



eLLa's
everyDay
eaTS





ella's everyday eats

contents



BREKKIE



snacks



BIG THINGS



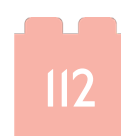
saLADS



BEVERAGINOS



SWEET THINGS



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INTRODUCTION



Hey there, food lovers!

Welcome to Ella's Everyday Eats! This isn't just any cookbook—it's all about making cooking fun, relaxed, and totally delicious, no matter how busy life gets.

In Ella's Everyday Eats, you'll find recipes for every kind of day. Whether you're whipping up a quick dinner after work, treating yourself to a lazy weekend brunch, or need a healthy snack to power through the afternoon, I've got you covered. These dishes are all about keeping things simple, tasty, and stress-free, using ingredients you probably already have in your kitchen.

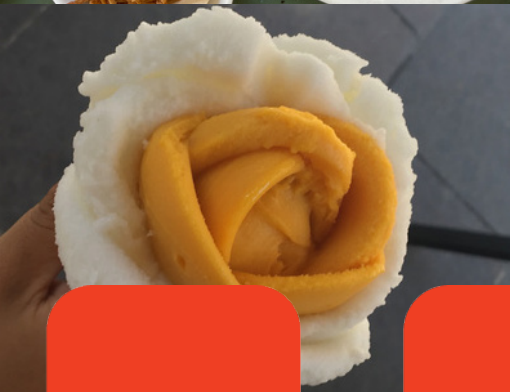
Cooking doesn't have to be complicated or fancy to be amazing. It's all about enjoying the process, experimenting a little, and most importantly, having fun! So, put on your favourite tunes, pour yourself a drink, and let's get cooking.

I've included some of my favourite cocktail recipes to elevate your dining experience. Whether you're in the mood for a classic marg, a refreshing spritz, or something a bit more adventurous, these cocktails are perfect for any occasion.

But that's not all! I've included a special section with some of my favourite places to eat from all over. These are the spots that inspire me, where I find incredible flavours, and where I love to unwind with great food and great company. I hope they'll inspire you too, and maybe even become your new go-to places.

Let's dig in and make every meal an adventure with

Ella's Everyday Eats!



EAT THE WORLD

Food is the ultimate adventure—it brings people together, tells stories, and takes you to new places with every bite. Whether it's street tacos in Mexico, ramen in Tokyo, or a homemade feast with friends, the best meals are the ones shared and savoured. Here are some of my favourite eats, both at home and abroad—places that have left a lasting impression and flavours I'll never forget!







BREKKIE

Banana Bread



Serves 8 | Prep 10 minutes | Cook 1 hour

INGREDIENTS

110g of butter, melted

3/4 cup brown sugar

3 mashed over-ripe bananas

2 eggs

2 cups plain flour

1 tsp bicarb soda

Pinch of salt

METHOD

Preheat oven to 180 °C.

Grease a 23cm x 13cm loaf tin.

In a large bowl, melt the butter and combine it with the brown sugar.

Once combined stir in the eggs and mashed bananas (best way to mash is to use a hand mixer).

Pour in the flour, baking soda, and salt.

Bake for 60-70 minutes depending on your baking tray.

Let cool on a wire rack and eat immediately.



CORN FRITTERS

🍳 Makes 15 | Prep 20 minutes | Cook 15 minutes

INGREDIENTS

3 cups fresh corn kernels (around 3 large corn cobs)

1 red onion, finely sliced

2 eggs

1/2 bunch of coriander, stems and leaves

1 cup flour, more if it looks too gloopy

1 tsp baking powder

Salt and pepper

Unflavoured oil for frying

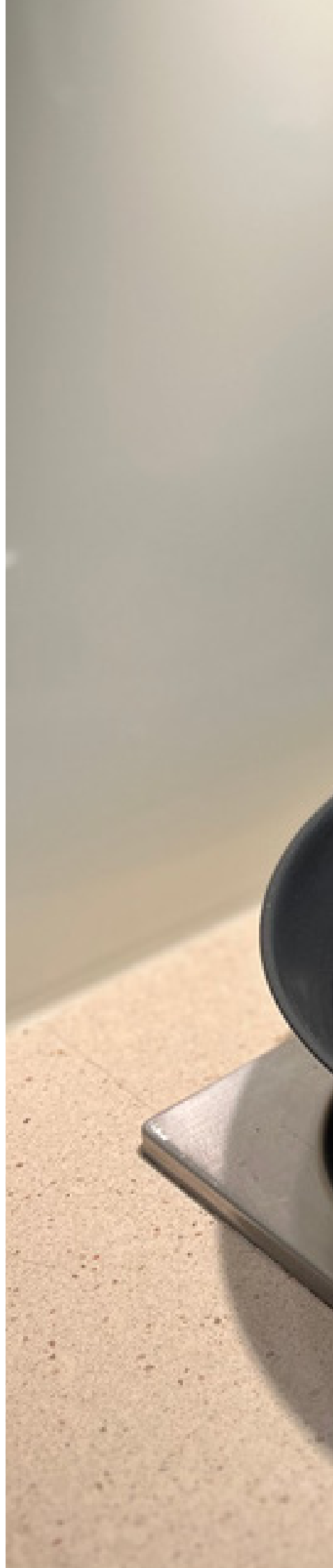
METHOD

Place 2 cups of the corn kernels, onion, eggs, coriander in a bowl and using a zusher (stick blender) to zush the ingredients until it is semi pureed but not completely smooth.

Add in the remaining corn, flour and banking powder until combined. Season well.

Heat the oil in a pan and place in your ideal fritter sized bits of mixture in the pan and cook until golden.

Sprinkle salt on the fritters and serve with kewpie or chutney.



TIP!

These are great to freeze. You can pop them straight in the airfryer to heat up.

You can add in other veggies to the fritters, you will just need to take out one cup of corn and replace it with your vegetable of choice.

The best way to check if oil in a pan is hot is by putting the end of a wooden spoon in the oil and if the spoon bubbles, the oil is ready for frying.



BREKKIE BAGELS

🍳 Serves 1 | Prep 5 minutes | Cook 20 minutes

INGREDIENTS

Bagels (everything is best)

Bacon

Halloumi

Eggs

Spinach

Hash browns

Beerenberg caramelised onion

Beerenberg sweet chilli relish

METHOD

Place the frozen hash browns in the oven on the grill setting making sure to flip when one side looks done. Keep an eye on these as the grill setting is rather effective.

Cook the bacon, halloumi and eggs to your liking and once almost finished toast your bagels.

Build your bagel to your liking, I go caramelised onion on the bottom, spinach, bacon, halloumi (add egg here if you are a crazy person who likes these slimy things), hash brown and then a bit more bacon and then I put the sweet chilli relish on the top.







HOMEMADE BAGELS

 Serves 8 | Prep 2 hours | Cook 20 minutes

INGREDIENTS

7g yeast sachet

4 tsp sugar

300ml warm water

3 1/2 cups bread flour + extra for kneading

Pinch of salt

Everything but the bagel seasoning

METHOD

In 1/2 cup of the warm water, pour in the sugar and yeast and leave it to sit for 5 minutes, then stir until it is all dissolved.

Mix the flour and salt in a large bowl. Make a well in the flour and pour in the yeast and sugar mixture.

Put 1/3 cup warm water into the well. Mix and stir in the rest (1/2 cup) of water as needed. The dough should be slightly sticky and firm after it is all mixed.

Pour the dough onto the bench and knead for x1 All Too Well 10 minute version until it is smooth and will spring back.

Oil a clean large bowl for the dough and cover with a damp tea towel. Leave in a warm space for an hour, until the dough has doubled in size. Punch the dough down and leave it to rest for another 30 minutes.

Divide the dough into 8 pieces and shape each piece into a small smooth looking ball. To make the hole in the dough, press a finger into the middle of the dough and slowly stretch the dough until there is a good sized hole in the middle (this hole will get smaller when cooked).

Preheat your oven to 220 °C and bring a pot of water to a boil

Using a slotted spoon, place a bagel in the water and boil for 1 minute on each side. Once the bagels are done, place it on a baking tray and sprinkle with your bagel seasoning and a light drizzle of olive oil.

Bake for 20 minutes and allow to slightly cool on a wire rack.

Eat immediately with a large amount of cream cheese.

SCROLLS



Makes 20 | Prep 50 minutes | Cook 20 minutes

INGREDIENTS

For a base dough

2 cups self raising flour

90g butter, chilled and cut into cubes

150ml milk

7g packet of yeast

METHOD

Preheat oven to 200 °C.

Place the flour in a bowl and add the butter. Rub together until the mixture looks like breadcrumbs. Combine the milk and yeast together and pour into the flour mixture.

