

## Cornish pasties

800g puff pastry  
½ brown onion  
1 medium carrot  
2 stems celery  
1 cup peas (shelled)  
1½ large washed potato  
1 turnip or swede (optional)  
1 clove garlic  
1 sprig thyme  
salt & pepper to taste  
1 large egg  
1 tbsp milk  
**Serves 4 to 6**

An old favourite full of vegetables, great for a snack or for school lunches or picnics

**TIP**  
Try serving the Cornish Pasties with a home style fruit and tomato chutney

Peel and cut onion, garlic, potato, celery and carrots into 1cm dice (can also use, swede, turnip, pumpkin, optional). Rinse and pick thyme.

Pour oil into heavy based saucepan, heat and sauté without colour, garlic, onion, carrot, potato and celery for a few minutes, remove from heat. Allow vegetable mixture to cool, add peas and thyme and check seasoning. Cut puff pastry into circles, the size will depend on how large your pasties need to be.

Pre-heat oven to 180°C. Remove egg from shell and place in mixing bowl, add milk and mix thoroughly. Place sufficient vegetable mixture into the centre of the pastry circle. Brush the edges with egg mixture and fold the pastie into shape and crimp the edges. Place a few fork holes in pastry to allow steam to escape during cooking. Place on baking tray and bake until golden brown.

## Thai fish cakes with Asian coleslaw

Fantastic fish cakes enhanced with a wonderful crisp Asian coleslaw

1kg fresh white fish fillets  
1 tbsp dried chillies  
5g lemongrass  
1 long red chilli  
1 clove garlic  
1 tsp turmeric  
1 tsp ground coriander  
¼ brown onion  
1 tbsp coconut cream  
½ cup breadcrumbs  
salt to taste  
¼ cup vegetable oil  
1 tsp sugar  
½ tsp sesame oil  
1 lemon  
⅔ chinese cabbage  
2 sprig coriander  
½ medium carrot  
2 sprig vietnamese mint  
**Serves 4 to 6**

**TIP**  
Thai fish cakes can be made a day before and/or wrapped tightly and frozen

Remove skin from fish fillets. Cut fish into pieces, puree in a food processor, remove and place in bowl in fridge. Finely slice the inner part of the lemongrass. Peel onion and garlic and roughly cut. Wash and pick and chop fresh coriander. Wipe long chilli and cut in half removing core and seeds, cut vertically into thin strips and finely chop. Place lemongrass, onion, garlic, dried chilli, turmeric, pepper, salt, coconut milk and coriander powder into food processor and puree. Remove from processor and mix with fish puree, add chilli and coriander. If mixture is too wet add small amounts of fresh bread crumbs until firm enough to handle. Using your hands mould into shape then dip into bread crumbs to coat outer surfaces, and place in fridge.

Cut the cabbage into quarters, cut core out of the cabbage, remove outer leaves, wash remaining cabbage and drain. Shred Chinese cabbage leaves. Wash and peel carrot, cut into very thin strips, if you have a Japanese spiral cutter use that. Wash, pick and shred coriander and Vietnamese mint. Cut lemon in half and squeeze juice into a bowl, add sesame oil and sugar add cabbage, carrot, coriander and Vietnamese mint. Season with salt and pepper.

Pour vegetable oil into heavy based saucepan, heat and shallow fry fish cakes. Serve with Asian coleslaw and sweet chilli sauce.

## Chicken and vegetable laksa

This delicious rich and spicy soup makes a great meal full of wonderful Asian flavours

1½ cups coconut cream  
⅓ cups laksa paste  
120g vermicelli noodles  
½ bunch chinese broccoli  
1 stem spring onion  
1 medium brown onion  
60g beanshoots  
1 tomato  
1 bunch bok choy  
1 tsp dried onions  
4 stems coriander  
2 chicken breasts or thighs  
1 small chilli  
½ medium carrot  
1 sprig basil  
**Serves 4**

Finely chop spring onion and peel and cut onion into 1cm dice. Pick and wash coriander, basil; wash and trim bok choy and Chinese broccoli; peel and julienne carrot; remove core from tomato and cut into 2cm dice. Remove skin from chicken and cut into 2cm dice. Soak noodles in hot water for 10min.

Pour oil into heavy based saucepan, heat, add laksa paste, diced onions and sauté 1min. Add diced chicken and sauté for 1min, add coconut cream and simmer until chicken is tender approximately 10min. Add bok choy, Chinese broccoli, tomato and carrot and simmer for 2min until Chinese broccoli is tender. Check seasoning, if you like a hotter soup add fresh chopped chilli.

