

The Blueskin Bayleaf, aka Rowan Holt, adores cooking, creating and roaming around looking for interesting ingredients. She has three young children and has lived with her husband in Warrington since 2002. Rowan is a qualified cooking teacher and has written regular recipes for the Blueskin News for the past 6 years.

The Blueskin Bayleaf has always wanted to write a book and has invited parents of Warrington Playcentre to contribute their talents too for this summer edition. Unless specified, all recipes are written by Rowan.

All proceeds from this book will go towards children's resources.

Brendan Holt loves everything Warrington and has drawn the beautiful boat on the back cover. He helps the Bayleaf immensely every single day x.

Livia Young and Jared Gee are actually professional chefs, caterers, and own Cilantro, a wonderful café on Moray Place. Livia has drawn superb food still life pictures for our book.

Miwa Kitaoka-Popham helps us at Warrington Playcentre with tea ceremonies and kimono. She has also provided the wonderful calligraphy drawings.

Al Cameron and Mary Jane Mirfin have shared some of their family history with the recipes and their own talent with the cool and funky pictures.

Katherine Smith-Holley has two children at Warrington Playcentre and truly loves it here because she commutes from Palmerston every week to be part of our Playcentre!

How to use this book:

- Please read all recipes completely first before starting, as some are written in conversational mode and therefore some necessary advice might be delivered randomly.
- Remember: little 't' for a little 5ml teaspoon, BIG 'T' for a BIG 15ml Tablespoon.
- All temperatures are in degrees Celsius (°C).
- Chiffonade: is a French word that means "light as chiffon". Cut your herbs as finely as possible to achieve this (like you see in restaurants).

Ameijoas Na Cataplana

There is something very satisfying about knowing there is pork belly brewing in a delicious marinade, getting ready for dinner! All you need for this recipe is a friendly butcher (for the pork) and a dry pair of gumboots (to collect your cockles). Good eggs for the pasta are essential.

My cousin married a Portuguese man, and this recipe was inspired by his cooking. I have adapted it somewhat, to use ingredients that are readily available around here.

1 pork belly

diced cockles

Marinade:

3 cups white wine

5 cloves garlic

4 shallots

6 bay leaves

2 tablespoons paprika

Marinate the pork, then take it out, reserving the rest of the marinade. Fry pork off in butter and oil.

Scrub and clean cockles. Steam open cockles in the marinade.

Stir through fried bacon and **1 cup cream**.

Stir through chiffonnade **parsley and coriander**.

Serve with fresh pasta:

4 large free range eggs

500g flour. Use high grade or strong Tipo “00”

Put ingredients in a food processor and mix to a dough, about 1 minute.

Turn onto a floured board and knead for another couple of minutes.

Wrap in paper or cling film and let it rest in fridge for at least 10 minutes.

Roll out as thin as you can and shape as you wish. Long and flat, you can cut or rip for rustic shapes or use a pasta cutter if you have one.



New ways to use beetroot

It is always good to have new ways to use beetroot, even though traditionally sliced and preserved is very hard to “beat”... in sandwiches with fresh white bread, iceberg lettuce and lashings of mayonnaise.

Beetroot Gnocchi

Try this for an entree when entertaining guests or as a simple supper.

3 small fresh beetroot, peeled and chopped

1 large potato, peeled and chopped

1/6 of the combined weight of the potato and beetroot in plain flour

75g unsalted butter

4t fresh sage, chopped

50g stilton, crumbled

salt and freshly ground black pepper

extra flour, for rolling

Fill two medium pans with salted water and bring to the boil. Cook the beetroot and potato until tender separately in the two pans. Drain, return to one pan and mash. Beat in the flour. On a floured surface, knead the mixture for 1-2 minutes. Divide into strips, roll and cut into 2.5cm/1in cubes.

In a separate pan of salted water, boil the cubes for 2-3 minutes, stirring occasionally to prevent sticking.

Meanwhile, in a small frying pan gently melt the butter. Stir in the sage and season with black pepper. Drain the gnocchi. Serve drizzled with sage butter and a scattering of stilton.



Tasty Beetroot Salad

This salad is lovely with fresh bread and poached eggs, or as an accompaniment to roasted game meat and potatoes.

2 large beetroot, peeled

2 large carrots, peeled

quarter-cup orange juice

2 cloves garlic, crushed

1 teaspoon fresh ginger, grated

salt and pepper

1 tablespoon poppy seeds

quarter-cup parsley, chiffonade cut

Grate the beetroot and carrot and place in a medium saucepan. Add orange juice, garlic, ginger and salt and pepper. Bring to a simmer and cook for 5 minutes. Remove from heat, add poppyseeds and parsley. Stir through and serve warm.

Bouquet Garni Blueskin Bay style – a posy of flavour

Many herbs grow reasonably well in Warrington. Herbs can be a little fussy about soils types and aspect, which is why I have included detailed information on each.

Choose sprigs of your selected herbs. Cut them to about 10cm-12cm.

Tie together with unwaxed string. Add to casseroles, soups, stews and sauces.

The bouquet garni will release flavours while cooking. Remove before serving.

Herbs

TARRAGON FRENCH -

Artemisia dracunculus

Height: 90cm Space: 30-45cm

Sunny, light well drained soil. Frost tender.

French Tarragon has the refined flavour indispensable to classic French cuisine but needs winter protection. Glossy long green leaves which release a bitter sweet,

warm, peppery scent with an anise undertone. For best results use fresh to flavour salads, meats, fish, chicken and egg dishes.

SAGE PURPLE - *Salvia officinalis purpurea* - Perennial

Height: 75cm Space: 45cm

Sunny, light well drained soil.

Bushy shrub with strongly flavoured purple leaves (sometimes referred to as Red Sage). Use as a tea for sore throats. Place amongst linen to discourage insects. Use leaves fresh or dried with rich fatty meats or in stuffing for poultry. Very attractive specimen herb for general garden planting, mauve-blue flowers.

SAGE OFFICINALIS -

Salvia officinalis - Perennial

Height: 90cm Space: 45cm

Sunny, light well drained soil.

Bushy shrub with square green

leaves. Generally mauve-blue flowers. Leaves when dried are highly aromatic and pungent. Place amongst linen to discourage insects, or burn on embers to deodorize animal and cooking smells. Use leaves fresh or dried with richly fatty meats, mix with onions for poultry stuffing's. Rub fresh leaf on teeth to whiten. Prune frequently.

