

Vegetable Fettucine with Bacon & Pine Nuts

Roast 500g Jap pumpkin as for *Hearty Winter Roast* recipe. Meanwhile get 500g fettucine cooking in a large pan of water. Cut 2 capsicums, and 4 lean rashers bacon into strips and stir-fry in a little olive oil with 1/2 bunch sliced spring onions. Drain fettucine when tender and immediately toss with pumpkin, capsicums, bacon, spring onions and 1 cup freshly chopped parsley. Top with toasted pine nuts and serve piping hot.



TIP Desiree, Russet Burbank and Spunta potatoes are especially good varieties for baking.

Spicy Cauli Topper

Heat 2-3 teaspoons oil in saucepan and stir-fry 1/2 onion, florets and chopped stalks of 1/4 cauliflower, 1/2-1 teaspoon curry powder, 1/2 teaspoon turmeric and 1 teaspoon chopped garlic (optional). Stir in 2/3 cup water and cook gently until cauliflower is tender, about 10 minutes. Stir in sliced green tops of 2 spring onions and 3 tablespoons sour cream.

Chilli Pumpkin Topper

Heat 2-3 teaspoons oil in saucepan and stir-fry 2 minutes: 1/2 chopped onion, 3 cups diced pumpkin and 1/4 chopped red capsicum. Stir in 1 tablespoon sweet chilli sauce and 1/2 cup water. Cover and cook gently 10 minutes, then season with pepper.