Mix together until a rough dough forms. Knead the dough on a lightly floured surface until it has come together and is smooth.

Leave to rest for 30 minutes in a warm place.

Roll out into a large rectangle until the dough between 0.5-1cm thick.

When you have added your desired toppings, add to a baking dish so the scrolls are 1cm apart.

Bake for 15-20 minutes until they are golden. Leave to rest in the baking tray for 10 minutes and then allow to cool on a wire rack.





INGREDIENTS CHEESYMITE

Vegemite

100g cheddar cheese,
grated

METHOD CHEESYMITE

Spread a thin layer of Vegemite on the dough and cover well with cheese.

Roll the dough along the long edge and then cut into 5cm thick scrolls.

Sprinkle over some leftover cheese so you get a nice crispy top.



INGREDIENTS HARISSA AND GOATS CHEESE:

70g harissa (not dried harissa)

80g goat's cheese

METHOD HARISSA AND GOATS CHEESE:

Mix the harissa and goats cheese in a bowl and then spread the mixture over the dough.

Roll the dough along the long edge and then cut into 5cm thick scrolls.

Make sure to top with extra goats cheese so it can caramelise in the oven.



INGREDIENTS SPINACH AND FETA:

200g Greek feta

60g spinach, roughly chopped

METHOD SPINACH AND FETA:

Crumble the feta into a small bowl and add the spinach. Spread the mixture over the dough.

Roll the dough along the long edge and then cut into 5cm thick scrolls.

Sprinkle with small bits of feta



CHOCOLATE HOT CROSS BUNS

 Serves 12 | Prep 2 hours 15 minutes | Cook 25 minutes

INGREDIENTS

57g butter

300ml milk

4 cups flour

1/3 cup cocoa powder

1 sachet of yeast (7g)

1/2 cup white sugar

1 tsp vanilla extract

1 egg, beaten

200g chocolate chips

TO TOP:

1 egg, beaten with a bit of water

2 tbs cocoa powder

1 tbs flour

50ml water

METHOD

Preheat oven to 200°C. Place the butter and half the milk in a pot and heat on the stove until the butter is melted. Take off the heat and add the remaining cold milk.

Using a standing mixer, add the flour, cocoa, yeast and sugar and mix well. Make a well in the dry ingredients and once the milk and butter has cooled slightly, pour it into the well. Add the vanilla and mix until it begins to clump together and then add in the egg.

Mix on low for around 7 minutes or until the dough is smooth and elastic.

Coat a clean bowl in some oil and place the dough in it, spray the dough with some oil as well (this will help to keep it moist). Cover with a tea towel and leave in a warm place to rise for an hour or until it has doubled in size. If you live in a cold place, you can turn the light on in your oven and place the bowl under the light.

Once risen, knead in the chocolate until they are just mixed in.

Shape the dough into a ball and cut into 6 even portions. Cut these pieces in half.

Line a baking tray (around 23x30cm) with baking paper. Shape each piece into a small ball and sit them on the tray so they are just touching. Leave to rise for another hour. Brush the egg yolk on the top of the buns. In a bowl, whisk the remaining topping ingredients in a bowl and place into a piping bag. Pipe the crosses on top of the buns and bake for 20-25 minutes until they are crispy.





snacks

PRETZELS

 Serves 8 | Prep 30 minutes | Cook 20 minutes

INGREDIENTS

1 and 1/2 cups of hot tap water.

7g packet of instant yeast

Pinch of salt

1 tbs brown sugar

1 tbs butter, melted

3 and 3/4 - 4 cups of plain flour

Toppings of choice

1/2 cup bicarb soda

9 cups water

METHOD

Preheat oven to 200 °C.

Mix the yeast into the warm water and sit for a minute.

Whisk in the salt, sugar and butter.

Slowly add 3 cups of flour, one at a time. Mix with a spoon until the dough is thick. Add 3/4 cup more flour until the dough is no longer sticky.

Place the dough on a floured bench and knead for 3 minutes and shape into a ball. Cover with a tea towel and rest for 10 minutes.

Cut the dough into 75g bits and roll each bit out into a long rope. Form the dough to make a pretzel shape.

Bring the bicarb and water to a boil and drop in 2 pretzels at a time and boil for 15 seconds on each side.

Remove from the water and top with your desired seasonings, I used the everything seasoning.

Bake in the oven for 15 minutes or until golden.

Serve warm or heat up in the airfryer when you want to eat them.

The dough freezes well so if you don't want to make them all, you can do a few and freeze the rest.



Cheese PUFFS

 Serves 12 | Prep 10 minutes | Cook 15 minutes

INGREDIENTS

1 cup flour
1 egg
1/2 cup milk
2 tsp baking powder
2 spring onions finely chopped
1 cup of shredded cheese
LOTS of salt and pepper

METHOD

Preheat oven to around 200 °C.

Mix all the ingredients in a bowl and spoon small amounts into a small well oiled shallow cupcake tin.

Bake until golden and eat immediately with butter.

The shallower the cupcake tin the best, I have one which is curved on the bottom and I think that this type works best.

ARANCINI BALLS

2 FLAVOURS

🍲 Serves 20+ | Prep 30 minutes | Cook 2 hours + cooling time

INGREDIENTS

1 onion, finely diced	400g butternut pumpkin, cubed small
Garlic	
1kg arborio rice	1 jar of pesto
800ml chicken/veg stock (how ever much you need for the rice to cook)	200g bocconcini
	Panko breadcrumbs
120g spinach	Unflavoured oil for frying

METHOD:

Fry the onion and garlic off in some olive oil and once beginning to brown, add in the arborio rice and mix until covered in the oil mixture.

Pre-heat the oven to 180 °C and roast the pumpkin until soft. Place aside until cool.

Start by making the risotto. Bring the stock to a boil in a separate pot.

Pour in enough stock to cover all the rice and mix well. Bring to a simmer and stir continuously so that the rice does not stick to the bottom of the pot. Once all the stock has evaporated, add more stock in small amounts until the rice is fully cooked.

Separate the risotto into two bowls. In one bowl mix the full jar of pesto in and in the other, mix the spinach and pumpkin. Once mixed, place in the fridge until cool enough to handle.

Cut the bocconcini small enough to fit inside the arancini.

Place a tbs of risotto in your hand and place some bocconcini in the middle and then another tbs of risotto and shape into a ball. Once in a ball, roll in the panko.

Repeat until there is no more mixture.

Heat oil in a shallow pan. Fry the arancini until brown all over, or place in an air fryer until brown

TIP!

These are very fiddly to make but are worth the time. I like to keep these in the freezer to grab when I want a little snack but they will also keep well in the fridge for a couple of days.

They are best heated up in the airfryer so they become crispy again.



POTATO and CORN samosas

🍳 Serves 20+ | Prep 30 minutes | Cook 2 hours + cooling time

INGREDIENTS

SAMOSA PASTRY:

275g plain flour

50g chickpea flour (a must)

100g ghee, melted

75ml lukewarm water

FILLING:

30g ghee

250g white potatoes, diced and par-boiled

1 tsp minced garlic

1 tsp minced ginger

1 green chili, minced

130g corn kernels, par-boiled

2 tsp chaat masala

2 tbs coriander leaves, finely chopped

2 cups vegetable oil, for frying

Salt and pepper

Mango chutney, for serving

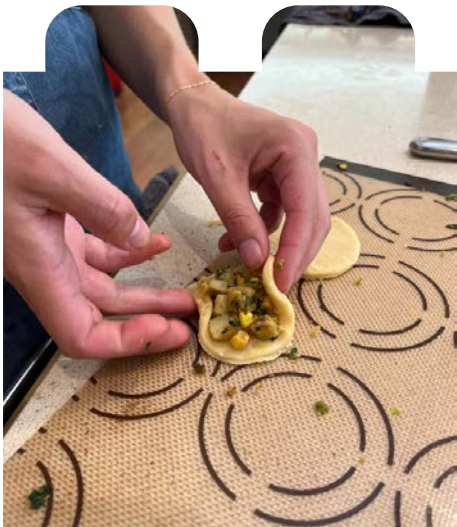
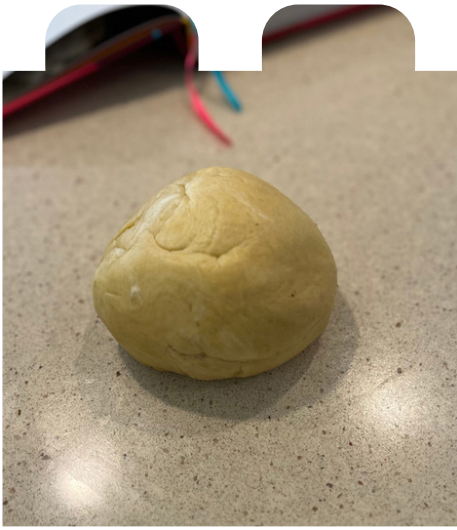
METHOD

To make the pastry, place all ingredients in a food processor and blend until a smooth dough forms. Knead for two minutes and then wrap in glad wrap and forget about it for 2 hours.