THYME PIZZA - *Thymus sp*
- Perennial

Height: 30cm Space: 30cm

Sunny, light well drained soil.

Shiny, broad leaf, semi-upright growth habit with a flavour likened to oregano. A perfect compliment to Italian cuisine.

ROSEMARY UPRIGHT -
Rosmarinus officinalis - Perennial

Height: 75cm

Sunny, well drained soil.

A classic attractive evergreen

upright shrub with blue flowers. Cultivated for its richly aromatic leaves, use either fresh or dried. The flower spikes appear in winter, spring, autumn, and brings bees from far and wide. Rosemary should be pruned regularly. Dry pruned stems and burn on your fire or barbecue for a lovely aroma. Use leaf in potpourri; lay in sprigs amongst linen.

BAY TREE - *Laurus nobilis*
- Perennial

Height: 700cm Space: 120cm

Full sun, rich moist well drained soil.

Hardy, wind tolerant, possible frost damage but will regenerate. Will grow in any reasonable soil but good drainage essential. Grows well in tubs with reasonable watering requirements. Highly perfumed creamy flowers in summer. Dark green aromatic leaves much used for flavouring in cooking. Excellent screening plant when planted 1m apart. Lawn specimen (formally clipped) or background shrub in larger borders.

Chamomile Biscotti

This is a sweet little recipe that makes a subtle treat to serve with tea or coffee. Chamomile is proving to be quite a hardy little herb despite its gentle nature. It dies down a tiny bit over winter, otherwise appears to have flowers all year long.

Biscotti are very simple to make. The word is Italian for “biscuit”, literally “twice cooked”.

2 1/4 cups plain flour

1t baking powder

1/2t baking soda

1/4t salt

2/3 c sugar

2 eggs

3t honey

1/2t vanilla

2t orange zest

**5t very strong brewed
chamomile tea**

Icing

1 cup icing sugar

**2t very strong brewed
chamomile tea**

1t butter

Preheat oven to 180 °C and adjust rack to middle position.

In a mixing bowl, sift together flour, baking powder, baking soda and salt. Set aside. In a separate mixing bowl, whisk together sugar and eggs to a light yellow colour. Stir in honey, vanilla, zest and tea. Add in dry ingredients, folding batter together until just combined.

Divide batter into two equal sections. With floured hands to prevent sticking, form each half into a log (approximately 3 inches wide by 3/4 inches high) and place lengthwise on baking paper. Be sure to place logs at least one inch apart from each other.

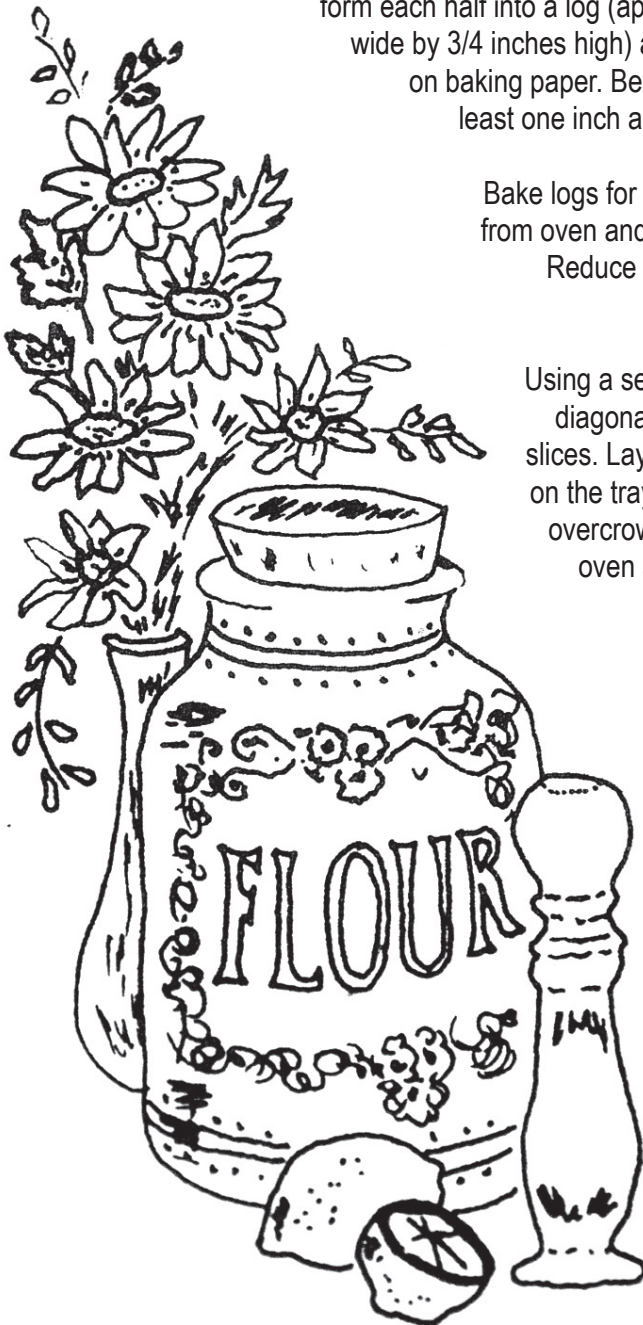
Bake logs for 35 minutes. Remove from oven and cool for 10 minutes.

Reduce temperature down to 160 deg.

Using a serrated knife, cut logs diagonally into 1/2-inch thick slices. Lay slices on their sides on the tray being careful not to overcrowd the tray. Return to oven and bake for another 15 minutes, flipping the slices over once halfway through.

Remove from the oven and cool.

You can enjoy as is or drizzle with chamomile-spiked icing. To make the icing, simply stir together icing sugar with hot chamomile tea and a table-spoon of butter and drizzle over cookies with a fork.



