



2021
AUTUMN RECIPES



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HOISIN DUCK BROCCOLINI® & FIORETTO® STIR-FRY



SERVES

4



PREP TIME

10 mins



COOK TIME

15 mins



COURSE

Main



DIFFICULTY

Easy

INGREDIENTS LIST

1 bunch Broccolini®
200g Fioretto® Cauli Blossom
175g Minicaps® baby capsicums
3 tbs hoisin sauce
1 tbs chilli jam stir-fry paste
⅓ cup salted roasted cashews
1 tbs peanut or vegetable oil
360g roast or Peking duck breast fillets, thinly sliced (see tip)
steamed jasmine rice, to serve

STEP BY STEP INSTRUCTIONS

1. Cut Fioretto® into smaller pieces if necessary. Place in a heatproof bowl with the Broccolini®. Cover with boiling water, stand for 2 minutes then drain. Trim and halve the Minicaps®.
2. Combine the hoisin and chilli jam paste. Place the cashews into a cold wok, then place wok over high heat. Stir fry 4-5 minutes until the cashews are hot and remove to a plate.
3. Wipe any salt from the wok and heat over high heat until hot. Add oil and duck and stir fry for 2 minutes until warm. Add 2 tablespoons of the hoisin mixture, stir fry until duck is well coated and hoisin starts to stick to sides and base of the wok. Remove duck to a plate and cover to keep warm.
4. Add Broccolini® & Fioretto® to the hot wok and stir fry for 1 minute. Quickly add 1 tablespoon of water (no more, you just want to release some of the sauce from the side and base of wok and produce a little steam). Cover for 30 seconds. Add the Minicaps® and stir fry for 2-3 minutes until the vegetables are just tender. Return the duck and cashews, add remaining hoisin mixture and stir to combine. Serve with rice.



Precooked duck is available from the supermarket or Asian grocers



Adding nuts to the cold wok and heating wok and nuts together ensures toasting nuts all way through to the centre not just quickly toasting outer surface.



MIDDLE EASTERN ROASTED FIORETTO® PUMPKIN & CHICKPEA SALAD



SERVES

4 as a main or
6 as a side



PREP TIME

20 mins



COOK TIME

35 mins



COURSE

Main



DIFFICULTY

Easy

INGREDIENTS LIST

200g Fioretto® Cauli Blossom
400g can chickpeas, rinsed, drained,
pat dry with paper towel
1 tsp ground cumin
1 tsp sumac
4 tbs extra virgin olive oil
1 tbs red wine vinegar
1 tbs pomegranate molasses
80g baby spinach or rocket
½ small red onion, finely sliced
100g Persian feta
½ pomegranate, seeds removed,
see tip



STEP BY STEP INSTRUCTIONS

1. Preheat oven to 200°C fan forced.
2. Arrange the Fioretto® in a small greased roasting pan. In another greased roasting pan, combine pumpkin and chickpeas. Stir cumin, sumac and 2 tsp of olive oil together. Spoon half over the Fioretto® and half over the pumpkin and chickpeas. Turn the vegetables to coat and roast together, the Fioretto® for 15 minutes and the pumpkin for 30 minutes, until tender. Add the Fioretto® to the pumpkin and chickpeas and cook for 10 minutes.
3. Meanwhile, whisk remaining olive oil, red wine vinegar and pomegranate molasses together. Season.
4. Add the spinach and onion to the roasted vegetables and toss gently to combine. Arrange on a large platter and crumble with feta. Sprinkle with pomegranate seeds. Spoon over the dressing and season. Serve.



When pomegranates are not in season, replace with ¼ cup dried currants marinated in warmed red wine vinegar.



ROASTED KUMATO® TOMATOES



SERVES

4



PREP TIME

5 mins + 1 hour cooling



COOK TIME

30 mins



COURSE

Starter



DIFFICULTY

Easy

INGREDIENTS LIST

500g Kumato® tomatoes
3 tbs (60ml) extra virgin olive oil
1 tbs brown sugar
6 sprigs thyme
2 tbs (40ml) pomegranate molasses, vincotto or caramelized balsamic
Prosciutto, sliced salami, rocket leaves, marinated goats cheese and char-grilled crusty bread, to serve

STEP BY STEP INSTRUCTIONS

1. Preheat oven to 150°C fan forced. Lightly grease a roasting pan. Cut the Kumato® tomatoes in half and arrange cut side up in the pan. Drizzle with oil & sprinkle with sugar and thyme. Roast for 30 minutes or until Kumato® tomatoes are tender but hold their shape. Allow to cool for 1 hour.
2. Divide Kumato®, cold meat, rocket and goats cheese between serving plates. Drizzle with pomegranate molasses. Serve with char-grilled crusty bread.





