

Traditional Aussie Meat Pie

Filling:

- 1.5 lbs Lean Ground Beef
- 1 Med. Onion
- 2.5 cups Chicken Broth/Stock or Beef
- 2 cloves garlic
- 1/10-1/8 teaspoon nutmeg
- salt and pepper to taste
- 2 tablespoons flour
- 1-2 teaspoons of soy sauce

Crust:

- 2 cups sifted flour
- 1 teaspoon salt
- 3/4 cup Crisco Shortening
- 5.5 tablespoon cold water

To make filling:

Brown beef, onions, and minced garlic with some olive oil. Add 1.5 cups stock and nutmeg, bring to a boil then simmer for 30 minutes. Add soy sauce and 1 cup of stock that has the flour mixed in it (no lumps). Bring to a boil (stir often to prevent sticking). Adjust salt and pepper to desired taste. Simmer 10 minutes. Cool (overnight is fine).

To make crust:

Mix the flour and salt together. Add shortening. Cut into flour with fork (or other utensil) until a mealy texture is achieved (you cannot really “overwork” the dough at this point). Evenly add the cold water, fold together with limited handling (just enough to get all the dough to stick together). You can store this in the refrigerator for use later.

Put it together:

Preheat oven to 375°F. Roll out the dough to desired shape and size for the baking dish and lay it into the dish. Put in the filling. Wet the edges with water and place another rolled out piece of dough on top. Cut excess and seal the edges by squeezing between the thumb on one hand and two fingers on the other hand. Bake in oven until crust is browned nicely.

Spring Rolls

Ingredients:

- 2 lbs Jimmy Dean regular ground sausage
- 4 oz Bean threads soaked in water until tender chopped small
- 1/2 cup Cilantro chopped
- 2 T Garlic minced
- 1 bunch Green onions sliced thinly
- 1 and a half packages of small 3 to 4 inch won ton wraps

Directions:

Combine all ingredients let sit in fridge overnight. Wrap and Deep Fry in Hot Oil at 350+ °F until internal temperature of 165 °F.

Dipping Sauce:

Oyster sauce with added sugar, soy sauce, balsamic vinegar, mustard, honey, 5 spice powder in a ratio pleasing to taste

Tossed fresh herb salad with pears and blue cheese

Salads should be prepared individually (not tossed) for best presentation.

For one salad:

- fresh greens/herbs (about a handful of your favorite mixed greens)
- 4-6 thin slices of pear (we used Asian pears, but many fresh fruits go well - we particular liked sliced fresh figs)
- 1/2 tablespoon pomegranates
- blue cheese crumbles (about 2 tablespoons or to taste - should not overpower the salad)
- 1 tablespoon caramelized pumpkin seeds (see below)
- 2-3 tablespoons Shiraz dressing, drizzled on top (see below)

Shiraz dressing:

- 1/2 cup shiraz
- 1 tablespoon red wine vinegar
- 1/3 cup sliced green onions
- 1 garlic clove
- 1/2 teaspoon salt
- 1/2 teaspoon ground black pepper
- 1/2 cup canola oil mayonnaise

Combine all ingredients except mayo in a blender and blend until smooth. Add mayo and blend again. Chill and serve over tossed greens.

Caramelized pumpkin seeds:

- ~1/3 cup pumpkin seeds
- 1-2 tablespoons brown sugar

Heat a heavy bottom stainless steel pan over medium heat until warm. Lightly toast the seeds (~1 minute). Add brown sugar and stir until melted (this step is pretty fast, if the pan is well heated). Remove from heat and coat all seeds with the sugar by stirring. Be careful not to over stir or you will knock off the sugar before it bonds to the seeds. Allow to cool (remove from pan and place on a metal tray if the pan remains too warm - if it smokes more than a little at any time, it is too warm!).

Butternut Squash Soup with Roasted Pumpkin Seed Pesto

Ingredients (serves 6)

- * 1 (about 1kg) butternut squash
- * 2 Tbsp olive oil
- * 1 large onion, peeled, chopped
- * 2 carrots, peeled, chopped
- * 750ml (3 cups) chicken stock
- * 1 tsp mild paprika
- * 1 tsp ground cumin
- * 1/2 tsp turmeric
- * 1/2 tsp ground coriander
- * 1/2 tsp grated fresh nutmeg
- * 1/2 cup Greek-style yogurt
- * 1/2 cup half and half

Pumpkin-seed pesto

- * 2-3 tbs roasted pumpkin seeds*, plus extra to serve
- * 1/2 tsp grated ginger
- * 2 garlic cloves
- * 1/2 cup fresh basil leaves
- * 1 tsp grated parmesan cheese
- * 6 Tbsp olive oil

Directions

1. To make the pesto, place roasted pumpkin seeds, ginger, garlic, basil and parmesan in a food processor, then whiz to a paste. With the motor running, slowly add the oil until combined. Cover and set aside.
2. Preheat oven to 180°C. Cut pumpkin in half. Place cut-side down on a lightly oiled baking tray and roast for 45 minutes until soft. Scoop out seeds and discard. Scrape out the flesh and discard the skin. Set flesh aside.
3. Heat oil in a saucepan. Add onion and carrots and cook over medium heat for 5 minutes until softened. Add pumpkin, stock, 2 cups water and the spices. Season. Bring to the boil, then reduce heat to low and simmer for 25-30 minutes. Cool slightly. Blend soup in batches, then return to pan.
4. In a separate bowl, whisk yogurt and half and half together. Stir the mixture through the soup and gently reheat. Serve drizzled with the pesto and sprinkled with seeds and pepper.

Notes & tips

* * To roast pumpkin seeds, toss them in a little olive oil, spread on a baking tray and roast at 325°F for about 10 minutes or until golden.

Sticky Chocolate Date "Pudding"

Ingredients:

Pudding:

- 1.5 C chopped seeded dates
- 1.75 C water
- 1 t baking soda
- 5.5 T chopped butter
- 0.67 C cocoa powder
- 0.67 C toasted pecans, chopped
- 0.25 C sugar
- 2 eggs
- 1 C self-rising flour

Butterscotch sauce:

- 1.25 C brown sugar firmly packed
- 5.5 T butter
- 300 ml whipping cream

- 1) Grease deep 22cm round cake tin, cover bottom with baking paper. Combine dates and water in small pan, bring to boil, remove from heat, add baking soda, cover and let stand 5 minutes. Blend or process until smooth.
- 2) Beat butter and sugar in small bowl until combined, beat in eggs quickly one at a time. Transfer mixture into large bowl. Fold in sifted flour and cocoa, then add nuts with warm date mixture (in 2 batches). Pour mixture into prepared tin. Bake in moderate oven (350 deg. F) one hour. Stand pudding 10 minutes before turning onto serving plate. Poke some holes in top of pudding and pour a few spoons of butterscotch sauce over so it soaks in. Serve with hot butterscotch sauce and ice cream or whipped cream and chocolate decorations.

Sauce: Combine all ingredients in medium pan, stir over heat without boiling until sugar is dissolved then simmer without stirring for 3 minutes.

Serves 8 -10 people.

Pudding (without adding sauce) can be made a day ahead.