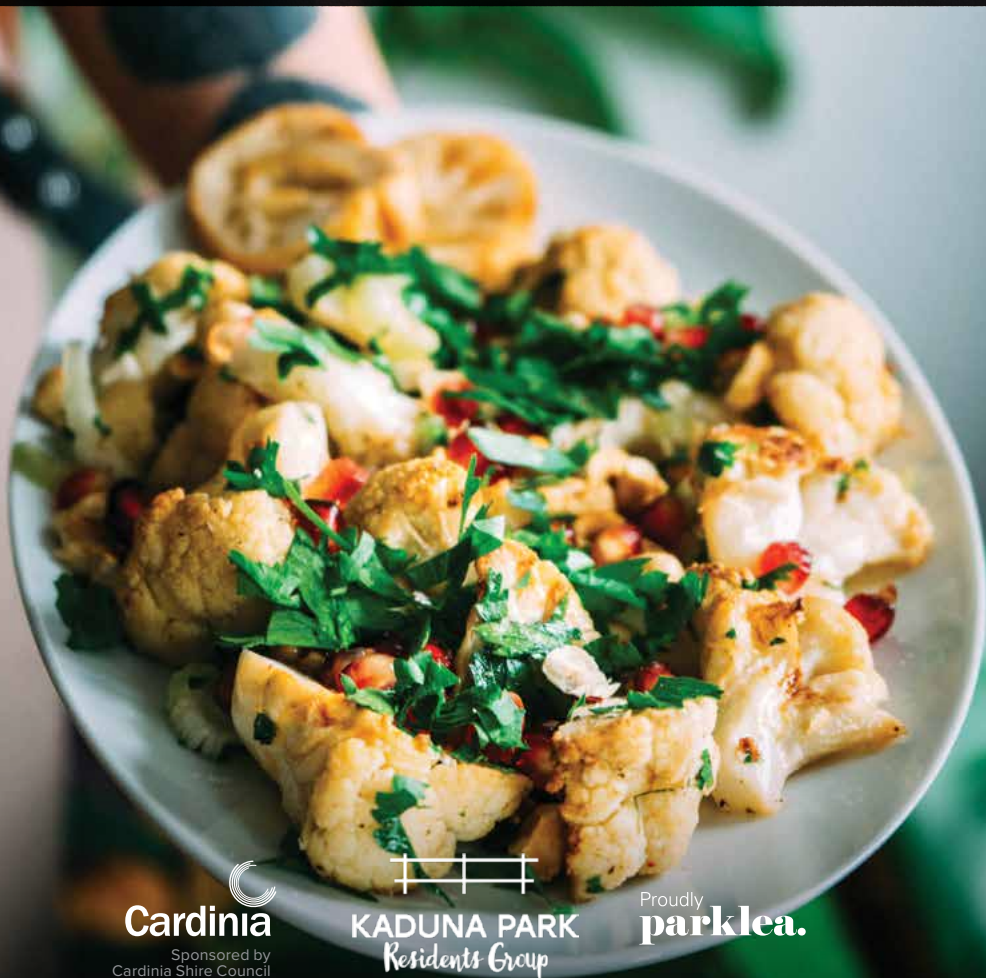


Flavours of Kaduna Park

A Collection of Recipes from the Residents of Kaduna Park




Cardinia
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KADUNA PARK
Residents Group

Proudly
parklea.

Kaduna Park is a small residential estate in Officer South, on the fringes of outer Melbourne nestled in the Cardinia Shire.

Established by Parklea Developments, this vibrant and culturally diverse estate will be home to nearly 2100 residents by the time the estate is completed in 2022.

The Kaduna Park Residents Group sought to produce a recipe book which is representative of the cultural diversity in the community, and were successful in securing a COVID-19 Community Support grant from Cardinia Shire Council to assist with this project.



The Residents Group is very proud of the estate and the close-knit community which is growing as new residents move in, and we hope that this recipe book can be refreshed on a regular basis as the diversity continues to grow and residents continue to engage with each other. Whilst not all recipes are original, they are all family favourites and represent the wide range of flavours of our community.

The Residents Group are greatly appreciative to Parklea Developments for their continued and enthusiastic support of the Group and in the development and production of this recipe book project.

All the best, and we hope you enjoy these recipes!

Kaduna Park Residents Group





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Classic Dishes

Boeuf Bourguignon

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Pesto Chicken and Veggies

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Homemade Baked Beans
with Bacon

Tuna Patties

Vol-au-Vons

Potato Salad

Creamy Apple Coleslaw



BRUNO MICCICHE

Boeuf Bourguignon

It's a very traditional French recipe which is easy to do, delicious to eat and perfect for a winter evening with good friends around your table. A little bit of France on a plate, which always brings back memories of our family dinner. Something I saw my mum and my grand-mother prepare many times.

Ingredients

- 6 rashers of smoked bacon cut in small pieces, square 1–2 cm
- 1 kg braising steak cut into 4–5 cm cube
- Olive oil
- 6 baby shallots
- 1 garlic clove
- 5 tbsp flour
- 600ml full bodied, strong red wine
- 250g mushrooms, sliced
- 3 carrots sliced
- Salt, pepper, parsley

SERVES 6–8

Method

- 1 Cook the bacon until the pieces are crisp. Transfer into the slow cooker.
- 2 Spread the flour on a plate, with salt and pepper. Toss the steak cubes in the flour to coat, shaking off the excess. Add olive oil to a large saucepan, when it's hot, add the steak cubes for 5 minutes until browned all over. Cook in batches. Transfer them into the slow cooker.
- 3 Cook the shallots and the garlic in a pan with olive oil. Then transfer them into the slow cooker.
- 4 Add the mushrooms and the carrots, the parsley... And finally pour the red wine all over it.
- 5 Cover and cook for 5 to 6 hours on low heat and stir well. Every hour, have another stir and check the taste, adjusting with salt and pepper (or red wine).
- 6 Cook some fresh pasta, like tagliatelle and serve them with the Boeuf Bourguignon.

I advised you to cook it the day before, it's even better the next day.

JAIME CASTRO

Ceviche

Ceviche is a classic weekend dish in Latin America. Each country has different recipes and it's enjoyed with an icy cold beer.

I prepare Ceviche once a month just for our family to enjoy or when friends come over. We just love the citric juices of lime cured fish! Enjoy.

Method

Assemble the ceviche

In a non-reactive (not metal) dish, either Pyrex or ceramic bowl, pour the lemon and lime juice. Add the salt and ground oregano. Place the fish inside the bowl. Ensure the juice is covering the fish. Cover the bowl with cling wrap and place inside fridge for 1hr.

Prep the rest

Cut the onion, tomatoes, chilli, capsicum, red onion. After 1hr has passed take the fish out of the fridge and add the rest of the ingredients. Stir it, making sure more of the fish gets exposed to the acidic lime and lemon juices. Let sit for a couple of extra hours, giving time for the flavours to blend.

Serve

The fish has been now cooked with the acidic juices of the limes. Serve with chopped cilantro and slices of avocado with tortilla chips or Saladas and with an icy cold beer of your choice.



Ingredients

- 1 kg firm, fresh red snapper fillets completely deboned (or other firm-fleshed fish, I sometimes use Swordfish from Dandenong market), cut into 2 cm squares
- 1 red onion finely diced
- 1 cup fresh squeezed lime juice
- 1 cup fresh squeezed lemon juice
- ½ red onion, finely diced
- 1 cup chopped fresh seeded tomatoes
- ¼ cup green capsicum
- ¼ cup red capsicum
- 1 or 2 serrano chillies, seeded and finely diced
- 2 tbsp salt (add more to taste after, as well as ground pepper if desired)
- ¼ tsp ground oregano
- 1 tsp cayenne pepper (if you don't like spice use less)

SERVE WITH

- Chopped coriander
- Avocado slices
- Mexican Nacho Tortilla chips from Woolies or Salada crackers from Aldi

SERVES 4

MARINATING TIME

2–3 HOURS



Chicken/Seafood Paella

Method

- 1 Heat 1 tablespoon oil in a paella pan or large wok over high heat. Add chorizo and cook until browned on each side. Remove with a slotted spoon and set aside.
- 2 Add remaining oil. Add garlic and onion, cook for 2 minutes. Add capsicum, cook for 1 minute.
- 3 Add chicken. Cook for 2 minutes until lightly browned.
- 4 Add rice and mix until the grains are coated in oil.
- 5 Add back in the chorizo.
- 6 Add chicken stock, crushed tomatoes and saffron.
- 7 Bring it to a simmer then adjust heat so it's simmering fairly gently (not super rapidly, or the rice will burn). Simmer for 10 minutes—no stirring! At this stage, a bit of rice should be poking through to the surface but there should still be plenty of liquid.
- 8 Add peas and mussels—scatter over peas, squidge the mussels into the rice (partial submerge is fine).
- 9 Cook for 8 minutes or until the mussels are open, and most of the liquid has been absorbed but still a bit liquidy. Discard any mussels that do not open. Remove from stove.
- 10 Do a taste test to see if the rice is cooked—it should be firm but cooked. If it is too firm for your taste, no stress, just add a splash of hot water and keep cooking.
- 11 Cover with lid then rest for 5 minutes (rice will absorb remaining liquid).
- 12 Serve!