Hearty Winter Roast

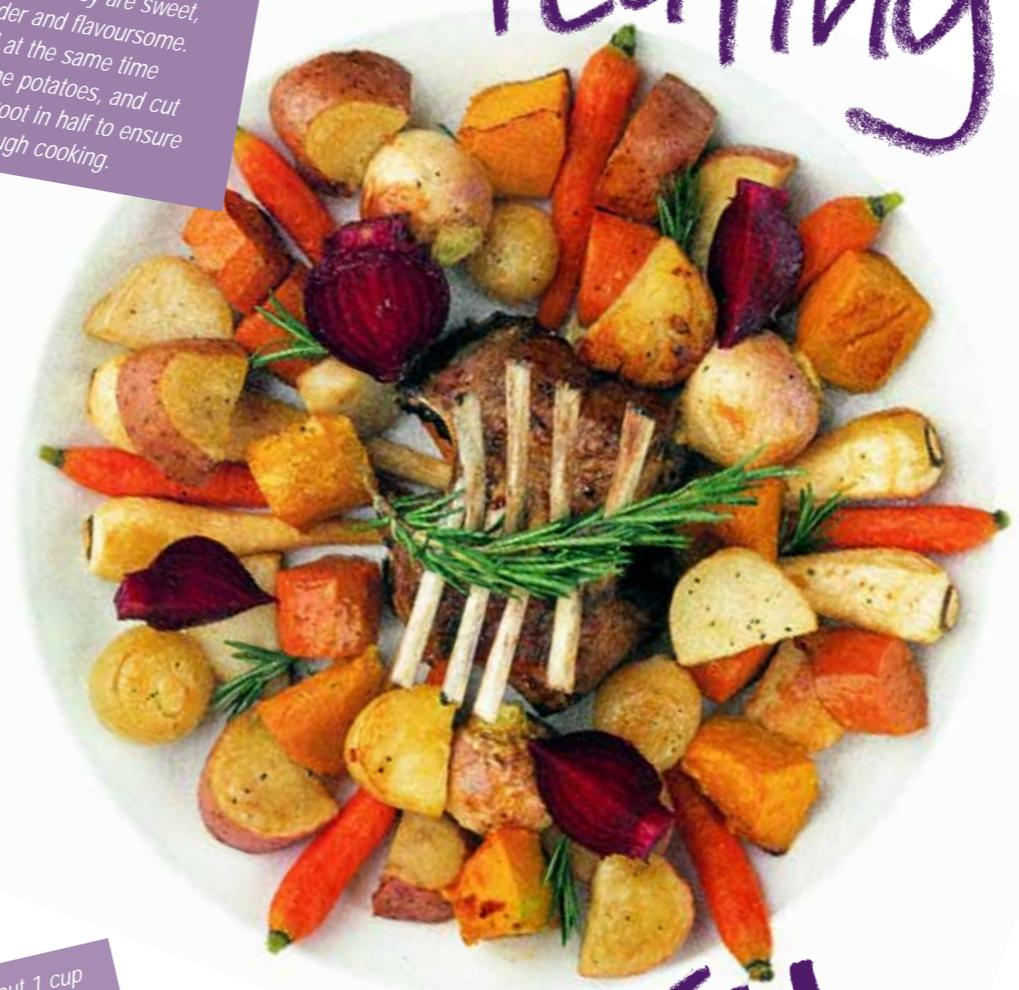
Serves 4

- 8 small potatoes, scrubbed
- 1 parsnip, trimmed and peeled
- 1/2 swede, peeled
- 1 turnip, scrubbed or peeled
- 500g Jap pumpkin, peeled
- 1 sweet potato, peeled
- 2 tablespoons olive oil
- 1 teaspoon chopped garlic
- Pinch salt, pinch coarsely ground black pepper
- 2 small well-trimmed racks lamb
- 1 teaspoon chopped rosemary

1. Cut potatoes, parsnip, swede, turnip, pumpkin and sweet potato into chunks. Toss in 1 tablespoon of the olive oil, 1 teaspoon of the garlic and salt and pepper.
2. Arrange in a baking dish and bake at 200PC until half cooked, about 20 minutes.
3. Rub lamb with remaining olive oil, garlic, rosemary, and salt and pepper. Cook outside of lamb in hot frying pan to seal in juices and lightly brown.
4. Transfer lamb to baking dish and cook in oven with vegetables until juices run clear, 20-25 minutes. Allow lamb to 'rest' a few minutes before carving.

TIP To make delicious gravy, add about 1 cup vegetable or beef stock to pan lamb has been cooked in. Heat gently, stirring, 1 minute. Blend liquid with a piece of pumpkin and sweet potato, then return to the pan and heat through.

TIP Try using whole baby vegetables such as parsnips, onions, turnips, beetroot and carrots – they are sweet, tender and flavoursome. Add at the same time as the potatoes, and cut beetroot in half to ensure thorough cooking.



Creating

FRESH TASTES

Baked Spuds with Vegie Toppers

Serves 4.

Preheat oven to 200PC. Scrub 8 medium sized potatoes, brush with olive oil and rub with a little salt. Wrap in foil and arrange on baking tray. Bake until tender, 45-50 minutes. Split each potato in half and top with your choice of topper. (see recipes below). Serve with grated tasty cheese and thick yoghurt or sour cream.

TIP To save time, pierce each potato with a skewer several times. Cook on high in a microwave oven for 10 minutes then bake in oven for 20 minutes.

Hot Honeyed Grapefruit

Cut grapefruit in half crossways and drizzle with mild flavoured honey. Cook under a hot grill until heated through and juicy, 5-6 minutes. Serve as an entrée or winter breakfast treat.



Avocado Salsa Topper

Combine 1 diced avocado, juice of 1 lemon or lime, 3 sliced spring onions, 3 tablespoons chopped parsley or coriander and coarsely ground black pepper.



Spicy Sweet Potato and Coconut Soup

Serves 4.
Heat 3 teaspoons oil in saucepan and stir-fry 5 minutes: 1 chopped onion, 750g peeled and chopped orange sweet potatoes and 1 chopped carrot. Add 2 cups vegetable stock, cover and cook until sweet potato is tender, about 15 minutes. Using a blender, blend until smooth with 1/2 cup coconut milk and 2 teaspoons sweet chilli sauce. Serve topped with a swirl of sour cream or yoghurt or freshly chopped herbs.



Winter Vegetable Hotpot

Serves 4-6.
Heat 2 teaspoons oil in saucepan and stir-fry 5 minutes: 1/2 chopped onion, 1 chopped carrot, 1 chopped parsnip, 1/2 chopped swede, 1 chopped turnip, 2 sliced sticks celery and 2 cups shredded cabbage. Stir in 2 chopped tomatoes, 1 tablespoon tomato paste and 3 cups vegetable stock. Cover and cook until vegetables are tender, about 30 minutes. Stir in 1 cup drained cooked or canned red kidney beans, season with Tabasco sauce and stir in 1/2 cup chopped parsley.