MINICAPS® BABY CAPSICUM PEPERONATA PASTA



SERVES

4



PREP TIME

10 mins



COOK TIME

25 mins



COURSE

Main



DIFFICULTY

Easy

INGREDIENTS LIST

2 x 175g Minicaps® baby capsicums
200g Mix-a-mato® tomatoes
¼ cup extra virgin olive oil
4 green shallots, finely chopped
2 garlic cloves, crushed
1 tsp caster sugar
3 tsp red wine vinegar
¼ cup flat leaf parsley, chopped
400g fettuccine
Lemon wedges, to serve

STEP BY STEP INSTRUCTIONS

1. Roughly chop the Minicaps®, removing any seeds. Heat half the oil in a large non-stick frying pan over medium-low heat. Add Minicaps®, shallots and garlic. Cook, stirring often for 20 minutes or until softened. Add the tomatoes and sugar. Cook, shaking the pan for 4 minutes until tomatoes start to soften.
2. Remove from the heat, add the vinegar, remaining oil and parsley. Season well.
3. Meanwhile, cook the pasta following the packet directions. Drain, reserving ¼ cup pasta water. Add the pasta to the peperonata, toss gently, adding pasta water to adjust the consistency. Divide amongst 4 serving plates. Serve with lemon wedges.



Peperonata sauce makes a delicious pasta salad. Cool the sauce to room temperature, toss with 300g cooked, cooled shell pasta, ¼ cup toasted pine nuts and 60g finely grated parmesan.





QUKES® TERIYAKI BEEF BOWLS



SERVES

4



PREP TIME

20 mins



COOK TIME

15 mins



COURSE

Main



DIFFICULTY

Easy

INGREDIENTS LIST

250g Qukes® baby cucumbers
200g Grape Kumato® tomatoes
1 ½ cup sushi rice, rinsed well
⅓ cup mirin
2 tbs teriyaki sauce
2 tbs soy sauce
2 tsp caster sugar
1 tsp sesame oil
1 tbs vegetable oil
600g beef mince
4 shallots, thinly sliced
2 small avocados, halved
600g frozen edamame, thawed, podded
4 radishes, trimmed, thinly sliced
1 pickled ginger, toasted sesame seeds & chilli seaweed chips, to serve

STEP BY STEP INSTRUCTIONS

1. Combine the rice and 2 cups of water in a saucepan over medium-high heat and bring to the boil. Reduce heat to low and cover. Simmer for 10 minutes or until liquid is absorbed. Remove from the heat and set aside for 10 minutes. Stir the rice with a fork and stir in 1 tablespoon mirin.
2. Combine remaining mirin with teriyaki, soy, sugar and sesame oil. Stir until sugar dissolves. Cut the Qukes® in half lengthways and turn cut side down onto the board. Use a wide blade knife to smash the Qukes® into rough pieces.
3. Heat oil in a frying pan over high heat. Add mince and cook, stirring to break up the mince for 5 minutes until browned. Add 3 tablespoons of the teriyaki mixture and simmer for 5 minutes until thickened. Stir in shallots and season with pepper.
4. Spoon the sushi rice over the base of 4 serving bowls. Add Qukes® Kumato®, beef, avocado and edamame. Spoon over the remaining teriyaki dressing. Top with radish, ginger and sesame seeds. Serve with seaweed chips.



You can replace the beef with 600g fresh salmon. Brush the salmon with 2 tbs teriyaki mixture then pan fry for 2 minutes each side for medium-rare. Stand for 5 minutes then slice.



Seaweed chips can be found in the gourmet aisle of the supermarket.





ROMATHERAPY® BABY ROMA TOMATOES BREAKFAST BOWL



SERVES

4



PREP TIME

10 mins



COOK TIME

17 mins



COURSE

Breakfast



DIFFICULTY

Easy

INGREDIENTS LIST

2 x 250g Romatherapy® baby roma tomatoes
4 slices sour dough, cut into 4cm pieces
8 slices pancetta
olive oil cooking spray
4 flat mushrooms
4 eggs, at room temperature
3 tbs dukkah
250g thick Greek yoghurt
60g baby spinach leaves
Lemon wedges, to serve



STEP BY STEP INSTRUCTIONS

1. Preheat oven 200°C fan forced. Scatter the bread onto a baking tray and spray with oil. Arrange pancetta in a single layer of bread. Place mushrooms in a small roasting pan and spray with oil. Season well. Roast mushrooms and bread for 10-12 minutes until the bread and pancetta are lightly golden and the mushrooms tender. Keep warm.
2. Place Romatherapy® baby roma tomatoes into another small roasting pan, spray with oil and season well. Roast for 5 minutes until they start to soften.
3. Meanwhile, submerge the eggs into a saucepan of gently boiling water. Boil gently for 6 minutes for soft-boiled, or to your liking. Submerge in a bowl cold water until cool enough to handle. Peel. Dip peeled eggs in cold water then roll one at a time in the dukkah to coat. Reserve any leftover dukkah.
4. Spoon yoghurt over the base of 4 serving bowls, sprinkle with leftover dukkah. Top with spinach, roasted tomatoes, mushroom, pancetta, bread and dukkah coated egg. Serve with lemon wedges.



To make your own dukkah, combine 1 tbs each ground cumin, coriander and sesame seeds with 1 tsp each sweet paprika, sea salt flakes and brown sugar. Warm in a small frying pan over medium heat until aromatic. Remove to a bowl, stir in 1 tbs finely chopped toasted pistachio. All to Cool. Leftover can be stored in a jar in the fridge for 6 months.