Thoroughly wash hands with soap, rinse and dry **completely**
3. Add pasta, reduce heat slightly and *slow boil* until *al dente* (the packet will tell you exactly how long)
4. While pasta is cooking *dry-roast* pinenuts in a frypan until toasted (be careful, don't burn them!)
5. Pick basil leaves from bunch, place in processor
6. Add roasted pinenuts, raw garlic, grated cheese, and 50ml olive to the processor, blend to a coarse consistency
7. You may choose to add a small amount of water from the pasta to achieve a less oily consistency in the pesto sauce
8. Drain the pasta through the colander and place in bowl or sauté pan to mix with pesto sauce
9. Each serve should be about 100g



Penne Pasta with a Basil Pesto Sauce



Poached Egg and Asparagus Salad with Bruschetta

INGREDIENTS SERVES 2

Asparagus Salad

2 fresh, free range eggs
1 bunch asparagus
10ml balsamic vinegar
30ml extra virgin olive oil
50ml white vinegar
sea salt flakes & pepper
ice to refresh asparagus
small amount of mixed salad
(egg, small amount of watercress, ½ bunch chopped chives)

Bruschetta

3 slices toasted crusty Italian bread or sourdough
25ml olive oil
1 clove garlic
salt
pepper

EQUIPMENT

Asparagus Salad

Chopping Board
Colander / Strainer
Chef's Knife
Peeler
Medium Pot
Side plate
Tea towels
Perforated Spoon
2 x Mixing Bowls

Bruschetta

Grill or toaster
Chopping board
Bread knife
Pastry brush
Chefs Knife
Dinner Plates or Platter to serve

Poached Egg and Asparagus Salad with Bruschetta *continued*

METHOD

Asparagus Salad

1. Put water on to boil in a medium pot
2. Thoroughly wash hands with soap, rinse and dry **completely**
3. Trim and peel the asparagus. Snap off the 'woody' end
4. *Blanch* the asparagus and *refresh* with iced water
5. Add white vinegar to a pot of boiling water, and turn down the heat so to a *simmer*
6. Stir the water as the swirling action will help shape the egg whites nicely
7. Crack eggs onto a small plate one at a time and slide them into the middle of the swirling water in the pot and *poach* for 2-3 minutes, with no more than 2 in the pot at any one time
8. Place the asparagus in the middle of the plate, top with watercress and chives
9. When the eggs are poached remove them with perforated spoon and place them on a dry clean tea towel to dry and remove any excess egg white threads. Ideally egg yolk should be quite runny
10. Place egg on top of the asparagus and *drizzle* with oil, vinegar
11. *Season* and serve

Bruschetta

1. Thoroughly wash hands with soap, rinse and dry **completely**
2. Slice bread. It's probably a good idea to cut the pieces of bread in half so they are a little more manageable (bite sized is called *crostini*)
3. Brush slices of bread with olive oil and toast
4. Remove and rub with peeled garlic
5. Put on dinner plate or platter
6. Place asparagus on top of toasted slices of bread (*bruschetta*)
7. Place egg on top of asparagus
8. Serve with watercress and chives
9. Don't forget napkins!

CHEF'S TIPS ABOUT ASPARAGUS

Green asparagus is the most common type. White asparagus is seasonal, and is grown in the ground. It has an earthier, nuttier flavour that is quite different to green asparagus

Store asparagus ends in water if they are not going to be eaten on the day of purchase. Fresh asparagus should snap when bent

You may want to peel ends, and remove any branches from the asparagus spear for better presentation

CHEF'S TIPS FOR POACHING EGGS

A fresh egg will have a *convex* yolk, the higher it rises when sitting on a plate, the fresher it is. Always crack an egg onto a separate plate before adding to a recipe just in case it is spoiled

When poaching the egg, let the water *simmer*, not boil

Stir the water just before placing egg in as the whirlpool effect

Potato Gnocchi

with Tuscan Ragout and Pancetta

INGREDIENTS SERVES 2

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

EQUIPMENT

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



Potato Gnocchi with Tuscan Ragout and Pancetta

Potato Gnocchi

with Tuscan Ragout and Pancetta continued

METHOD

Gnocchi

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

Tuscan Ragout

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

All Together

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

CHEF'S TIP

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

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



Poulet en Papiotte (Chicken Breast Baked in a Bag)

