

Vegetable risotto cakes with onion marmalade

500g Arborio rice
 ½ cup peas
 100g parmesan
 80g baby spinach
 ½ brown onion
 25g butter
 1 litre vegetable stock
 2 tsp olive oil
 salt & black pepper to taste

onion marmalade
 2 ½ red onions
 30g butter
 1 ½ tsp olive oil
 ¼ tbsp grams sugar
 500ml port
 500ml water
 2 bay leaves
 1 tbsp smoked paprika
Serves 4 to 6

To make risotto
 Peel and finely cut onion and garlic. Wash and drain spinach. Grate or shave parmesan.

Pour oil into heavy based saucepan, heat, add a spoonful of butter, and add onion and garlic to the pan and sauté without browning. Add rice to the pan and sauté without colour for a few mins. Add about 10% of stock to the rice & simmer, stirring continuously until stock has been absorbed. Continue this process until rice is tender approximately 17min, then stir in all the parmesan cheese. Risotto should be moist but firm. Add peas and spinach, stir through risotto and check seasoning.

Line baking tray with grease proof paper, pour risotto into tray to the thickness you require the risotto cakes. Place in fridge and allow to cool then cut to shape required.

Risotto cakes can be served as snack or entrée, or as accompaniment for a main meal

TIP
 Finish the onion marmalade with a teaspoon of smoked paprika –this gives it a unique flavour



Ginger fish stir-fry

600g fish eg. Trevally or other fish with white, firm flesh
 1 tsp fish sauce
 ½ brown onion
 1 stem spring onion
 1 large red capsicum
 1 small hot chilli
 1 tbsp vegetable oil
 salt & pepper to taste
 1 lemon
 1 clove garlic
 5g ginger
 1 tsp white sugar
 1 tbsp soy sauce
 4–5 drops sesame oil
 50g bean shoots
 1 sprig basil
 1 sprig fresh coriander
Serves 4

Enjoy the fresh ginger flavors and fish in a modern stir fry

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

To Make onion marmalade

Peel and slice onion. Pour oil into heavy based saucepan, heat, add a spoonful of butter. Add onions to pan and sauté without colouring, add bay leaves and water to onions and slowly simmer, stirring every few mins. When the water has reduced add sugar and either port or red wine and slowly simmer, continuing to stir every few mins. When the liquid has reduced the onion should be sticky and soft, remove bay leaf.

To serve

Pour oil into heavy based saucepan, heat and fry risotto cakes until golden on both sides, remove with slotted spoon and place onto paper towel. Place cooked risotto cakes on serving plate and top with onion marmalade.



Vegetable samosa baked

500g puff pastry
 1 tbsp vegetable oil
 1 brown onion
 2 clove garlic
 10g fresh ginger
 1 tbsp curry paste or powder
 2 large washed potatoes
 1 medium carrot
 ¾ cup peas (shelled)
 salt & pepper to taste
 2 sprigs coriander
 1 large egg
 1 tbsp milk
Serves 8

Simple snack full of lightly spiced fresh vegetables, goes great with a yoghurt and cucumber dip



Pre-heat oven to 180°C.

Peel and finely chop ginger and garlic. Peel and cut onion, potato, and carrots into 1cm dice. Pick and wash and dry coriander. Pour oil into heavy based saucepan, heat and sauté without colour, garlic, onion, carrot, potato and curry powder for a few minutes. Allow vegetable mixture to cool, add peas and coriander, check seasoning.

Cut puff pastry into squares, the size will depend on how large your samosa needs to be. 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. 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 into oven until golden brown. Serve with a yoghurt raita.

TIP
 Vegetable samosas are great for entertaining and any leftover mix can be used in pies, pasties and sandwiches the next day

Pour vegetable oil into heavy based saucepan or wok, heat and add onions and quickly stir-fry, add capsicum stir-fry until tender. Add fish and ginger and stir-fry until cooked, toss in bean shoots and shredded basil. Garnish with picked coriander & serve with steamed rice, or stir-fried egg noodles.

Recipes by Peter Wright

SENSATIONAL TASTES WITH FRUIT AND VEG



FRESH TASTES

Vegetable broth with lemongrass ginger and noodles

½ stem lemongrass
1 heaped tsp fresh ginger
1 small bunch coriander
1 medium carrot
1 tsp crushed garlic
120g vermicelli noodles
1 stem spring onion
50g baby corn
1 tbsp vegetable oil
1 tbsp shao hsing wine
5g palm sugar
1 tsp soy sauce
1 litre stock
1 bunch bok choy or pak choi
1 tbsp fresh chilli (optional garnish)
1 tbsp dried onion (half tsp per serve)
Salt & pepper to taste
Serves 4

This Asian style broth is full of fresh crisp vegetables and is easy to make

TIP
Buy fresh lemon grass for crunch, texture and flavour intensity. Frozen, chopped lemongrass is a good substitute for fresh

Finely slice the inner part of the lemongrass. Peel and finely chop ginger and garlic. Finely chop spring onions. Soak noodles in cold water until they soften and drain. Wash and trim bok choy, peel and julienne carrot & pick and wash coriander.