To make the filling, melt the ghee in a pan, and once melted add the potato, corn, garlic, ginger, and chili and saute for 5 minutes over medium heat. Take off the heat and add in the chaat masala and coriander and allow to cool completely.

To assemble, roll out the pastry to just under 1cm in thickness. Use a cookie cutter to cut it into 18 circles (approx. 8cm in diameter). Spoon a bit of mixture into the center of each circle and fold the edges together like a dumpling. Make sure the edges are completely sealed.

Heat the oil in a deep pan and once hot, add in a few samosas at a time and make sure that they are evenly fried. Drain on greasy paper and serve with mango chutney.







CHICKEN TENDERS

🍳 Makes 12 | Prep 20 minutes | Cook 20 minutes

INGREDIENTS

600g chicken tenderloins
50g plain flour
2 eggs, beaten
80g panko crumbs
60g white sesame seeds
40g black sesame seeds
40g sunflower seeds, roughly chopped
1 1/2 tbs coriander seeds, lightly crushed
1 tsp ground turmeric
1 tsp chilli flakes
Around 100ml of sunflower oil, for frying
Salt and pepper

METHOD

Place the chicken between two bits of baking paper and bash with a rolling pin until they are 1cm thick.

Bowl 1: Flour with salt and pepper

Bowl 2: Eggs

Bowl 3: Mix together the panko, all seeds, turmeric, chilli flakes and sea salt.

Dip each piece of chicken into bowl 1, removing any excess flour. Then dip into bowl 2 and finally drip into bowl 3 until well covered. Repeat until all the chicken is finished.

Heat the oil in a frying pan and fry the chicken for 6-7 minutes, flipping halfway until cooked through and golden on each side.

Sit on greasy paper to soak up the oil and eat immediately or you can store them in the fridge for a few days. They also last very well in the freezer.

Sausage ROLLS

🍳 Makes 30 | Prep 10 minutes | Cook 30 minutes

INGREDIENTS

4 sheets of puff pastry

12 BBQ beef sausages

1 egg

Sesame seeds (optional)

METHOD

Pre heat the oven to 180 °C.

Defrost the pastry on the bench and once soft, cut each sheet in half to create two rectangles.

Place one and a half sausages on each side of the pastry and roll up until snug. Cutting each roll into 5 equal pieces.

Mix an egg in a cup and then brush over the pastry and sprinkle with sesame seeds.

Bake until the pastry is golden and fluffy.

TIP!

These are great eaten straight away, alternatively, you can cook them and then freeze them. To reheat, defrost in the microwave for 20 seconds and then place in the airfryer for a few minutes until crisp.

If you do not have an airfryer you can either heat up in the microwave or place in the oven.







**BIG
THINGS**

Green CURRY Paste

🍲 Serves 1.5 cups | Prep 40 minutes

INGREDIENTS

1 red onion, chopped	1 x 4cm ginger, peeled
5 garlic cloves	1 x 2.5cm fresh turmeric
1 x 4cm pice galangal, peeled	Zest of one lime
2 stalks lemongrass, white part only	1.5 tbs coriander powder
6 coriander roots	1 tbs ground cumin
6 long green chillies, seeded	1 tbs nutmeg
8 birds eye chillies, seeded	1 tsp white pepper
	1 tbs sea salt

METHOD

Add the onion, garlic, galangal and lemongrass to a mortar and pestle and bash until well combined and then place in a blender (but don't blend).

Place the coriander roots (about the bottom 5cm), green chillies, birds eye chillies, ginger and turmeric to the mortar and pestle and bash until well combined. Add in the lime zest and then add all the ingredients to the blender and blend until a paste forms.

Add in the spices in and blend until well combined.

Store in the fridge for a few weeks or the freezer forever.



Green CHICKEN CURRY

🍲 Serves 4 | Prep 15 minutes | Cook 30 minutes

INGREDIENTS

150ml coconut cream	1 large carrot, cut into rounds
3 tbs green curry paste	1 red capsicum, cut into strips
4 kaffir lime leaves	1 zucchini, cut into rounds
400g chicken tenderloins	50g bamboo
100ml fish sauce	1/2 cup thai basil leaves
100g palm sugar, shaved	
400ml coconut milk	

METHOD

Heat the coconut cream in a heavy based pan (like a Le Creuset) and wait until it begins to split. Once split, add in the curry paste and the kaffir lime leaves and fry until fragrant.

Add the chicken and stir until fully coated in the paste. Pour in the fish sauce, palm sugar and coconut milk and bring to the boil. If it is too salty add in some more palm sugar.

Add in the carrot, capsicum, zucchini and bamboo and simmer until cooked.

Add the Thai basil at the last minute and then serve with some rice and fried shallots.





Sausage Lasagne

 Serves 6 | Prep 15 minutes | Cook 40 minutes

INGREDIENTS

6 'Fancy' sausages	250g spinach leaves
1 onion, finely sliced	2 medium zucchinis, sliced thin on a mandolin
5 garlic cloves	200g crème fraîche with a pinch of nutmeg
1 can tin toms	40g parmesan, grated
A good squeeze of tomato paste	Salt and pepper
Dried oregano, basil, and thyme	

METHOD

Preheat oven to 180 °C.

Saute onion and garlic in olive oil until soft and then add the sausages out of their casing and break them down until they are in small pieces.

Tip in the tin toms, tomato paste, and dried herbs and allow to simmer for 5 minutes on a medium heat.

Meanwhile, blanch the spinach by pouring over boiling water and squeezing out the excess moisture.

Slice the zucchini and layer the layers like a lasagna. Sausage mixture, spinach, and zucchini.

Top the lasagna with the Creme Fraiche and parmesan and bake in the oven until brown.



SPAG-BOL

 Serves 4-6 | Prep 30 minutes | Cook 50 minutes

INGREDIENTS

1 onion, finely diced

As much garlic as your heart desires

2 stalks celery

1 carrot, halved and cut into circles

1 capsicum, finely diced

100g pancetta, roughly chopped

400g beef mince

Sprinkle of flour

1/2 cup dry white wine

2 cups beef stock

1 can tin toms

A squirt of tomato paste

Salt and pepper

1 tsp dried thyme

1 tsp dried basil

Pasta of choice

METHOD

Saute onion and garlic until softened. Add capsicum and carrot and stir to combine. Add pancetta and cook until slightly crispy and then add the mince and flour. Make sure to break up the mince as much as possible. Add wine, salt, and pepper. Mix well and bring to a boil to evaporate the liquid. Add stock, tomato, tomato paste and herbs.

Reduce heat and simmer for 45 minutes to an hour, stirring from time to time.

Cook pasta when the sauce is almost finished.

Top with an unhealthy amount of parmesan.



CREAMY GNOCCHI

🍲 Serves 5 | Prep 10 minutes | Cook 30 minute

INGREDIENTS

Around 10 sundried tomato strips, plus their oil for frying	1 1/2 cups chicken/veg stock
4 garlic cloves, finely sliced	250ml cream
100g prosciutto, cut into small pieces	120g spinach
500g gnocchi (not fresh as it will clump)	100g parmesan
Good squirt of tomato paste	Chilli flakes, mixed herbs, salt and pepper
	Garlic bread (optional)

METHOD

Fry the to sundried tomatoes in their oil in a heavy based pot and once fragrant, add the garlic and cook for 2 minutes.

Add the prosciutto and cook for a minute and then add the gnocchi and mix until the gnocchi is well covered in all of the goodies. Add in some tomato paste.

Pour in the stock and the cream and bring it to a boil. Once boiling, bring it down to a simmer until it begins to reduce and thicken. Stirring occasionally.

Add in the chilli flakes, mixed herbs, salt and pepper.

Once reduced to your liking, throw in the spinach and mix until wilted and then add the parmesan and stir until combined.

This is best served with garlic bread and if you don't, you are a bit odd...



Lemongrass

Chicken



Serves 4 | Prep 20 minutes + marinating | Cook 30 minutes

INGREDIENTS

CHICKEN MARINADE:

800g chicken tenderloins
2 lemongrass, bottom 2cm
4 garlic, minced
1/4 cup fresh lime juice
1/4 cup fish sauce
2 tbs soy sauce
1/4 cup brown sugar
2 tbs vegetable oil

TO SERVE:

Coriander, leaves picked
Red chilli, sliced
2 carrots, julienned
2 cucumbers, julienned
Rice
Fried shallots
Sesame seeds

METHOD

Bash the lemongrass and garlic in a mortar and pestle, place in a large bowl. Place the chicken on a chopping board and flatten with a meat mallet. Add to the bowl along with the rest of the marinade ingredients and mix well. Leave in the fridge to marinate over night, or as long as you can.