Place noodles evenly in soup bowls and pour hot soup over. Garnish with bean shoots, basil, dried onion and coriander.

Recipes by Peter Wright

# FLAVOURS OF THE WORLD WITH FRUIT AND VEG



## FRESH TASTES

Published by Melbourne Wholesale Fruit, Vegetable and Flower Market 2011  
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## Roasted Zucchini and tomato tart

2 Roma tomatoes  
½ large zucchini  
20 sheets filo pastry  
40g butter  
60g shaved parmesan  
1 sprig basil  
salt & pepper to taste  
6 large eggs  
80g feta  
**Serves 4–6**

This tart is easy to make and impressive to serve, great as a snack or serve with a tossed salad



**TIP** Save some of the fetta for the top of the tart and allow this to brown a little when cooking to arouse the smell and give a slight nutty flavour

Preheat oven to 170°C. Wash zucchini, pat dry, cut in half lengthways and slice. Wash and cut core from tomatoes & dice into 2cm squares. Wash, dry then pick and finely shred basil leaves. Shave parmesan block. Place tomato & zucchini onto oven tray and drizzle with oil, season, and roast for 15min. Remove tray from oven and cool. Cut feta into pieces about 2cm and melt butter.

Cut filo pastry into squares that will line your muffin tin with about 2-3cm of over hang. Brush filo with butter placing 6 to 8 sheets on top of each other. Spray muffin tin with oil spray or brush with butter, line muffin tin with filo pastry allowing over hang. Crack whole eggs into a mixing bowl, mix well and season with salt and pepper. Place even amounts of zucchini, tomato, feta, parmesan, basil in filo tart cases. Fill with egg mix and bake at 170°C for 20min or until egg mix is set. Serve warm with a tossed salad.



## Vegetable torte with pumpkin and cous cous pastry

This vegetarian dish is very impressive and the cous cous pastry gives it a modern touch

1 large brown onion  
1 large zucchini  
1 large stalk celery  
300g button mushrooms  
2 red or green capsicums  
6 medium tomatoes  
3 large eggs  
¾ cup milk  
1 sprig thyme  
1 sprig rosemary  
1 tsp ground coriander  
1 tsp ground cumin  
1 tbsp ketjap manis  
1 tbsp olive oil  
salt & pepper to taste

**Pumpkin Couscous Pastry**  
½ peeled pumpkin  
600g couscous  
6 slices of fresh bread breadcrumbs  
salt to taste  
3 large eggs  
200g shaved parmesan  
1 tbsp olive oil  
**Serves 12**

Pre-heat oven to 180°C. Peel and cut onion into 1cm dice. Wash and cut zucchini, celery, red capsicum, tomato, and pumpkin into 1cm dice. Slice mushrooms. Break eggs into a bowl, add milk and season, mix thoroughly and set aside.

To make pastry, steam and mash pumpkin, allow to cool. Soften couscous in boiling water until tender, drain and mix with pumpkin. Add fresh breadcrumbs, grated cheese, egg, olive oil, salt and pepper. Brush springform tin lightly with oil and with your fingers press in pastry making sure it is evenly distributed to 1.5cm in depth.

Pour vegetable mixture over pastry and bake for 45-60min until pastry is golden and crisp. Rest for 30min, remove from tin, cut and serve.

**TIP** This couscous tart is a great alternative to the traditional pastry tart with less time involved in making, resting and proofing the pastry



## Stir-fried Asian greens with rice noodles

Wonderful combination of crisp greens stir fried with authentic Asian flavours

500g flat rice noodles  
180g broccolini  
1 stem spring onion  
2 bunches bok choy  
1 bunch choy sum  
50g snow peas  
80g beanshoots  
2 tbsp soy sauce  
2 tbsp oyster sauce  
1 clove garlic  
10g fresh ginger  
salt to taste  
1 tbsp vegetable oil  
½ tsp sesame oil  
**Serves 4**

**TIP** Vary any of the greens used in this recipe to suit your taste and seasonal variety

Soak rice noodles in cold water for 10min to soften, drain and set aside.

Peel and finely chop garlic and ginger. Wash and slice spring onions. Rinse and cut broccolini into 5cm lengths. Wash and cut leaf vegetables (bok choy and choy sum) plus wash and trim snow peas. Fill saucepan with water, add salt and bring to the boil, blanch broccolini and refresh with ice cold water.

Pour sesame and vegetable oils into heavy based saucepan or wok to a medium heat and add onion, garlic, ginger and quickly stir-fry. Toss through broccolini, snow peas and leaf vegetables. Toss through noodles, add soy sauce and oyster sauce, tossing until completely heated through. Check seasoning. Add bean shoots and spring onions, quickly toss and serve.



