



2022

AUTUMN RECIPES

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Breakfast

Banana Date & Walnut Spelt Bread



Serves: 8



Prep: 20 mins



Cook: 55 mins

Ingredients List

⅓ cup (100g) dried pitted dates, coarsely chopped
1 cup (100g) walnuts
1 cup (150g) wholemeal spelt flour
1 cup (150g) white spelt flour
3 tsp baking powder
¾ tsp bicarbonate of soda
2 tsp ground cinnamon
4 Ecoganic® Red Tip® bananas, peeled,
¾ cup (180ml) light olive oil
2 eggs
¼ cup (60ml) date syrup
Peanut butter, to serve, optional

Step-by-Step Instructions

1. Preheat the oven to 170°C fan forced. Grease and line the base and sides of 6cm deep, 10cm x 21cm (base) loaf pan.
2. Place the dates into a heatproof bowl, add 2 tablespoons of boiling water. Cover and stand for 10 minutes. Coarsely chop ⅔ cup (75g) walnuts. Set the remaining ⅓ cup aside for the top.
3. Sift the spelt flours, baking powder, bicarbonate of soda and cinnamon into a large bowl, adding any husks left in the sieve from the wholemeal flour. Stir in the chopped walnuts.
4. Coarsely mash the bananas on a plate with a fork (you should have 1½ cups). Transfer to a jug. Add the oil, eggs, date syrup and softened dates including any water. Stir to combine. Add to the flour mixture and stir gently until just combined.
5. Spoon the mixture into the prepared pan and smooth the surface. Top with the reserved walnuts. Bake for 45-55 minutes or until a skewer inserted in the centre of the loaf comes out clean. Remove from oven. Stand 10 minutes in the pan then lift onto a wire rack.
6. Slice and serve warm or serve toasted in a sandwich press spread with peanut butter.



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Side

Roasted Broccolini® & Fioretto® with Hazelnut Dukkah



Tip: Store unused Dukkah in a clean airtight jar in the fridge for up to 4 months.



Serves: 3-4 as a side



Prep: 15 mins



Cook: 25 mins

Ingredients List

1 bunch Broccolini®
150g Fioretto® Cauli Blossom®
3 tbs extra virgin olive oil
150g labneh (see tip)
½ lemon

Hazelnut Dukkah

1 tbs sesame seeds
½ cup hazelnuts
1 tbs ground coriander
1 tbs ground cumin
½ tsp ground turmeric
1 tsp chilli flakes
Good pinch ground cinnamon
sea salt flakes and freshly ground black pepper

Step-by-Step Instructions

1. To make dukkah, preheat oven to 200°C fan forced. Arrange sesame seeds on one half of a baking tray and the hazelnuts on the other half. Roast for 10 minutes until seeds are golden and hazelnut skins are cracked. Wrap hazelnuts in a clean tea towel. Cool for 5 minutes, then rub hazelnuts in the tea towel to remove skins. Discard skins. Place nuts in small food processor with the sesame seeds and remaining dukkah ingredients. Pulse until coarsely chopped. Spoon into a small non-stick frying pan, stir over medium heat for 4-5 minutes or until aromatic. Remove to a bowl immediately. Set aside to cool.
2. Increase oven to 220°C fan forced. Arrange Broccolini® and Fioretto® in a large roasting pan. Drizzle with 2 tablespoons of the oil. Season and turn to coat. Roast for 10-15 minutes until golden and tender. While warm, top with dollops of labneh and sprinkle with 2 tablespoons dukkah. Drizzle over remaining oil and squeeze over the lemon. Serve.



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Barbecue

Kumato® Tomato

Salad & Turkish Style Chicken Kebabs



Serves: 4



Prep: 20 mins +
1 hr marinating



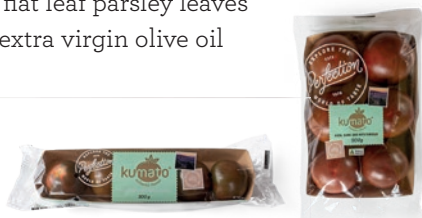
Cook: 16 mins

Ingredients List

1 tsp onion salt
2 large garlic cloves, crushed
¼ tsp ground turmeric
1 tbs sweet paprika
1 tsp dried oregano
¾ cup thick Greek yogurt
6 chicken thigh fillets, trimmed
Vegetable oil, to grease
4 flatbreads, barbecued
Yogurt, chilli sauce & lemon wedges

Kumato® Tomato Salad

4 Kumato® tomatoes, sliced
½ small red onion, cut into thin wedges
1 cup flat leaf parsley leaves
2 tbs extra virgin olive oil