Cook the chicken on a grill or a BBQ to ensure that it is well charred on both sides.

Prepare your serving ingredients and enjoy! This tastes even better the next day.









SLOW ROASTED LAMB

■ Serves 8 | Prep 20 minutes + marinating | Cook 6 hours

INGREDIENTS

3 onions, 1 chopped and 2 quartered	2 tsp turmeric
2 heads of garlic, 8 cloves chopped	3 tbs apple cider vinegar
3cm piece of ginger, chopped	60ml olive oil
20g parsley, chopped	2.5kg lamb shoulder, bone in
1 1/2 tbs ground cumin	700ml chicken stock
1 1/2 ground coriander	1/2 a lemon
2 tsp paprika	Salt and pepper

METHOD

Make the spice mix by adding the chopped onion, garlic and ginger and place in a blender until minced. Add parsley and spices. Blend for 10-15 seconds until just combined. Add the vinegar, salt and pepper and blend until a smooth paste. Leave aside.

Place the lamb in a large roasting dish. Stab it numerous times all over and pour the spice paste all over the lamb. Make sure it is fully covered. Cover with foil and leave in the fridge over night or as long as possible.

Preheat oven to 140°C.

Put the remaining onion and garlic at the bottom of the baking dish and pour the stock in the bottom of the pan. Cover with foil and let bake for 4 hours.

Remove the foil and bake for another 90 minutes, increasing the oven temperature to 160°C in the last 30 minutes.

The lamb will be ready when it will easily fall off the bone. Shred the meat off the bone and serve with the onion and garlic and anything else that you want.

CARBONARA

 Serves 4 | Prep 5 minutes | Cook 15 minutes

INGREDIENTS

5 egg yolks (one egg yolk per person if making more)

Heaped tsp of garlic

75g parmesan

300g bacon

600g spaghetti/fetuccini

Salt and pepper

METHOD

Separate the egg yolks from the whites (the whites can be used for meringues or cocktails).

Bring some salted water to a boil and add the pasta once boiled until al dente. Draining when done and saving 1 cup of pasta water.

Fry the bacon in a pan until it is at your desired crispiness. Once done, cut into small cubes.

Place the egg yolks, garlic, parmesan and a good amount of salt and pepper in a bowl and mix until combined, should be a paste consistency.

Combine the pasta, bacon and egg mixture off the heat so not to scramble the eggs and combine with little bits of pasta water at a time until glossy.

Top with extra parmesan if you are feeling crazy.

Garlic bread is a must.



LAMB RAGU

 Serves 6 | Prep 30 minutes | Cook 6 hours

INGREDIENTS

RAGU:	3 tbs fennel seeds
Olive oil	1L vegetable stock
4 carrots, chopped into chunks	250ml white wine, dry
2 onions, quartered	TO SERVE:
8 garlic cloves, roughly chopped	500g tagliatelle or pappardelle
1.5kg Lamb shoulder, bone in	250g pecorino, grated
Small bunch of oregano	2 lemons, zest only
250g pruned, pitted	Small bunch of parsley, finely chopped
3 tbs ground sumac	

METHOD

Preheat the oven to 170°C.

Place the carrots, onion and garlic in the bottom of a deep baking dish. Place the lamb on top and stab numerous times. Season well with olive oil and salt and pepper.

Add the remaining ragu ingredients (making sure to pour your self some wine as well as the lamb) and cover tightly with foil and put in the oven for 5 hours until the lamb is falling off the bone. Remove the oregano sprigs.

Remove the lamb from the oven and discard of any bones, skin and fatty bits.

Cook the pasta in salty water until it is al dente. Making sure to save some pasta water.

Drain the pasta and transfer into the lamb dish and stir to coat the pasta in the ragu.

If there is too much ragu sauce to pasta ratio, you can simmer the ragu on the stove until the ragu liquid has reduced to your liking.

Place in a nice serving bowl and zest the lemons on top of the pasta along with the parsley and pecorino.

TIP!

I often do a version of this ragu if I ever have left over slow roasted lamb from another meal. To do so, I will chop the carrots, onion and garlic up small and put in just enough liquid to cover the amount of lamb you have. I will use dried oregano, the sumac and fennel seeds but will leave out the prunes. I simmer until it looks done and then serve with pasta and garlic bread.



TIP!

If you want more noodles,
I add in a few soba noodles
to help cure my Sunday
hangxiety and/or sads.



HYPER-FIXATION

NOODLE SOUP

🍲 Serves 1 | Prep 5 minutes | Cook 15 minutes

INGREDIENTS

1 Trident Thai noodle soup packet per person

Handful of spinach or an asian green

Dumplings of choice

Dash of soy sauce

METHOD

Place 400ml of water on the stove and add your dumplings and bring to a boil.

Once boiled add in the flavouring from the noodle packets and stir until combined.

Add in the noodles and stir continuously.

Rip up some greens and place them in your bowl and pour the liquid over them to blanch them.

Enjoy and try not to get hyper-fixated on this meal.



ZUCCHINI and Feta skewers



Serves 15 | Prep 10 minutes | Cook 10 minutes

INGREDIENTS

360g feta, cut into 24 cubes

1 tsp garlic, minced

2 tsp lemon juice

1 tsp paprika

2 tsp chilli flakes

2 zucchini, finely ribboned on the mandolin

Olive oil

Salt and pepper

Skewers

METHOD

Fully submerge the skewers in water and leave to soak whilst you prepare the other ingredients. This will stop them from burning (I think).

Chop the feta into small cubes and place in a bowl with the garlic, lemon juice, paprika, chilli flakes, olive oil and salt and pepper. Leave aside to marinate.

Meanwhile, slice the zucchini on a mandolin into long ribbons (or get a really nice housemate to do it for you).

Wrap one zucchini ribbon around a cube of feta and pierce onto a skewer. Depending on your sized feta, you should be able to fit 4-5 zucchini parcels on a skewer.

Brush the completed skewers with some olive oil and cook on a hot BBQ until the zucchini is cooked and has lines on it.

These can also be cooked in a pan but the BBQ tends to give them more flavour.







FRIED RICE

🍳 Serves 4-6 | Prep 40 minutes | Cook 15 minutes

INGREDIENTS

4 eggs, lightly scrambled	4 tbs shao hsing wine (Chinese cooking wine)
Vegetable oil	4 tbs light soy
1 onion, finely diced	1 tsp sesame oil
1 tbs ginger, minced	3 spring onions, finely sliced
1 small carrot	1/2 a bunch Chinese broccoli
1 small capsicum	
4 pieces of middle bacon, fried and diced	
4 cups cooked rice	

METHOD

Cook rice to make 4 cups of cooked rice (I don't know the maths sorry), I use the evaporation method but you can cook it however you want. Can be packet rice if needed.

Lightly beat the eggs in a bowl.

Heat a wok on high heat and lightly scramble the eggs to form an omelette, cook until just cooked. Remove from the pan and set aside.

Heat oil in the hot wok and fry the bacon until crispy. Add the onion, ginger, carrot and capsicum and cook until soft.

Add the rice, shao hsing, soy sauce and sesame oil and fry until well combined.

Add in the spring onions and Chinese broccoli and fry until wilted.

FOOD

COURT NOODLES

 Serves 2 | Prep 15 minutes | Cook 25 minutes

INGREDIENTS

150g vermicelli or fresh egg noodles

3 tbs vegetable oil

1 onion, finely sliced

3 cloves garlic, crushed

2cm ginger, grated

1 green chilli, chopped

2 capsicum (red and yellow),

finely sliced

1 large carrot, julienned

Handful of bean sprouts

Handful of green beans, cut in half

2 tsp curry powder

3 tbs soy sauce

Salt

METHOD

Cook the noodles according to the packet instructions and leave aside.

Heat the oil in a wok on high heat and add the onion, garlic, ginger and chilli. Cook for 5 minutes until fragrant and crispy.

Add the remaining vegetables and cook until soft. Add the curry powder, soy sauce and noodles and mix until well combined.