Ingredients

- 2 tbsp extra-virgin olive oil
- 2 chorizo sausages, sliced
- 500g seafood marina mix
- 1 onion, diced
- 3 garlic cloves, minced
- 1 red capsicum, diced
- 1½ cups Arborio rice
- 1 can crushed tomatoes
- 300g chicken thigh fillets cut into 3 cm cubes
- 3½ cups chicken broth/stock
- 1 tsp saffron threads (or ¼ tsp ground saffron)
- 1 cup frozen peas
- 12 large mussels, cleaned



MONIQUE HEMMAN & DANIEL CLEMENTS

Chicken Schnitzels

These are our birthday dinner tradition, served with peas and mash, or atop Spaghetti Bolognese. Making these is an event in our household. We specifically make them in bulk because we devour them too quickly. It doesn't feel worth it in small quantities, so bulk is the way to go.

Method

- 1 Combine breadcrumbs, parmesan, lemon pepper, parsley and garlic in a bowl. Adjust the seasoning to taste. The ideal quantities allow you to smell the aroma of the lemon pepper and garlic.
- 2 Cut the breast to prepare for breading, first remove the tender and slice lengthwise (slicing with your knife parallel to the board) to produce two thinner breasts. One breast should yield 3 fillets. Repeat with all your chicken.
- 3 Lay each fillet between two pieces of plastic wrap on your countertop, leaving space between each. Use the flat side of a mallet to gently pound the breasts thin until each piece is uniform in thickness. Place your pounded fillets on a plate.
- 4 Set yourself up for crumbing putting your ingredients in three separate bowls. Flour in the first, milk in the second, and breadcrumb mixture in the third.
- 5 Dip each fillet into the flour, and shake off the excess. Next, run the breast through the milk to lightly coat it. Hold the chicken over the liquid to let any excess fall back into the bowl. Lay the chicken into the breadcrumbs and coat evenly. Repeat with each fillet until they're all coated. Add more milk or flour if needed.
- 6 Once all the chicken has been coated, dip each piece back in the milk and coat for a second time. This provides a thicker crust for your fillets.
- 7 Layer your breaded chicken into freezer-safe containers and freeze until you are ready to use them. Create a big batch for easy 'grab and go' weeknight meals.
- 8 To cook, shallow fry for 4 minutes on each side or until cooked and golden.

Tips

- If you do not want to double coat the chicken, use an egg wash instead of milk.
- Place a piece of baking paper between each layer of chicken in your freezer container. This will make it easier to remove when frozen.

Ingredients

- 3 cups breadcrumbs
- ½ cup fresh parmesan, grated
- 2 tbs lemon pepper
- ½ bunch flat-leafed parsley, chopped 2 cloves garlic, crushed
- 1 kg chicken breast, skinless
- 1 cup milk
- 1 cup plain flour

REBECCA FRYTERS

Pesto Chicken and Veggies

This is a favourite of mine, and the first dish I ever cooked my partner. We eat it often, he loves it. It's real easy and real tasty, and it's great for meal prep.

Method

- 1 In a large pan, heat the olive oil and add chicken thighs.
- 2 Season with salt and pepper. When the chicken is completely cooked through, remove from pan. Slice into strips and set aside.
- 3 Add green beans and cook until crisp and tender.
- 4 Add the cherry tomatoes and toss through for a few minutes.
- 5 Return the chicken strips to the pan and stir through the pesto.
- 6 Cook your choice of rice and serve up.
- 7 Can be kept refrigerated for up to 4 days.



Ingredients

- 4–5 boneless, skinless chicken thighs
- Salt and pepper
- Green beans 455g
- Cherry tomato, halved 400g
- Basil pesto 115g (½ cup.)
I usually use the entire jar.

SERVES 4–5

CORINNE HOHENHAUS

Curried Sausages

Method

- 1 Heat oil in a large pan over medium high heat.
- 2 Cook sausages, turning to brown all over then remove. Slice sausages into pieces on the diagonal.
- 3 In the same pan, add garlic and onion. Cook for 2 minutes until translucent.
- 4 Add curry powder and stir for 30 seconds.
- 5 Add flour and mix for 30 seconds.
- 6 Gradually pour in chicken stock, mixing constantly.
- 7 Add carrots, sugar, salt and pepper, stir well.
- 8 Add sausage slices and peas, bring to simmer and cook for 3 minutes or until sauce thickens.
- 9 Serve over mashed potato, rice, pasta or noodles, cauliflower rice or zoodles.

Ingredients

- 1 tbsp extra-virgin olive oil
- 1 kg sausages (pork, beef, lamb or chicken)
- 2 garlic cloves, minced
- 1 onion, sliced
- 1 carrot, sliced
- 1 tbsp curry powder
- 3 tbsp flour
- 2 cups chicken stock/broth
- 1 tsp sugar
- ½ tsp salt, plus more to taste
- ½ tsp black pepper
- 1 cup peas, frozen



CORINNE HOHENHAUS

Homemade Baked Beans with Bacon

Method

- 1 Heat oil over high heat (can skip oil if bacon is super fatty). Add bacon and cook for 2 minutes.
- 2 Add onion, garlic, carrot and zucchini. Cook for 3 minutes until onion and bacon are golden.
- 3 Add remaining ingredients. Stir, bring to simmer, then place lid on.
- 4 Turn down heat to medium and let simmer for 10–20 minutes.
- 5 The sauce should be thickened (cook with lid off for a bit if not thick enough) and glossy.
- 6 Adjust salt and pepper to taste.

Ingredients

- 1 tbsp extra-virgin olive oil
- 200g bacon, diced
- 1 medium onion, finely diced
- 1 medium carrot, finely diced
- 1 medium zucchini, finely diced
- 3 cloves garlic, minced
- 1 x 400g can cannellini beans, drained and rinsed
- 1 x 400g can red kidney, drained and rinsed
- 1 x 400g can butter beans, drained and rinsed
- 1 ½ cups tomato passata
- ⅓ cup brown sugar
- 2 tbsp apple cider vinegar
- ¾ cup water
- 2 tsp mustard powder (or 1 tbsp Dijon mustard)
- 1 ½ tsp Worcestershire sauce
- ½ tsp cayenne pepper
- 1 tsp each of salt and pepper

Tuna Patties

Method

- 1 Preheat oven to 200c.
- 2 Place breadcrumbs in a bowl.
- 3 Blitz onion and garlic in a food processor or use a stick blender to blend until smooth puréed.
- 4 Mix onion and garlic puree into breadcrumbs, ensuring all breadcrumbs are soaked.
- 5 Add remaining ingredients except tuna. Mix well.
- 6 Add tuna. Stir through gently.
- 7 Scoop up ¼ cup mixture and form round patties. Set aside.
- 8 Drizzle oil all over tray. Place in oven for 2 minutes until hot—oil will spread over tray. Tilt tray to spread if needed.
- 9 Place patties on tray—DO NOT press down (makes them stick on tray). Spray surface of the patties with oil spray.
- 10 Bake 15 minutes. Flip, spray surface with oil spray, bake 5 minutes.
- 11 Serve with sour cream, yoghurt or tzatziki on the side for dipping and extra fresh dill if desired.



Ingredients

- 1 cup Panko breadcrumbs
- ½ large onion
- 2 garlic cloves
- 400g tinned tuna (in spring water, drained)
- 2 spring onions, finely sliced
- ⅓ cup fresh dill, roughly chopped
- 2 eggs
- ½ cup parmesan, grated
- ¼ tsp each salt and pepper
- 2 tbsp vegetable oil
- Oil spray



LISA WHITFIELD

Vol-au-Vons

My mother-in-law makes this, and my fiancé really liked it, so I learnt to make it too. It's named after her, since her name is Von. I make it every so often when we crave it.

Method

- 1 Shred up the roast chicken and leave on a plate ready to go.
- 2 On a flat baking tray, line it with baking paper and place the vol-au-vents on them. Rip up the cheese slices to line the inside of the vol-au-vents with it. ½ slice per vol-au-vent. Preheat the oven to 180°C.
- 3 Peel the potatoes and boil them until they are ready to be mashed. Leave them in the pot to stay warm for the moment.
- 4 Whilst the potatoes are reaching the boil, in a large saucepan, empty the tins of cream of mushroom soup into the pot, add 2 cans of milk into the mix along with the peas and the shredded chicken.
- 5 Bring mixture to the boil then reduce to a simmer until all cooked through. Turn off the heat but leave a lid on to keep it hot.
- 6 Place the vol-au-vents into the oven to melt the cheese.
- 7 Whilst the vol-au-vents are browning in the oven, drain the potatoes, mash them and season them with butter/salt/pepper, etc.
- 8 When the vol-au-vents are browned and the cheese has melted, remove from the oven.
- 9 Put 2 vol-au-vents on a plate coupled with a bit of mashed potato, then pour the cream of mushroom soup mix into the vol-au-vents, as well as on top of the mashed potato.
- 10 Done!

Ingredients

- 2 packets of the small vol-au-vents (4 per pack)
- 1 x Woolies roast chicken
- 3 x potatoes
- Handful of peas
- 4 Slices of tasty cheese (half slice per vol-au-vent)
- 2 x Campbell's Cream of Mushroom soup tins
- Full cream milk
- Butter
- Salt and pepper

SERVES 4

CORINNE HOHENHAUS

Potato Salad

Method

- 1 Boil potatoes in a pot of salted water until tender (about 10–15 minutes). Drain and allow to cool completely.
- 2 In a large salad bowl, combine the potato, red onion, pickles, ¼ cup of spring onion. Toss to combine well.
- 3 In a smaller bowl, mix together all of the dressing ingredients. Pour over the salad, mixing through until completely coated in dressing. Taste test and season with salt and pepper, if desired. Refrigerate before serving.
- 4 When ready to serve, top with remaining spring onions, bacon and boiled eggs. Garnish with extra dill leaves.



