



THIS WEEK'S TASTY RECIPE

CHOCOLATE MOUSSE

SERVES 8

INGREDIENTS

300g good quality dark chocolate (70% cocoa solids), broken into small pieces

sea salt

8 large free-range eggs

100g caster sugar

300ml double cream

75ml Amaretto

MAKE IT FRESH AT HOME

Ingredients available at Coles and Woolworths

METHOD

1. Place the dark chocolate and a tiny pinch of salt in a heatproof bowl and sit it over a pan of gently simmering water, making sure the water doesn't touch the base of the bowl. Leave to slowly melt, stirring occasionally.
2. Meanwhile, separate your eggs so you have the whites in one bowl and the yolks in another. Add the sugar to the bowl of yolks and beat until the sugar has dissolved and its silky and smooth. Whisk the whites with a tiny pinch of salt until they form soft peaks – you should be able to hold the bowl upside down over your head without them falling out!
3. In a third bowl, beat the cream until slightly thick and just whipped. Once the chocolate has melted, carefully lift the bowl out of the pan. Add 75ml (3 shots) of amaretto and the cocoa powder to your bowl of yolks and mix well. Tip in the cream and mix again, then fold through the melted chocolate until it's well combined and a gorgeous colour. Finish by tipping in the egg whites, then keep folding, from the outside in in a figure-of-eight until the mix is smooth and evenly coloured.
4. Spoon or ladle the mousse into a big serving bowl or divide between little glasses or cappuccino cups and pop in the fridge for an hour or two until set.



THIS WEEK'S TASTY RECIPE

FALAFEL BALLS WITH TAHINI DIP

SERVES 4

INGREDIENTS

1 brown onion, chopped
2 garlic cloves, chopped
2 tsp ground coriander
1 tsp cumin seeds
1 tsp smoked paprika
2x 400g cans chickpeas, drained, rinsed
1 cup chopped fresh flat-leaf parsley leaves
½ cup plain flour or gluten free flour
1 egg white
1 tbsp olive oil

Sauce:

2 cups yoghurt
1 tbsp tahini
1 tbsp lemon juice
salt and pepper

METHOD

1. Place onion, garlic, coriander, cumin, smoked paprika, chickpeas, parsley, flour, egg white, salt and pepper in a food processor. Process until almost smooth. Using floured hands, shape mixture into four 2cm thick patties. Place on a plate. Cover and refrigerate for 30 minutes.
2. Heat oil in a large frying pan over medium heat. Cook patties for 4 to 5 minutes each side or until cooked through.
3. Mix sauce ingredients together and serve.

MAKE IT FRESH AT HOME:

Ingredients available at T&M Fresh, Coles and Woolworths.

Westfield CAROUSEL



THIS WEEK'S TASTY RECIPE

PEANUT BUTTER AND OAT SLICE

SERVES 20

INGREDIENTS

Melted butter, to lightly grease
½ cup wholemeal self-raising flour
½ cup plain flour
1 cup rolled oats
1 cup desiccated coconut
½ cup, firmly packed brown sugar
½ cup sunflower seed kernels
2 tablespoons sesame seeds
½ cup crunchy peanut butter
¼ cup honey
80g butter
1 egg, lightly whisked

METHOD

1. Preheat oven to 180°C. Brush a 17 x 27cm (base measurement) slice pan with melted butter to lightly grease. Line the base and 2 long sides with non-stick baking paper, allowing the sides to overhang.
2. Sift the combined flours into a bowl, returning the husks to the bowl. Add the oats, coconut, sugar, sunflower seeds and sesame seeds, and stir to combine. Make a well in the centre.
3. Place the peanut butter, honey and butter in a saucepan over low heat. Cook, stirring, for 2 minutes or until melted and well combined. Remove from heat. Add peanut butter mixture and egg to the flour mixture and stir until well combined.
4. Press the mixture into the prepared pan. Bake in preheated oven for 20-25 minutes or until slice is golden brown and set. Set aside to cool completely. Cut into squares to serve.

MAKE IT FRESH AT HOME: Ingredients available at Coles and Woolworths.

Westfield CAROUSEL



THIS WEEK'S TASTY RECIPE

PRAWN TOAST

SERVES 24

INGREDIENTS

6 slices day-old white bread
500g green prawns, peeled, deveined
2 green onions, chopped
2cm piece ginger, peeled, grated
1 egg white
1 teaspoon cornflour
1 teaspoon soy sauce
1/4 teaspoon white pepper
1/3 cup sesame seeds
peanut oil, for frying

METHOD

1. Preheat oven to 150°C. Remove bread crusts. Cut each slice into 4 triangles.
2. Pat prawns dry with paper towel. Place in a food processor with onion, ginger, egg white, cornflour, soy sauce and salt and white pepper. Process until smooth.
3. Spread 2 teaspoons prawn mixture over each bread triangle. Sprinkle sesame seeds onto a plate. Dip bread, prawn side down, into sesame seeds.
4. Pour oil into a wok until one-third full. Heat until a small piece of bread dropped into oil sizzles. Cook toasts, in batches, prawn side down, for 1 minute. Turn and cook for a further 15 to 30 seconds or until golden. Remove to a wire rack over a baking tray. Keep warm in oven while cooking remaining prawn toasts.