Poulet en Papiotte

(Chicken Breast Baked in a Bag)

INGREDIENTS SERVES 2

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

EQUIPMENT

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

METHOD

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

Pumpkin Frittata

with Chorizo and Tomato Salad

INGREDIENTS SERVES 2

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

EQUIPMENT

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

METHOD

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

Pumpkin Ravioli with Parmesan in a Pinenut, Sage & Basil Cream Sauce

INGREDIENTS SERVES 2

300g fresh pasta sheets (thin) **or** 16 fresh wonton pasta sheets
100g butternut pumpkin (pre-peeled is easier)
1 brown onion
¼ bunch fresh basil
1 clove garlic
30g pine nuts
10g *pinch* of nutmeg
75g parmesan cheese
120ml cream
25g butter
1 egg
olive oil
salt
pepper

EQUIPMENT

Chopping board and knives
Pasta cutter
Pastry brush
Saucer
Frying pan
Strainer
Mixing bowl



Pumpkin Ravioli with Parmesan in a Pinenut, Sage & Basil Cream Sauce

Pumpkin Ravioli with Parmesan in a Pinenut, Sage & Basil Cream Sauce *continued*

METHOD

Basil

1. Turn oven on and set to 200°C
2. Thoroughly wash hands with soap, rinse and dry **completely**
3. *Dice* pumpkin into small 2cm cubes, toss in olive oil, season and roast in the oven for 12 minutes or until the cubes are soft
4. Meanwhile, *dry fry* pinenuts to get a nicely toasted flavour – keep an eye on them as it will only take a few minutes!
5. *Dice* the onion and garlic finely
6. *Pick* basil leaves and chop, leaving a couple of leaves for the *garnish*
7. Fry onion and garlic in the pan on a low heat until soft and *translucent*
8. Add basil, half toasted pinenuts and cooked pumpkin to the pan and *season*
9. Take pan off the heat and set to one side
10. Cut pasta sheet into 7cm squares or use wonton sheets
11. Lightly whisk an egg yolk in a clean, dry mixing bowl
12. Brush inside of three sides of pasta with whisked egg yolk using pastry brush
13. Place filling in center of each square, and place second wonton sheet on top to form a parcel
14. Press each side together to seal and trim
15. Cook ravioli two or three at a time in boiling water till pasta is soft and rises to the surface. This should take about 2-4 minutes for each one
16. Meanwhile, grate parmesan with a microplane or grater
17. In a frying pan, melt the butter, 10g nutmeg, and the remaining half of pinenuts on a medium heat
18. Add cream a little at a time and let *reduce* to a nice creamy texture, and *season* to taste
19. Immerse cooked ravioli in sauce briefly to coat all over and to re-heat
20. Quickly plate the ravioli, and sprinkle with parmesan cheese and top with a couple of basil leaves. Serve hot

Pumpkin Tortellini with Parmesan in a Pinenut, Sage and Basil Cream Sauce

INGREDIENTS SERVES 2

300g fresh pasta sheets (thin) **or** 16 fresh wonton pasta sheets
100g butternut pumpkin (pre-peeled is easier)
1 brown onion
¼ bunch fresh basil
1 clove garlic
30g pine nuts
10g *pinch* of nutmeg
75g parmesan cheese
120ml cream
25g butter
1 egg
olive oil
salt
pepper

EQUIPMENT

Chopping board and knives
Pasta cutter
Pastry brush
Saucer
Frying pan
Strainer
Mixing bowl

Pumpkin Tortellini with Parmesan in a Pinenut, Sage and Cream Sauce continued

METHOD

1. Dry fry half the pine nuts to get a nicely toasted flavour – keep an eye on them as it will only take a minute or two!
2. Cut pumpkin into small pieces
3. Dice the onion and garlic finely, and chop basil
4. Fry onion, garlic and pumpkin in the pan on a low heat until soft
5. Add basil and season the mix
6. Add the roasted half of the pinenuts to the pumpkin mix
7. Cut pasta sheet into 7cm squares and brush inside of each square with whole whisked egg using pastry brush
8. Place filling in center of each tortellini, and fold square in half to form equal-sided triangle
9. Press each corner of triangle together, then press sides together
10. Brush one corner with whisked egg, then fold other corner over your finger to wrap around near side
11. Bring brushed corner over to wrap around the other side, so that it forms a neat packet
12. Cook tortellini in boiling water till pasta is soft and rises to the surface. This should take about two minutes
13. Grate parmesan with microplane while you wait
14. In a frying pan, melt a little butter, add chopped sage, the remaining uncooked pine nuts, add cream a little at a time and let reduce. Season to taste
15. Immerse cooked Tortellini in sauce briefly
16. Plate the tortellini, and sprinkle with parmesan cheese and top with basil leaves. Serve hot and immediately