Ingredients

SALAD

- 1 kg potatoes (diced into 1.5 cm cubes)
- ¼ cup red onion, finely chopped
- ¾ cup dill pickles, sliced (or chopped)
- ½ cup spring onions, thinly sliced
- 6 hard-boiled eggs, cooled, peeled and quartered
- ½ cup crispy bacon, diced

DRESSING

- ¾ cup whole egg mayonnaise
- ¾ cup sour cream
- 2 tbsp white vinegar
- 1 tbsp Dijon mustard
- 1 tbsp fresh dill, finely chopped
- Salt and pepper

CORINNE HOHENHAUS

Creamy Apple Coleslaw

Method

- 1 Combine dressing ingredients in a small bowl and set aside.
- 2 Toss with slaw ingredients.
- 3 Allow to sit for at least 1 hour in the fridge before serving.

Ingredients

SLAW

- 4 cups shredded cabbage
- 2 Granny Smith apples (grated)
- 1 cup grated carrot

DRESSING

- ½ cup mayonnaise
- 2 tbsp apple cider vinegar
- 1 tbsp sugar
- 1 tbsp wholegrain mustard
- ½ tsp salt
- ½ tsp celery seed
- ½ tsp black pepper



Photo: Bruna Branco on Unsplash



Pasta & Pizza

Baked Meatballs & Pasta

Peachey's Chicken &
Mushroom Risotto

Spinach & Ricotta Cannelloni

Fettuccine Carbonara

Chicken Fettuccine Alfredo

English Muffin Pizzas

Chilli Prawn & Feta Pasta

Easy Yoghurt Naan Bread/
Pizza Scrolls



CORINNE HOHENHAUS

Baked Meatballs & Pasta

Method

- 1 Preheat oven to 210°C. Line a large baking pan with baking paper. Set aside.
- 2 In a large bowl combine half of the sautéed onion and garlic mixture with the minced beef and pork, Italian herbs, salt, pepper, egg, cheese, breadcrumbs and basil. Add half of the milk, mixing a little with your hands, then add the rest of the milk. Mix again until all ingredients are only just combined (don't over mix or meatballs will be hard/chewy).
- 3 Scoop out 1 tablespoonful of meat per meatball and roll into balls, placing meatballs on lined baking pan as you go.
- 4 Spray generously with cooking oil spray and bake for 12 minutes, or until cooked though.
- 5 Grill on high in the last 2 minutes of cooking time to get them crispy and browned.
- 6 While meatballs are baking, make the sauce.
- 7 Return the pan with the remaining onion/garlic mixture to the stove over medium heat. Stir in the chilli flakes, crushed tomatoes, tomato paste, Italian herbs, dried basil, salt, pepper and sugar. Bring to a simmer and let cook for about 10 minutes, while stirring occasionally. Taste test and adjust salt and pepper, to your taste.
- 8 Transfer baked meatballs and pan juices into the sauce. Stir to evenly coat and let simmer for about 2–3 minutes to let the sauce infuse into the meat.
- 9 Serve over pasta of choice. Garnish with parmesan cheese and fresh basil/parsley.

Ingredients

- 3 tbsp extra virgin olive oil
- 1 onion, finely chopped
- 4 cloves garlic, minced

MEATBALLS

- 250g beef mince
- 250g pork mince
- 2 tsp Italian herbs
- 1 tsp salt
- ½ tsp cracked black pepper
- 1 egg
- ½ cup grated parmesan cheese
- ½ cup breadcrumbs
- 2 tbsp dried basil
- ½ cup milk

MARINARA SAUCE

- ½ tsp chilli flakes
- 2 tins (800g) crushed tomatoes
- 2 tbsp tomato paste
- 1 tsp Italian herbs
- 1 tbsp dried basil
- ½ tsp salt
- ¼ tsp cracked black pepper
- ½ tsp sugar

TO SERVE

- Pasta
- Parmesan cheese
- Fresh basil/parsley

LEAH HARDINGHAM

Peachey's Chicken & Mushroom Risotto

Method

- 1 Pre roast your diced pumpkin and set aside.
- 2 Boil chicken stock in a saucepan (once boiled turn off heat).
- 3 Use a large pan or wok and add olive oil, then add 50g of the butter to the pan.
- 4 Sauté the onions, garlic and sage leaves.
- 5 Add the chicken to the pan and brown. Add the mushrooms and cook until soft.
- 6 Add rice to the pan and cook for 7 minutes.
- 7 Add white wine and cook until wine has evaporated.
- 8 Add one ladle of stock to the pan at a time, waiting for it to reduce (almost evaporated).
- 9 Continue adding a ladle of stock at a time until its all used. (15–20 minutes).
- 10 Add remaining 20g of butter, then add the pumpkin, gently combine it into the mix.
- 11 Remove from heat and add ½ cup of parmesan cheese, stir it through.
- 12 Serve and have ½ cup of parmesan to garnish to taste.



Ingredients

- 500g chicken breast, diced
- 3 large Portobello mushrooms, diced
- 8 sage leaves, finely sliced
- ½ onion, finely chopped
- 2 tsp minced garlic
- 70g butter
- 100ml dry white wine
- 1 litre of chicken stock
- 2 cups pumpkin, diced
- 1 cup arborio rice
- 1 cup parmesan cheese
- 1 tbsp olive oil



CORINNE HOHENHAUS

Spinach & Ricotta Cannelloni

Method

- 1 Preheat oven to 200°C.
- 2 Mix spinach, ricotta cheese, egg yolks, garlic, grated cheese, nutmeg, salt and pepper together thoroughly in a medium sized bowl.
- 3 Fill cannelloni tubes with the prepared mixture.
- 4 To make the sauce, heat olive oil in frying pan, add tomato puree, basil, salt and pepper and bring to the boil. Remove from heat.
- 5 Grease an oven proof baking dish and pour layer of sauce over the base leaving enough to cover cannelloni.
- 6 Place a single layer of filled cannelloni side by side in the baking dish. Pour over the remaining sauce and if desired the thickened cream. Sprinkle with grated cheese.
- 7 Bake in oven at 200°C for 25–35 minutes.

Ingredients

- 250g Cannelloni shells
- 250g frozen spinach, thawed
- 225g fresh ricotta
- 2 egg yolks, lightly beaten
- 1 clove garlic, minced
- ½ cup grated cheese (plus extra for serving)
- Pinch of nutmeg
- Salt and pepper
- 2 tbsp extra-virgin olive oil
- 1 can tomato puree
- 1 tsp dried basil leaves
- ½ cup thickened cream (optional)

Ingredients

- 300g of fettuccine or spaghetti if you prefer
- 5 rashers of bacon, diced
- 5–6 button mushrooms, sliced
- 1 brown onion, diced finely
- 1–2 garlic cloves, minced or finely diced
- Small tub of sun-dried tomatoes (optional)
- Olive oil
- 400g cooking cream
- 1 egg, lightly whisked
- Grated parmesan cheese to serve
- Salt and pepper

TIM & EMM WERNER

Fettuccine Carbonara

It's a family favourite because of how easy and tasty it is.

Method

- 1 Boil water for pasta—cook following packet instructions.
- 2 Add oil to large fry pan then cook onions until browned.
- 3 Add garlic, mushrooms, bacon and sun-dried tomatoes (if using).
- 4 Add cooked fettuccine to fry pan and stir through.
- 5 Add cream and toss for 2 minutes.
- 6 Working quickly stir in egg mixture and cook for 1 minute. Season with salt and pepper to taste.
- 7 Serve immediately, top with parmesan cheese.

Chicken Fettuccine Alfredo

Below is the basic recipe, you can also add mushrooms, silverbeet, leek, bacon or anything else you wish to this creamy pasta dish!

Method

- 1 Sprinkle both sides of the chicken with salt and pepper.
- 2 Use a pan large enough to fit the whole pasta dish.
- 3 Heat oil over medium high heat.
- 4 Add chicken and cook for 2 minutes on each side until golden and cooked through.
- 5 Remove onto plate and rest for 5 minutes, then slice while pasta is cooking.
- 6 Add milk, chicken broth and garlic.
- 7 Bring to simmer then add pasta.
- 8 Move pasta around every 30 seconds or so until it is softened (around 3 minutes) so it doesn't stick.
- 9 Once pasta is softened, reduce heat to medium and stir every couple of minutes.
- 10 At about 9–10 minutes, the pasta should be almost cooked but there should still be liquid covering the base of the pan.
- 11 Add cream and parmesan, mix.
- 12 Simmer, stirring occasionally, for about 2 minutes, until sauce is thickened and pasta is cooked.
- 13 If you cook it too long and the sauce goes gluggy, add a splash of hot tap water —will go back to silky with a few tosses.
- 14 Adjust salt and pepper to taste and serve immediately, garnished with freshly grated parmesan and parsley!