Pasta alla Norma

🍳 Serves 4 | Prep 40 minutes | Cook 30 minutes

INGREDIENTS

3 eggplants	1 tsp sugar
120ml olive oil	400g spaghetti
5 garlic cloves	60g pecorino romano, finely grated
1-2 whole dried chillies	Handful of basil leaves
2 x 400g tins of plum tomatoes	Salt and pepper
5 oregano sprigs	

METHOD

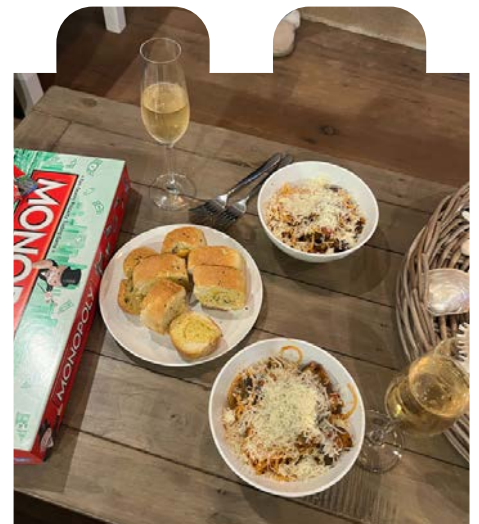
Preheat the oven to 220°C.

Peel strips along the eggplant to make it look like a zebra with purple and greenish stripes. Cut into 1cm thick rounds and drizzle with olive oil and season with salt and pepper. Spread out on a few baking trays and bake for 30-35 minutes until golden-brown, flipping half way. Remove from the oven and leave to cool.

Heat 2 tbs of oil in a high edged pan on medium-high heat. Add the garlic and chillies and fry for 2 minutes. Stirring constantly until the garlic is brown. Add the tomatoes, oregano, sugar and salt and pepper. Reduce to a medium heat and cook for 10 minutes until the sauce thickens. Remove the oregano sprigs when finished and add the eggplant.

Meanwhile, bring some salted water to a boil. Add the spaghetti and cook until al dente, making sure to save some pasta water. Add the spaghetti to the sauce and mix well. Add the pecorino and the basil and a bit of the paste water until combined.

Top with more pecorino and serve with garlic bread.



KALBI BUTTER

noods

 Serves 4 | Prep 15 minutes | Cook 35 minutes

INGREDIENTS

180ml soy sauce
80g brown sugar
3 tsp Aleppo chilli
3 tbs sesame oil
8 garlic cloves
8 spring onions, 6 roughly chopped and 2 finely sliced to serve
6 red chillies, cut into thirds
40g ginger, peeled and chopped
3 tbs sesame seeds, toasted
500g unsalted butter, cut into 8 pieces.
250g noodles of choice

METHOD

Begin by making the butter. Place the soy sauce, sugar and Aleppo chilli in a pan. Cook for 8 minutes on a medium-high heat until thickened, stirring occasionally.

Take off the heat and let cool for a few minutes, then stir in the sesame oil. Leave to cool.

In a large food processor, add the cooled soy mixture, garlic, roughly chopped spring onions, red chillies, ginger and sesame seeds and blend until almost smooth.

Add the butter and pulse until it is well mixed. Place in a jar and set aside.

Put the noodles in a bowl and leave to soak in boiling water for 2 minutes. Drain and rinse under cold water.

Using a decent chunk of the Kalbi butter for the 4 servings. Melt in a large pan and cook until it is slightly bubbling. Add the cooked noodles and toss until they are covered in the butter.

Serve with black sesame and spring onion.





Caramelised mince WITH RICE

 Serves 4 | Prep 10 minutes | Cook 30 minutes

INGREDIENTS

Vegetable oil	5 tbs brown sugar
1 cup sushi rice	2 tbs fish sauce
1 onion, finely sliced	2 tsp sesame sauce
1 tbs garlic, minced	1/2 cucumber, cut into matchsticks
1 tbs ginger, minced	2 bunches Chinese broccoli, blanched
1 tsp shao sing (Chinese wine)	Kimchi
500g mince	

METHOD

Once you have chosen your mystery mince from the freezer, leave the defrost.

Cook your rice as you please, I choose to do the absorption method which involves putting your rice in the pot and covering with water to 1cm above the rice. Bring the rice to a boil with a lid on and once boiled, turn off the heat and leave to evaporate all of the water. Taking the lid off once or twice to fluff the rice but leaving the lid on for as long as possible.

In a deep pan, fry the onion in the oil for 5 minutes or until brown. Add the garlic and ginger and fry for 2 minutes.

Add the mince and saute until cooked. Add the brown sugar and fish sauce. Saute until caramelised to your liking. I cooked for 8 minutes to make sure the mince was cooked and everything was yummy and caramelised. Take off the heat and mix in the sesame sauce.

Serve with the rice, cucumber, broccoli and kimchi in a bowl and enjoy.



saLaDs

GREEN GODDESS



Serves 6-8 as a side | Prep 20 minutes

INGREDIENTS

DRESSING:

Handful of spinach
1/4 cup olive oil
Juice of 2 lemons
2 shallots, finely sliced
4 garlic cloves
1/2 cup chives
1/4 cup cashews
2 tbs nutritional yeast
2 tbs rice vinegar
1/4 basil leaves
Jalapeno (optional)

1/2 white cabbage
1 Cucumber, seeded
4 stems of kale, stem removed
200g feta, crumbled
Corn chips

METHOD

Chop the cabbage and kale as small as you can and place in a big bowl to create the base of the salad. Add a tbs of olive oil and massage for a minute until soft. Chop the cucumber into small cubes and place in the bowl.

Crumble the feta into the bowl and add a good amount of salt and pepper.

In a blender/food processor add in all of the dressing ingredients and blend until smooth. If more liquid is needed, add small amounts of water until it is at your desired thickness.

Pour over the salad and mix until combined.

I like to scoop this salad up with a corn chip as it adds a bit more pizzazz.



CHOOCKERS

Japanese

COLESLAW

■ Serves 4-6 | Prep 40 minutes | Cook 15 minutes

INGREDIENTS

5 cups white cabbage, finely sliced

2 cups red cabbage, finely sliced

1 large carrot, julienned (thin sticks)

2 spring onion stems

1 cup edamame, defrosted

2/3 cup Japanese seaweed salad

Shredded chicken (optional)

DRESSING

1 1/2 tbs soy sauce

1 1/2 tbs rice vinegar

1 1/2 tbs Kewpie mayo

1 tbs sesame oil

1 1/2 tbs olive oil

1 green chilli, seeded

1 tsp sugar

METHOD

Shake all the dressing ingredients in a jar until well combined.

Slice the cabbage on a mandolin and place the carrot, spring onion, edamame and seaweed in a bowl. Add about 3/4 of the dressing and mix.

Set aside for 10-15 minutes to allow the cabbage to wilt (this will make it easier to eat).

Mix again and place in a serving bowl with the remainder of the dressing.

If you are using chicken and eating straight away, mix it in with all the ingredients. If you are doing this for meal prep, keep the salad and chicken separate until the day of.

PEARL COUS COUS



Serves 4-6 as a side | Prep 10 minutes | Cook 10 minutes

INGREDIENTS

2 cups pearl couscous, uncooked
2 cups chicken stock
2 Lebanese cucumbers, finely diced
250g cherry tomatoes, quartered
1/2 red onion, finely diced
Handful of dill, chopped
Handfull of coriander, chopped
Handful of spinach, chopped
200g greek feta, cubed

DRESSING

2 tsp dijon mustard
1 tbs minced garlic
2 tbs lemon juice, or juice from 1 lemon
4 tbs olive oil

METHOD

Cook the 2 cups of couscous in the chicken stock. Bring to a boil and then turn off the heat and cover with a lid. Stirring occasionally so it doesn't stick to the bottom. Once all of the water has evaporated from the couscous, leave it to cool down in the fridge for 5 minutes.

Place all remaining ingredients in a large salad bowl. Once the couscous has cooled down, add this to the bowl and mix well.

Shake all the dressing ingredients in a jar until well combined and pour over the salad, making sure that it is evenly coated.



asian Greens

■ Serves 4 as a side | Prep 10 minutes

INGREDIENTS

Lots of minced garlic

1-2 tsp sesame oil

1 bunch of Chinese broccoli

1-2 tbs oyster sauce

METHOD

Chop the stems off the broccoli and place separate to the leaves. Cut the leaves in half so they aren't as big.

