



2021

WINTER RECIPES



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FIORETTO® WITH PEANUT LEMONGRASS PASTE



SERVES

4



PREP TIME

15 mins



COOK TIME

15 mins



COURSE

Side



DIFFICULTY

Easy

INGREDIENTS LIST

500g Fioretto® Cauli Blossom
1 long red chilli, roughly chopped
1 long green chilli, roughly chopped
2 garlic cloves, roughly chopped
1 stick lemongrass, (see tip)
3 tbs peanut oil
½ cup salted peanuts, roasted
1 lime, halved

STEP BY STEP INSTRUCTIONS

1. Cut Fioretto® into florets leaving the stems long.
2. Combine chilli, garlic, white and lime green part of lemongrass and 2 tablespoons of the oil in a small processor. Process until finely chopped. Add peanuts and process to a paste (a little texture still in the peanuts is good). Remove to a bowl.
3. Heat a wok over high heat until hot. Add remaining oil to the hot wok. Wash the Fioretto®, leaving water clinging, add to the wok and stir-fry for 2 minutes. Add the peanut lemongrass paste and stir-fry for 5 minutes or until Fioretto® is tender and the paste aromatic. Remove from the heat and squeeze over the lime halves. Serve.



You can substitute 1 tablespoon of lemongrass paste for the fresh lemongrass if you like. This meal is best served as a side.





BROCCOLINI® & FIORETTO® CHICKPEA COCONUT CURRY



SERVES

4



PREP TIME

10 mins



COOK TIME

23 mins



COURSE

Main



DIFFICULTY

Easy

INGREDIENTS LIST

1 bunch Broccolini®
200g Fioretto® Cauli Blossom
2 tbs vegetable oil
2 large garlic cloves, crushed
1 tbs fresh ginger, grated
3 tsp lemongrass paste
4 tbs red curry paste
1 red onion, cut into thin wedges
400g can chickpeas, drained, rinsed
2 x 270ml cans coconut milk,
unshaken
1 ½ cups vegetable stock
yoghurt & mint leaves, to serve
Cooked jasmine rice or rice noodles,
to serve, optional

STEP BY STEP INSTRUCTIONS

1. Combine oil, garlic, ginger and lemongrass in a deep frying pan over medium heat. Cook, stirring often for 3-4 minutes until aromatic. Stir in the curry paste and cook, stirring for 2 minutes. Add the onions and chickpeas and cook stirring often for 3 minutes until onions soften.
2. Add the thick coconut mixture from the top of the coconut milk and cook stirring for 3 minutes until coconut milk separates (if it looks oily, that's great sign). Add the remaining coconut milk and stock, bring to gently simmer, simmer for 5 minutes.
3. Add Broccolini® & Fioretto®, poking into the sauce so its covered. Cover with a lid and simmer for 5 minutes until Broccolini® & Fioretto® are just tender. Spoon into bowls and top with yoghurt and mint. Serve with rice or noodles.





EASY QUKES® KIMCHI



SERVES

Makes 2 x 500ml jars



PREP TIME

10 mins



COOK TIME

0 mins



COURSE

Condiment



DIFFICULTY

Easy

INGREDIENTS LIST

2 x 250g Qukes® baby cucumbers
2 tbs sea salt flakes, crushed
2 garlic cloves, crushed
2cm ginger, peeled, grated
2 tsp dried chilli flakes
¼ tsp chilli powder
2 green shallots, finely chopped
1 bunch chives, cut into 1cm lengths
2 tbs caster sugar
2 tbs fish sauce
1 tbs sesame seeds, toasted



STEP BY STEP INSTRUCTIONS

1. Wash Qukes® then pat dry with paper towel. Cut Qukes® in half lengthways and place cut side up on a plate. Sprinkle the cut side of Qukes® with salt. Set aside for at least 1 hour, or until they begin to soften. Pat dry with paper towel. Do not rinse the Qukes®.
2. Combine the remaining ingredients in clean bowl. Add the Qukes® and stir to coat. Cover and refrigerate for 2 hours or overnight if time permits.
3. Alternately pack into glass jars. Refrigerate up to 4 days.