Cherry and Gingernut Biscotti Cheesecake

1 1/4 c mix of gingernut and malt biscuit crumbs

80g butter, melted

750g cream cheese, softened

3/4 cup caster sugar, 1 1/2 t vanilla, 2 eggs

200g greek yoghurt or sour cream

400g jar cherries, drained, liquid reserved

dash of brandy and 1 t grated lemon rind

1/4 c caster sugar, extra

2 t cornflour

Combine biscuit crumbs and butter. Press into the base of a greased 22cm round spring form tin. Chill. Beat half the cream cheese, 1/2 c sugar and 1 t vanilla until smooth. Beat in the eggs one at a time. Pour mixture into tin and bake for 20min at 180 °C. Cool for 5 minutes.

Beat the remaining cream cheese, sugar, vanilla and lemon rind until smooth. Then add the yoghurt or sour cream. Pour over the cooked base and bake for 10-15 minutes or until just a little wobbly in the centre. Remove from oven and cool. Chill.

Combine the 1/4 of cherry liquid with the cornflour to create a paste in a small saucepan on medium heat.

Slowly add the extra sugar and the rest of reserved liquid and stir until the syrup has darkened a little and thickened. Stir in all the cherries and brandy, take off the heat. Cool. Pour cooled cherry topping over the cold base and chill for at least an hour.

Carefully remove outside of tin and present on a large plate. When you slice it you will reveal the four layers – base, cheese, yoghurt, topping – delicious!

Chocolate Eclairs

Along with saying please and thank you and not wiping your face on the tablecloth, I also consider knowing how to make superb chocolate eclairs as essential good social etiquette. Once you master this, you will never be stuck for a plate, a treat family dessert, gifts or even a wedding cake. My sister had a stack of over one hundred filled with custard and drizzled in sauce to celebrate her special day. It was also how we learnt fractions as a child around the dinner table as we carefully and fairly divided them.

Bring **1 cup water** and **50g butter** to a rolling boil.

Dump in **1 cup flour** and mix together quickly.

Set aside for 1 or 2 minutes to cool slightly.

Add **3 eggs**, one at a time, beating thoroughly after each addition.

Grease a tray with butter and sprinkle lightly with water. Bake at 200 °C on fan bake. Take out of oven and make a slit in each eclair to release steam. Cool.

Ice with chocolate icing and fill with whipped cream.

Cod fish

By Al Cameron

cod fillets

Sauté sliced onions, red pepper and garlic until soft and starting to brown. Add seasonings.

red pepper

red onion

Place cod fillets in oven proof dish, cover with red peppers and onion mix and bake in a moderate oven for 20 minutes.

garlic

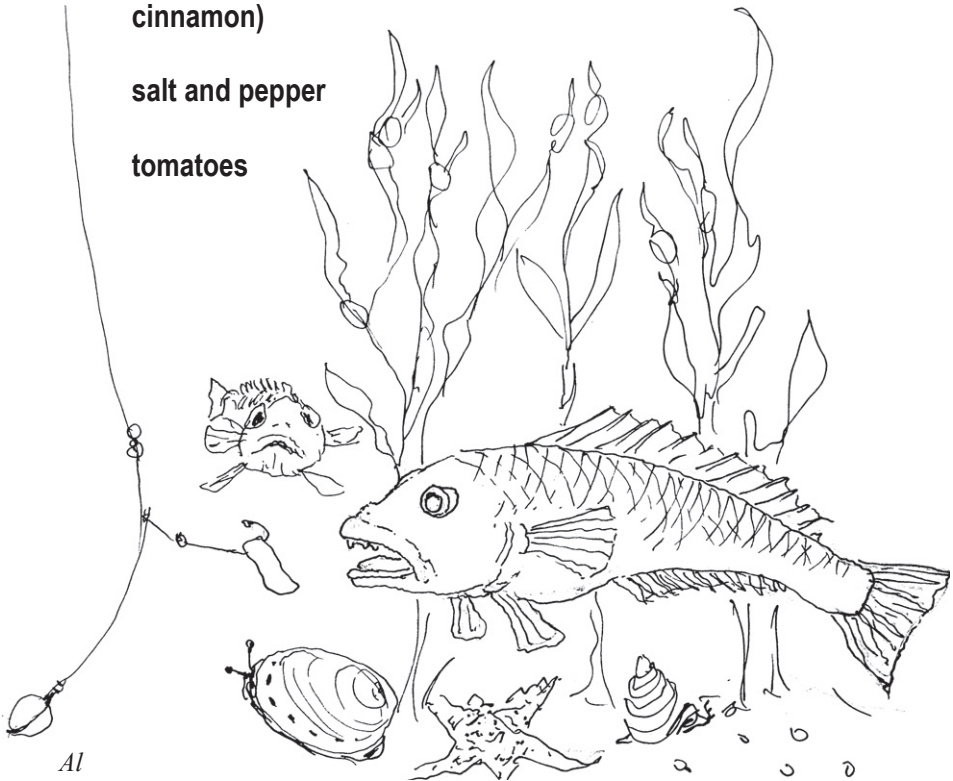
olive oil

Serve with cous cous.

**moroccan seasoning (paprika,
coriander seed, cumin,
cinnamon)**

salt and pepper

tomatoes



Conscious Cookies

This recipe is from the Anahata Yoga Retreat, in Nelson. I love it. We are lucky in Blueskin Bay to have access to fresh kelp. Simply collect it clean from the beach or rock pools, bring it home and wash it thoroughly in water. Hang to dry on the clothesline. When it is dry, put it in the food processor until it is the texture you like. Fine is good for baking and coarse flakes are great for soups and casseroles.

Cooking is all about being creative. Here is a base recipe and a few hints as to what other little goodies you can add. Make them your own expression and enjoy!

Note: Please never compare carob to chocolate! Carob has its own special flavour.

Base:
200gm almond flour
1 cup coconut
4 tablespoons carob powder
1 teaspoon kelp (fine)
2 cups of dates
water and spices

Optional Extras: **peanut butter, tahini, seeds, nuts, other fruit**

Spices: **ginger, nutmeg, cardamom, mixed spice, cinnamon**

Cocoa instead of carob, choc drops, carob or chocolate pieces, etc

Simmer dates in water until they become a soft paste. Combine date paste with all other ingredients, then add water/soya milk until moist enough to roll in balls. Press slightly and bake until just crispy with gooey centre. (15 – 20 minutes at 180 °C).