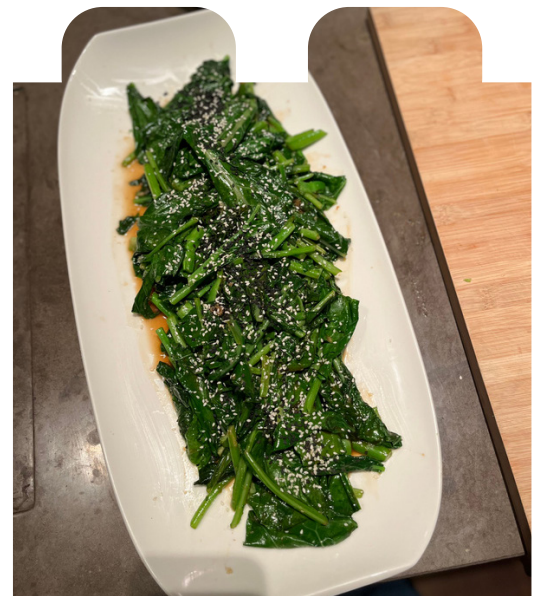
Bring a wok or pan to a high heat and cook the garlic for 10-20 seconds

Drizzle the sesame oil in the wok and the stems of the greens. These will take longer to cook than the leaves, fry for a few minutes until they are tender, stirring continuously.

If you want the process to be quicker, put a small amount of water in the wok and cover with a lid so that they steam.

Leaving the stems in the wok, add the leaves and when they are half wilted, put in the oyster sauce and bring it all together.

To serve, sprinkle white and black sesame seeds on top and enjoy.



ROAST CHICKEN and THREE-RICE SALAD

🍴 Serves 4 | Prep 40 minutes | Cook 30 minutes

INGREDIENTS

1.5kg chicken	100g wild rice packet
70ml olive oil	Salt and pepper
4 red chillies, seeded and finely sliced	DRESSING:
50g coriander, chopped	65ml lemon juice
20g mint leaves, chopped	30ml sesame oil
80g rocket, shredded	30ml fish sauce
200g basmati rice packet	35ml olive oil

METHOD

Preheat oven to 190°C.

If roasting the chicken, cover it in 60ml of olive oil and lots of salt and pepper. Bake for 50-60 minutes, basting every 20 minutes. Remove from the oven and leave to cool to room temperature.

If buying the chicken, head down to your local woolies (or Coles if you are like that...) and secure the biggest roast chicken they have. Place in the oven for 15 minutes so that some juices are released.

Finely chop the chillies, coriander, mint and rocket and place in a large bowl.

Once the chicken is done, shred it apart so that it is in bite sized pieces. Place this in the bowl with the herbs and rocket.

Microwave the rice packets for 40 seconds so they are not completely hot and place them into the salad bowl.

Take 50-100ml of the chicken juice and combine it with the dressing ingredients in a jar. Shake until it is well combined.

Add salt and pepper and enjoy.





BeveraGInos

PASSIONFRUIT

CAPRIOSCA

This would be one of my favourite cocktails ever but no where seems to serve them out? So in that case I have had to resort to making them at home. These are not the best cocktails to make lots of as they become very sticky and it is difficult to keep your drink making spot tidy. Just ask Alex, Rose and Eloise, they love it when I make these for them but don't enjoy the fact that they have to clean up after me.

The one time I can remember having a capriosca out, it was a raspberry one. You can make any yummy flavour you would like, I would just swap out the passionfruit in the recipe for another fruit or flavour of choice.

These are best served over crushed ice but if you have not made it in the world and don't have an ice machine in your fridge (the dream!) you can shake it with ice and pour it in a shallow glass and serve like a margarita. BUT if you do have an ice machine in your fridge, please use a large amount of crushed ice in the glass and pour the cocktail over the ice.

INGREDIENTS

Pulp of 1 passionfruit (or 30ml tinned passionfruit pulp)

4 lime wedges

15ml brown sugar syrup

50ml vodka

175g crushed ice

METHOD

Muddle the lime, passionfruit and brown sugar syrup in the bottom of a cocktail shaker. Add the vodka and some crushed ice and shake gently until combined. Pour into a pretty glass and top with more crushed ice or in a shallow glass if you are not using the ice.

COSMOPOLITAN

This one should be called the Isaac West in my opinion. When I was living with Westy and we ever wanted a cocktail, this was the first one he would suggest and it was always the one that got made.

I vividly remember being home one Friday evening with Westy when we were living in Glenard Drive and we said we would have a relaxing evening watching the footy. Which we did until we had the idea to make a few cosmos. One thing led to another and we were 8 cosmos down and screaming at the footy on the TV. We even resulted to making bulk at one time so that we would not need to get up to make more... And then we resulted to not even pouring them into cups and having a straw each in the cocktail shaker... Fair to say that they eventually became 'fancy' vodka cranberries.

INGREDIENTS

45ml vodka

15ml triple sec/cointreau

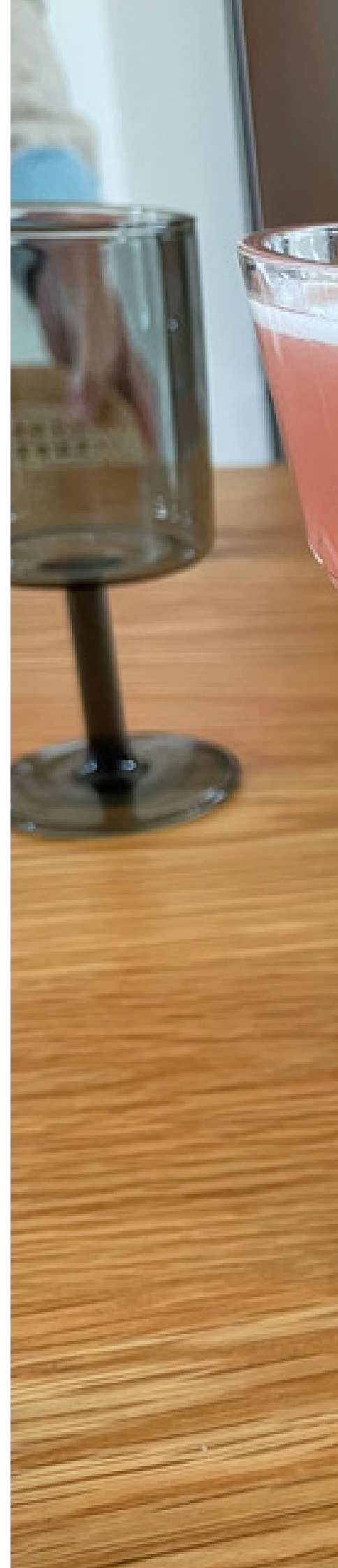
30ml cranberry juice

10ml lime juice

1/2 an egg white (if you want froth)

METHOD

Place all ingredients in a cocktail shaker and dry shake vigorously for 30 seconds. Add in two large ice cubes (or many small ones) and shake again.





APEROL SOUR

INGREDIENTS

60ml aperol
15ml gin
15ml lemon juice
15ml sugar syrup
1/2 an egg white (if you want froth)

METHOD

Place all ingredients in a cocktail shaker and dry shake vigorously for 30 seconds. Add in two large ice cubes (or many small ones) and shake again.

RASPBERRY and MINT MOJITO

INGREDIENTS

4 wedges of lime
8 mint leaves
45ml white rum
15ml raspberry sugar syrup
Soda water

METHOD

Muddle the lime and mint leaves in the bottom of a cocktail shaker until combined.

Pour in the rum and sugar syrup and top with ice.

Shake for 30 seconds.

Serve over crushed ice and top with soda water.



SPICY mARG

If you do not like a spicy marg, I'm looking at you Eloise Nicole Taylor... You should grow up and learn to like tequila. I can not describe the joy which comes from drinking a good spicy marg, it is pure happiness, with a bit of spice for some extra pizazz.

The one pictured was taken at the Royal Hotel in Paddington and it was one of my favourite ones I have had in a long time, besides the ones Alex Allan makes for the house.

Another tip for a perfect spicy marg is to freeze the chilli and great it over the marg.

INGREDIENTS

60ml tequila

15ml triple sec or Cointreau

30ml fresh lime juice

Pinch of sugar

1 bird's eye chilli, sliced into rounds

Salt and chilli flakes for the rim

METHOD

Add the tequila, triple sec, lime juice, sugar and chilli to a shaker with a handful of ice and shake until well combined.

Rim the outside of the glass with some lime juice and then dip in the salt and chilli flakes.

Strain the cocktail, leaving the bird's eye chilli behind. Enjoy and drink many





HUGO SPRITZ

INGREDIENTS

40ml elderflower liqueur

60ml prosecco

60ml soda water

Mint leaves

Lime wedge

METHOD

Pour all ingredients into a wine glass and mix slightly.

Garnish with a lime wedge and a mint sprig.

PINK IN MERRJIG

INGREDIENTS

30ml gin

30ml raspberry sugar syrup

15ml lemon juice

Either top with prosecco or leave the prosecco out and shake with an egg white.

METHOD

Place gin, sugar and lemon juice in a shaker with some ice and shake well. Strain into a pretty glass and serve over ice. Top with prosecco.