Serving Suggestion:

- Try tossing it with shredded cabbage and carrot and adding to tacos, burgers or sandwiches.
- Kimchi is delicious chopped and stirred through fried rice just before serving
- Add to soba noodle salad
- Serve with chargrilled salmon and tzatziki
- Pile onto crusty bread spread with labne or thick yoghurt



SLOW BAKED CHICKEN CASSEROLE WITH TOMATO & FENNEL



SERVES

6



PREP TIME

15 mins



COOK TIME

12 mins



COURSE

Main



DIFFICULTY

Easy

INGREDIENTS LIST

175 grams Minicaps® baby capsicums, cut in half, seeds removed
200g Petite™ Tomatoes
2 baby fennel, cut into thin wedges
4 truss tomatoes, cut into wedges
4 cloves garlic, sliced
2 tsp lemon zest
3 tbsp olive oil
4 chicken leg pieces
4 chicken thigh cutlets, skin left on
400 ml can tomato purée
½ cup red wine
2 bay leaves
¼ cup kalamata olives

STEP BY STEP INSTRUCTIONS

1. Preheat oven to 180°C. Heat 2 tbsp oil in large heatproof pot on medium heat. Brown chicken pieces, remove.
2. Add an extra tbsp olive oil, and cook the garlic, fennel, Dutch carrots, and Minicaps® for 5 minutes until lightly browned and softened.
3. Add tomato wedges, lemon zest, tomato purée, red wine, and bay leaves. Re-add the chicken pieces, cover and bake for 1 hour. Remove the lid, then add the tomatoes and olives and bake for a further 30 minutes.
4. Serve with mashed potato or pasta.





RASPBERRY WITH MACADAMIA SHORTBREAD



SERVES

4



PREP TIME

1 mins



COOK TIME

30 mins



COURSE

Dessert



DIFFICULTY

Intermediate

INGREDIENTS LIST

3 x 125g Perfection Raspberries
2 tbs caster sugar
Frozen yoghurt or ice cream, to serve

Macadamia Shortbread

¼ cup macadamia nuts
½ cup pure icing sugar
⅔ cup plain flour
2 tbs cornflour
100 grams butter, chopped

STEP BY STEP INSTRUCTIONS

1. For the shortbread; Put macadamia nuts into a food processor. Process until finely chopped.
2. Add sugar and flours, pulse to combine. Add butter and process until dough just comes together. Roll dough between 2 sheets of baking paper until ½ cm thick. Chill if necessary.
3. Using a star shape, cut shapes from dough. Re-roll unused dough and repeat. Refrigerate for 30 minutes or until firm.
4. Toss the raspberries and caster sugar together in a bowl. Cover and set aside.
5. Preheat oven to 160°C fan forced. Bake shortbread, for 15 minutes. Spoon raspberries and sugar mixture into 20cm (base) pie dish.
6. Put into oven under the shortbread and bake for 5 minutes until raspberries warm, but still hold their shape and shortbread is golden around the edges. Remove both from the oven. Stand 5 minutes.
7. Arrange the shortbread stars over the raspberries. Dust with icing sugar and serve with frozen yoghurt or ice cream.





CHOCOLATE & STRAWBERRY SELF-SAUCING PUDDING



SERVES

4-6



PREP TIME

10 mins



COOK TIME

30 mins



COURSE

Dessert



DIFFICULTY

Easy

INGREDIENTS LIST

250g Perfection Strawberries
80g butter, chopped
⅓ cup (160ml) full cream milk
1 ⅓ cups (200g) self raising flour,
sifted
½ cup (90g) brown sugar
2 ½ tbs cocoa powder
Cocoa powder & double thick cream,
to serve

Topping

1 cup (180g) brown sugar
¼ cup (30g) cocoa powder
2 cups (500ml) boiling water

STEP BY STEP INSTRUCTIONS

1. Preheat oven 180°C fan forced. Grease a 1.5L, 24cm diameter (base) ovenproof dish. Set 2-3 strawberries aside. Hull and chop the rest.
2. Stir butter and milk in a saucepan over medium heat until butter is melted. Combine flour, brown sugar and cocoa in bowl. Stir the warm milk and butter mixture. Gently fold in the chopped strawberries. Spoon into prepared dish. Smooth the surface. Place dish onto a tray.
3. For the topping, combine brown sugar and cocoa. Sprinkle over the pudding mixture. Pour boiling water slowly over the topping. Bake for 30 minutes the top is set.
4. Dust with cocoa and top with cream. Slice the reserved strawberries and scatter over the pudding. Serve within 10 minutes of removing from oven otherwise the pudding starts to absorb the sauce (still delicious but not as much sauce to share).