Step-by-Step Instructions

1. Combine onion salt, garlic, turmeric, paprika, dried oregano and yogurt in a bowl. Add the chicken and turn to coat. Cover and refrigerate for 1 hour.
2. Combine Kumato® tomato salad ingredients in a bowl. Season and cover. Set aside for 1 hour.
3. Preheat barbecue plate on medium high. Remove chicken from marinade, discarding the marinade. Place two chicken thighs onto a board, one above the other. Insert 2 skewers. This helps keep the chicken flat when cooking. Repeat twice more. Drizzle both sides with a little oil. Barbecue for 5-8 minutes each side or until lightly charred and cooked through. Remove to a board, stand for 5 minutes and then cut between skewers.
4. Place flatbreads onto serving plates. Spoon over yoghurt and drizzle with chilli sauce. Top with chicken and Kumato® tomato salad. Serve with yogurt, chilli sauce and lemon wedges.



Tip: To cook without skewers, barbecue or pan fry uncut chicken thigh until cooked through.

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Salad

Middle Eastern roasted **Fioretto®** Pumpkin & Chickpea Salad



Tip: When pomegranates are not in season, replace with 1/4 cup dried currants marinated in warmed red wine vinegar.



Serves: 4



Prep: 20 mins



Cook: 35 mins

Ingredients List

150g Fioretto® Cauli Blossom
½ (about 800g) butternut pumpkin, peeled, cut into 2cm pieces
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, thinly 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 tablespoons of olive oil together. Spoon half over the Fioretto® and half over the pumpkin and chickpeas. Turn the vegetables to coat. Roast together, the Fioretto® for 15 minutes and the pumpkin for 30 minutes, until tender.
3. Add the Fioretto® to the pumpkin and chickpeas and set aside to cool for 10 minutes.
4. Meanwhile, whisk remaining olive oil, red wine vinegar and pomegranate molasses together. Season.
5. Add the spinach and onion to the roasted vegetables. Toss gently to combine. Arrange on a large platter and crumble with feta. Sprinkle with pomegranate seeds. Spoon over the dressing, season and serve.



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Dinner

Butter Chicken with Broccolini® & Fioretto®



Serves: 4



Prep: 10 mins



Cook: 25 mins

Ingredients List

1 bunch Broccolini®
150g Fioretto® Cauli Blossom
½ cup butter chicken paste
2 tbs Greek yoghurt
600g chicken thigh or breast, trimmed, cut into 5cm pieces
60g ghee or 3 tbs vegetable oil
1 brown onion, finely chopped
½ cup roasted salted cashews, finely chopped
1 cup (250ml) tomato passata or puree
1 cup (250ml) chicken stock
½ cup (125ml) thickened cream
yoghurt, coriander leaves, warmed naan, to serve

Step-by-Step Instructions

1. Combine 1 tablespoon each of butter chicken paste and yoghurt in a bowl. Add chicken and stir to coat.
2. Heat 1 tablespoon ghee or oil in a large non-stick frying pan over a medium heat. Add half the chicken and cook for 2-3 minutes each side until golden. Remove to a plate. Repeat with more ghee and remaining chicken. Cover to keep warm.
3. Melt remaining ghee in the frying pan over medium heat. Add the onion and cook, stirring often for 4-5 minutes until onion is soft. Stir in the remaining paste and cook, stirring for 2 minutes. Add the cashews and cook for 1 minute. Stir in passata and stock. Return the chicken to the pan and add the Broccolini® and Fioretto®. Cover and simmer gently for 4-6 minutes until vegetables are tender.
4. Stir in the cream and simmer for 1-2 minutes, until sauce has reduced slightly. Top with yoghurt and coriander. Serve with the naan.



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Bread

Mix-a-Mato®

Tomato, Basil Focaccia



Tip: If you're unable to use bread and pizza flour, plain flour can be used as a substitute.



Serves: 8



Prep: 20 mins +
45 mins resting



Cook: 30 mins

Ingredients List

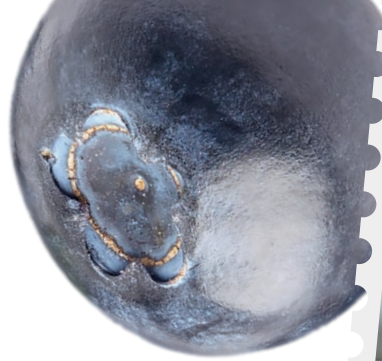
1¼ cups warm water
7g (2 tsp) instant dried yeast
1 tsp caster sugar
3 tbs olive oil
3 cups (450g) bread and pizza flour (see tip)
1 tsp sea salt flakes
400g tomato medley
½ cup small basil leaves
Buffalo mozzarella & extra virgin olive oil, for serving