*"1 is medicine,
2 is food
3 is poison"*

Autumn Duck Salad

Duck has a habit of being cooked as a heavy dish, and it does not have to be this way. True, duck cooked in a mandarin or orange sauce is delicious with roast kumara and braised brussels sprouts.

grilled duck breast with fresh citrus and cranberry relish

2 whole duck breasts

coarse (kosher) salt and fresh ground black pepper to taste

4 handfuls lettuce (lamb's, paris cos...whatever you have going)

Preheat the grill to low. Oil the grill rack and jab a fork randomly into the side of the duck breast, piercing through to the flesh, to allow some of the fat to cook off during grilling. Season liberally on both sides with salt and pepper. Place skin side down on the grill. Cook over low heat until skin is brown and crispy and meat is tender and pink, 25–30 minutes. Flip and cook to your liking as needed (around an extra 5 minutes).

Remove from the grill, rest, and cut into lengthwise slices an inch thick, along the grain of the meat.

Relish: 3 oranges or 5 mandarins, pith and seeds removed

1 cup fresh cranberries

1 onion or 3 shallots finely chopped

small handful of fresh herbs – basil, marjoram, parsley

juice of 1 lime

3t light vegetable oil

Put all ingredients in a pot and stir well to combine. Simmer gently for 15 minutes and salt and pepper to taste. Set aside and cool to room temperature. Cover tightly and refrigerate, will keep for a day or two.

Layer lettuce as a nest in a wide bowl, arrange sliced duck breast and serve with relish on the side. For an extra touch, garnish with calendula flowers and some hot potatoes for a complete meal.

Dukkah

Why not make it personal? Here is a basic dukkah recipe, but I have seen it made “Persian” with dried rose petals and many other variations to make a signature style. Just make sure it is all edible in its raw form and all things end up roughly the same size. What’s yours?

1 cup toasted hazelnuts

1/4 cup sesame seeds

1/4t flaky sea salt

1/4t pepper

1t cumin seeds

1t coriander seeds

1t oil

Lightly toast cumin and coriander seeds with oil in a saucepan for 1 –2 minutes to release flavours.

Combine everything in a food processor and PULSE until mixture is like breadcrumbs.

Serve with bread and good olive oil. Dip bread into oil and then dip into dukkah mix.

Other possibilities, not limited to: chilli flakes, fennel seeds, cinnamon, dried petals and leaves (edible of course) such as rose petals and curry leaves, dusted or very finely chopped dried citrus rind, walnuts, brazil nuts, linseed, ground cloves.

Feta and Fresh Herb Potato Salad

This perfectly fresh and simple salad is a lovely side to many dishes or as a contribution to shared dinners. It can easily be adapted to use seasonal flavours.

Cut **7 potatoes, washed and peeled**, into 2cm cubes and boil in salted water for 10 minutes or until tender. When cooked, drain in colander. Mix in a large bowl with **1/2 cup good quality mayonnaise (see recipe on page 18)**, add salt and pepper.

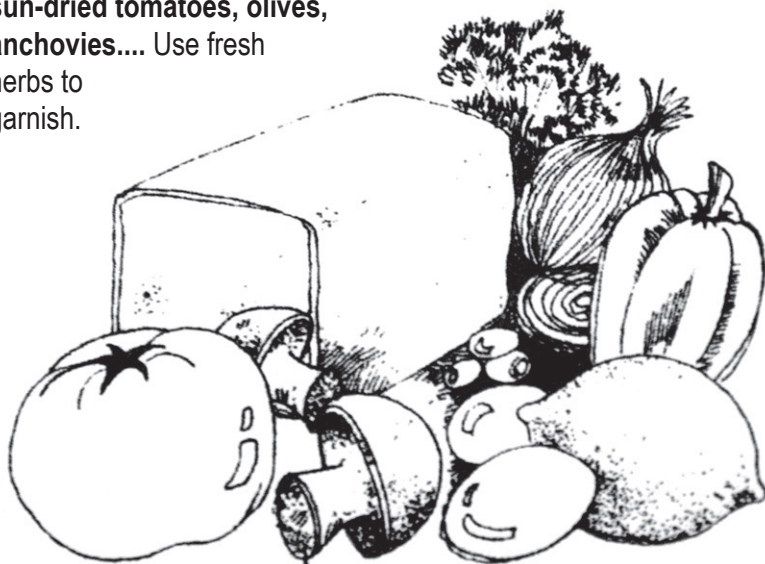
1 stalk celery, sliced

2 cloves garlic, crushed

3t fresh torn herbs (parsley, mint, basil, oregano)

Mix fresh ingredients together in a small bowl. Toss into the potato mixture. Crumble **1/2 cup feta** on top and toss through.

At this stage you could add **chopped sun-dried tomatoes, olives, anchovies....** Use fresh herbs to garnish.



Livia

French Toast with Balsamic Tomatoes and Basil

An easy and elegant brunch or light meal. This is a great way to use day-old bread and over-ripe tomatoes.

In a bowl, whisk together

3 eggs, 1/4 cup milk, salt and pepper

Heat frying pan with a knob of butter over medium heat. One at a time, dip 4 slices of bread in mixture until completely covered, but not soaked. Place in frying pan and cook each side until golden.

Cut in triangles and serve with balsamic tomatoes and basil:

4 tomatoes, cut in half, cores removed

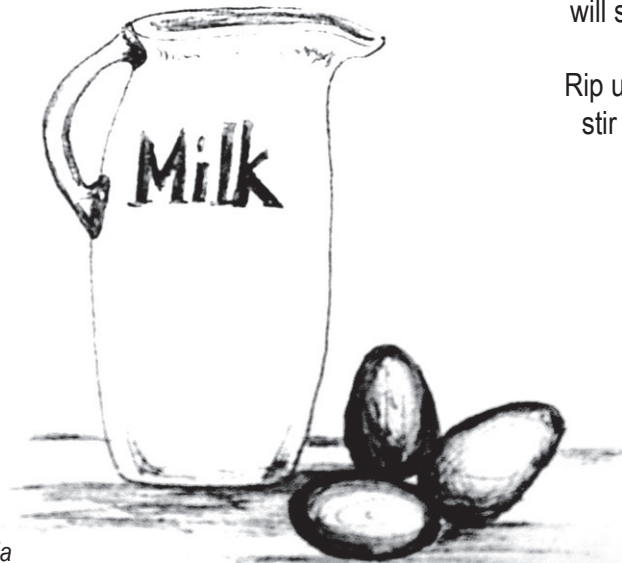
1/2t each of salt, pepper and sugar

Place in hot pan, sliced side up and heat for 4–5 minutes.

