

## Citrus Salad with Scallops

The tang of citrus is a perfect foil for creamy sweet scallops

- 1 pink or white grapefruit
  - 2 navel oranges
  - 1 tablespoon lime juice
  - 1 small red chilli, deseeded and finely chopped
  - 1/4 cup torn coriander leaves
  - 3 tablespoons olive oil
  - Salt and freshly ground black pepper
  - 2 ripe avocados, peeled and sliced
  - 15 scallops
  - 150g mixed salad leaves
- Serves 6**

Peel grapefruit and oranges making sure all bitter, white pith is removed. Hold fruit over a large bowl and release each segment by running a small serrated knife down the side of each segment. Remove pips. Put 4 tablespoons of citrus juices into a small bowl and add lime juice, chilli, coriander and 2 tablespoons of the olive oil. Add salt and pepper to taste. Spoon some citrus dressing over avocado and set aside. Place scallops in a bowl with the remaining 1 tablespoon olive oil and toss. Heat a non-stick pan over medium-high heat, add scallops in small batches and cook for 2 min on each side. Place salad leaves in the bowl with the sliced avocado and citrus segments. Add scallops and pour citrus dressing over. Gently toss and arrange on serving plates. Serve immediately.



## Chinese Style Brussels Sprouts

Brussels sprouts take on a fabulous new look and taste when cooked Chinese style.

- 300g Brussels sprouts
  - 1 tablespoon vegetable oil
  - 1 small red onion, sliced
  - 2 teaspoons finely grated ginger
  - 2 cloves garlic, crushed
  - 1/2 red capsicum, thinly sliced
  - 50g Chinese black beans, well rinsed
  - 1 tablespoon kechap manis
  - 1 tablespoon honey
  - 90g snow peas, cut into thin strips
  - 180g bean sprouts
- Serves 4**

Trim Brussels sprouts and pull apart to separate leaves. Heat oil, add onion, ginger, garlic and capsicum and cook 2 min. Add Brussels sprouts and stir fry 2 min. Add black beans and cook 4 min. Combine kechap manis with the honey and add with snow peas and bean sprouts. Toss well and serve.



## Tropical Fruit Muffins

All the flavours of the tropics—pineapple, mango and coconut—make these muffins extra special.

- 1 1/2 cups wholemeal plain flour
  - 2 tablespoons shredded coconut
  - 3 tablespoons soft brown sugar
  - 1 1/2 teaspoons baking powder
  - pinch salt
  - 1/2 cup finely chopped ripe mango
  - 1/2 cup finely chopped pineapple
  - 1 1/2 tablespoons vegetable oil
  - 1/3 cup coarsely chopped macadamias
  - 1/3 cup low fat natural or vanilla yoghurt
  - 1 egg, beaten
- Makes about 12**

Preheat oven to moderate. Combine flour, coconut, sugar, baking powder and salt in a bowl. Make a hollow in the centre and add mango, pineapple, oil, macadamias, yoghurt and egg. Stir just until dry ingredients are moistened. Sit patty papers in muffin cups and fill with large tablespoons mixture. Bake 15 min or until a skewer inserted in the centre comes out clean. Cool 5 min on cake rack before removing from muffin pan.



