



2021

SPRING RECIPES



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LITTLE GEM® BANANA SMOOTHIE RICOTTA PANCAKES



MAKES

12



PREP TIME

10 mins



COOK TIME

25 mins



COURSE

Breakfast



DIFFICULTY

Easy

INGREDIENTS LIST

4 Little Gem® bananas, peeled
1 ¾ cups (265g) self-raising flour
1 cup (250ml) buttermilk
¾ cup (175g) ricotta
2 eggs, lightly beaten
3 tbs (60ml) maple syrup
Melted butter or Ghee, for cooking
Maple Syrup, Little Gem® bananas,
whipped ricotta, Nutella and
Perfection Berries, cinnamon sugar,
to serve

Maple Little Gem Bananas

4 Little Gem® bananas, peeled,
halved lengthways
50g butter
3 tbs (60ml) maple syrup

STEP BY STEP INSTRUCTIONS

1. Sift the flour into a large bowl. Combine the bananas, buttermilk, ricotta, eggs and maple syrup in a blender. Blend until smooth. Pour into the flour and stir gently to combine.
2. Heat a large, non-stick frying pan over a medium heat. Brush the base with butter or ghee. Spoon a heaped ¼ cup of the batter into the pan. Use the back of a spoon to spread the pancake to 10cm in diameter. Repeat to make a second pancake.
3. Cook for 3 minutes, or until a few bubbles appear on the surface. Turn pancakes over and cook for a further 3 minutes, or until centre feels firm. Remove to a tray. Keep warm in a low oven while cooking the remaining pancakes.
4. Serve topped with whipped ricotta & Maple Little Gem® bananas; Nutella, Perfection raspberries & sliced Little Gem® banana; sliced Little Gem® banana and cinnamon sugar; whipped ricotta, sliced Little Gem® banana & Perfection berries.
5. **For the Maple Little Gem® Bananas;** Melt half the butter in a medium non stick frying pan over medium high. Add the maple syrup and bring to a simmer. Add the bananas, cut side down, cook 1-2 minutes until golden. Turn over to coat in the maple mixture. Slide the bananas and maple butter mixture onto a plate. Repeat with remaining butter, maple and bananas.





BLISTERED MIX-A-MATO® TOMATO & PARMESAN BREAKFAST PANCAKES



SERVES

4



PREP TIME

15 mins



COOK TIME

40 mins



COURSE

Breakfast



DIFFICULTY

Easy

INGREDIENTS LIST

⅓ cup self-raising flour
1 ¼ cups wholemeal self-raising flour
1 tbs raw or brown sugar
1 ¼ cups parmesan cheese, grated
1 ¾ cups buttermilk
2 eggs, lightly beaten
Melted ghee or olive oil, for cooking
Greek yoghurt & grated parmesan, to serve

Blistered Mix-a-Mato® Tomatoes

500g Mix-a-Mato® tomatoes
3 tbs extra virgin olive oil
¼ cup basil leaves

STEP BY STEP INSTRUCTIONS

1. For the blistered tomatoes; Preheat oven to 220°C fan forced. Scatter the tomatoes in a small roasting pan and drizzle over oil. Season with salt and pepper. Roast for 8 minutes until tomatoes just start to colour. Cool. Stir in basil.
2. Meanwhile, to make pancakes, combine flours in a large bowl. Stir in the sugar and parmesan. Whisk buttermilk and eggs together until well combined. Pour into the flour mixture, stir to combine (batter should be the consistency of thickened cream).
3. Brush melted ghee over base of a medium, non-stick frying pan over a medium heat. Spoon ¼ cup batter into the pan, repeat to cook a second pancake. Cook for 3 minutes, or until bubbles appear on the surface. Carefully turn over, cook for a further 2-3 minutes, or until golden underneath. Place pancakes onto a tray and keep warm. Repeat with remaining ghee and batter to make 12 pancakes.
4. Top each pancake with a dollop of yoghurt. Spoon over blistered tomatoes and pan juices. Sprinkle with parmesan. Serve.