Ingredients

- 500g chicken breast, cut in half horizontally
- Salt and pepper
- 1 tbsp extra-virgin olive oil
- 500g fettuccine
- 4 cups milk
- 3 cups chicken stock/broth
- 4 large garlic clove, minced
- 1 cup thickened cream
- 1 cup grated parmesan
- Parsley, for garnish



CORINNE HOHENHAUS

English Muffin Pizzas

Method

- 1 Preheat the oven to 180°C.
- 2 Toast English muffins in the toaster.
- 3 Spoon 1 tablespoon pizza sauce over each one, using the back of a spoon to spread it evenly.
- 4 Sprinkle with salt and pepper.
- 5 Top with mozzarella cheese and Italian seasoning.
- 6 Add any desired toppings.
- 7 Bake for 10 minutes, until the cheese is melted and the muffins are browned on the edges.
- 8 Enjoy while hot.

Ingredients

- 4 English muffins, split
- ¾ cup pizza sauce
- Salt and pepper
- 1 cup mozzarella cheese
- ½ tsp Italian herbs
- Toppings of choice — such as mini pepperoni pieces, capsicum (diced), red onion (diced) spinach, mushrooms, ham.

Ingredients

- Olive oil
- 1 x chopped onion
- 2 x garlic minced
- 2 tsp chilli minced
- 1 red capsicum char grilled and chopped
- 500g tomato and basil pasta sauce
- ½ cup dry white wine
- 500g frozen peeled green prawns
- 500g penne pasta
- ½ cup crumbed feta
- 1/3 cup chopped parsley

MIKE AND MERITA MUAREMOV

Chilli Prawn & Feta Pasta

Method

- 1 Heat oil, sauté onion, garlic and chilli for 2–3 minutes.
- 2 Stir in capsicum and add sauce and wine.
- 3 Bring to a boil on high heat and then reduce heat to low and simmer for 5 minutes.
- 4 Stir in prawns and cook until prawns change colour and add salt and pepper to add a little flavour.
- 5 Serve pasta topped with sauce and sprinkle the feta and parsley.
- 6 And enjoy.

Easy Yoghurt Naan Bread/Pizza Scrolls

This recipe can be adjusted to make garlic/herb naan bread by adding a teaspoon of minced garlic and a teaspoon of dried mixed herbs into the dough.

This recipe can also be made into pizza scrolls by simply rolling the whole batch of dough out, putting pizza ingredients on top (pizza sauce, ham, cheese etc) and then roll up and cut into scrolls. Bake in the oven at 180°C until cooked.

Method

- 1 In a large mixing bowl, combine your flour, salt (if using it) and Greek yoghurt. Mix well, until combined. Then, use your hands to form a large ball of dough.
- 2 Lightly flour bench surface. Flatten dough into a circular shape and divide into 8 even portions. Flatten each portion into the shape of a naan bread.
- 3 Heat a pan on medium heat with a little butter. When hot, place flattened dough and cook until brown, before flipping and cook until brown on the other side. Repeat until all the naan bread is cooked.



Ingredients

- 1 $\frac{3}{4}$ cups self-rising flour
- 1 cup Greek yoghurt
- $\frac{1}{2}$ tsp salt (optional)
- Butter/oil to fry naan breads



Photo: Kalyani Akella on Unsplash



A Taste of Asia

Butter Chicken

Mix Vegetable Khichdi

Sri Lankan Chicken Curry

Sri Lankan Coconut Roti

Chicken/Beef, Vegetable
and Noodle Stir Fry

Best Honey/Soy Sauce

Coconut Rice



CORINNE HOHENHAUS

Butter Chicken

Method

- 1 In a bowl, combine chicken with all of the ingredients for the chicken marinade; let marinate for an hour (or overnight which will make the chicken more tender).
- 2 Heat oil in a large pan over medium-high heat. Add marinated chicken pieces in batches of two or three, making sure not to crowd the pan. Fry until browned for only about 3 minutes on each side. Set aside and keep warm. (You will finish cooking the chicken in the sauce.)
- 3 Heat ghee or butter in the same pan. Fry the onions until they start to sweat (about 6 minutes) while scraping up any browned bits stuck on the bottom of the pan.
- 4 Add garlic and ginger and sauté for 1 minute until fragrant, then add ground coriander, cumin and garam masala. Let cook for about 20 seconds until fragrant, while stirring occasionally.
- 5 Add crushed tomatoes, chilli powder and salt. Let simmer for about 10–15 minutes, stirring occasionally until sauce thickens and becomes a deep brown red colour.
- 6 Remove from heat, scoop mixture into a blender and blend until smooth. You may need to add a couple tablespoons of water to help it blend.
- 7 Pour the puréed sauce back into the pan. Stir the cream and sugar through the sauce. Add the chicken with juices back into the pan and cook for an additional 8–10 minutes until chicken is cooked through and the sauce is thick and bubbling.
- 8 Garnish with chopped coriander and serve with plain or coconut rice and fresh homemade Naan bread!

Ingredients

CHICKEN MARINADE

- 1 kg skinless chicken thighs or breasts cut into bite-sized pieces
- ½ cup plain natural/ Greek yoghurt
- 1 ½ tbsp minced garlic
- 1 tbsp minced ginger
- 2 tsp garam masala
- 1 tsp turmeric
- 1 tsp ground cumin
- 1 tsp red chilli powder
- 1 tsp salt

SAUCE

- 2 tbsp extra-virgin olive oil
- 2 tbsp ghee or butter
- 1 large onion, diced
- 1 ½ tbsp garlic, minced
- 1 tbsp ginger, minced
- 1 ½ tsp ground cumin
- 1 ½ tsp garam masala
- 1 tsp ground coriander
- 1 can crushed tomatoes
- 1 tsp red chilli powder (adjust to taste)
- 1 tsp salt (adjust to taste)
- 1 cup cream (or evaporated milk)
- 1 tbsp sugar

TO SERVE (OPTIONS)

- Chopped coriander
- Rice or coconut rice
- Naan bread

Mix Vegetable Khichdi

Mix vegetable khichdi is a simple recipe for preparing the popular rice and lentil based recipe called khichdi. Adding vegetables to the dal and rice mixture makes the vegetable khichdi a complete meal in itself. This is a traditional Indian recipe. We cook this recipe regularly.

Method

- 1 Firstly, in a pressure cooker heat 1 tbsp oil and add one tsp cumin seeds.
- 2 Add 1 chopped onion followed by 1 slit green chilli and 1 tsp ginger garlic paste in the hot oil. Also, add 1 tomato till they turn soft and mushy.
- 3 Add vegetables like 2 tbsp peas, ¼ carrot and 2 tbsp capsicum. Sauté for a minute.
- 4 Now add ¼ tsp turmeric, ½ tsp chilli powder, ½ tsp garam masala and 1 tsp salt. Sauté on low flame.
- 5 Furthermore, add ½ cup rice and ½ cup moong dal. Sauté for a minute on low flame.
- 6 Now pour ¾ cup water and 2 tbsp coriander leaves. Mix well.
- 7 Cover and pressure cook for 5 whistles on medium flame.
- 8 Finally, serve masala khichdi with curd and pickle.



Ingredients

- 1 tbsp oil / clarified butter
- 1 tsp cumin / jeera
- 1 onion finely chopped
- 1 slit green chilli
- 2 tbsp peas
- 1 tsp ginger garlic paste
- 1 tomato finely chopped
- ¼ carrot chopped,
- 2 tbsp capsicum chopped
- ¼ tsp turmeric,
- ½ tsp red chilli powder
- 2 tbsp coriander leaves finely chopped
- ½ tsp garam masala
- 1 tsp salt
- ½ cup rice, washed
- ½ cup moong dal, washed
- ¾ cup water



NIMMY & JUNIOR

Sri Lankan Chicken Curry

Having grown up in a Sri Lankan and Indian family, chicken curry was a go to dish, that goes well with potato curry and beetroot fry. It's great for both everyday cooking and special occasions and it's an easy, flavoursome meal! This recipe was passed on from our parents with a few tweaks.

Ingredients

- 1.5 kg skinless chicken drumsticks
- 1 can of diced tomatoes
- 5–6 curry leaves
- 2 brown onions, finely sliced
- 1 tbsp oil
- 1 cup coconut milk
- 2 tbsp vinegar
- Salt

SPICES

- 1 tbsp vegetable curry powder
- 2 tbsp ginger garlic paste
- 1 tsp turmeric
- 1 tsp paprika
- 1 tsp fennel seed
- 1 tsp chilli powder
- 1 tsp black pepper

Method

- 1 Poke holes in chicken pieces with a fork and coat with vinegar.
- 2 Heat oil in a large saucepan on medium-high heat.
- 3 Add onions to pan when oil is hot, cook until brown.
- 4 Add ginger garlic paste, all spices and curry leaves, mix well and temper.
- 5 Add chicken, coat thoroughly.
- 6 Once chicken has browned, add tomatoes.
- 7 Simmer on low until fully cooked.
- 8 Add coconut milk once cooked and simmer for 5 minutes.
- 9 Add salt to taste.

Sri Lankan Coconut Roti

This is a perfect recipe for a weekend dinner but can be eaten for breakfast, lunch or even as a snack. It can be served with any curry, sambol and even with butter, jam or Vegemite. In our family we like to eat coconut roti with Sri Lankan chicken curry and spicy chilli sambol and have a cup of Ceylon tea after. This is one of our favourite recipes for cold winter nights.