## Pasta with Mushroom-herb Sauce

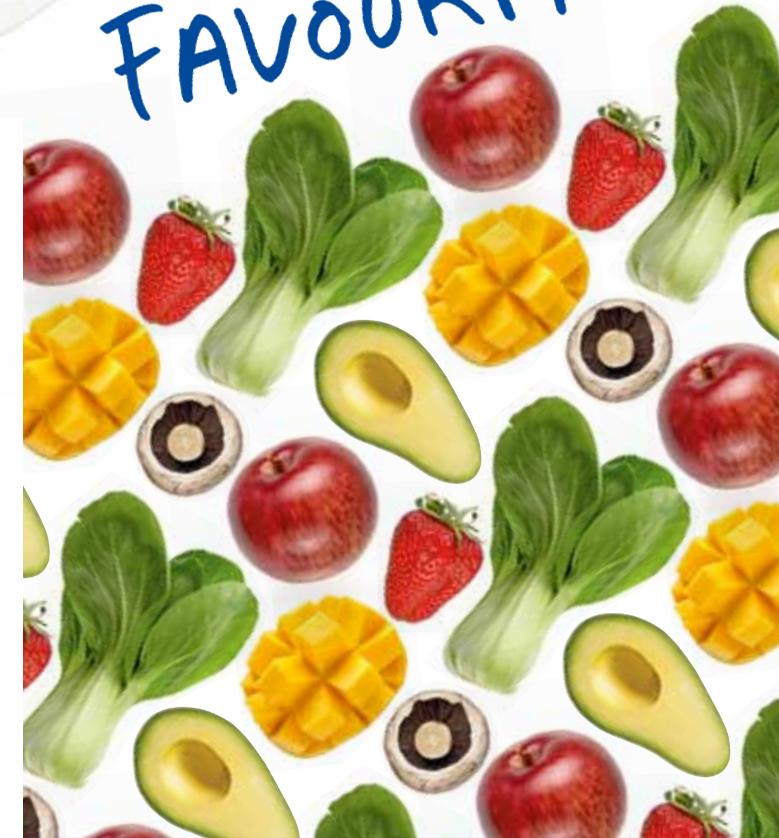
Silky pasta with a rich flavoursome mushroom sauce is the perfect meal to satisfy all tastes

- 3 tablespoons olive oil
  - 1 tablespoon crushed garlic
  - 1 large onion, diced
  - 1/2 cup diced carrot
  - 1/2 cup diced celery
  - 375g mixed mushrooms, roughly chopped
  - 2 cups dry white wine
  - 3 cups low salt chicken stock
  - 400g can chopped tomatoes
  - Salt and pepper to taste
  - 500g pappardelle pasta
  - 1/3 cup whipping cream
  - 3 tablespoons chopped fresh basil;
  - 1 tablespoon chopped fresh oregano
- Serves 6**

Heat oil in a large pan. Add garlic, onion, carrot and celery and cook gently about 8 min or until soft. Add mushrooms, increase heat to medium and cook until mushrooms soften. Increase heat to high, add wine and stock and cook until liquid reduces by half. Reduce heat to moderately slow, add tomatoes and bubble about 15 min or until a thick sauce. Meanwhile cook pasta according to packet directions. Drain, and then tip into a large warm bowl with 1/4 cup pasta water. Add cream, basil and oregano to sauce. Pour over pasta and gently toss.

Recipes by Kate McGhie

# FRESH #1 FAMILY FAVOURITES



## FRESH TASTES

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### Upside Down Parsnip Tart

The parsnips caramelise and the pastry remains very crisp when cooked and served upside down

- 90g butter
  - 1 tablespoon olive oil
  - 1 medium sized onion thinly sliced
  - 1 garlic clove, crushed
  - 4 small parsnips, peeled
  - 1 tablespoon soft brown sugar
  - 2 tablespoons balsamic vinegar
  - 1 sheet puff pastry
  - Extra 2 tablespoons soft butter
  - 2 teaspoons ground cumin
- Serves 6**

Preheat oven to hot.

Heat the butter and oil, add onion and garlic and cook for 1 min.

Slice parsnips lengthways, add to butter and cook 5 min or until golden. Stir in sugar and balsamic vinegar and simmer 8 min. Arrange parsnips in the bottom of a springform pan and spoon over onions and juices. Cut a circle of pastry a little larger than the pan. Place over parsnips and tuck in edges to make a snug fit. Bake 25 min until well puffed, crisp and golden. Turn out onto a plate, slice into wedges and serve topped with cumin butter made by beating softened butter and cumin together.



### Zucchini Burgers

Herbed zucchini burgers are ideal for a quick snack or as a meal with salad



- 500g zucchini, trimmed
  - salt and freshly ground pepper
  - 1 1/2 cups fresh breadcrumbs
  - 6 spring onions, finely sliced
  - 2 eggs, lightly beaten
  - 2 tablespoons chopped mint
  - 3 tablespoons chopped parsley
  - 1 teaspoon grated nutmeg
  - Extra salt and freshly ground pepper
  - Olive oil for frying
  - 1 cup Greek style yoghurt
  - 2 tablespoons finely chopped dill
- Makes about 18**

Coarsely grate zucchini and sprinkle generously with salt. Leave in a colander for 30 min. Rinse the zucchini and press to remove as much liquid as possible. Pat dry with kitchen paper. Put into a bowl and add breadcrumbs spring onions, eggs, mint, parsley, nutmeg and salt and pepper. Form mixture into 18 plump burgers. Heat a pan over a medium-high heat and add enough olive oil to prevent sticking. Cook the burgers until crisp and golden – about 4 min each side. Drain on kitchen paper. Beat yoghurt until smooth, and stir in dill. Serve with the hot burgers.