Pancakes freeze well. Place into a freezer bag and freeze for 3 months. Warm in an oven, sandwich press or toaster.



Spread any leftover pancakes with ricotta or spreadable cream cheese, top with sliced medley tomatoes and ham. Sandwich with a second pancake for a snack or lunch.





MARINATED MIX-A-MATO® TOMATOES, OLIVE & HERB SALAD



SERVES

6



PREP TIME

15 mins +
2 hours marinating



COOK TIME

10 mins



COURSE

Side



DIFFICULTY

Easy

INGREDIENTS LIST

800g Mix-a-Mato® tomatoes, halved if large

300g baguette, thinly sliced on diagonal

Olive oil cooking spray

1 cup flat leaf parsley leaves

1 cup basil leaves

250g Sicilian olives

Lemon Vinaigrette

4 tbs extra virgin olive oil

1 lemon rind finely grated

1 tsp caster sugar

2 tsp Dijon mustard

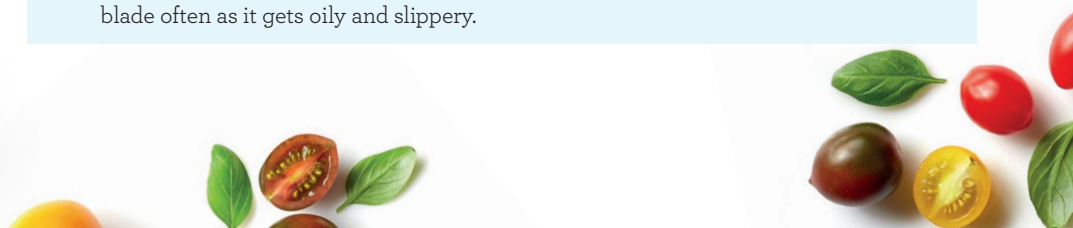
1 tbs thyme leaves

STEP BY STEP INSTRUCTIONS

1. For the vinaigrette; combine all the ingredients in a large bowl. Juice half the lemon and add to the dressing, season. Whisk until well combined.
2. Add the tomatoes to the dressing, toss to coat. Cover and refrigerate 1-2 hours if time permits, gently stirring every 30 minutes.
3. Preheat oven 200°C fan forced. Spray both sides of bread slices with oil and arrange in a single over two large trays. Bake 10 minutes or until golden and crisp. Set aside to cool. Transfer to a large platter or board. Combine the parsley and basil and scatter over the cooled bread.
4. Pit the olives and add to the tomatoes. Stir to combine then spoon over the herbs and bread. Serve immediately.



Un-pitted olives have much better flavour. To pit, place olives one at a time onto a board, set the flat side of a cook's knife on top, and press down on the knife with the palm of your hand. The force splits open the olive and frees the pit. Wipe the knife blade often as it gets oily and slippery.





SWEET PICKLED BERRIES, PROSCIUTTO & HALOUMI SALAD



SERVES

4-6 as a starter or
8 as a side



PREP TIME

30 mins



COOK TIME

10 mins +
1 hour 20 mins standing



COURSE

Starter or Side



DIFFICULTY

Easy

INGREDIENTS LIST

250g Qukes® baby cucumbers, thinly sliced
3 tbs extra virgin olive oil
2 x 225g packets haloumi, thickly sliced
200g prosciutto
120g baby spinach
½ cup small mint leaves
Crusty bread, to serve, optional

Pickled Berries

125g Perfection Fresh Blueberries
125g Perfection Fresh Raspberries
250g Perfection Fresh Strawberries, hulled, halved
½ cup red-wine vinegar
½ cup water
1 cup caster sugar
1 tsp sea salt flakes crushed
1 tsp dried chilli flakes
2 tsp coriander seeds
2 fresh bay leaves, washed