Method

- 1 Put all purpose flour and salt in to a mixing bowl and mix well.
- 2 Add ¼ cup of water or ½ cup coconut cream in to desiccated coconut and microwave it for 30 seconds. When it's done give it a good stir and let it cool back to room temperature.
- 3 Then add prepared desiccated coconut in to the flour mix and combine well. You can add chopped onion, green chilly and coconut water at this stage in to the mix.
- 4 While kneading the mix add water about ¼ cup at a time and work until the dough form a ball which is not sticking to your fingers. If you feels the dough need more water you can add some/if you add too much water you can just add some flour and balance it. Avoid over kneading the dough.
- 5 When the dough form a ball apply coconut/vegetable oil around it and let it rest for about 30 minutes. This dough can be kept 8 hours in room temperature.
- 6 Sprinkle your working top with some all purpose flour and roll out the dough using a rolling pin to about 0.5 cm tick.
- 7 Using a round cutter size of your choice cut the dough in to round pieces OR you can make small balls from the dough and flatten them to round shape.
- 8 Now place them on a heated non-stick pan/cast iron skillet and cook both sides in medium heat until you see golden brown. Cooking time can be vary to the thickness of the roti.



Ingredients

- 2 ½ cups all purpose flour
- 2 cups desiccated coconut
- 1 cup water (approximately)
- 1 tbsp salt (or to your taste)
- ½ tablespoon coconut oil or vegetable oil
- ½ onion, finely chopped (optional)
- Green chilli, finely chopped (optional)
- ½ cup coconut cream or coconut water (optional)



CORINNE HOHENHAUS

Best Honey/Soy Sauce

This recipe is purely to show off the delicious sticky sauce. Match it with whatever you like. My family prefers to have it with chicken or salmon like I've shown in the recipe below.

Method

- 1 Season chicken or salmon with salt and pepper; set aside.
- 2 Place all sauce ingredients into a small pot and set on a low simmer.
- 3 Meanwhile, heat a pan over medium high heat; sear chicken thigh fillets or salmon fillets on both sides until the skin is crispy and golden and the fillets are cooked through.
- 4 Drizzle the sauce over the chicken or salmon.
- 5 Garnish with toasted black and white sesame seeds.

Serving suggestion

- Potato and sweet potato mash and greens such as broccoli and beans.
- Side garden salad.
- Rice.

Ingredients

MAIN

- 6 skin on chicken thighs or 3 skin on salmon fillets
- Salt and pepper

SAUCE

- 2 large cloves garlic, minced
- 4 tbsp honey
- 1 tbsp white vinegar
- 2 tbsp soy sauce



CORINNE HOHENHAUS

Coconut Rice

Method

- 1 Place all ingredients into a medium saucepan and bring to the boil with the lid on.
- 2 Once boiling for 5 minutes, turn off and leave lid on. Let it sit with the heat off for 15 minutes to finish cooking.
- 3 Fluff with a fork and serve.

Ingredients

- 2 cups basmati/jasmine/ long grain rice
- 1 can (400ml) coconut cream
- 1 ½ cups water
- 1 tsp sugar
- 1 tsp salt

Chicken/Beef, Vegetable and Noodle Stir Fry

Method

- 1 Prepare the sauce: Place the corn flour and soy sauce in a bowl and mix until corn flour is dissolved, then mix in remaining sauce ingredients.
- 2 Boil the kettle. Soak Hokkien noodles in boiled water.
- 3 Heat oil in a wok over high heat.
- 4 Add chicken or beef strips. When cooked, remove from pan and set aside.
- 5 Add garlic and ginger to wok, stir for 10 seconds.
- 6 Add onion, stir for 30 seconds.
- 7 Add carrot and capsicums, stir for 1 minute.
- 8 Add mushrooms, then stir for 2 to 3 minutes until the vegetables are almost cooked.
- 9 Add chicken or beef back to the wok.
- 10 Add bok choy, snow peas and bean shoots, stir for 1 minute.
- 11 Drain and add Hokkien noodles to the wok.
- 12 Add sauce and toss for 1 minute until sauce thickens and becomes glossy, coating all the vegetables.
- 13 Serve over rice (coconut rice if you're feeling fancy).
- 14 Garnish with spring onions and sesame seeds.



Ingredients

STIR FRY

- 1 tbsp vegetable oil
- 500g chicken or beef, cut into strips
- 2 garlic cloves, finely chopped
- 1 tbsp ginger, finely sliced (optional)
- 1 onion, peeled and sliced
- 1 large carrot, sliced
- 3 medium bok choy or other leafy Asian greens of choice
- 1 cup mushrooms, thick sliced
- 1 red capsicum, sliced
- 1 green capsicum, sliced
- Handful of bean shoots
- Handful of snow peas
- 1 packet Hokkien noodles

SAUCE

- ½ cup soy sauce
- ½ cup oyster sauce
- ¼ cup Chinese cooking wine
- ¼ cup corn flour
- 1 tbsp raw sugar
- 2 tbsp sesame oil
- 1 heaped tsp cracked black pepper

TO SERVE (OPTIONAL)

- Finely sliced spring onions
- Sesame seeds



Photo: Monika Grabkowska on Unsplash



Soups & Stews

Beetroot & Apple Soup

Thai Red Curry Noodle Soup

French Onion Soup

Chinese Chicken/Corn Soup

Hearty Lentil Stew

Pot of Scouse (Liverpool Stew)

Porcupine/Tomato Soup Meatballs



LLOYD ABERY

Beetroot & Apple Soup

I love cooking this soup as beetroots are one of my favourite vegetables. I enjoy making this recipe for the family because it's delicious, easy, full of vitamins and vibrant the colour makes it great for dads (and nephews). In summer it also works great as a dip.

Ingredients

- 3–4 Large Beetroot (or 6 small)
- 3 Granny Smith Apples
- 1ltr of Vegetable Stock
- 1 Large brown onion
- 2 Cloves of Garlic
- 2 Medium sized brown potatoes
- 150ml of cream

Method

- 1 Peel and quarter your beetroot, potatoes and apples. When peeling the beets I would suggest using gloves and a plastic chopping board as beetroot stains.
- 2 Peel and dice your onion, in a large pot sweat off the onion until translucent with a tablespoon of butter, margarine or vegetable oil. Add in the garlic and stir for 1–2 minutes until aromatic.
- 3 Add in your beets, potatoes and apples and pour in the vegetable stock.
- 4 Once the soup comes to a boil, reduce heat and let it simmer for 30–40 minutes. Put the lid on or slightly askew, we don't want beetroot stains on our new kitchens or splash backs. Run a butter knife through the beets after this time, if they are still firm and don't smoothly slide through keep on the heat for a further 10–15 minutes.
- 5 Take off the heat and blitz until smooth.
- 6 Now that we are off the heat, add in your cream slowly while whisking or blitzing, this will stop the cream from cooking and laminate the soup to give it a beautiful sheen. I personally use lactose free cream which is sweeter, heavy or light cream can be used and the amount is suitable to your taste.
- 7 As the beets have a wonderful earthy flavour and the apples and onions provide sweetness, serve with either Sour Cream, Greek Yoghurt or a wedge of lemon juice to bring the dish together.

Summer Dip Method

Use 3 cups of stock instead of the whole litre. Simmer covered for 45 minutes, blend and add a quarter cup of sour cream. The reduced liquid will help the mixture solidify and hold its shape perfect for dipping or a to place inside a hollowed cob-loaf for beautiful shared meal. To feel a little fancy; Garnish with parsley, coriander or thinly slice (green part) spring onion.

Thai Red Curry Noodle Soup

Method

- 1 Heat olive oil in a pan over medium heat. Season chicken with salt and pepper, to taste. Add chicken to the pan and cook until golden, about 2–3 minutes; set aside.
- 2 Add garlic, red capsicum and onion. Cook, stirring occasionally, until tender, about 3–4 minutes.
- 3 Stir in red curry paste and ginger until fragrant, about 1 minute.
- 4 Stir in chicken broth and coconut milk, scraping any browned bits from the bottom of the pot.
- 5 Shred chicken with two forks. Stir in chicken. Bring to a boil; reduce heat and cook, stirring occasionally, until reduced, about 10 minutes.
- 6 Stir in rice noodles, fish sauce and brown sugar until noodles are tender, about 5 minutes.
- 7 Remove from heat; stir in spring onions, coriander, basil, lime juice and bean shoots; season with salt and pepper, to taste.
- 8 Serve immediately and garnish with fried tofu cubes if desired.



Ingredients

- 1 tbsp extra-virgin olive oil
- 3 skinless chicken breast
- Salt and pepper
- 3 garlic cloves, minced
- 1 red capsicum, diced or cut into thin strips
- 1 onion, diced or cut into thin strips
- 3 tbsp red curry paste
- 1 tbsp freshly grated/minced ginger
- 6 cups chicken broth/stock
- 1 can coconut milk
- ½ pack rice noodles
- 1 tbsp fish sauce
- 2 tsp brown sugar
- 3 spring onions, thinly sliced
- ½ cup chopped fresh coriander leaves
- ¼ cup chopped fresh basil leaves
- 2 tbsp freshly squeezed lime juice
- Small handful bean shoots
- Fried tofu cubes (optional)



French Onion Soup

The ultimate comfort food. French onion soup is simple to make provided you have the patience to let the onions fully soften. Served piping hot with hidden balls of molten cheese at the bottom of the bowl this is a winter staple in our household.