Rack of Lamb with Garlic Mashed Potato and Baked Carrots

INGREDIENTS SERVES 2

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

EQUIPMENT

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

METHOD

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



Rack of Lamb with Garlic Mashed Potato and Baked Carrots



Sensational Cheese Platter

Sensational Cheese Platter

INGREDIENTS

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

EQUIPMENT

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

CHEF'S TIPS FOR PUTTING TOGETHER A GREAT CHEESE PLATTER

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

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

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

Quince paste goes great with a range of cheeses

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

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

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

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

Spinach and Ricotta Gnocchi

INGREDIENTS SERVES 2

1 bunch chopped fresh spinach blanched **or** 200g chopped/frozen spinach
250g ricotta cheese (fresh, dry not smooth)
45g parmesan cheese (grated, not powder)
1 egg
¼ teaspoon ground nutmeg
20gbutter
flour
salt and pepper
rocket lettuce

EQUIPMENT

Mixing bowl
Sieve / Sifter
Wooden spoon
Perforated spoon
Large pot
Oven dish
2 x tablespoons

METHOD

1. Squeeze the defrosted spinach to expel water
2. Combine the spinach, ricotta cheese, half the grated parmesan cheese, egg, salt, pepper and nutmeg in a bowl and mix well
3. If mixture is very soft add sifted flour. Gnocchi mix should have the consistency of mashed potato
4. Form mixture into egg shapes (*quenelle*) using two tablespoons to mould them
5. Bring a large pan of salted water to the boil
6. Place the gnocchi in the water and *poach* but test one first to ensure it holds its shape and floats to the top (if it breaks up add more flour to the mixture)
7. Poach remaining quenelles gently until the gnocchi rises – about 1-2 minutes
8. Remove from pan with perforated spoon and arrange in well-greased ovenproof dish
9. Melt butter and pour over gnocchi
10. Sprinkle with remaining grated Parmesan cheese
11. Place under moderately hot grill for a few minutes until cheese turns golden brown



Spinach and Ricotta Gnocchi

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 a 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

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



Tomato and Bocconcini Bruschetta

Tomato and Bocconcini Bruschetta

INGREDIENTS SERVES 2

3 slices toasted crusty Italian bread
2 ripe tomatoes
2 bocconcini
125ml olive oil
1 sprig basil
salt
pepper

EQUIPMENT

Grill or
toaster
Chopping board
Bread knife
3 small mixing bowls

METHOD

1. Thoroughly wash hands and dry them completely
2. Slice bread. Its probably a good idea to cut the pieces of bread in half so they are a little more manageable
3. Dice tomato (cut into little cubes)
4. Chop basil
5. Place ingredients in a mixing bowl
6. Season with salt and pepper
7. Add olive oil
8. Brush slices of bread with olive oil and toast
9. Slice bocconcini and place on top of toasted slices of bread
10. Place mixture onto toast
11. Serve on a nice big platter

CHEF'S TIP

You can pre-prepare steps 1–5, but make sure that step 7–10 is done at the last minute so bread is crisp and warm.

Vietnamese Rice Paper Rolls with a Plum Dipping Sauce

INGREDIENTS SERVES 2

½ leek
½ carrot
½ zucchini
20g ginger
1 clove garlic
½ red capsicum
¼ bunch coriander
8 sheets rice paper
40ml sesame oil for frying

Dipping Sauce

80ml plum sauce
1 coriander root
¼ one long red chilli
20ml soy sauce
¼ lemon

EQUIPMENT

Chefs Knife
Cutting Board
Frypan or wok
Colander
Juicer
2 x Mixing Bowls
Wooden Spoon
Small bowl for dipping sauce
Platter and tongs to serve

METHOD

1. Thoroughly wash hands with soap, rinse and dry **completely**
2. Wash, peel, *top and tail* then *julienne* carrot

HOW MUCH DIPPING SAUCE TO MAKE?