Fragrant Pumpkin Soup

Serves 4.
Heat 3 teaspoons oil in saucepan and stir-fry 5 minutes: 1 chopped onion, 750g chopped pumpkin, 1 teaspoon chopped garlic and 1-2 teaspoons curry powder. Stir in 1 cup vegetable stock, then cover and cook until pumpkin is tender, about 15 minutes. Stir in 1-2 cups soy milk depending upon desired thickness. Using a blender, blend until smooth. Top with a swirl of sour cream or yoghurt or freshly chopped herbs.

Hot Fruity Pikelets

Makes about 12.
Combine 3/4 cup self-raising flour with 1 tablespoon brown sugar, 1 egg, 2/3 cup milk and 1/2 teaspoon vanilla. Heat a frying pan with a little butter or margarine and cook tablespoonfuls of mixture until bubbles form on uncooked surface of pikelets – about 2 minutes. Gently press sliced fruit on top, then flip over and cook 2 minutes. Remove from pan and dust with icing sugar. Alternatively, top with Orange & Grapefruit Salsa and serve with thick yoghurt.



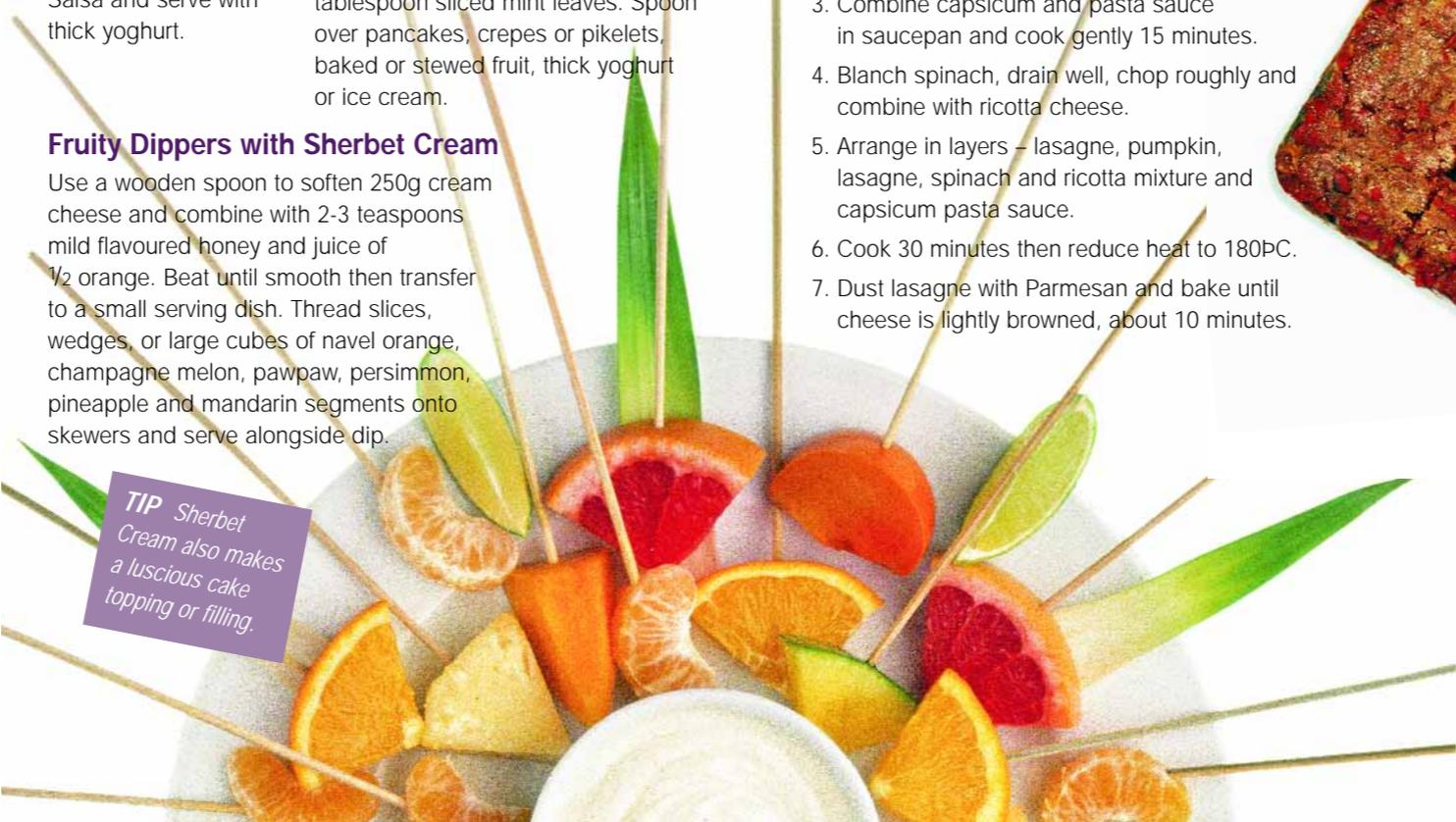
TIP Thin slices of apple, persimmon or pear are delicious