Method

- 1 Peel and thinly slice onions.
- 2 Heat butter and oil in a heavy based pot. Add onions and season with salt and pepper. Cook uncovered on medium heat, stirring often, for 45–50 minutes until the onions are browned and very soft.
- 3 Stir in brown sugar and cook, stirring often for another 10 minutes until onions have caramelised.
- 4 Add flour and cook stirring for 2 minutes until all onions are coated with flour.
- 5 Add stock and 2 additional cups of water. Reduce heat to low and simmer, uncovered, for 15 minutes to allow flavours to combine.
- 6 Pre-toast the slices of baguette under the grill or in a toaster to make croutons.
- 7 Serve soup into bowls, top with croutons and a generous amount of grated cheese and a sprinkle of salt and pepper. Place the bowls under the grill and allow the cheese to melt and begin to brown. Serve immediately.

Ingredients

- 60g butter
- 2 tbsp olive oil
- 1 kg brown onions, thinly sliced
- 2 tsp brown sugar
- 2 tbsp plain flour
- 4 cups beef stock
- 1 baguette, slices into 2 cm thick slices
- 2 cups grated cheese
- Salt and pepper

SERVES 4

TIME 1 HOUR 45 MINUTES



CORINNE HOHENHAUS

Chinese Chicken/ Corn Soup

Method

- 1 Place broth, creamed corn, corn kernels, soy sauce, Chinese cooking wine, ginger, garlic and cornflour/ water mixture in a saucepan over high heat.
- 2 Bring to boil, then turn down the heat to medium and stir occasionally. Cook for 5 minutes or until slightly thickened.
- 3 Adjust seasoning with salt, turn off heat, and slowly whisk in the egg so it cooks in “ribbons” throughout the soup. This also thickens the soup.
- 4 Add the chicken, season with pepper.
- 5 Serve, garnished with spring onions.

Ingredients

- 2 cups chicken or vegetable broth/stock
- 1 can (420g) creamed corn
- 1 can corn kernels
- 1 tsp soy sauce
- 1 tbsp Chinese cooking wine, Mirin or Dry Sherry
- 1 tsp ginger, minced
- 2 garlic cloves, minced
- 1 tsp cornflour (mixed with a splash of water)
- 1 egg, whisked
- 1 cup shredded cooked chicken
- Salt and pepper
- 3 tbsp sliced spring onions

Ingredients

- 1 cup brown lentils, soaked for at least 2 hours
- 2 cups beef stock/broth
- 1 large brown onion, diced
- 1 carrot, diced
- 2 tsp minced garlic
- 1 can crushed tomatoes
- 1 tsp dried basil
- 1 tsp dried ground sage
- 1 tsp black pepper
- 2 potatoes, diced into 2 cm cubes
- 1 stick cabana, cut into small pieces

CORINNE HOHENHAUS

Hearty Lentil Stew

Method

- 1 In a soup pot over medium heat, bring the lentils, beef stock/broth, onion, garlic, crushed tomatoes and herbs to a simmer. Adjust the heat so the mixture bubbles slowly, cover and cook for 35 minutes.
- 2 Add the potatoes cabana and carrot to the pot, cover and simmer for 20–25 minutes or until the lentils, potatoes and carrot are cooked.
- 3 Serve with garlic bread.

BRAD DOBSON

Pot of Scouse (Liverpool Stew)

This recipe is my Grandmothers. It's a simple dish, perfect for winter nights dinner. Plenty for the whole family and very filling. Like most good foods, it tastes even better the next day.

Method

- 1 Add 1 kg cubed steak, onion and carrots in a large pan.
- 2 Add enough water to cover and simmer for about 1.5–2 hours, until meat is tender.
- 3 Add potatoes, 2 tablespoons of tomato paste and 4 beef oxo cubes (also and 2 sticks of celery or 1 leek, optional).
- 4 Bring to boil until potato are cooked.
- 5 Add salt and pepper to preferred taste.
- 6 Serve in bowls with crusty bread and enjoy.



Ingredients

- 1 kg Chuck Steak cubed
- 1 large onion diced
- 4 large carrots
- 1 kg potato cubed
- 4 beef oxo cubes
- 1 tbl tomato paste
- Salt and pepper
- 2 sticks celery or 1 leek (optional) according to taste

LEAH HARDINGHAM

Porcupine/Tomato Soup Meatballs

Method

- 1 In a large bowl mix mince, garlic, rice, onion, salt, pepper, oregano and herbs. Put on some gloves and mix with your hands so it combines evenly.
- 2 Mixture will make 15 medium size meatballs
- 3 Place meatballs in a deep oven proof dish.
- 4 Cover with both cans of tomato soup.
- 5 Place uncovered in oven on 180 degrees for 30–45 minutes. The soup will thicken as the meat cooks.
- 6 Once the tops of the meatballs have browned its ready.
- 7 Serve meatballs on top of cooked pasta and sprinkle with grated cheese.

(These are even tastier the next day)




Ingredients

- 500g Mince
- ½ Cup Rice
- 1 tsp Minced Garlic
- ½ an Onion grated
- 2 cans Tomato Soup
- Salt and pepper
- Oregano (Couple of shakes of dried oregano)
- Mixed Herbs (Couple of shakes of dried mixed herbs)
- Your choice of Pasta (great with Spaghetti or Fettuccini)
- Grated Cheese



Photo: Julia Joppien on Unsplash



Healthy Options

Keto Cauliflower Bake

Kettle Corn

Fire Cider Immunity Booster



STEVE & LEAH PEACHEY

Keto Cauliflower Bake

Since converting to a Keto Diet in the lead up to our Wedding we discovered this recipe and have adapted it a little to our taste. Its creamy, cheesy deliciousness. I don't cook the traditional Cauliflower bake with béchamel sauce anymore, this is the go to for Cauli bake. We would have this at least weekly in our house as it's so comforting, cheese is good for the soul.

Ingredients

- 400g cauliflower, cut into florets
- 100g cream cheese
- ½ cup thickened cream
- ½ cup keto ranch dressing (see below)
- ½ cup shredded cheddar cheese (if you like it super tasty, use ¼ cup parmesan and ¼ cup cheddar)
- 2 tbsp fresh chives finely chopped (can use dried)

KETO RANCH DRESSING

- 1 cup of mayonnaise
- 1 cup of sour cream
- ¼ cup of water
- 1 tbsp ranch spice mix (see below)

KETO RANCH SPICE MIX

- 1 tbsp dried dill
- 1 tbsp dried parsley
- 1 tbsp dried chives
- 1 tbsp dried onion powder
- 1 tbsp dried garlic powder
- 2 tsp sea salt flakes (any salt will do)
- Pinch of cracked pepper

Method

- 1 Cut your Cauliflower (can use Broccoli too) and steam until tender.
- 2 In a large bowl, combine cream cheese, cream, ranch dressing, half the cheddar cheese (or this is where I use ¼ Cup of parmesan) and half the chives.
- 3 Combine until smooth.
- 4 Place your steamed Cauliflower (and Broccoli) into a baking dish.
- 5 Pour the sauce over the cauliflower, covering as much as you can.
- 6 Use the last lot of shredded cheese over the top and sprinkle the chives.
- 7 Bake in oven set to 180 degrees for 20–25 minutes or until lightly brown.

Time-saving tips

The Spice mix lasts a while as you only need a 1 tbs at a time. Keep it in a zip lock or small container in pantry.

The Ranch dressing also lasts in the fridge, make a batch and you will get about 3 bakes out of it as you only need ½ Cup per bake.

CORINNE HOHENHAUS

Kettle Corn

Method

- 1 Place the coconut/vegetable oil in a medium saucepan with a lid.
- 2 Once the oil coconut oil has melted, add the corn kernels and put the lid on, keeping it slightly ajar. The popping will start.
- 3 Once the popping has slowed and most of the corn kernels have popped, turn off the heat.
- 4 Sprinkle with salt, sugar and cinnamon.
- 5 Shake into a bowl and serve.



Ingredients

- 3 tbsp coconut oil/vegetable oil
- ½ cup corn kernels
- 2 tbsp caster sugar
- ½ tsp cinnamon
- 1 tsp salt (to taste)

CORINNE HOHENHAUS

Fire Cider Immunity Booster

Method

- 1 Wash and chop/grate all ingredients.
- 2 Add all chopped ingredients into clean glass jar.
- 3 Pour the apple cider vinegar over the top until the ingredients are submerged.
- 4 Place the lid on top and place in the pantry for 3 weeks, stirring occasionally.
- 5 After time to infuse, the mixture is ready to strain. Pour through a nut milk bag or cheesecloth over a jug or bowl to catch the liquid.
- 6 Store at room temperature with a tight lid on your bench top during the cooler months to shot once a day to boost immunity.



Ingredients

- 1 orange
- 1 red onion
- 1 finger length of fresh ginger
- 1 finger length of turmeric (or ½ tbsp dried turmeric powder)
- 1 entire head of garlic, usually around 6 garlic cloves (peeled)
- 1–2 tsp of cayenne pepper powder
- 2 tbsp honey
- 600+ml of apple cider vinegar
- 1 tsp peppercorns
- 1 sprig rosemary



Photo: Chad Montano on Unsplash



Something Sweet

Banoffee Pie

Baked Cheesecake
(Vanilla or Lemon)

Best Ever Chocolate Chip Cookies

Easy Choc Chip Cookies

Crème Brûlée

Nana's Chocolate Cake

Strawberry Tart

Sticky Date Pudding &
Butterscotch Sauce

Healthier Twix Slice

Peppermint Slice

Chocolate Caramel Slice

Mango Lime Bliss Balls

Raspberry Bliss Balls

Vegan Banana Pancakes

100 Condensed Milk Cookies



JAMES WALSH

Banoffee Pie

Banoffee is a classic combination of banana and toffee (yum) not to be confused with banana and coffee (questionable). This is a simple dessert that few people seem to have tried, but once they have, family and friends alike continue to request it for dinner parties and gatherings.