With some dishes, if you have three times as many guests (egg 6) you need to multiply the ingredients by 3. For the dipping sauce, this is not the case. Just double it and you'll have enough for 8 or even 10

Vietnamese Rice Paper Rolls with a Plum Dipping Sauce continued

METHOD CONTINUED

3. Do the same with capsicum, leek and zucchini and rinse
4. Set aside these ingredients to drain
5. *Chop* garlic and *dice* ginger
6. *Refresh* and *chop* half of *picked* coriander leaves, **remember to keep the root for the dipping sauce!**
7. In a warm pan add a little sesame oil, ginger and garlic and *sweat* for one minute on a medium heat
8. Add *julienned* carrot and *sweat* for one more minute
9. Add leeks and *sweat* for one more minute
10. Add capsicum and zucchini and *sweat* for two more mins
11. Take off heat and leave to cool in pan for 3 minutes
12. Remove from pan and add chopped coriander
13. Place into colander to drain any excess liquid and cool
14. Meanwhile, to start make the dipping sauce finely chop quarter of the chilli
15. Place 80ml plum sauce, 1 x coriander root, chilli, and 20ml of soy sauce into a small pan and bring to boil
16. Remove from heat and squeeze lemon juice onto sauce
17. Strain the sauce into a bowl and let it cool in fridge
18. Soak one rice paper at a time in shallow dish of water till they become pliable. They will begin to crinkle up around the edge when they're ready
19. Lay rice paper sheet flat on a damp, clean tea towel
20. Take a small amount of mix and place just to the left of centre
21. Ensure mix is evenly spread with 1.5cm gap from edge of rice paper sheet at top and bottom. Don't use too much mix!!
22. Fold left edge over mix and tuck under snugly
23. Fold bottom end up over tucked in parcel
24. Fold top edge down to make the packet square, open at right end
25. Roll into cigar shape and place on platter with seam down
26. Repeat process with remaining vegetable mix and rice paper sheets
27. *Garnish* with remaining half of coriander
28. To serve pour a dipping sauce into a small bowl and provide a spoon so guests can pour a little over each roll

CHEF'S TIPS ON BOILING VEGETABLES

If they are *root vegetables* (grown in the ground) cold water start. If they are green vegetables (grown above ground) hot water start

Once they are ready, *refresh* the vegetables by dunking in ice cold water. This will stop the cooking process, and give them a sharper, more colourful look