Step-by-Step Instructions

1. Combine the water, yeast, sugar and 2 tablespoons of oil in a jug, mix well. Cover and set aside in a warm place for 5 minutes or until bubbles form on top.
2. Place the flour and salt in a bowl. Make a well in the centre and pour in yeast mixture. Stir until dough comes together in the bowl. Turn onto a lightly floured surface and knead for 10 minutes or until smooth and elastic. Brush a bowl with oil to grease. Place dough in bowl and cover with plastic wrap and a tea towel. Set aside in a warm, draught-free place for 30 minutes or until dough doubles in size.
3. Preheat oven to 200°C fan forced. Grease a 20 x 30cm roasting pan or tray. Punch down centre of the dough with your fist. Turn onto a lightly floured surface and knead until smooth. Press into the prepared pan. Cover with a damp tea towel and set aside in a warm, draught-free place for 15 minutes or until doubled in height.
4. Use your finger to press dimples into the dough. Press the tomatoes into the dough. Scatter over the basil, brush with remaining oil. Bake for 25-30 minutes or until golden and focaccia sounds hollow when tapped on base. Serve warm with buffalo mozzarella and olive oil.



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Dessert

Perfection Berries Custard Tarts



Serves: 6



Prep: 20 mins + 2 hrs macerating



Cook: 16 mins

Ingredients List

250g Perfection Strawberries, washed, hulled, halved
125g Perfection Raspberries
125g Perfection Blueberries
½ cup (115g) caster sugar

Custard

4 egg yolks
¾ cup (175g) caster sugar
2 tsp vanilla bean paste
2 tbs cornflour
1 tbs plain flour
600ml full cream milk

Brown sugar pastry

2 cups (300g) plain flour
½ cup (100g) brown sugar
125g butter, chilled, chopped
2 tbs cold water

Step-by-Step Instructions

- For the pastry:** Combine the flour, sugar and butter in a food processor. Process until mixture resembles breadcrumbs. Add the water. Process until pastry just comes together, adding a little more water if necessary. Turn onto a lightly floured bench. Knead gently until the base is smooth. Cut pastry in half and press each into a 12cm round. Wrap in greaseproof paper. Refrigerate 15 minutes or until firm enough to roll out.
- Roll 1 piece pastry out between two sheets baking paper to about 5mm-thick. Cut 2x18cm rounds from the pastry. Use to line base and side of two pans. Press the unused pastry together, roll out to 18cm round and use to line a third pan. Repeat with the second piece pastry. Refrigerate or freeze until firm pastry is firm.
- Place a flat tray into the oven. Preheat the oven and tray to 200°C fan forced. Scrunch six, 18cm rounds of greaseproof or baking paper. Flatten the paper out the place into each pan to cover the pastry. Half fill each pan with baking beans or raw rice. Place onto the hot tray and bake for 15 minutes or until the edges are light golden. Carefully remove the beans and paper. Place the pans back into the oven on the hot tray and bake a further 15 minutes or until golden. Set aside to cool in the pans.
- For the custard:** Whisk the egg yolks, sugar, vanilla, cornflour and plain flour together in a bowl until pale and creamy. Add the milk slowly, whisking constantly until smooth. Pout the mixture into a saucepan. Cook over medium-low heat, whisking constantly until custard just comes to the boil. Pour into a clean bowl, cover the surface with wrap and refrigerate until cold.
- Combine all the berries in a bowl. Sprinkle over the sugar. Cover and refrigerate 2 hours or until a syrup forms.
- Loosen the sides of the spring form pans and place the pastry shells onto a serving board or platter. Whisk the custard then spoon into the pastry cases. Spoon over the berries and syrup. Serve.





After dinner

Autumn Crisp®

Green Grapes & Apple Chutney with Cheese & Crackers



Serves: 8



Prep: 20 mins



Cook: 45 mins

Ingredients List

1 tsp cumin seed
1 tsp coriander seed
1 tsp mustard seed
1 green chilli, deseeded and finely chopped
1 onion, finely diced
1 cup (200ml) cider vinegar
1 cup (270g) Autumn Crisp® green seedless grapes
3 (500g) green apples, peeled, cored and diced
225g sugar
200g crackers of your choice
250g firm cheese such as Swiss Comté or English cheddar

Step-by-Step Instructions

1. Toast the spices in a dry frying pan until aromatic before roughly grinding in a mortar and pestle.
2. Add the spices into a large pan with the chillies, onions and vinegar then bring to the boil, simmer for 10 mins or until the onions are softened.
3. Add the apples, grapes, sugar and 1 tsp salt, and bring to boil. Make sure to stir from time to time and cook for about 20-25 mins until the mixture is thick and coats the back of a spoon.
4. Stored in clean containers, the chutney will keep for a few weeks in the fridge, alternatively you can put them in sterilized jars and they will keep for a few months.
5. Serve the chutney with some firm cheese and your favourite crackers, or as a tasty condiment to accompany roast meats.



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