MAKE IT FRESH AT HOME: Ingredients available at Carousel Seafood, T&M Fresh, Coles and Woolworths.



THIS WEEK'S TASTY RECIPE

FOCACCIA WITH VEGEMITE

IDEAL FOR 6-8 PEOPLE

INGREDIENTS

14g yeast
1 tbsp sugar or honey
Big pinch of salt
500ml warm water
650g approx flour
2 tbsp olive oil
Butter to serve
Vegemite to serve

METHOD

1. Get a big bowl, put in the flour, yeast, sugar, salt, oil then add the water. It must be blood temperature (37 degrees), not too cold or the yeast won't react and not too hot or you'll kill it! Mix with a wooden spoon until it is a smooth dough. Leave for at least 20 mins for it to prove and get bigger in a warm place.
2. Grease a flat tray/tin with olive oil and then sprinkle with flour. Once the dough has proved, re-mix it and put on the tray, sprinkle with flour and pat down in to a dollop shape then gently rub with olive oil flaky salt or olives or more herbs.
3. Leave to rise again for another 20 mins and bake in the oven at least 190°C until golden brown on top and so that when you pierce it with a knife, the knife comes out clean. (Another way of testing is to knock the bread and if it has a hollow sound, it is done.)
4. To serve, cut the bread, and cover with butter and vegemite.

MAKE IT FRESH AT HOME

Ingredients available from Woolworths and Coles.

Westfield CAROUSEL



THIS WEEK'S TASTY RECIPE

SALMON CEVICHE

SERVES 4 AS AN ENTREE

INGREDIENTS

- 1 fresh long green chilli
- 1 garlic clove
- 1 tbsp chopped fresh coriander root
- 1/2 tsp sea salt flakes
- 1/4 tsp cracked black pepper
- 700g salmon fillets, finely chopped
- 1/2 cup coconut cream
- 185ml (3/4 cup) lime juice
- 1/4 cup chopped fresh coriander
- 35g (1/2 cup) shredded coconut, lightly toasted
- 1 long fresh red chilli, thinly sliced

METHOD

Simply mix all ingredients together and serve either as a canapé on a spoon or with a light salad.

MAKE IT FRESH AT HOME

Ingredients available from Carousel Seafoods, T&M Fresh, Woolworths and Coles.

THIS WEEK'S TASTY CHRISTMAS RECIPE

ULTIMATE GINGERBREAD

20-30 PIECES

INGREDIENTS

400g quality shortbread
170g demerara sugar
3 level teaspoons ground ginger
40g mixed peel
40g crystallized ginger
70g plain flour
1 pinch of baking powder
40g golden syrup
40g treacle
70g unsalted butter

METHOD

1. Preheat the oven to 180°C and line a 20cm x 35cm baking tray with greaseproof paper.
2. Put the shortbread, sugar and 2 teaspoons of the ground ginger into a food processor and whiz to fine crumbs. Remove 100g of the mix and keep this to one side.
3. Add the remaining teaspoon of ginger to the processor, then roughly chop and add the mixed peel and ginger, followed by the flour and baking powder. Pulse until well mixed.
4. Melt the syrup, treacle and butter together in a large pan. Once melted, stir in the mixture from the food processor until thoroughly combined.
5. Tip onto the baking tray and spread out evenly. Press the mixture down into the tray, using your fingers or the back of a spoon. When the mix is a flat, dense and even layer, pop the tray in the preheated oven for 8 to 10 minutes.
6. Take the tray out of the oven and sprinkle the hot gingerbread with the reserved crumbs, pressing them down really well with a potato masher or spatula.
7. Carefully cut into good-sized pieces with a sharp knife, and leave to cool in the tray before eating.

THIS WEEK'S TASTY CHRISTMAS RECIPE

HAM, BRIE & CRANBERRY TARTLETS

SERVES 16

INGREDIENTS

- 1 square of puff pastry
- spray oil
- 2 tbsp cranberry sauce
- 2 thick slices Christmas ham
- 1/2 small brie
- 1 egg
- 2 tbsp cream

METHOD

1. Spray oil a mini tart/quiche tray.
2. Cut pastry and push in tray.
3. Put in an oven at 180°C until the puff pastry puffs up.
4. Remove and push down with a tea towel.
5. Then, rip up the ham and divide into the cases, put a little cranberry sauce and brie on top.
6. Mix the eggs and cream and just spoon between the cases.
7. Season with salt and pepper then bake until golden and crispy.