STEP BY STEP INSTRUCTIONS

1. For the pickled berries; place the berries in large bowl. Combine vinegar, water, sugar, salt, chilli, coriander seeds and bay leaves in a small saucepan over low heat. Stir until sugar has dissolved. Increase heat to medium and bring to the boil. Simmer gently for 3 minutes, remove from the heat. Cool 20 minutes then pour over the berries. Stand for 1 hour (see tip).
2. Brush both sides of haloumi with oil. Heat large frying pan over a medium-high heat. Cook haloumi in batches, for 2-3 minutes each side or until golden. Place onto a greased tray and keep warm.
3. Arrange the haloumi and prosciutto onto serving board or plates. Top with spinach, mint and Qukes®. Using a slotted spoon, spoon over the berries. Drizzle with remaining extra virgin olive oil. Serve with crusty bread.



The berries can be pickled up to 4 hours ahead of time. Any longer than 4 hours the berries start to break down.





MOROCCAN SPICED SALMON WITH MANGO BROWN RICE SALAD



SERVES

4



PREP TIME

20 mins + 1 hour chilling



COOK TIME

36 mins



COURSE

Main



DIFFICULTY

Easy

INGREDIENTS LIST

2 Calypso® Mangoes
250g Solanato® tomatoes, halved
1 cup (200g) brown rice
4 x 125g pieces fresh salmon, skin on
1 tbs (20ml) olive oil
1 tbs (12g) Moroccan seasoning
2 carrots, peeled, coarsely grated
400g can chickpeas, drained
6 (100g) Medjool dates, pitted, thinly sliced crossways
½ cup (50g) flaked almonds, toasted
½ cup parsley leaves, chopped
Lemon wedges, to serve, optional

Dressing

¼ cup (60ml) extra virgin olive oil
½ lemon, juiced
1 tbs (20ml) honey
1 tsp (3g) Moroccan seasoning

STEP BY STEP INSTRUCTIONS

1. Cook rice following the packet directions. Drain well. Spread onto a tray, cover with paper towel and refrigerate until cold.
2. Cut the cheeks from the mangoes. Using a large spoon, remove the mango fruit from the cheek, chop the fruit. Place onto a plate, refrigerate until ready to assemble the salad.
3. Rub both sides of the salmon with oil. Sprinkle with seasoning. Preheat barbecue plate or large non-stick frying pan on medium-high. Cook the salmon for 2-3 minutes each side for medium or until cooked to your liking. Remove to a tray, cover to keep warm.
4. Spoon rice into a large bowl. Add the tomatoes, carrots, chickpeas, dates, almonds, parsley and mango. Whisk all the dressing ingredients together, spoon over the salad. Serve with salmon and lemon wedges.



To serve as a delicious salad, flake the salmon and stir through the rice.





MIDDLE EASTERN BROCCOLINI® SCHNITTY



SERVES

4



PREP TIME

10 mins



COOK TIME

15 mins



COURSE

Main



DIFFICULTY

Easy

INGREDIENTS LIST

2 bunches Broccolini®
1 lemon, cut into wedges
2 tbs olive oil
2 tbs Harissa Middle Eastern Spice Blend, Baharat Spice Rub or Sumac
2-3 tbs vegetable oil
4 pieces crumbed chicken, veal or pork schnitzel
80g soft feta
2 tbs pine nuts, toasted
½ cup mint leaves

STEP BY STEP INSTRUCTIONS

1. Preheat oven to 220°C fan forced. Arrange Broccolini® and lemon wedges in a large roasting pan. Drizzle with olive oil, sprinkle with spice and turn to coat. Roast for 10-15 minutes until tender.
2. Meanwhile, heat the vegetable oil in a non-stick frying pan over medium heat. Cook the schnitzel, in batches, for 3-4 minutes each side or until golden. Remove to a wire rack to drain. Cover loosely to keep warm while cooking remaining schnitzel.
3. Remove the Broccolini® from the oven. Crumble over the feta and scatter with pine nuts and mint. Slice the schnitzel crossways into pieces and arrange over the Broccolini®. Squeeze over the roasted lemon and serve.

