



FOOD & HOSPITALITY

Recipe Book

Chicken and Vegetable Pasties

COOKING TIME: 25-35 MINS SERVES: 4

Ingredients:

- 1 tbs olive oil
- ¼ brown onion, finely chopped
- 30g chicken mince
- ¼ zucchini, diced
- 1 small potato, peeled, diced
- ¼ carrot, peeled, diced
- ½ tsp dried Italian herbs
- ½ tbs Worcestershire sauce
- ¼ c frozen peas & corn
- 1 sheet ready-rolled puff pastry
- ½ egg, lightly beaten (for egg wash)
- salt and pepper



Method:

1. Preheat oven to 180°C fan-forced. Line a baking tray with baking paper.
2. Prepare all vegetables.
3. Heat oil in a large saucepan over medium heat. Add onion, cook for 5 minutes until softened.
4. Add mince. Cook, stirring to break up mince, for 5 minutes until cooked through.
5. Add potato, carrot, zucchini, Italian herbs and Worcestershire sauce. Cook for 5-10 minutes until vegetables are softened. Add in peas and corn. Season with salt and pepper.
6. Remove from heat. Set aside for 5 minutes to cool.
7. Cut pastry sheet into 4 squares. Spoon 1/4 of the mince mixture onto each square. Brush edges with egg. Bring pastry edges together to form a triangle.
8. Pinch edges together to seal and form frills.
9. Place pasties on prepared trays. Brush tops with egg. Bake for 25-35 minutes.

Tomato, Ham and Vegetable Pasta Sauce

COOKING TIME: 30 MINS

SERVES: 2

Ingredients:

- ¼ celery stick
- ¼ onion
- ¼ capsicum
- 1 clove garlic
- 2 tsp extra virgin olive oil
- pinch sea salt
- 400g can tomatoes
- ½ cup dried pasta
- 1/3 carrots
- 2 mushrooms
- 1 slice of ham or piece of bacon
- 2 sprigs fresh herbs
- Freshly ground black pepper
- 2 tsp grated parmesan cheese



Method:

1. Cut, capsicum, celery and onion into rough cubes (Mirepoix). Cut ham and carrots into matchsticks (Julienne). Finely chop the garlic (Brunois) and quarter the mushrooms.
2. Heat olive oil over a medium/low heat in a saucepan.
3. Sauté the Mirepoix (capsicum, celery and onion) in the oil over low heat until soft and barely coloured. Add the Julienne (ham and carrots). Cook until golden. Add the Brunois (garlic) to the mix.
4. Sauté until vegetables are glossy but not too soft.
5. Add undrained tomatoes and crush coarsely with a wooden spoon.
6. Reduce heat to low and cook sauce for 15 minutes.
7. Meanwhile, half fill a medium saucepan of water. Add a generous pinch of salt. Put onto high heat, cover with lid. Add pasta when water is boiling, boil (uncovered) for 12 minutes or until al dente.
8. Drain (do not rinse) the pasta. Add pasta to your sauce mix, stir well.
9. Serve topped with fresh herbs and grated parmesan cheese.

Sweet 'n' Sticky Baked Chicken Drumsticks

COOKING TIME: 30 MINS

SERVES: 2

Ingredients:

- 2 tbs balsamic vinegar
- 2 tbs honey
- 2 tbs brown sugar, packed
- 1 tbs soy sauce
- 1 garlic clove, finely chopped
- 2 chicken drumsticks
- 2 tsp sesame seeds, for serving



Method:

1. Preheat the oven to 210°C. Line an oven tray with baking paper.
2. Combine the balsamic vinegar, honey, brown sugar, soy sauce and chopped garlic in a bowl. Add the chicken and mix well to coat. Set aside for 15 minutes.
3. After 15 minutes, place the marinated drumsticks onto the lined oven tray. Bake until the skin is caramelized and dark in spots, about 30 minutes.
4. When cooked, sprinkle with the sesame seeds. Place a drumstick on top of each bowl of fried rice.

Fried Rice

COOKING TIME: 10 MINS

SERVES: 2

Ingredients:

- 1½ c cooked white rice
- 1 tbs vegetable oil
- 1 egg, lightly whisked
- 1 bacon rasher, chopped
- ¼ c frozen onions
- ½ c frozen peas and carrots
- ½ spring onion, finely sliced
- 1 tbs soy sauce
- 1 tbs sweet chilli sauce



Method:

1. Heat oil in non-stick wok or large frying pan over medium heat. Add whisked egg. Swirl over base to form an omelette. Cook for 2 minutes or until set. Transfer to a chopping board. Set aside to cool slightly. Cut into short strips.
2. Add bacon and onions to wok. Cook 2 minutes until lightly golden. Add carrots, peas, spring onion and rice. Cook, stirring, 3-4 minutes.
3. Add egg and soy & sweet chilli sauce. Stir until heated through.
4. Divide rice between 2 bowls, and top with chicken drumstick.

Basic Scones

COOKING TIME: 10-12 MINS

SERVES: APPROX. 10 SCONES

Ingredients:

- 2 c SR flour
- 1 tbs (approx.) 20g butter
- 200ml milk

Method:

1. Set oven to 220°C. Fan-forced. Grease/line an oven tray.
2. Sift flour into a bowl.
3. Rub in butter.
4. Use a blunt knife to stir in milk.
5. Turn out onto a lightly floured bench and knead lightly.
6. Press out to 2cm thickness.
7. Cut into round shapes.
8. Glaze tops with milk.
9. Bake 10-12 minutes.
10. Serve with jam and whipped cream, or butter.



Rosemary Foccacia

COOKING TIME: 15 MINS

SERVES: 2

Ingredients:

- 125mls warm water
- 1 tbs instant dried yeast
- 1 tbs caster sugar
- 1 c bakers flour
- 1/2 tsp salt
- 1/2 tsp extra virgin olive oil
- Rosemary sprigs



Method:

1. Preheat oven at 200°C fan forced.
2. Place warm water into a large glass jug or bowl. Sprinkle over dried yeast and sugar, stir until yeast has dissolved. Cover with cling wrap and stand at the back of stove top for 10 minutes to activate yeast.
3. Meanwhile place flour and table salt into a large bowl, stir a few times to help mix through the salt and aerate the flour. Make a well in the centre of flour and pour in the yeast mixture and oil.
4. Using a wooden spoon, gently stir until a soft dough forms. Turn dough out onto a lightly floured surface. Using your hands, knead dough for 5 minutes or until smooth and elastic (lightly dust surface with more flour if dough starts sticking).
5. Line a baking tray with baking paper. Using hands, gently pull dough into two oval shapes to make two breads. Place both on the lined baking tray, making sure each dough is approximately 1cm thick.
6. Cover tray with a tea-towel and place in a warm place for 30 minutes or until dough has doubled in height.
7. Brush dough with extra oil. Gently press your fingertips into top of dough, about 1cm deep at 3cm intervals, insert rosemary sprigs into holes. Sprinkle with sea salt flakes.
8. Cook for 15 minutes or until golden brown and top sounds hollow when tapped.