Quick and easy to make, as well as a good alternative to banana bread when you have too many bananas, the humble banoffee pie has become one of our household staples.

Ingredients

BASE

- 150g butter (melted)
- 250g Marie Biscuits
- ½ tsp ground cinnamon

CARAMEL

- 100g butter
- 100g brown sugar
- 397g can of condensed milk

TOP

- 2 ripe bananas
- 300ml fresh cream
- Small bar of dark chocolate

SERVES 10

TIME 40 MINUTES

Method

- 1 Line a 20 cm tart tin with butter and baking paper in the base.
- 2 In a food processor blitz the biscuits into fine crumbs (if you don't have a food processor this can be done by crushing the biscuits in a large bowl using the end of a rolling pin).
- 3 Add the melted butter and cinnamon and combine until it looks like wet sand. Tip the mixture into the tart tin and using your hands or a flat based glass, compact the biscuit base down and along the edges. Place in the fridge to chill and set.
- 4 To make the caramel melt the butter and sugar together in a pan over medium heat, stirring until the sugar has dissolved. Add the condensed milk and bring to a boil whilst stirring. Keep stirring for about 2–3 minutes or until the caramel starts to thicken (note the caramel will continue to get thicker as it cools).
- 5 Pour the caramel into the biscuit base and place in the fridge to cool and set.
- 6 Whilst the caramel sets, slice the bananas into rounds and whip the cream.
- 7 Once caramel is set, layer the banana rounds on the caramel and top with the whipped cream. Finish by grating the chocolate of the top of the cream.
- 8 Remove from tart tin and place on a plate to serve.

Baked Cheesecake (Vanilla or Lemon)

Method

- 1 Preheat oven to 140°C fan-forced.
Grease a 22 cm round spring-form cake pan.
- 2 Process biscuits until mixture resembles fine breadcrumbs.
- 3 Add butter.
- 4 Process until combined.
- 5 Press mixture over base and sides of pan leaving a 2 cm gap from top.
- 6 Refrigerate base for 30 minutes.
- 7 Process cream cheese, sugar, sour cream, vanilla or lemon rind until smooth.
- 8 Add eggs, 1 at a time, processing until just combined.
- 9 Pour into prepared pan.
- 10 Bake for 50 minutes to 1 hour or until just set and centre wobbles slightly.
- 11 Allow to cool in oven for 4 hours, with door ajar.
- 12 Refrigerate overnight.
- 13 Serve.



Ingredients

- 250g packet plain sweet biscuits
- 125g butter, melted
- 500g packets cream cheese
- $\frac{3}{4}$ cup caster sugar
- $\frac{3}{4}$ cup sour cream
- 2 tsp vanilla extract (for vanilla cheesecake) or 1 tbsp finely grated lemon rind (for lemon cheesecake)
- 3 eggs



LUCY ANDERS

Best Ever Chocolate Chip Cookies

As a science teacher I like to approach baking like science. I have experimented with this recipe for years to get it to how it is today. It is a no-fail easy recipe to get the perfect chocolate chip cookie every time.

Ingredients

- 1 cup self raising flour
- ¾ cup plain flour
- 1 tsp baking powder
- 125g butter
- 1 cup caster sugar
- ½ cup brown sugar
- 1 tsp vanilla essence
- 1 egg
- 1 cup dark chocolate chips (or alternate)

Method

- 1 Preheat oven to 160°C on bake (150°C if fan).
- 2 On the lowest heat melt the butter in a small saucepan. Ensure to remove from heat when just melted. Leave to cool slightly while sifting flours.
- 3 Into a large mixing bowl, sift the flour and baking powder. Set to the side.
- 4 Add the brown sugar, caster sugar, egg and vanilla essence to the melted butter. Stir until combined.
- 5 Add the butter mixture to the flours and stir to combine.
- 6 Add the chocolate chips. You can also add nuts if preferred.
- 7 Roll out dough into small balls using hands. **DO NOT FLATTEN—BAKE AS BALLS.** This is the most important part. Ensure the balls are well spaced.
- 8 Bake for 12–15 minutes or until cracks start to form.

Ingredients

- 150g softened butter
- ½ cup brown sugar
- ½ cup caster sugar
- 1 egg
- 1 tsp vanilla paste/extract
- 1 ¾ cup plain flour
- ½ cup milk choc bits (plus 1 tbsp extra)
- ½ cup dark choc bits (plus 1 tbsp extra)

LEAH HARDINGHAM

Easy Choc Chip Cookies

Method

- 1 Pre-heat oven to 180° Celsius. Line 2 baking trays with baking paper.
- 2 Using an electric mixer or whisk by hand, beat butter and sugars for 2 minutes until smooth and well combined.
- 3 Beat in egg and vanilla until combined.
- 4 Stir in flour, stir in choc bits.
- 5 Roll 2 level tablespoons of mixture into balls and place on trays, 3 centimetres apart.
- 6 Press down slightly and decorate with extra choc bits.
- 7 Bake for 12–15 minutes or until light golden brown.
- 8 Transfer to wire rack to cool.
- 9 Store in an airtight container for up to 1 week.

Crème Brûlée

Method

- 1 Split vanilla down the middle and scrape the seeds out using a small knife or use vanilla bean paste. Place into saucepan with cream.
- 2 Simmer over low heat for 10 minutes.
- 3 Remove from stove and leave to infuse for 1 hour (you can skip this step if using paste, just let it cool to lukewarm).
- 4 Remove vanilla pod if using.
- 5 Preheat oven to 120°C.
- 6 Place four 150ml ramekins in a baking dish.
- 7 Boil a kettle of water.
- 8 Whisk yolks and 50g sugar until just well combined—don't whisk too much, you don't want bubbles!
- 9 Pour cream in and gently stir to combine.
- 10 Divide mixture between ramekins.
- 11 Pour in enough boiling water so it comes halfway up the side of the ramekins.
- 12 Bake for 35–40 minutes, or until the custard is set but there is still a slightly wobble when you GENTLY give the ramekin a little shake.
- 13 Remove from water.
- 14 Cool then refrigerate for at least 6 hours, preferably overnight.

Toffee topping

- 15 Sprinkle sugar over the surface of the crème brûlée.
- 16 Use a blow torch to melt and caramelize the sugar.
- 17 Serve immediately.

OR

Grill method

Crème brûlée should be refrigerated overnight. Preheat grill to high. Place crème brûlée under grill for 1 minute or until sugar is melted and caramelised. Refrigerate for at least 20 minutes, up to 1 hour (to reset custard immediately under toffee), then serve.



Ingredients

CRÈME BRÛLÉE

- 2 cups cream
- 1 vanilla pod or 1 tsp vanilla bean paste
- 5 egg yolks
- 50g caster sugar

TOFFEE TOPPING

- 2 ½ tbsp caster sugar



CORINNE HOHENHAUS

Nana's Chocolate Cake

Method

- 1 Preheat oven to 190c.
- 2 Melt the chocolate in the microwave, then add the butter and melt. Allow to cool.
- 3 Beat sugar and egg yolks with an electric beater until pale and light.
- 4 Fold in cooled chocolate mixture.
- 5 Fold in flour.
- 6 In another bowl, beat the egg whites with an electric beater until stiff.
- 7 Fold the egg whites into the chocolate mixture.
- 8 Pour the chocolate cake mixture into a well-greased springform tin (22 cm) and bake in the oven for around 50 minutes or until a skewer comes out clean.
- 9 Allow cake to cool before decorating with fresh berries and Flake bar. Dust with icing sugar before serving.

Ingredients

- 250g dark chocolate
- 200g caster sugar
- 100g plain flour
- 250g unsalted butter
- 6 eggs, separated
- Icing sugar (to dust)
- Fresh berries
- Flake

Ingredients

SHORTCRUST

- 300g butter
- 175g icing sugar
- 3g vanilla
- 120g eggs
- 75g almond meal
- 500g plain flour

CUSTARD VANILLA

- 250g milk
- 5g vanilla
- 50g sugar
- 50g egg yolks
- 25g corn flour
- 25g butter

KEVIN GULLY

Strawberry Tart

Method

Shortcrust

Mix the butter and sugar until smooth, add the eggs then add almond and flour.

Custard Vanilla

- 1 Bring to boil the milk, vanilla, sugar, egg yolks and corn flour, then add the butter.
- 2 Bake the tart shell 170C for about 20 minutes, when cold add the cold custard.
- 3 Then add fresh strawberry and a spoon of fresh whipped cream.