Pour oil into heavy based saucepan, heat and add ginger, garlic, lemongrass and stir fry for 1min. Add stock and simmer for 10min, add carrot and bok choy and baby corn, bring back to boil. Season with soy sauce, salt, pepper, shao hsing wine and sugar, place noodles evenly in soup bowls and pour hot soup over. Garnish with coriander leaves and dried shallots.



Calamari with bok choy

2 calamari tubes
2 bunches bok choy
80g beanshoots
sambal olek chilli to taste
salt & pepper to taste
1 lemon
1 clove garlic
5g ginger
1 small red capsicum
½ brown onion
Serves 4

Delicious combination of calamari, lemon, chilli and Asian greens

TIP
Marinate the calamari overnight as the acids will give the calamari texture and intensify flavour

Cut lemon in half and squeeze juice into a bowl. Clean calamari by cutting open tubes length wise and scraping out any sinews from the inside then rinsing under running water. Score the calamari by cutting the outside in a criss cross pattern with a sharp knife about half the way through the skin. Cut the calamari into large strips and curl up with the scored side on the out side. Place calamari, lemon juice and sambal in a bowl with some seasoning and marinate for 2 hours. Peel and cut onion into 2cm dice. Wash and pick coriander. Peel and finely chop garlic and ginger. Wash capsicum and cut into half removing core and seeds and cut into diagonal strips. Wash and cut bok choy into strips.

Pour oil into heavy based saucepan or wok, heat and add onion, garlic and quickly stir-fry. Add calamari and capsicum and stir-fry until tender, throw in bok choy and bean shoots and continue to toss. Check seasoning. Garnish with coriander. Serve with steamed rice, or stir-fried egg noodles.



Roasted tomato tart

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

2 Roma tomatoes
60g shaved parmesan
20 sheets filo pastry
50g pitted black olives
40g butter
1 sprig thyme
1 sprig basil
salt & pepper to taste
6 large eggs
80g fetta
2 tsp olive oil
Serves 4 to 6

Preheat oven to 170°C. Wash and core tomatoes, cut into quarters. Wash and pick thyme & wash pick and finely shred basil leaves. Place tomato onto oven tray and drizzle with oil, thyme, season & roast for 15min remove tomato from oven allow to cool. Cut fetta into pieces about 2cm. Pitt olives and roughly chop.

TIP
Buy fresh, firm full-coloured tomatoes for ideal flavour and texture to avoid sloppiness when cooked

Melt butter & cut filo pastry into squares that will line your muffin tin with about 4cm of over hang on each side. Brush each sheet of filo pastry with butter placing 6 to 8 sheets on top of each other. Spray muffin tin with oil spray or brush with butter and line 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 tomato, fetta, basil and olives in filo tart cases. Fill with egg mix and bake at 170°C for about 20min or until egg mix is set. Serve warm with a tossed salad.



Tomato and white bean soup

This rich soup offers a great blend of tomatoes vegetable and cannellini beans a hearty meal alternative

TIP
if you don't find time to soak beans overnight prior to cooking, canned beans can be used

½ medium brown onion
1 tbsp tomato puree
800g crushed tomato (tin)
200g cannellini beans
½ medium carrot
1 stem celery
600ml vegetable stock
1 clove garlic
1 sprig basil
2 bay leaves
2 tsp vegetable oil
salt & cracked black pepper to taste

Soak cannellini beans in cold water. Finely slice onion, dice carrot and celery to 1cm dice, roughly shred basil, finely chop garlic.

Pour oil into heavy based saucepan, heat and add onion, garlic and sauté gently. Add remaining vegetables and sauté for a few more mins then add tomato puree and mix well. Add crushed tomato and cover with vegetable stock, bring to a simmer for 30min skimming any scraps coming to surface. Add beans to the soup and continue to simmer until beans are tender. Add 80% of basil, simmer for a further 5min. Check seasoning and garnish with remaining basil.



Sweetcorn and zucchini fritters

Great combination of zucchini and corn to serve as a snack or with a tossed salad

1 ½ cup self raising flour
salt to taste
1 tbsp ground paprika
1 ¼ tbsp sugar
4 large eggs
1 ¼ cups milk
400g corn kernels
½ large zucchini
⅓ red or green capsicum
2 stems spring onion
1 sprig continental parsley
¼ tsp vegetable oil
cracked black pepper to taste
Serves 4 to 6

TIP
Sweetcorn fritters can be served with soup instead of bread or as a dipper to add crunch

Sift flour, paprika, and salt into a bowl, stir in sugar, and make a well in centre of mixture. In a separate bowl mix eggs and milk together, gradually add egg mixture to flour until the mixture is smooth, the mixture should be stiff.

Wash capsicum and cut in half removing core and seeds, cut into ½cm dice. Wash zucchini and cut into ½cm dice. Finely chop spring onions then pick, wash and finely chop parsley. Pour oil into heavy based saucepan, heat and add capsicum, zucchini, and sauté for a few min. Add corn kernels, spring onions and parsley, sauté for a few more mins. Check seasoning, remove from heat and let cool. When vegetable mixture is cool add to fritter batter.

Pour oil into heavy based saucepan, heat, add a spoonful of batter into pan, and cook for a few minutes until surface begins to bubble. Flip and cook other side until golden remove from oil and place on paper towel. Serve with a salad or a salsa.