If you are not using prosecco, dry shake all ingredients with an egg white and once combined, add in some ice and shake until frothy. Strain and serve in a short glass.







THURSDay

NIGHT PICK

me UP

INGREDIENTS

60ml Aperol

30ml Pomegranate/cranberry juice

Top with Procecco

Dried grapefruit

Dried rhubarb

METHOD

Add the aperol and juice in a shaker and a large ice cube and shake until combined.

Pour into a wine glass and top with prosecco.



**sweet
THINGS**

Caramel Slice

🍳 Serves many | Prep 20 minutes | Cook 2 hours

INGREDIENTS

BASE

1 cup plain flour
1/2 cup brown sugar
1/2 cup desiccated coconut
125g melted butter

2 cans of condensed milk
(NO HOME BRAND, NESTLE ONLY)

TOPPING

1 block of Cadbury milk
cooking chocolate

FILLING

60g butter, melted

METHOD

Preheat oven to 180°C.

Mix the base ingredients together and cook for 8-10 minutes or until brown.

Allow to cool.

To make the caramel, place the butter and condensed milk into a pot and whisk continuously for 8 minutes .

Pour the mixture onto the base and cook for 10 minutes or until the caramel turns brown. Allow to cook completely.

Melt the chocolate in the microwave and pour over the cooled caramel.

Place in the fridge until fully set and eat before Alex gets to it.





ROCKY ROAD

📦 Serves many | Prep 10 minutes | Cook 4 hours

INGREDIENTS

120g marshmallows

190g red frogs

160g clinkers

70g milk arrowroot bikkies or plain smiths crinkle cut chips

Family block of Cadbury milk chocolate

METHOD

Line a medium baking tray with baking paper.

Chop the marshmallows and red frogs into quarters and place them in a big mixing bowl. Chop the clinkers and milk arrowroot bikkies into small chunks and place in the same bowl.

Break the chocolate into 2 cubed pieces and place into a bowl. Microwave in 20 second intervals until fully melted. Pour the chocolate over the marshmallows, frogs, clinkers and bikkies and mix until well combined.

Pour onto the baking tray and spread out until it is to your desired thickness.

Refrigerate until set and cut into your desired sized pieces.

Keep in the fridge unless you live in Antartica.







SOFT CHOCOLATE CHIP COOKIES

🍪 Serves 12 | Prep 10 minutes | Cook 20 minutes

INGREDIENTS

170g unsalted butter, softened

1 cup brown sugar

1 egg

2 tsp vanilla extract

2 cups flour

1 tsp baking soda

100g white chocolate chips

100g milk chocolate chips

METHOD

Preheat oven to 180°C.

In a large, bowl using a hand mixer or a kitchen aid, add the butter and brown sugar until well combined.

Mix in the egg and vanilla until combined. Leave to sit for 5 minutes.

Gently fold in one cup of flour until combined.

Add the remaining flour and baking soda and mix well.

Fold in the chocolate chips and sit in the fridge for 20 minutes.

Roll the cookie dough into 12 equal balls and gently flatten. Making sure to evenly spread on a baking tray, bake for 10-15 minutes until the edges have begun to harden.

Remove from the oven and leave to sit on the baking tray for 5 minutes until set and then move the cookies onto a wire tray to cool down.

APPLE GALETTES

 Serves 12 | Prep 15 minutes | Cook 20 minutes

INGREDIENTS

2 x Careme Vanilla Bean Shortcrust Pastry

70g almond meal

500g green apples

100g caster sugar

1 tbs vanilla bean paste

Zest of 1 lemon

1 egg, beaten

METHOD

Preheat the oven to 180°C.

Defrost both of the pastries. Once defrosted, unroll and cut in half.

Peel the apples and cut in half. Thinly slice each half and place the slices in a bowl.

Add the sugar, vanilla and lemon zest and mix until well combined. Leave to sit for 5 minutes.

Separate the mixture into four even portions and organise it into a flower shape in the middle of each section of pastry. Leaving enough pastry on the sides to fold over.

Fold the corners over the excess pastry to make it look rustic.

Brush the egg over the corners of the pastry and then sprinkle on some more almond meal all over the apples and pastry.

Bake for 20 minutes or until golden.



scones

🍳 Serves 8 | Prep 5 minutes | Cook 10 minutes

INGREDIENTS

350g self-raising flour	175ml milk
1 tsp baking powder	1 tsp vanilla extract
85g butter, softened and cubed	Egg, beaten for glaze
3 tbs caster sugar	Jam and cream to serve

METHOD

Preheat oven to 200°C. Place a lined baking tray in the oven.

Pour the flour and baking powder into a large bowl with a pinch of salt and mix.

Add the butter and rub it in with your fingers until it looks crumbly. Stir in the caster sugar.

Put the milk in the microwave for 30 seconds or until it is warm. Add the vanilla extract and set aside.

Make a well in the dry ingredients and add the liquid and combine well. It will seem quite sticky to begin with.

Scatter some flour onto the bench and tip to dough out. Sprinkle some flour on top of the dough and kneed until it has all come together.

Flatten the dough to around 4cm deep and take a cookie cutter (I used the top of a water glass) and press into the dough until all the dough has been used. You will need to re-knead the dough and flatten again to make more scones.

Place on the baking tray and brush with the egg. Bake for 10 minutes until they have risen and are golden.

Serve with jam and cream and eat immediately.

Bake until the pastry is golden and fluffy.







STICKY Date



Serves 8 | Prep 35 minutes | Cook 1 hour

INGREDIENTS

250g pitted dates, chopped

1 tsp bicarb soda

1 1/2 cups boiling water.

125g butter, melted

1 cup brown sugar

1 tsp vanilla extract

2 eggs

1 3/4 cups self-raising flour

CARAMEL SAUCE:

1 cup brown sugar

300ml thickened cream

1 tsp vanilla extract

60g butter

METHOD

Preheat oven to 180°C and line a 22cm cake pan.

Place the dates and bicarb soda in a bowl and pour over the boiling water. Sit for 20 minutes.

Using an electric mixer, beat the butter, sugar and vanilla until creamy. Add the eggs one at a time, beating well after each egg.

Fold through the date mixture (including the water) and flour with a spatula until it is well combined.

Put the mixture into the cake pan and bake for 35-40 minutes until cooked.

To make the sauce, combine all the sauce ingredients in a saucepan and cook until it comes to a boil. Reduce the heat and simmer for 2 minutes.

To serve, put a piece of cake in a bowl and pour over some sauce and serve with vanilla ice cream (this is the only acceptable time for vanilla ice cream).

anzac cookies



Makes 12 | Prep 10 minutes | Cook 20 minutes

INGREDIENTS

125g butter

2 tbs golden syrup

1 tbs water

1 cup flour

1 cup rolled oats

1 cup brown sugar

1/2 cup desiccated coconut

1/2 tsp bicarb soda

METHOD

Preheat oven to 180°C.

Melt the butter in the microwave and add the golden syrup and water. Mix until combined.

In a large bowl, add the flour, sugar, oats, coconut and bicarb soda.

Pour the butter mixture into the dry ingredients and mix until well combined.

Shape the mixture into 12 even sized balls and place on a baking tray.

Bake for 15 minutes or until golden. This is so they are a bit chewy, Bake for 5 more minutes if you prefer them to be crunchy. Keeping in mind that the bikkies will harden when they cool.





Baklava

 Serves 15 | Prep 30 minutes | Cook 50 minutes

INGREDIENTS

375g packet of filo pastry	1 cup water
500g pistachios, shelled and chopped (unsalted)	1/2 cup white sugar
1 tsp ground cinnamon	1 tsp vanilla extract
1 cup (250g) butter, melted	1/2 cup honey

METHOD

Preheat oven to 180°C. Lightly butter the bottom of a 23 x 33cm baking tin.

Chop the pistachios and mix with the cinnamon.

Once the filo pastry is defrosted, begin assembling your layers.

Place two sheets of pastry in the bottom on the tin and using a pastry brush, brush a layer of butter over the pastry. Place another piece of pastry and brush with butter again. Continue until you have 8 sheets layered.

Sprinkle 2-3 tbs of nuts on top. Top with two sheets of pastry, butter, nuts, layering as you go.

Once you have run out of nuts, continue to layer pastry and butter until you have used the remaining pastry.

Cut into medium sized squares and bake for around 50 minutes until it is golden and crispy.

Meanwhile bring the water and sugar to a boil. Once the sugar has dissolved, add the vanilla and honey. Simmer for 15 minutes.

Once the baklava is golden, remove from the oven and immediately spoon over the honey mixture. Allow to cool.

Pour onto the baking tray and spread out until it is to your desired thickness.

Refrigerate until set and cut into your desired sized pieces.

