



2022

# WINTER RECIPES

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Breakfast

# Scorched Perfection Berries on Yoghurt Toast



Tip: The berries (step 2-3) can be made ahead and spooned into a clean jar or airtight container. They will keep for 5 days in the fridge.



Tip: The longer you hang the yoghurt the thicker it will be. It will keep 7 days in the fridge in a clean airtight container.



Serves: 4



Prep: 15 mins + up to 8 hrs standing



Cook: 5 mins

## Ingredients List

1 ½ cups (330g) Greek yoghurt  
250g Perfection Strawberries, hulled, halved  
125g Perfection Raspberries  
125g Perfection Blueberries  
125g Perfection Blackberries, optional  
3 tbs coconut sugar or raw sugar  
¼ cup (60ml) maple syrup  
1 tsp ground cinnamon  
Toasted sourdough, to serve

## Step-by-Step Instructions

1. Line a sieve with clean muslin or a clean Chux cloth and place over a bowl. Spoon the yoghurt into the lined sieve. Cover and place in the fridge for 1 hour or up to 8 hours if time permits (see tip).
2. Combine the strawberries, raspberries, blueberries, blackberries (if using) and sugar in a bowl, stir gently to combine. Stand for 15 minutes at room temperature.
3. Heat a large non-stick frying pan over high heat until hot. Add the berries and any undissolved sugar in the bowl. Cook, gently shaking the pan for 1 minute. Remove the pan from the heat and allow the berries to cool to room temperature (see tip).
4. Meanwhile, combine the maple syrup and cinnamon in a small saucepan. Bring to a gentle boil, stirring often. Boil gently for 1 minute until the maple thickens slightly. Pour into a heatproof bowl and set aside to cool.
5. Spoon the thick yoghurt from the sieve into a bowl, discarding the drained liquid. Stir in the cinnamon maple mixture then thickly spread over the toasted sourdough. Spoon over the berries and syrup and serve.



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Side

## Tray Baked Roasted Vegetables with Broccolini®



Serves: 4



Prep: 15 mins



Cook: 55 mins



Tip: Great served with chicken, beef, lamb and pork.

Pile any leftover veg in a wrap with pesto and ham for a healthy lunch.

### Ingredients List

- 1 bunch Broccolini®
- 175g Minicaps® baby capsicums, halved
- 1 medium (300g) sweet potato, peeled, cut into 4cm pieces
- 1 eggplant (300g), cut into 5cm
- 3 tbs olive oil
- 2 zucchini, cut into 2cm thick rounds
- 1 red onion, peeled, coarsely chopped
- 1 cup (35g) firmly packed torn kale leaves, washed
- ½ bunch thyme

### Step-by-Step Instructions

1. Preheat the oven to 230°C. Once the oven has preheated place a large, dry roasting pan into the hot oven. Heat for 5 minutes (this prevents the vegetables from steaming).
2. Place the Minicaps®, sweet potato and eggplant into the hot roasting pan. Drizzle with 2 tablespoons of the oil. Season with salt and pepper. Roast for 30 minutes.
3. Remove the pan from the oven, turn the vegetables over, quickly add the zucchini and onion. Return to the oven and roast a further 10 minutes.
4. Remove the pan from the oven again. Add the Broccolini® and kale, nestling them amongst the vegetables. Drizzle with the remaining oil. Scatter over the thyme and season. Roast a further 10 minutes or until the Broccolini® and vegetables are just tender. Serve.



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Salad

# Roasted Treviso® Radicchio

## *Fennel & Blood Orange Salad*



Tip: Delicious with roast chicken or pan cooked steak or fish.

If blood orange isn't available use navel.



Serves: 4



Prep: 20 mins



Cook: 50 mins

### Ingredients List

- 1 Treviso™ radicchio, cut into 4 wedges
- 2 tbs olive oil
- 400g fennel, sliced crossways
- 1 tbs maple syrup
- ½ cup walnuts
- 2 blood oranges, peeled, sliced into rounds
- ½ cup small flat leaf parsley leaves

### Dressing

- 3 tbs extra virgin olive oil
- 1 blood orange, juiced
- 1 tsp Dijon mustard
- 1 tsp maple syrup

### Step-by-Step Instructions

1. Preheat oven to 200°C fan forced. Lightly grease two roasting pans. Arrange the radicchio in 1 roasting pan. Drizzle over 1 tablespoon of oil, season and turn to coat. Set aside.
2. Add fennel to the second roasting pan. Combine maple syrup and remaining oil, spoon over the fennel, turning to coat. Season well. Roast for 25-30 minutes, turning once, or until fennel is golden and tender. Set aside.
3. Place the pan with Treviso™ radicchio into the oven, roast for 15-20 minutes, turning after 10 minutes. Scatter the walnuts over a baking tray, place into the oven under the radicchio and cook for 5-8 minutes until toasted.
4. Arrange the radicchio on a board or serving platter. Top with fennel, oranges, walnuts and parsley. Whisk all the dressing ingredients together and spoon over the salad just before serving.