Sticky Date Pudding & Butterscotch Sauce

Method

- 1 Preheat oven to 180°C. Grease a 12 pan muffin tin with butter (preferably silicone tin), set aside.
- 2 Combine the dates, water and bicarbonate of soda in a bowl. Set aside for 10 minutes to soften. Use a fork to coarsely mash.
- 3 Use an electric beater to beat the butter and caster sugar in a bowl until pale and creamy.
- 4 Add the eggs, 1 at a time, beating well after each addition.
- 5 Fold in the date mixture and the combined flour.
- 6 Spoon the mixture into the prepared muffin tin. Bake in oven for 20–25 minutes or until the surfaces spring back when lightly tapped. Set aside in the pans for 5 minutes to stand before turning onto a wire rack to cool slightly.
- 7 Meanwhile, place the pouring cream, brown sugar and unsalted butter in a saucepan over medium heat. Cook, stirring, for 5 minutes or until smooth.
- 8 Serve, top with double cream, strawberries and drizzle over the sauce to serve.



Ingredients

- Melted butter, to grease

PUDDINGS

- 285g (1 $\frac{3}{4}$ cups) pitted dates, halved
- 1 cup boiling water
- 1 tsp bicarbonate of soda
- 80g butter, at room temperature
- $\frac{1}{2}$ cup caster sugar
- 2 eggs
- $\frac{3}{4}$ cup self-raising flour, sifted
- $\frac{1}{2}$ cup plain flour, sifted

SAUCE

- 185ml ($\frac{3}{4}$ cup) pouring cream
- 1 cup brown sugar
- 60g unsalted butter, chopped

TO SERVE

- Double cream and strawberries



BRIDIE & BRANDON CRAM

Healthier Twix Slice

These healthy peanut butter twix bars are a homemade, better for you take on the chocolate bar we all know and love. There's a layer of almond meal shortbread, a peanut butter caramel middle and a dark chocolate topping. Naturally sweetened and gluten free.

Ingredients

BASE

- ¼ cup melted coconut oil
- 2 tbsp rice malt syrup
- 1 cup almond flour

CARAMEL

- ¼ cup coconut oil
- ¼ cup maple syrup
- ¼ cup 100% peanut butter
- 1 tsp vanilla extract
- Pinch of pink salt

TOP

- 200gm Dark chocolate (choose your favourite)
- 1 tbsp coconut oil

SERVES 16

PREP TIME 15 MINUTES

COOK TIME 50 MINUTES

Method

- 1 First, you'll make your shortbread cookie base by mixing the almond meal with coconut oil and rice malt syrup. Press this into an 8x8 inch square pan and bake for 10 minutes.
- 2 Once your shortbread base is done baking, make your peanut butter layer by mixing peanut butter, maple syrup, coconut oil, vanilla and salt in a pot over medium low heat for about 2 minutes.
- 3 Pour your peanut butter layer on top of the cooled shortbread cookie layer, and then place it in the fridge to solidify for about 30 minutes.
- 4 When you're about ready to take the shortbread and peanut butter layers out of the fridge, melt your chocolate with coconut oil in a microwave safe dish in 30 second intervals. Pour the chocolate over the peanut butter and tilt the pan to make sure it's evenly covered. Place it back in the fridge for 20 minutes until the chocolate has hardened.
- 5 Finally, cut into 16 bars and enjoy!

Peppermint Slice

This is a recipe for a South African dessert. This is one of my favourite desserts to make because it is quick and easy, and it tastes delicious!

Method

- 1 Whip the cream until fluffy put aside.
- 2 In a separate bowl whisk the caramel until smooth.
- 3 Fold the caramel into the whipped cream.
- 4 Crush the chocolate finely and put it aside.
- 5 Dip the biscuits one at a time into warm water and lay them in the dish. The biscuits should cover the bottom of the whole dish.
- 6 Once you have put a layer of wet biscuits down, add a layer of cream.
- 7 Then, lightly sprinkle the chocolate over the cream.
- 8 Repeat this process until you get to the top of the dish (layer of wet biscuits, layer of cream and a layer of chocolate)
- 9 On the very last layer top it off with extra chocolate.
- 10 Then, place in fridge over night.



Ingredients

- 500ml of Thickened Cream
- 1 tin of Nestle Caramel Top N Fill
- 5 Peppermint Crisps
- Chocolate Bars
- 2 Arnott's Nice Biscuits

EQUIPMENT

- 1 bowl of warm water for dipping the biscuits
- 1 large deep rectangle or square dish for the slice

Chocolate Caramel Slice

Method

Preheat the oven to 180°C. Place the flour, coconut, sugar and butter in a bowl and mix well. Press the mixture into a 20 cm x 30 cm slice tin lined with non-stick baking paper and bake for 15–18 minutes or until brown.

Caramel Filing

Place the golden syrup, butter and condensed milk in a saucepan over low heat and stir for 7 minutes or until the caramel has thickened slightly. Pour over the cooked base and bake for 20 minutes or until the caramel is golden. Refrigerate the slice until cold.

Chocolate Topping

Place the chocolate and oil in a saucepan over low heat and stir until melted. Remove from the heat and allow to cool slightly before spreading over the slice. Refrigerate until firm and cut into slices. Makes 24 slices.

Ingredients

- 1 cup plain (all-purpose) flour
- ½ cup desiccated coconut
- ½ cup brown sugar
- 125g butter, melted

CARAMEL FILING

- ½ cup golden syrup
- 125g butter, melted
- 2 x 400g cans sweetened condensed milk

CHOCOLATE TOPPING

- 185g dark chocolate
- 3 tsp vegetable oil



CORINNE HOHENHAUS

Mango Lime Bliss Balls

Method

- 1 Preheat oven to 180°C and arrange nuts on a baking sheet. Toast for 8–12 minutes or until light golden brown and fragrant. Set aside.
- 2 In the meantime, add dried mango to a mixing bowl and cover with warm water (don't skip this step or they'll be too tough to blend). Let soak for 5–7 minutes or until soft and pliable but not too soggy. Then drain, lay on a towel, and pat off excess moisture. Set aside.
- 3 Add nuts to a food processor and mix into a fine meal. Remove from bowl and set aside.
- 4 Add pitted dates and the mango to the food processor and mix until a rough paste/sticky dough forms.
- 5 Add nut meal back in, along with hemp seeds, shredded coconut, lime zest and sea salt. Mix until it forms a moldable dough. Add more coconut or hemp seed if it feels too sticky or wet. Add more dates if it's too dry.
- 6 Scoop out rounded tablespoon amounts and roll into little balls in the palms of your hands. Then roll in more shredded coconut or hemp seeds, or a mixture of both.
- 7 Enjoy immediately or store at room temperature up to 3–4 days, in the refrigerator 1 week, or in the freezer up to 1 month.

Ingredients

- 1 ¼ cup raw walnuts or cashews (I mix both)
- 1 cup firmly packed dried unsweetened mango
- 10 whole pitted medjool dates
- 2 tbsp hemp seeds
- ½ cup desiccated coconut
- 1 medium lime, zested
- 1 pinch sea salt

CORINNE HOHENHAUS

Raspberry Bliss Balls

Method

- 1 Blitz all ingredients in a food processor.
- 2 Roll into balls.

Ingredients

- 1 cup frozen raspberries
- 10 medjool dates/20 soaked dates
- 1 cup raw soaked cashews
- 2 cups desiccated coconut
- 1 tsp vanilla extract
- Pinch of salt

CORINNE HOHENHAUS

Vegan Banana Pancakes

Method

- 1 Blitz oats in food processor until fine like flour.
- 2 Add the rest of the ingredients to the food processor (except choc chips if using) and blitz until combined.
- 3 If the batter is too thick, add more mylk.
- 4 If using choc chips, fold them through the pancake mix.
- 5 Fry heaped spoonful's of the pancake mix into a greased frypan.
- 6 Cook on medium heat until bubbles appear on the top of the pancake.
- 7 Flip and cook the other side.
- 8 Serve with toppings of choice, we like maple syrup and blueberries!

Ingredients

- 1 cup rolled oats
- ½ tsp baking powder
- 2 medium bananas (180g when peeled)
- 140ml mylk of choice (use plant mylk to make vegan)
- Pinch of salt
- Optional: cinnamon or choc chips (you can buy vegan choc chips)

LEAH HARDINGHAM

100 Condensed Milk Cookies

Method

- 1 Preheat oven to 180°C (fan-forced).
- 2 Grease and line baking trays and set aside (use as many as will fit in your oven).
- 3 Cream the room temperature butter and caster sugar together with electric beaters until light, creamy and fluffy.
- 4 Add the condensed milk and beat through.
- 5 Add 1 cup of self-raising flour and beat through. Add another cup of self-raising flour and beat through. Continue until all 5 cups have been mixed through.
- 6 Divide the cookie dough between bowls and flavour each however you'd like (see notes).
- 7 Roll into teaspoon-sized balls and place onto the prepared baking trays. Press down lightly.
- 8 Bake for 10 minutes. Allow to cool for 10 minutes on the baking trays before transferring to a wire rack to cool completely.

Extra pre flavoured dough can be rolled up and placed in zip lock bag and frozen up to 3 months.

Ingredients

- 500g butter
- 1 cup caster sugar
- 1 can sweetened condensed milk
- 5 cups self-raising flour

OPTIONAL FLAVOURS

- Milo, chocolate chips, lemon zest, mini marshmallows, Smarties or M&Ms (etc), sprinkles (stir some through but then also roll the dough balls in extra sprinkles), white chocolate and macadamia, jam drops

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Sithumini

Tim & Emm Werner





Kaduna Park Residents Facebook Page
facebook.com/groups/264478794262483

kadunaparkresidents@gmail.com