Vietnamese Rice Paper Rolls with a Plum Dipping Sauce

Zucchini Frittata

with Crispy Pancetta and Tomato Salad

INGREDIENTS SERVES 2

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

EQUIPMENT

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



Zucchini Frittata with Crispy Pancetta and Tomato Salad

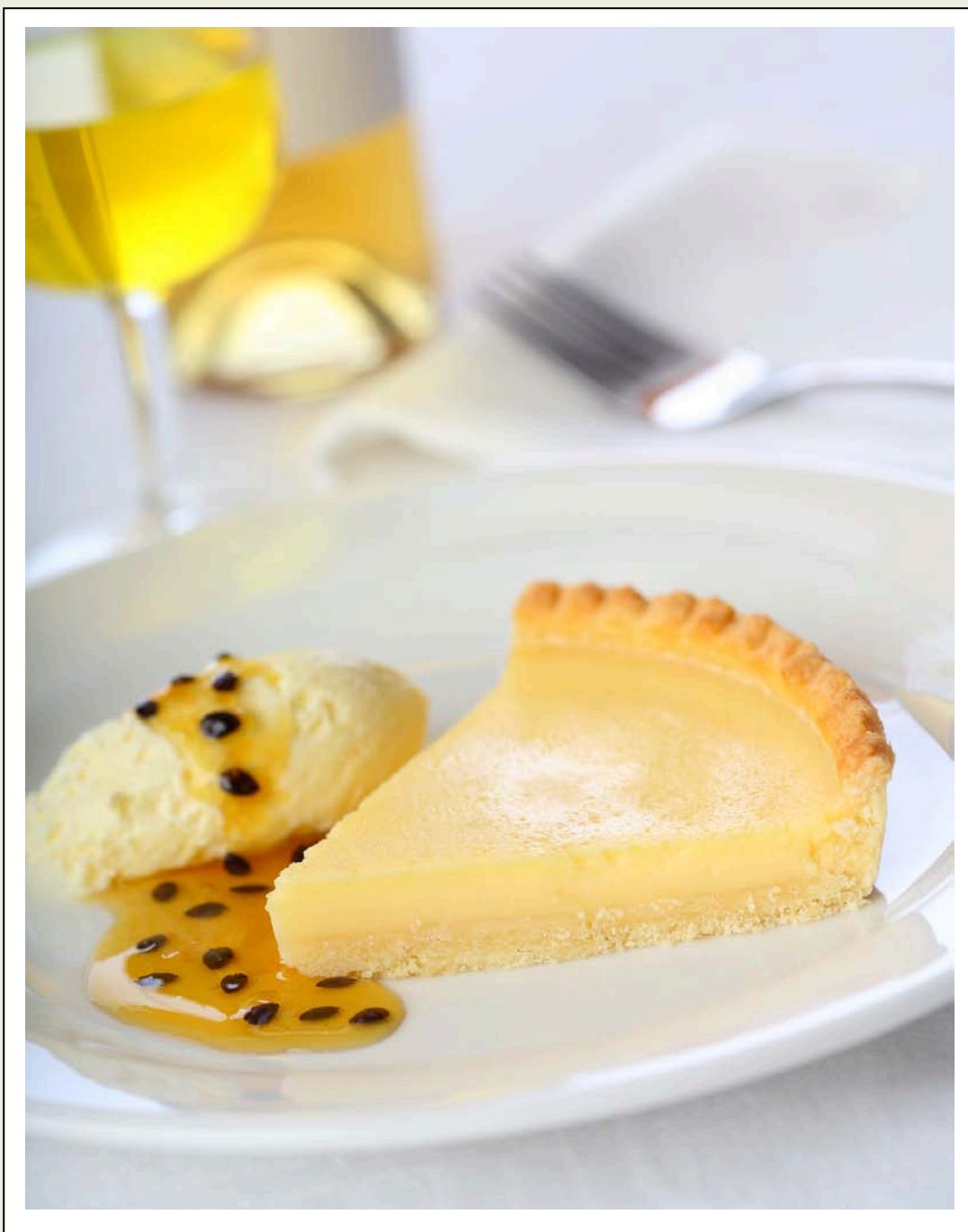
Zucchini Frittata

with Crispy Pancetta and Tomato Salad continued

METHOD

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

Desserts



Baked Cheesecake with Flamed Blueberries

INGREDIENTS MAKES CAKE THAT SERVES UP TO 12

Biscuit Base

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

Cheesecake Filling

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

Flamed Blueberries

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

EQUIPMENT

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



Baked Cheesecake with Flamed Blueberries

Baked Cheesecake

with Flamed Blueberries *continued*

METHOD

Biscuit Base Ingredients

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

Cheesecake Filling Ingredients

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

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

Flamed Blueberries

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

Chocolate Tart

with Raspberries and Fresh Cream

INGREDIENTS SERVES 6 TO 8

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

EQUIPMENT

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

METHOD

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



Chocolate Tart with Raspberries and Fresh Cream

Chocolate Tart

with Raspberries and Fresh Cream continued

Alternative Tart Garnish – Raspberry Coulis

1 x punnet raspberries or frozen berries if not in season
½ cup (125g) sugar
½ cup (125ml) water
1 x vanilla bean **or** ½ teaspoon vanilla extract

EQUIPMENT

Small pot
Wooden spoon
Measuring cup
Teaspoon
Chef's knife
Chopping board

METHOD

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

CHEF'S TIPS – CHOCOLATE TART

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

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

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

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

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

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

Crème Caramel

INGREDIENTS SERVES 2

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

EQUIPMENT

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

METHOD

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



Crème Caramel

Lemon and Lime Tart with Clotted Cream

INGREDIENTS MAKES 2 TARTS THAT SERVE UP TO 8

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

EQUIPMENT

Juicer
Whisk
Mixing bowl
Wooden spoon
Strainer

METHOD

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

CHEF'S TIPS

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

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



Lemon and Lime Tart



Lemon and Lime Tart

Lemon Sorbet

INGREDIENTS SERVES 2

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

EQUIPMENT

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

METHOD

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

Lemon Tart with Passionfruit Sauce and Double Cream

INGREDIENTS MAKES 2 TARTS THAT SERVES UP TO 8 EACH

Tart

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

Passionfruit Sauce serves 6

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

EQUIPMENT

Tart

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

Passionfruit Sauce

Small Pot
Chef's Spoon
Measuring Spoon

CHEF'S TIPS ON SAVING WASHING UP

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

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

Lemon Tart with Passionfruit Sauce and Double Cream continued

METHOD

Tart

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

METHOD

Sauce

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

CHEF'S TIPS

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

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

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

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

The cooking time will vary from oven to oven.