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Main

# Broccolini® & Cauli-Blossom

## Chickpea Curry



Serves: 4



Prep: 10 mins



Cook: 23 mins

### Ingredients List

1 bunch Broccolini®  
150g Cauli-Blossom® Fioretto  
2 tbs vegetable oil  
2 large garlic cloves, crushed  
1 tbs grated fresh ginger  
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 and mint leaves, to serve  
Cooked jasmine rice or rice noodles, to serve

### 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 or until aromatic. Stir in the curry paste and cook, stirring for 2 minutes. Add the onion and chickpeas, cook stirring often for 3 minutes until onions soften.
2. Add the thick coconut mixture from the top of the coconut milk, 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 the Broccolini® and Cauli-Blossom®, poking into the sauce so to cover. Cover with a lid and simmer for 5 minutes until Broccolini® and Cauli-Blossom® are just tender. Spoon into bowls and top with yoghurt and mint. Serve with rice or noodles.



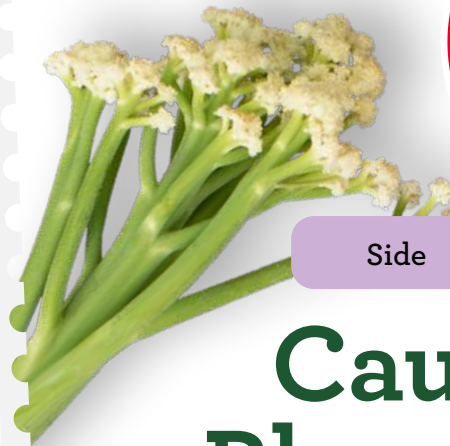
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Side

# Cauli-Blossom<sup>®</sup>

*with Cheese Sauce*



Serves: 4 as a side



Prep: 5 mins



Cook: 20 mins

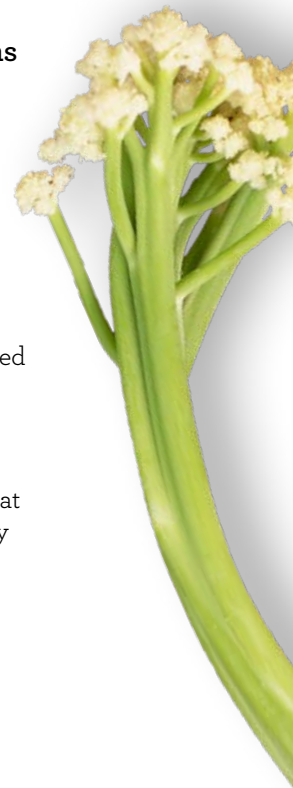
## Ingredients List

- 300g Cauli-Blossom<sup>®</sup> Fioretto
- 60g butter, chopped
- 2 tbs plain flour
- 2 tsp Dijon mustard
- 1 ½ cups (375ml) full cream milk
- 60g cheddar, coarsely grated
- ½ cup panko crumbs



## Step-by-Step Instructions

1. Preheat oven to 200°C fan forced. Bring a large saucepan of salted water to a boil. Add Fioretto<sup>®</sup> and cook for 1 minute until the stems turn bright green. Drain well. Arrange in a single layer onto a greased shallow tray or baking dish.
2. Melt the butter in a medium saucepan over medium heat until foaming. Remove 1 tbs to a bowl. Add the flour to the pan and cook, stirring for 2 minutes or until the mixture bubbles. Remove from heat and stir in the mustard. Gradually add the milk, whisking constantly until smooth. Return to medium-high heat and cook, stirring for 5 minutes or until the sauce comes to the boil. Remove from the heat. Stir in the cheddar and season. Spoon over the Cauli-Blossom<sup>®</sup>.
3. Add the panko crumbs to the reserved melted butter and mix well. Spoon over the Cauli-Blossom<sup>®</sup> and bake for 8-10 minutes or until light golden. Serve.