Add 3t balsamic vinegar and cook for another 2 minutes – tomatoes will start to caramelize.

Rip up basil leaves and stir through tomatoes.

Serve with French toast as above.



Mayonnaise

Creating good mayonnaise is worth mastering because it can be used in so many ways and is far superior to the stuff you buy. Delicious with eggs, salads, in sandwiches and stirred through pasta and potatoes. If you wish to thin it down, use a tiny bit of water or lemon juice.

3 egg yolks

1 clove garlic (peeled and halved)

salt, pepper

2t Dijon mustard

juice of 1 lemon

45ml salad oil, and 330ml salad oil

Place egg yolks, garlic, salt and pepper to taste, mustard, lemon juice and first measure of oil into bowl of a food processor with metal blade. Process until smooth. Place remaining oil into a jug and VERY SLOWLY pour through the feed tube of the processor while the machine is running. Season to taste. Store tightly covered in refrigerator for up to 5 days.

Serve with a simple salad: **1 clove garlic, 1/4 iceberg lettuce, small handful mesclun salad greens, 2 chopped tomatoes, 2 tablespoons bean sprouts, 1 carrot cut into fine sticks, 5 torn basil leaves** (for garnish).

Rub garlic around the inside of a salad bowl until garlic begins to break down. Leave broken garlic in salad bowl. Wash and drain iceberg lettuce. Roll lettuce leaves tightly and thinly slice. Place lettuce and the rest of the ingredients in bowl and toss. Sprinkle torn basil leaves on top and serve.

One-Pot Pasta

By Katherine

This is great easy winter recipe and makes use of my favourite winter greens: spinach, silver beet and parsley, which can be grown all year round in our gardens. Oregano comes in many different varieties and can also be grown here even in winter.

Olive oil, 3 cloves garlic, 1 onion and 2 small celery sticks

1 1/2t oregano

3t salt, pepper and 2 bay leaves

Capers and olives (optional)

1 can chopped tomatoes and 6t tomato paste

1t brown sugar

3/4 cup red lentils and 250g penne pasta

2–3 handfuls finely chopped silver beet or spinach

grated cheese or parmesan and chopped parsley

Finely chop onions, garlic, celery. Add pasta, lentils, stir and bring to the boil. Turn heat to low and stir occasionally for 15–20 minutes, or until pasta and lentils are soft. Stir through silver beet/spinach and let it sit for 3 minutes. Remove bay leaves and serve with grated parmesan cheese and parsley.

Note: I usually make this recipe so that the pasta and lentils absorb most of the liquid. Add more water as it cooks if necessary, or it can be served as a soup if you use more water.

Leftovers are good. Freeze and reheat in an oven proof ceramic dish: Grease with olive oil, pour in mix, pour over an extra half can of tomatoes and 1/2 cup water, cover with grated cheese. Bake 160 °C for approximately 20 minutes or until cheese is golden brown. The flavours are always better the second time around!

Pickled Walnuts

Pickling walnuts is a three-week process from picking to preserving, it is really easy to make a plentiful supply of pickled walnuts.

Mush them with cream cheese for a beautiful dip (especially nice when eaten in a paddock in Bannockburn) or serve on antipasto, with pears and blue cheese and salad.

2kg freshly picked black walnuts, 225g salt

Pick walnuts at about Christmas but before New Year, before the hard nut forms inside the green shiny case. Pick a bucketful and, wearing rubber gloves, prick each walnut a couple of times with a fork. Watch out for the clear juice this produces. It is deceptive, as it stains a dark brown (it is what they use for fake spray tans).

Cover the walnuts with water and salt. Leave for a week, then drain and renew with fresh brine solution for another week or so.

Next, lay walnuts out on trays in a dry, airy place. In a couple of days they will turn jet black. Now the walnuts are ready to be pickled.

Sweet Pickling Syrup

1 litre malt vinegar

500g brown sugar

1t each of allspice, cloves, cinnamon

1T grated fresh ginger

Combine all ingredients in a saucepan. Bring syrup mix to the boil, then add walnuts and simmer for 15 minutes.

Cool and spoon walnuts into large jars, then cover with syrup. They will last for years.

Asian Pork Belly

By Livia and Jared

500g pork belly

1t white wine

4t brown sugar

2t sherry

2t soy sauce

2t honey

1/2t five spice

1 bayleaf

6 peppercorns

2t balsamic vinegar

20ml hoisan sauce

1 star anise

1/2 cinnamon quill



Heat all marinade ingredients, cool slightly and pour over pork belly. Leave to marinade for at least 2 hours or overnight if possible. Drain meat and place into a roasting dish, reserving marinade for basting.

Quince Romance

I invented this recipe on my honeymoon where we found quinces growing in a wild orchard on the Banks Peninsula. We have since found out that quince, or the 'golden apple' is sacred to Aphrodite, the goddess of love. Do try serving it up to a loved one – and see what it does for you!