### Green Spring Risotto

Celebrate the fresh taste of spring vegetables in this flavoursome risotto



- 8 stalks thin asparagus
  - 1 cup shelled broad beans
  - 1.5 litres low salt chicken stock
  - 2 tablespoons olive oil
  - 60g butter
  - 4 medium shallots, finely chopped
  - 3 spring onions, trimmed, sliced
  - 1 garlic clove, crushed
  - 2 cups risotto rice
  - 1/3 cup dry white wine
  - 2/3 cup shelled green peas
  - 150g sugar snap peas, trimmed
  - 1 cup freshly grated parmesan
- Serves 4-6**



Snap woody bases from asparagus and discard. Slice spears into diagonal pieces. Drop broad beans and asparagus into boiling water for 1 min, drain and cool in ice-cold water. Peel skins off beans. Bring stock to boil and keep at a lively simmer. Heat oil and half butter in a heavy wide pan. Add shallots, spring onions and garlic and cook 3 min or until soft. Increase heat to medium, add rice and stir with wooden spoon 3–4 min. When sizzling, add wine and stir until evaporated. Add 1 1/2 ladles stock at a time stirring until absorbed. Continue to stir and add stock once the previous amount has been absorbed. After 14 min add beans, asparagus and both peas and simmer 4 min. When done rice should be creamy and the grains have a bit of a bite in the centre. Remove from heat; add half the parmesan and remaining butter, cover and rest 2 min. Serve with remaining parmesan.



### Summer Fruit Dessert-cake

A spectacular dessert based on a semolina and ground almond cake

- 125g butter, softened
  - 125g caster sugar
  - 1 orange, grated zest and juice
  - 2 large eggs lightly beaten
  - 125g semolina
  - 125g desiccated coconut
  - 200g ground almonds
  - 1 teaspoon baking powder
  - 100ml creamy low fat yoghurt
  - 100ml whipping cream, lightly whisked
  - 1 tablespoon icing sugar
  - 2 teaspoons vanilla extract
- Fruit topping:
- 1 mango peeled and sliced
  - 1 kiwifruit, peeled and sliced
  - 1 star fruit, sliced
  - 1 banana, peeled and sliced
- Serves 8**

Preheat oven to moderately slow. Grease and line a 23cm spring form cake pan. Cream together butter and sugar. Beat in orange rind and eggs a little at a time. Fold in semolina, coconut, ground almonds, baking powder and orange juice. Spoon mixture into prepared pan and cook 40–50 min or until a skewer inserted in the middle comes out clean. Cool in pan on a wire rack 15 min before turning out to cool completely. Cut out a hollow from the centre of the cake about 1cm deep and not too close to the edge. Crumble the piece and reserve. Whisk the yoghurt, cream and vanilla extract together until soft peaks. Fold in the reserved cake crumbs and spoon into cake. Decorate with the fruit.



# HELPFUL HINTS

## Mushrooms

- Storing mushrooms – always keep mushrooms refrigerated in the crisper and use within three days. If purchased loose, store mushrooms in a vented paper bag. Storing in air-tight containers or plastic bags will cause condensation and speed spoilage.
- Cleaning mushrooms – commercial mushrooms are grown in a special organic medium so all they need is a gentle wipe with a damp cloth – never soak them in water.

## Pineapple

- It's tempting to believe that a pineapple is ripe when a leaf can be removed with a light tug. This is a myth. The best tests are smell and colour. The bottom quarter of a pineapple should be orange-tinted and the rest green. It should feel heavy and be deeply fragrant.
- Hot buttered pineapple is wonderful. Melt about 60g butter in a pan. Add thick slices of pineapple with 3 tablespoons soft brown sugar and cook gently on each side until a caramel sauce forms. Serve with low fat cream or yoghurt.
- Chopped pineapple is a lovely addition to a chicken curry
- Toss diced pineapple with shredded mint and a splash of kirsch and serve chilled at the end of a rich meal.



Kate McGhie