THIS WEEK'S TASTY CHRISTMAS RECIPE

RAW CHRISTMAS PUDDING BALLS

SERVES 30 SMALL PIECES

INGREDIENTS

60g dried figs
2 tbsp orange zest
50g flaxseed meal
2 tbsp dried sour cherries
1 tsp fresh ginger, grated
100g dried apricots
250g fresh dates, pitted
170ml almond meal
1 tsp vanilla extract
1/4 tsp allspice
1 tsp ground cinnamon
1/4 tsp ground nutmeg
1/4 tsp ground ginger
1/4 cup orange juice
1 tbsp coconut oil

METHOD

1. Combine all the ingredients, except for the orange juice and the coconut oil, in a food processor and blend until the mixture forms into a crumb-like consistency.
2. Remove from the food processor, place in a large mixing bowl and add the orange juice and coconut oil.
3. Knead the mixture until it comes together into a large ball. Then roll into small bliss balls and set in the fridge.



THIS WEEK'S TASTY RECIPE

POTATO FRITTATA WITH GARLIC AIOLI

SERVES 8

INGREDIENTS

3 white potatoes, peeled & thinly sliced in semi circles
8 free-range eggs, beaten
2 cloves garlic, sliced
1 sprig rosemary
3 tablespoons olive oil
salt and pepper

METHOD

1. Heat 2 inches of olive oil in a non-stick fry pan, when the oil is hot add the potatoes and fry gently until the potatoes are tender.
2. Lift out with a holey spoon and put straight into your bowl of egg mix. Pour the oil back into a bowl and save for next time.
3. In the same pan, heat again and fry gently the sliced garlic and rosemary sprig when the garlic is turning golden.
4. Remove the rosemary.
5. Pour in the egg and potato mix, fry gently until the mix is $\frac{3}{4}$ cooked, then flip onto a board and slide it back in. Then cook for 5 more minutes to ensure it is cooked through.
6. Leave to rest in the fridge for 10 minutes, turn on to the board and cut into wedges with aioli.



THIS WEEK'S TASTY RECIPE

MINI PUMPKIN PIES

SERVES 30

INGREDIENTS

500g ready-made sweet or puff pastry
1 ½ Jap pumpkin, peeled, seeded, steamed and mashed
¼ teaspoon ground nutmeg
¼ teaspoon ground ginger
¼ teaspoon ground cinnamon
4 tablespoons maple syrup
6 tablespoons caster sugar
3 large free-range eggs, beaten
200 ml double cream

METHOD

1. Cut little circles with pastry cutters and push in to oil sprayed mini muffin trays. Cook at 180°C for 8 minutes to par bake the pastry.
2. Mix the rest of the ingredients in a bowl and carefully pour in spoon by spoon into the cases.
3. Then return the trays to the oven and bake for approximately 12 minutes or until the filling is firm to the touch.

MAKE IT FRESH AT HOME

Ingredients available from T&M Fresh, Coles and Woolworths.



THIS WEEK'S TASTY RECIPE

STRAWBERRY MESS

SERVES 4

INGREDIENTS

- 1 x punnet strawberries, cut into quarters
- 2 x tbsp thickened cream
- 1 x tbsp greek yoghurt
- 2 x meringue nests
- 4 x leaves fresh mint, shredded
- 2 x ginger nut biscuits broken up

METHOD

Simply mix everything together in a bowl and serve straight away.

MAKE IT FRESH AT HOME

Ingredients available from T&M Fresh, Woolworths and Coles.



THIS WEEK'S TASTY RECIPE

MUSHROOM THYME PÂTÉ

MAKES APPROXIMATELY 24 CANAPÉS

INGREDIENTS

1 tablespoon of olive oil
1 onion chopped
2 cloves garlic
2 sprigs of fresh thyme
500g field mushrooms or a mixture
½ cup of cream cheese
Zest of 1 lemon plus 1-2
tablespoons of juice
Salt & fresh cracked black pepper
Mini toasts, Melba toast or crostini
to serve

METHOD

1. Heat the oil over medium heat and sauté the onions and garlic until soft. Do not let them brown.
2. Increase the heat to medium high and add the mushrooms. Sauté until starting to brown.
3. Add the thyme, cream cheese, lemon zest and juice and cook, stirring until the mushrooms are soft. Season well with salt and black pepper.
4. Allow the mixture to cool slightly before transferring to a food processor and blitzing until smooth. Transfer to a bowl and allow to cool completely.
5. Spoon teaspoon sized quenelles onto the toasts and top with a couple of thyme leaves. Or you can use a piping bag. Alternatively, serve it as a dip in a bowl with a variety of crostini and crackers.