7 quinces, cored and chopped into large pieces

a handful (or two) of dates

1/2 cup brown sugar

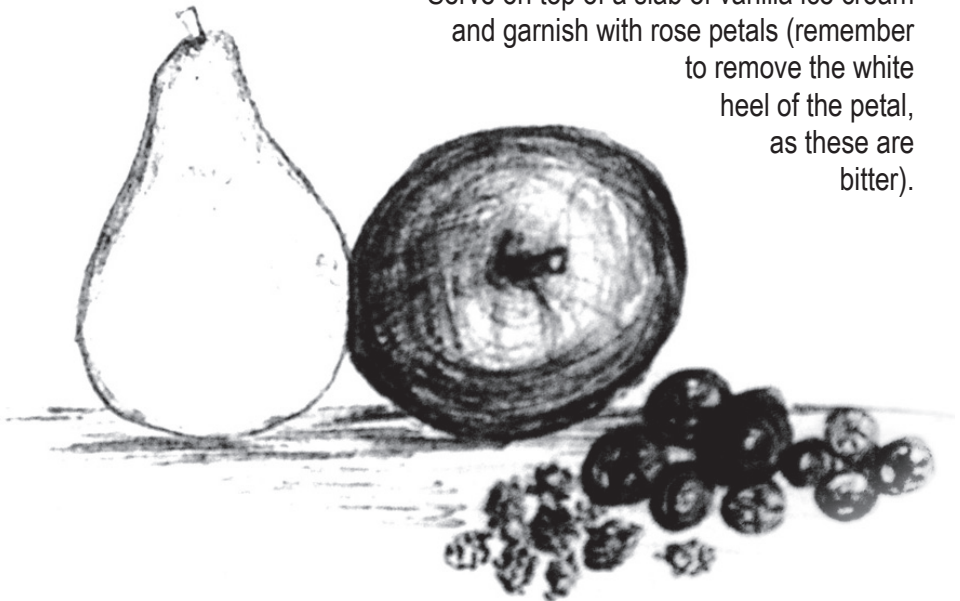
1/2 cup green ginger wine

pinch of salt

Put all ingredients in pot and stew on the stove or outdoors in a billy can.

Simmer gently for 15–20 minutes until it's all soft.

Serve on top of a slab of vanilla ice cream and garnish with rose petals (remember to remove the white heel of the petal, as these are bitter).



Baked Rhubarb Cheesecake

I teach a class of boys at secondary school in town and they have claimed this as “their” recipe, but said it’s okay if I share it. Rhubarb is very high in calcium too, one cup of stewed rhubarb has more calcium than standard milk.

1 1/2 cups chopped rhubarb stalk

3/4 cup sugar

1/2 cup water

Place together in saucepan and simmer for 10 minutes or until stewy. Set aside to cool.

85g shortbread biscuits

1/2 cup almond meal

45g butter

Combine all in a food processor. Grease a 22cm springform tin and line the base with non-stick paper – or recycled butter wrapper (my granny’s trick). Press crumb mixture over the base and refrigerate.

Pre heat the oven to 140 °C, then prepare filling:

1 tub (250g) sour cream

1 tub (250g) cream cheese

2 eggs

1 cup sugar

1t vanilla extract

Mix in a food processor until smooth. Pour the filling mixture over the base. Drizzle the rhubarb mixture over and swirl lightly with a butter knife. Bake for 1 hour or until set. Refrigerate and serve cold. Serves 10-12.

Rowanberry Jam

Being my namesake, I can't help but like rowanberry jam. It's a condiment that goes very well with game, steaks and roast. The berries are nutritious and quite delicious once you add plenty of sugar. I enjoy picking these in Naesby, after the first frosts, which improves the berries' flavour.

**a 2 litre ice cream container full of rowan-berries, frost-tempered,
rinsed and cleaned**

8-10 crabapples, peeled and cored

600ml water

3 1/2 cups sugar

juice of 1 lemon

4-5 cloves

1-2 tablespoons cognac

pinch of salt

Cut the apples into small chunks. Put rowanberries, apple chunks and cloves into a saucepan. Add water, bring to a boil and cover.

Simmer until rowanberries are soft (15-20 minutes). Strain through a piece of cheesecloth or jelly bag. Add sugar, stirring, until it is dissolved. Simmer for 15-20 minutes more, or until the jam is firm. Add lemon juice and a pinch of salt.

Be luxurious: add a small amount of cognac. This jam is worthy of a good cognac.

Pour the hot jam into hot jars sterilised with boiling water. Close the jars with sterilised lids and let cool. Store the jam in the refrigerator.

Viva la Satay Sauce

Hopefully this peanutty beauty will earn a place of long happy history in your household. I made it recently for two dinner parties and have been asked for the recipe several times since, so no better way to get it out there than to publish it! Adjust the consistency by adding more or less water. I hope you enjoy it too.

1/4 cup sweet chilli sauce

3 cloves garlic, finely chopped

1t fresh grated ginger

1t vinegar

1/2t salt

1t soy sauce

1t golden syrup

splash of fish sauce

In a medium-sized, heavy-based saucepan, heat a little oil, then add the above ingredients. On a low-medium heat, bring to a gentle simmer for a couple of minutes, then add: 2 cups boiling water and **1 cup crunchy peanut butter**. Stir through and warm slowly; be very careful not to burn. The water will melt the peanut butter into a sauce-like consistency. Adjust the amount of water as you wish – for a dip you will want it thicker and as a dressing much thinner. Also try thinning it with **coconut milk**, which adds a real character and creaminess to the sauce.

Try satay sauce with:

- Green salad, rare beef schnitzel slices, crispy Asian noodles and lime juice
- Grilled chicken and steamed basmati rice
- Celery and carrot sticks
- Pita pockets with stewed capsicum, eggplant and tomato
- Freshly boiled corn cobs and cockles.

Summer Cakes

I love summer, I really do, and I love summer fruit too. My kids love summer fruit as well, the only thing is their little tummies are somewhat smaller and often they can't quite finish that peach or apricot or only eat half a banana or quarter of a pottle of yoghurt...or a third of a kiwifruit....

I find myself picking through the fruit bowl each morning and notice how quickly fresh fruit can spoil in the warm weather. So, to satisfy my resentment at turfing otherwise perfectly good food and in my bid to create baking that is as healthy as possible, I've come up with Summer Cake. Your family and friends will never notice that it is their leftovers!

150g butter

1/3 cup apple juice

1 large egg

3/4 cup brown sugar

1 1/2 cups flour

3/4 cup bran (or leftover muesli? Haven't tried it but I don't see why not)

2 teaspoons baking powder

2 cups mixed fruit (for example: mashed banana, mashed kiwifruit, chopped apple, apricots, peaches...)

1 teaspoon grated lemon rind

1/2 cup yoghurt (any flavour)

Turn oven on to 180 °C. Grease a 20cm square tin and line with 2 layers of wax paper, or you could make this into mini cakes using 12 medium muffin tins.

Put butter into a big pan. Melt it very gently. Take off heat and let it cool a little. Add juice. Whisk in egg and sugar. Add fruit, yoghurt and lemon rind. Mix gently.

Add flour, bran and baking powder. Mix it all well. If it's really too runny, add an extra 1/4 cup of flour. Spread evenly into the tin or muffin trays.