Keep in the fridge unless you live in Antarctica.

Seed SLICE

 Serves 20 | Prep 10 minutes | Cook 30 minutes

INGREDIENTS

300g unsalted butter

175g honey

275g flour

250g caster sugar

2 tsp baking powder

150g sesame seeds

150g pumpkin seeds (pepitas)

150g sunflower seeds

125g cornflakes

METHOD

Preheat oven to 180°C and line a 25cm x 35cm slice tray with baking paper.

Melt the butter and honey in a saucepan and bring to a boil.

Meanwhile, combine the dry ingredients in a large bowl. Pour in the butter and honey mixture and stir until fully combined.

Bake for 20 minutes or until golden.

Place in the fridge (still in the slice tray) until completely cool. Once cool, cut into 5cm squares and enjoy.



RHUBARB CRUMBLE SLICE

🍳 Serves 20 | Prep 30 minutes | Cook 50 minutes

INGREDIENTS

180g self raising flour

110 golden caster sugar

180g butter, melted

250g rolled oats

400g rhubarb, halved and cut into 2cm pieces (bonus points if it is stolen from the Croxton food forrest)

150g golden caster sugar

1 tbs vanilla extract

TOPPING:

1/2 cup flour

50g butter, melted

2/3 cup rolled oats

METHOD

Preheat oven to 180°C. Line a 23 x 33cm baking tray with baking paper.

In a mixing bowl, add the self raising flour, sugar and butter and mix until it begins to come together. Add in the oats until incorporated.

Press the mixture into the tray, make sure it is evenly covered. Bake for 10 minutes and remove from the oven.

Combine the filling ingredients in a bowl and leave to sit for 2 minutes. After 2 minutes, layer the pieces of rhubarb on top of the base. Making sure to pour any liquid that is left over in the bowl over the rhubarb.

Combine the topping ingredients in a bowl and sprinkle on top of the slice.

Bake for 40 minutes or until the crumbs on the top have turned golden. Remove from oven and leave to rest in the tray for 5 minutes before removing and cutting into 20 pieces.



CHOCOLATE TRUFFLES

 Makes 12 | Prep 10 minutes | Cook 30 minutes

INGREDIENTS

250g plain biscuits (Milk Coffee/Arrowroot)

1/3 cup cocoa powder

395g can condensed milk

1 cup desiccated coconut

METHOD

To break down the bikkies, place them in a plastic bag and bash until they are in small pieces. You can break the bikkies up with your hands if you don't have a bag to bash them in.

Combine the bikkies, cocoa powder, condensed milk and 1/4 cup of desiccated coconut. Mix well.

Transfer to the fridge and let it sit for 30 minutes.

Roll the mixture into 12 little balls and cover in the remaining coconut.

Refrigerate for 30 more minutes to help them set. You can store them in the fridge or a cake stand.



BERRY and WHITE CHOCOLATE scones

■ Makes 14 | Prep 10 minutes | Cook 20 minutes

INGREDIENTS

3 cups flour	chopped or chips
1/2 cup sugar	2 tsp lemon juice
6 tsp baking powder	2 tsp vanilla extract
Pinch of salt	1 cup milk
95g cold butter, cubed	1 1/2 cups frozen berries
270g white chocolate,	

METHOD

Preheat oven to 200°C.

In a large bowl, combine the flour, sugar, baking powder and salt. Add in the cubed butter and pinch it with the flour between your fingers until it looks like breadcrumbs. Add the white chocolate and mix until combined.

In a jug, combine the lemon juice, vanilla and milk.

Pour this mixture over the dry mixture. Gently combine until the flour is just incorporated. Add the frozen berries.

The dough may be quite sticky (this is ok, just make sure to keep the scones a few cm apart on the baking tray).

Once everything is well incorporated, roll the mixture into 14 rough balls. Gently flatten with your hand and bake for 20 minutes or until golden.







YOGHURT BARK

 Serves 15 | Prep 5 minutes | Cook 2+ hours

INGREDIENTS

2 cups Greek yoghurt
2 cups frozen raspberries
1 swirl, crumbled
1 tbs Nutella

METHOD

Combine all ingredients in a bowl. Line a baking tray with baking paper and spread into a thin layer.

Freeze for 4 hours or until it is fully frozen.

Break into bite-sized bits and enjoy.

Keep in the freezer for a quick sweet treat.

Caramel Sea SALT COOKIES

🍳 Makes 20 | Prep 10 minutes | Cook 30 minutes

INGREDIENTS

200g sugar (for caramel)

210g butter

200g brown sugar

100g sugar

2 eggs

1 tsp vanilla extract

330g flour

Pinch of baking powder

Pinch of baking soda

300g dark chocolate

Sea salt flakes

METHOD

Preheat oven to 180°C. To make the caramel add the sugar to a pan over a medium heat. Melt the sugar until it melts and turns golden. Mix with a spoon until it looks smooth and season with sea salt.

Pour the caramel onto some baking paper and leave to cool. Once cool, break/cut into small pieces. In a new pan, add the butter and melt on a medium heat until it begins to brown. Leave to cool.

When the butter has cooled slightly, add the sugars and mix until the sugar is dissolved. Add one egg at a time until the eggs are mixed. Add all dry ingredients and then the chocolate and caramel.

Roll a small amount into a ball and place on a baking tray. Sprinkle with sea salt and bake for 10 minutes. When you take them out of the oven, melt some chocolate and drizzle over the cookies.



Honey Joys

🍳 Serves 12 | Prep 10 minutes | Cook 10 minutes

INGREDIENTS

4 1/2 cups cornflakes

120g butter, melted

1 1/2 tbs honey

1/3 cup caster sugar

METHOD

Preheat oven to 180°C and place cupcake patties in a cupcake tin.

Place the cornflakes in a large bowl. Meanwhile in a saucepan, melt the butter with the honey and sugar until the butter has melted and it is a smooth mixture.

Add the butter mixture to the cornflakes and mix well to combine. If there is too much left over butter mixture in the bottom of the bowl, you can add in more cornflakes.

Evenly distribute the mixture in the cupcake patties and bake for 10 minutes. Transfer to a wire rack to cook and enjoy!



BISCOFF

cake WITH

RASPBERRIES

 Serves 12 | Prep 30 minutes | Cook 1 hour

INGREDIENTS

250g butter, softened	buttercream icing mix
1 cup caster sugar	150g butter, softened
2 tsp vanilla essence	3 tsp water
3 eggs	8 Biscoff bikkies, roughly crushed
2 1/2 cups self-raising flour	2 cups frozen raspberries
2/3 cup milk	
250g CSR Vanilla	

METHOD

Preheat oven to 180°C. Line 19/22cm base round cake pan with baking paper. Ensuring that the sides are also covered.

Mix together the butter, sugar and vanilla in a bowl on medium-high speed until fluffy.

Add the eggs one at a time, beating to combine after each egg. Add half the flour and stir to combine. Follow with half the milk and stir to combine. Repeat with the left over flour and milk.

To make the icing, beat the butter in a bowl until pale. Gradually add the buttercream mix and water until smooth. Crush the bikkies in your hands so it is crushed well but there are still some big parts in there and mix in with the icing.

Make sure that the cake has completely cooled before icing!!

If stacking two cakes, cut the top off the bottom cake and place on your serving plate. Spread a layer of icing and some crushed raspberries to form a middle layer. Place the other cake on top and cover in the icing. It does not have to look perfect (because who has time for that) as it will be covered in the raspberries.



Lemon cake

■ Serves 10 | Prep 20 minutes | Cook 45 minutes

INGREDIENTS

1 1/3 cups flour	Zest of 1 lemon
1 cup self raising flour	100ml fresh lemon juice
1 1/3 cups caster sugar	ICING:
150g butter, melted	1 cup icing sugar
3 eggs	25ml lemon juice
100ml milk	Zest of 1/2 a lemon

METHOD

Preheat oven to 180°C. Line 22cm pan (square or circle) with baking paper.

Combine the flour in a bowl. Add the caster sugar and make a well in the centre. Add the eggs, milk, zest and lemon juice to the flour mixture and stir until well combined.

Bake for 35-40 minutes or until you can stab it and it comes out clean. Take out of the tin and leave to cool on a wire rack.

Place the cake on your serving platter of choice. Mix the icing sugar, lemon juice and zest in a bowl until it forms an icing consistency. Pour over the cake and leave to set.









Index

Ah yes, the index — the unsung hero of any cookbook. You all know how to use it (scroll, skim, scan... whatever your method, no judgment here). It's like the Google of this book, minus the creepy data tracking. Want pasta? Boom. Looking for that one salad with the good stuff? Got you. Anyway, here it is — the index. Go wild.

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ella's everyday eats