Dessert

## Air Fryer Little Gem® Banana Fritters



Serves: 4



Prep: 20 mins



Cook: 20 mins

### Ingredients List

6 Little Gem® Bananas, peeled  
½ cup (125ml) buttermilk  
1 egg  
⅓ cup (50g) plain flour  
1 ½ cups (80g) panko crumbs  
¼ cup (35g) sesame seeds, optional  
olive oil cooking spray  
thick cream & caramel sauce, to serve

### Step-by-Step Instructions

1. Cut the bananas in half lengthways and place on a large plate.
2. Whisk the buttermilk and egg together in a shallow dish until combined. Spoon the flour onto a large plate. Combine the panko crumbs and sesame seeds to tray.
3. Coat the bananas lightly in flour. One at a time dip the bananas in the buttermilk mixture then sesame crumbs. Pressing the crumbs on with your fingertips.
4. Preheat the air fryer to 200°C. Spray 6 banana halves with oil, turning so bananas are well coated all over. Place into the air fryer basket. Air fry at 200°C for 8-10 minutes or until golden. Repeat to cook the remaining bananas.
5. Serve warm with cream and caramel sauce.



Tip: Don't have an air fryer? Preheat oven 220°C fan forced. Place the crumbed bananas onto a lightly greased wire rack and cook for 15 minutes until golden. Alternately they can be shallow fried.



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Snack

# Ecoganic®

## Banana Peanut Butter Bliss Balls



Serves: 26



Prep: 30 mins +  
4 hrs chilling

### Ingredients List

- 10 (180g) Medjool dates, pitted and chopped
- 2 ripe Ecoganic® Red Tip® Bananas, peeled, chopped
- 1 ¼ cups (115g) organic rolled oat
- ¼ cup (70g) organic smooth peanut butter
- ¾ cup (65g) desiccated coconut
- ¼ cup (30g) cocoa powder
- 1 tbs hulled tahini spread
- ¼ cup (40g) sesame seeds, toasted
- ¼ cup (20g) desiccated coconut, extra

### Step-by-Step Instructions

1. Place the dates in a food processor. Process until finely chopped. Add the banana, oats, peanut butter, coconut, cocoa powder and tahini. Process until combined. Transfer to a bowl.
2. Roll tablespoons of mixture into balls. Roll half the balls in sesame seeds and remaining balls in the extra coconut. Refrigerate for 4 hours or until firm.



Tip: Bliss balls will keep in an airtight container in the fridge for up to 1 week.



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Dessert

# Perfection Berries *Friands*



Tip: This mixture will make 36 mini friands, using a 12 hole (25ml) capacity mini muffin pan. They will take 15 minutes to bake. Repeat twice to bake 36.



Serves: 12 regular or 36 mini friands



Prep: 30 mins



Cook: 25 mins

## Ingredients List

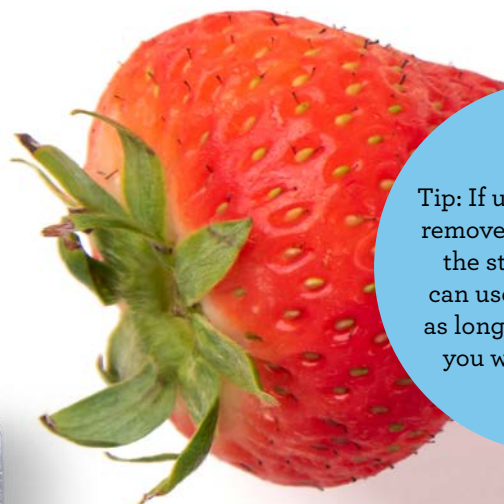
250g butter, chopped  
100g pistachio kernels  
1 cup (100g) ground almonds (almond meal)  
1 ¾ cups (275g) icing sugar, plus extra to serve  
¾ cup (100g) plain flour  
8 (240ml) egg whites  
250g Perfection berries such as Strawberries, Raspberries, Blueberries or Blackberries (see tip)

## Step-by-Step Instructions

1. Preheat the oven to 200°C fan forced. Grease a square or round 12-hole (¾ cup/125ml) capacity muffin tray.
2. Melt the butter in a small saucepan over medium heat. Simmer for 1 minutes. Remove from the heat and set aside for 5 minutes to cool.
3. Process the pistachio kernels in a small food processor until ground. Spoon into a large bowl. Stir in the ground almonds. Sift the icing sugar and flour together into the bowl and stir to combine. Make a well in the centre, add the egg whites and butter, mix well.
4. Pour the mixture into each muffin hole so it's almost full, then poke the berries into the top. Bake for 22-25 minutes or until a skewer inserted into the centre comes out clean.
5. Stand the friands for 10 minutes in the pan then loosen the edges and turn onto a wire rack. Turn upright and all to cool. Dust with icing sugar to serve.



Tip: If using strawberries, remove the hull and slice the strawberries. You can use a mix of berries as long as they are fresh, you will need 250g in total.



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