Orange & Grapefruit Salsa

Serves 6.
Combine 1 diced ruby red grapefruit, 2 diced navel oranges, 1 diced persimmon, 2 teaspoons mild flavoured honey and 1 tablespoon sliced mint leaves. Spoon over pancakes, crepes or pikelets, baked or stewed fruit, thick yoghurt or ice cream.

Fruity Dippers with Sherbet Cream

Use a wooden spoon to soften 250g cream cheese and combine with 2-3 teaspoons mild flavoured honey and juice of 1/2 orange. Beat until smooth then transfer to a small serving dish. Thread slices, wedges, or large cubes of navel orange, champagne melon, pawpaw, persimmon, pineapple and mandarin segments onto skewers and serve alongside dip.



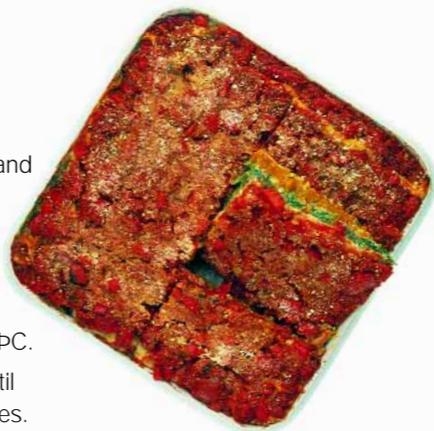
TIP Sherbet Cream also makes a luscious cake topping or filling.

TIP Jap pumpkin is richly coloured and flavoured, and its tender skin and flesh makes it a breeze to slice and peel.

Scrumptious Vegetable Lasagne

Serves 6-8
1/3 **Jap pumpkin**, cut in 2cm thick slices, peeled
1 **teaspoon chopped garlic**
1 **tablespoon olive oil**
2 **red capsicums**, seeds removed, chopped
3 **cups (750ml bottle) prepared pasta sauce**
1 1/2 **bunches of spinach**, trimmed and washed
375g **ricotta cheese**
250g **packet instant lasagne sheets**
4 **tablespoons finely grated Parmesan cheese**

1. Preheat oven to 200PC.
2. Toss pumpkin in garlic and oil, arrange on baking tray and cook 25 minutes.
3. Combine capsicum and pasta sauce in saucepan and cook gently 15 minutes.
4. Blanch spinach, drain well, chop roughly and combine with ricotta cheese.
5. Arrange in layers – lasagne, pumpkin, lasagne, spinach and ricotta mixture and capsicum pasta sauce.
6. Cook 30 minutes then reduce heat to 180PC.
7. Dust lasagne with Parmesan and bake until cheese is lightly browned, about 10 minutes.



Tangy Orange Muffins

100g **melted butter** or margarine
1/2 **cup brown sugar**
3/4 **cup yoghurt**
2 **eggs**
Finely grated rind and juice of 1 **orange**
2 **cups self-raising flour**
1/4 **teaspoon bicarbonate of soda**

1. Preheat oven to 190PC. Use a little of the melted butter to brush over 12 muffin pans.
2. Combine remaining butter, sugar, yoghurt, egg, orange rind and juice. Sift flour and bicarbonate of soda and fold through until just combined.
3. Divide mixture between prepared muffin pans and bake until golden brown and cooked through, 15-20 minutes.

Glazed Orange Slices

To make glazed orange slices for tops of muffins, use a sharp serrated knife to cut 2 oranges into 1/2 cm crossways slices. Mix 1 1/2 cups sugar and 1/2 cup water in a frying pan and bring to boil, stirring until sugar dissolves. Reduce heat, add orange slices and cook gently 10 minutes, carefully turning slices to ensure they are coated with syrup. Top muffins with orange slices as soon as they come out of oven, spooning extra syrup over while muffins are still in their pans.