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

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



Lemon Tart with Passionfruit Sauce and Double Cream

Panna Cotta with Caramelised Apple and Cinnamon

INGREDIENTS SERVES 6

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

EQUIPMENT

Saucepan
Strainer
Zester
Whisk
Frypan
Chopping board
Dariole Moulds
Mixing Bowls



Panna Cotta with Caramelised Apple and Cinnamon

Panna Cotta with Caramelised Apple and Cinnamon *continued*

METHOD

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

Panna Cotta with Strawberry Coulis

INGREDIENTS SERVES 2

Panna Cotta (set cream)

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

Strawberry Coulis

200g fresh or frozen strawberries
100g sugar

EQUIPMENT

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

METHOD

Panna Cotta

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

Coulis

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

CHEF'S TIPS

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

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



Panna Cotta with Strawberry Coulis



Strawberry Zabaglione

Strawberry Zabaglione

INGREDIENTS SERVES 2

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

EQUIPMENT

Mixing bowl
Double saucepan, or saucepan and mixing bowl
Whisk

METHOD

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

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

CHEF'S TIPS

In place of Marsala, any favorite liqueur can be used

Zabaglione makes a great topping for ice cream

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

Dark Chocolate Mousse with Stewed Cherries and Fresh Cream

INGREDIENTS SERVES 6

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

EQUIPMENT

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



Dark Chocolate Mousse with Stewed Cherries and Fresh Cream

Dark Chocolate Mousse with Stewed Cherries and Fresh Cream continued

METHOD

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

CHEF'S TIPS WITH CHOCOLATE MOUSSE

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

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

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

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



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

Nutrition

Fact Sheet

Achieving optimum health

One of the key factors needed to achieve optimum health is to eat a balanced diet. In order to work efficiently, your body requires a variety of nutrients on a daily basis and you can derive these from many different sources. Your body requires a full set of nutrients - vitamins, minerals, carbohydrates, fibre, protein, and fats - to nourish and energise you through your busy and challenging day.

What is a balanced diet?

A balanced diet is one that provides nutrients in the amounts recommended for good health and avoids a high intake of particular foods or their components like fat, sugar and salt. A balanced diet incorporates foods from each of the five food groups.

The five foods groups:

- Bread, cereals, rice, pasta, noodles (preferably wholemeal or wholegrain)
- Vegetables, legumes
- Fruit
- Milk, yoghurt, cheese
- Meat, fish, poultry, eggs, nuts, legumes

Why is it important to maintain a balanced diet?

Apart from warding off serious illness like heart disease and certain cancers, eating a balanced diet can:

- Help beat tiredness
- Give you energy
- Help you stay at a weight that is right for you
- Boost your immune system
- Improve your ability to concentrate

How can I ensure that my diet is balanced?

You are already on your way. Learning some basic kitchen skills and keeping a supply of healthy, readily available ingredients in your kitchen cupboard will mean that you are less likely to grab those high fat, high salt snacks or takeaway foods after a long day at work. Making sure that you do not miss meals and that you choose foods from each of the 5 food groups may also help increase the likelihood that you receive all the essential nutrients your body needs to function most efficiently.

Did you know...

1. Omega-3 fats found in fish such as Atlantic Salmon can enhance brain functioning and minimise the risk of heart problems.
2. Pasta is a slowly digested carbohydrate that releases glucose (sugar) gradually into the bloodstream, which results in a longer lasting effect on energy levels.
3. Eating breakfast regularly can help to improve memory and improve performance of tasks that require the retention of new information.
4. Eating small regular meals can help sustain energy levels and maintain alertness, thereby maximising effective decision-making.
5. Eating a healthy mid-afternoon snack such as fruit or low fat yoghurt can help improve subsequent performance of tasks involving sustained attention or memory.

Enjoy a variety of foods every day



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