For a large cake, bake for 1 hour or for mini cakes cook for 15 minutes. Cool in tin for 10 minutes then remove and leave until cold.

Cakes can be glazed:

3/4 cup icing sugar

juice of one freshly squeezed lemon

1 teaspoon coconut essence

Mix together thoroughly. Drizzle on top of cakes. This glaze will sort of sink into the cake – finish off with a good flurry of shredded coconut.

Coconut essence

If this is not yet a staple of your pantry, next to the vanilla, can I strongly recommend it becomes one?

Add coconut essence to shortbread, pavlovas, Anzac biscuits...lots of things! Often you can't pick up a strong coconut flavour but it's a secret ingredient, which makes baking extra 'tasty.'

Sweet Chilli and Chicken Bake with Silverbeet and Mashed Potato

A slightly dodgy-sounding recipe, which proves we can make a delicious nutritious meal out of goodness knows what we find in the bottom of the pantry.

1 small finely chopped onion or shallots

4t sweet chilli sauce

1t tandoori paste

1t soy sauce, 1/2t salt, 1t sugar

2t oil

2 cloves garlic

2t flour

1t chopped chilli (optional)

4-6 pieces chicken thighs or drum sticks

4 medium potatoes, peeled and mashed

2 cups shredded silverbeet

1/2 cup liquid stock or silverbeet cooking water + 1/2 Oxo cube

1/2 cup of grated cheese (or those funny little hard leftover bits of blue, brie etc. It's all good when it's melted).

Heat oven to 180 °C. Boil the chicken for 10 minutes in water. Rinse and shred, remove bones and excess fat. Saute onion in oil in a hot pan, add the rest of sauce ingredients. Add chicken and flour. Put chicken mixture in an oven proof dish. Spread a layer of silverbeet on mixture. Pour on 1/2 cup liquid stock. Top with mashed potato. Sprinkle with cheese. Bake for 12 minutes until top starts to go golden and crispy.

Sushi

Sushi is fabulous fast food, it always looks impressive and it's a fun surprise for the lunchboxes. My husband simply takes a pottle with a soy, ginger wasabi mix in it and eats the sushi roll like a burrito with a dipping sauce – he says it takes some of the fuss out when he's down at the boat yard.

Wash **1 cup short grain rice** then stand in cold water for 30 minutes. Drain. Place rice in a medium size pot with a tightly fitted lid, cover with 1 cup water and place on a high heat. As soon as the rice comes to the boil, reduce the heat to lowest setting for 10 minutes. Take pot off the heat, add seasoning and rest for 10 minutes.

Spread on a flat plate or tray and allow to cool., then add seasoning:

3 tablespoons rice wine vinegar or cider vinegar

1 1/2 tablespoons sugar and 1t salt

Stir together in a small bowl and add to rice. Then begin preparing the sushi:

Place **1 sheet of nori** shiny side down on a bamboo sushi mat or a clean tea towel. Place a handful of rice on top and pat out until it reaches all but a 5cm strip at the top of the nori sheet. Lay fillings in a strip about 4cm from the bottom edge.

Starting with the edge nearest you, roll up as tightly as possible using the bamboo mat or tea towel to help. When you get to the border at the top edge, wet the nori with water on your fingertips and then roll up. Chill the sushi, jointed side down, for 30 minutes.

Serve each roll sliced cross-wise into 6 pieces. Accompany with pickled ginger, wasabi and soy sauce.

Sushi fillings:

- chicken, avocado, finely sliced spring onion, capsicum, carrot
- salmon, tuna, prawns, crayfish
- shredded omelette, mayonnaise, tomato



Be creative – try different things! Go and eat sushi at a Japanese restaurant to get ideas!

Tapenade

Use this to mix through pasta and steamed silverbeet, smooth on crackers with cream cheese or eat it straight from the bowl with a teaspoon.

300g grams olives

3 anchovies

50g sundried tomatoes

3 tablespoons capers

3 tablespoons extra virgin olive oil

2 small sprig of fresh thyme or 1 teaspoon dried thyme

squeeze of lemon juice, salt and pepper

Combine all ingredients in a food processor, then taste and adjust seasonings to suit.

Tuatua Chowder

By Al's mother

Leave tuatua overnight in a bucket of water to spit out the sand. Shell tuatua and finely chop. Mince or finely chop onion and garlic. Sauté in butter until soft and clear. Add tuatua. Fry lightly.

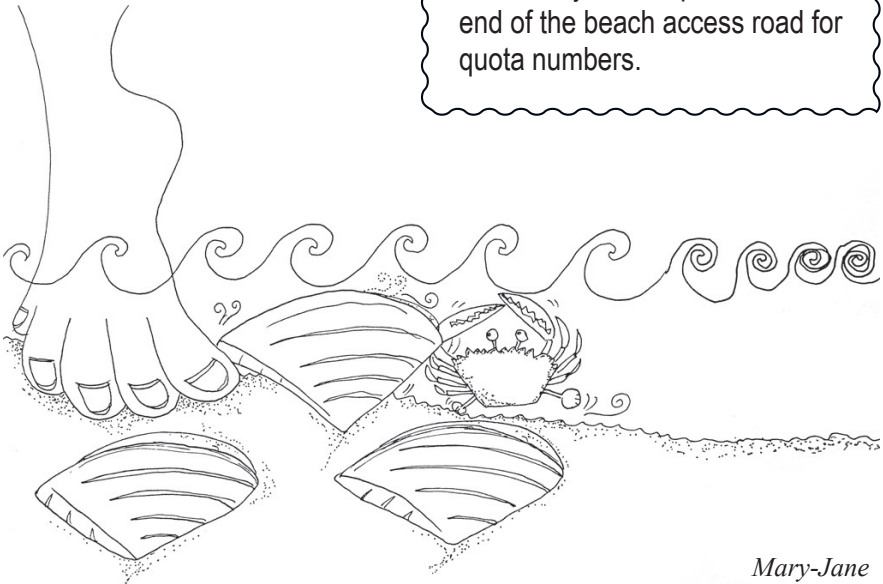
Add 2 tablespoons flour, pinch of salt and pepper to make a roux.

Add 2 cups milk or stock and cream.

Stir until simmering, avoid boiling.

Add chopped parsley and serve.