## Roasted tomato soup

Delicious hearty roasted tomato soup

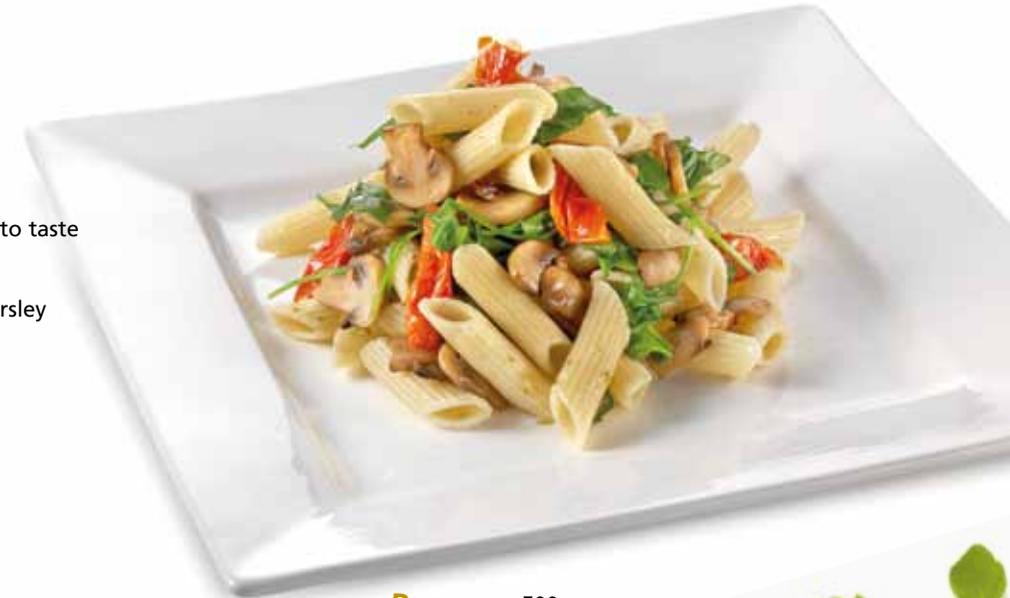
¾ brown onion  
1 clove garlic  
5 Roma tomatoes  
1 tbsp sugar  
salt to taste  
cracked black pepper to taste  
1 sprig basil  
½ cup tomato puree  
1 sprig continental parsley  
1 sprig oregano  
1 tsp honey  
800ml water  
**Serves 4**



Peel and cut onion into 1cm dice, peel and finely chop garlic. Pick, wash and finely shred basil, oregano and parsley. Core tomatoes and cut in half. Place tomatoes on trays, brush with oil, season with pepper, salt, garlic and basil, then roast in oven at 120°C for 40min.

Pour oil into heavy based saucepan and heat. Add diced onions, sauté for 1min. Add honey, sugar and caramelize, then tomato puree. When tomato is roasted, mix with hand blender, strain and add to saucepan. Add 80% of basil, oregano and parsley and simmer for 3min. Check seasoning. Serve hot and garnish with remaining fresh herbs.

**TIP** Ensure oven temp is set low and tomatoes aren't black as burnt or charcoal will pass through the smell and flavour of the soup



## Penne Pasta with mushrooms rocket and chilli

Full flavoured pastas dish that is easy to prepare and serve

500g penne  
2 tsp chilli  
50g pitted black olives  
60g rocket  
150g button mushroom  
40g shaved parmesan  
¼ red onion  
1 sprig continental parsley  
2 tsp oil olive  
¼ cup white dry wine  
1 tsp crushed garlic  
Juice ½ lemon  
salt & pepper to taste  
**Serves 4**

**TIP** Ask your local greengrocer for different types of mushrooms to add texture and variety to pasta and other dishes

Pick, wash and finely chop parsley and chilli together. Peel and cut onion into ½cm dice, also peel and finely chop garlic. Wash rocket. Slice mushrooms. Fill saucepan with water, add salt and bring to the boil, cook penne until tender (al dente) and refresh in cold water and drain. Squeeze a little lemon juice on cooked pasta and mix thoroughly.

Pour oil into heavy based saucepan, heat, add onions, garlic and mushrooms and sauté for a few min. Add chilli and wine and simmer for several mins, check seasoning, add salt and pepper. Mix in rocket, heat through then add penne tossing until penne is hot. Serve hot with freshly shaved parmesan cheese.