Tuatua are bright yellow molluscs living inside broad, white, triangular shells. They can be gathered by wading into the sea on Warrington Beach up to your tummy and kicking up the shells with your feet. Sometimes the shells grow in such abundance that they dent their neighbours' shells, but remember to observe the fishery notice posted at the end of the beach access road for quota numbers.



Mary-Jane

Zucchini Madness!!

Zucchini, courgettes, scallopini...call them what you will...and if you have been growing them this season, by now I am sure you will be ready to welcome a new way to use them up. I read in a book lately (*Animal, Vegetable, Miracle* by Barbara Kingsolver - a fantastic read), that the only reason anyone in her community would lock their cars in summer was so no one could leave them a bag of zucchinis on the passenger seat! Yes, they grow beautifully and relentlessly at this time of year, so here you go – three fresh ideas.

An Italian dish...

Fiora di Zucca

**20 zucchini blossoms (or Fiora di Zucca)
600ml of milk or a mixture of beer and milk
3 big tablespoons of flour**

An egg, lightly beaten, salt, and olive oil or lard for frying

Trim the stems of the zucchini blossoms, remove the pistils, wash them gently and pat them dry just as gently. Prepare the batter by combining the milk, flour and egg. Heat the oil. Lightly salt the zucchini blossoms, dredge them in the batter, fry them until golden, drain them on absorbent paper, and serve them hot.

A Warrington special...

Semi-dried Deliciousness

10 small zucchini and 10 tomatoes, all sliced in half

Place with skin side up in a shallow roasting dish. Sprinkle with salt and freshly chopped thyme. Bake in oven on low for several hours – note that you don't have to do it all at once. I often do it in stages when I'm cooking something else and leave them in the oven overnight while the oven is cooling down to save electricity. You can add them straight away to any pasta or casserole or freeze them in bags for winter or pack into jars and top up with a good oil and peppercorns – pop in a bay leaf too if you have one. Lovely with feta and crackers.

Chocolate Chip and Zucchini Cookies

You would never suspect it...

1 egg, beaten

1/2 cup butter, softened

1/2 cup brown sugar

1/3 cup honey

1t vanilla extract

Combine in large bowl, then get a separate, small bowl:

1 cup white flour

1 cup whole wheat flour

1/4t baking soda

1/4t salt

1/4t cinnamon

1/4t nutmeg

Combine, then blend into the liquid mixture.

1 cup finely shredded zucchini

1 cup chocolate chips

Stir these into the other ingredients, mix well. Drop by spoonful onto greased baking sheet and flatten with the back of a spoon.

Bake at 180 °C for 10-15 minutes.

The Blueskin Bayleaf Christmas Special

Isn't Christmas great? I like to think of it as a season and not just one day. For me it's fun getting food ready, the giving of plants and books, children's stockings by the fireplace, my violin and carols and friends and family sitting around under trees nursing too-full tummies.

The recipes below have been staples on our Christmas menu for the last three years – they might soon count as traditional!

Elderflower Cordial

This is a nice recipe because it's so versatile. Serve a splash with champagne, sparkling water, gin or simply plain with water, ice and sprigs of mint. Use as a flavouring in baking or on ice cream. Also, it is an annual adventure to go out and collect the blooms with the children.

25 elderflower head blooms

3 oranges

3 lemons

60g citric or tartaric acid

1.5kg sugar

2.5 litres boiling water

Wash and slice the oranges and lemons, and place in a large container with the other ingredients. Pour over the boiling water and leave to soak for one or two days, stirring occasionally.

Strain through muslin and pour into sterilised bottles. Makes 2.5 litres. Keeps for a couple of weeks in the fridge or freezes well.

Marmalade and Whisky Ham cooked in a Scone Dough

I always use a Havoc cured, uncooked ham for my Christmas dinners. If it's prepared right, it is the best ham you can buy for taste and melt in the mouth texture only surpassed by good wild pork.

1 ham (cured and uncooked)

6-10 cups flour

water to mix

Mix dough to scone dough consistency. Divide mixture into two for easy handling. Grease large roasting pan or line with foil.

Roll out dough to about 1 inch thickness to fit the underside of ham. Place ham onto first piece of dough. Roll out second piece of dough to cover top of ham. Seal dough with your fingers around the ham: it should be a tight fit with no holes.

Place into pre-heated oven at 150 °C. Cook for 1 hour per kg plus an extra ten minutes at the end of cooking for good measure.

Prepare the whisky and marmalade glaze:

I like to make a lot of glaze, as there is no excuse for being stingy here. Make enough to totally smother your meat.

2 cups of marmalade, 1 cup of whisky, 1t salt, 1t grated fresh ginger.

Remove the ham from the oven and remove the pastry and skin from the ham, cover with glaze and return to the oven for a further 20 minutes.

Cranberry, Cherry and Hazelnut Christmas Cake

I love the no-nonsense construction sequence of this Christmas cake. Note, you can easily double the recipe if the amount of butter doesn't terrify you too much.

1 kg fruit mix (I like the cranberry, golden raisin and cherry mix you can get at the bulk bins at Gardens New World: very yummy, unique yet still classic)

1/2 cup green ginger wine

250g butter

250g dark cane sugar

1t molasses

3 large eggs

Grated zest of half a lemon

1 1/2 cups flour

1t baking soda

1/2t salt

1/2t mixed spice or ground cardamom

1/2t cinnamon

1t curry powder

100g coarsely ground hazelnuts (I use the terrific Hill Rd Hazelnuts grown by Neville and Colleen Hastie in Warrington. I am so excited to have a source of locally grown nuts! They will pack to order by phoning 482 1931).

Soak the fruit in the alcohol overnight. The next day, pre-heat the oven to 160 °C. Cream the butter, sugar and molasses until soft and light. Add the eggs one at a time.

Stir in the grated lemon, then add the sifted flour, baking soda, salt and spices, alcohol-soaked fruit and hazelnuts.

Line a large, tall cake tin with 2 layers of wet newspaper, and then one layer of butter wrapper, greasy side up. Pour in the mixture. The wet newspaper stops it drying out on the edges and keeps it a bit chewy instead.

Place the cake on the lower rung of the oven and bake for one hour, then lower the heat to 120 °C and bake for another 2 hours.

Have a great Christmas!



Miwa

Notes



Notes



Notes



Miwa