

printable
information sheets



merry
Christmas
with love xx



mustard
information sheet

ingredients list
mustard seeds, vinegar, salt

serving suggestions
Use anywhere you'd normally use mustard! Great with hot dogs or steaks or on sandwiches.

mustard vinaigrette – combine 1 tablespoon mustard with 1 tablespoon wine vinegar and 3-4 tablespoons extra virgin olive oil. Enough for dressing a salad with about handfuls salad leaves.

mustard mayo – stir a few tablespoons of mustard into a good quality whole egg mayonnaise. Use as a sauce for steak or grilled veg.

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BBQ coffee rub information sheet

ingredients list

black pepper, ground coffee, salt, chilli, cumin

serving suggestions

coffee steaks – Remove steaks from the fridge an hour before you want to cook. Rub coffee rub over the surface of your favourite steaks. Grill immediately until cooked until your liking and serve with lemon halves or your favourite BBQ sauce.

coffee crusted chicken – Bash chicken breasts until and even thickness at both ends. Rub with coffee rub and pan fry in a little oil or BBQ until chicken is cooked through. Serve with a sauce of natural yoghurt.

coffee halloumi – slice halloumi into 'steaks' about 1cm (1/2 in) thick. Rub with coffee rub and pan fry in a little oil for about 2 minutes on each side or until halloumi is soft and there's a good crust. Serve drizzled with chilli oil and some green veg.

beef fillet – Remove beef from the fridge an hour before you want to cook. Rub coffee rub over the surface of the meat. Grill immediately until cooked until your liking or roast in the oven. Rest beef for 10 minutes or so and serve with garlicky mayonnaise.

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secret *spice* blend information sheet

ingredients list

coriander, cumin, fennel, paprika, pepper (remember it's a secret)

serving suggestions

spiced roast veg – drizzle chopped veg with oil and sprinkle with spice before roasting until tender. Especially good with sweet potato, pumpkin, eggplant, zucchini and capsicum (peppers).

quick spiced veg soup – combine 2 cans tomatoes with 1 can white beans (and their juice), a chopped zucchini, a red capsicum (chopped) and 1 tablespoon spice blend. Simmer for 5-10 minutes. Serves 2.

pumpkin soup – add 1-2 tablespoons to pumpkin soup.

spiced lentils – boil 500g (1lb) lentils with a chopped onion until tender (20-40 minutes depending on the lentils). Drain and toss in 2 tablespoons of lentils, 4 tablespoons olive oil and 2 tablespoons sherry or other wine vinegar. Taste and season generously.

spiced kebabs – combine 2 tablespoons spice blend with 2 tablespoons olive oil. Rub mixture over 500g (1lb) diced chicken, beef, pork or lamb). Thred onto skewers and grill or BBQ until cooked to your liking. Serve with natural yoghurt or hummus and a salad. Serves 2-3.

roast meat – sprinkle 1-2 tablespoons over meat before roasting. Great with chicken or a leg of lamb.

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chilli jam information sheet

ingredients list

onion, sugar, red capsicum (peppers), fish sauce (or balsamic vinegar), chilli.

serving suggestions

with eggs – poach 2 eggs and serve on toast with chilli jam and slow roasted tomato halves.

roast eggplant – halve a large eggplant lengthwise. Drizzle cut sides with oil and bake 200C (400F) for 45mins - 1hr or until tender. Serve with chilli jam and a salad of fresh mint and coriander (cilantro) leaves dressed in lemon juice and olive oil.

bangers & mash – serve chilli jam with pan fried sausages and mashed potato.

fish or chicken – pan fry or BBQ white fish fillets or chicken thigh fillets and serve with chilli jam on the side and a crisp green salad.

thai beef salad – BBQ or pan fry 2 steaks until rare. Rest then finely slice. Make a dressing of 2 tablespoons each lime juice and fish sauce. Toss sliced beef and 2 large handfuls salad leaves in the dressing. Serve topped with a dollop of chilli jam. Serves 2

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clancy *curry* powder information sheet

ingredients list

cumin, coriander, chilli, fennel, turmeric, pepper

serving suggestions

chicken or pork curry – brown 450g (1lb) sliced chicken or pork in oil in a pan. Add 2 tablespoons curry powder and stir for another 30 seconds. Add a can of tomatoes and simmer for 5 minutes. Stir in 3-4 tablespoons cream or coconut milk. Serve with fresh coriander (cilantro) and steamed rice or cauliflower rice. Serves 2-3.

beef curry – as per the chicken recipe but skip the cream at the end and serve sprinkled with sliced almonds.

lamb & spinach curry – as per the chicken curry but use diced lamb fillet or backstrap.

fish curry – heat a few tablespoons oil in a pan. Add 1 tablespoon curry powder and cook for 10 seconds. Add a can of coconut milk and 450g (1lb) diced white fish. Simmer for about 5 minutes or until fish is just cooked. Season and serve 2-3 with fresh mint leaves.

chickpea curry – as per the chicken curry but use a can of drained chickpeas instead of the chicken. Serves 2.

veggie curry – brown a diced eggplant in a little oil. Add 2 sliced zucchini and cook for another minute or so. Add 2 tablespoons curry powder and then a can of tomatoes and a defrosted packet of frozen chopped spinach. Simmer until the veg are tender. Season & serve sprinkled with sliced almonds or pinenuts. Serves 2.

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roast almond butter information sheet

ingredients list

almonds, vegetable oil, salt

serving suggestions

on toast – serves 1 - Heat 1 cup milk in a saucepan or microwave until just at a simmer. Remove from the heat and add 3-4 tablespoons hot chocolate mix. Whisk or whizz with a stick blender until frothy and smooth and the chocolate has melted.

almond hummus – whizz together a drained can of chickpeas, 3 tablespoons canning liquid, 3 tablespoons lemon juice and 3 tablespoons almond butter and a clove of garlic. Season generously.

roast almond sauce – combine equal parts almond butter, lemon juice and water for a lovely nutty sauce to serve with chicken or meat or fish, roast vegetables or falafels.

peanut butter replacer – pretty much use anywhere you'd use peanut butter.

almond satay sauce – combine 1/4 cup almond butter with 2 teaspoons red curry paste and 1 tablespoon soy sauce. Season with a little sugar if needed. Great on grilled or steamed veg or with grilled kebabs.

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ingredients list

almonds, vegetable oil, salt

serving suggestions

on toast – same as peanut butter :)

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preserved lemons information sheet

ingredients list

lemons, salt, bay leaves

serving suggestions

to use – remove one quarter from the jar. Discard the flesh and finely slice or dice the skins. They're quite salty so go easy with the seasoning.

in general – use the anywhere you'd normally use lemon zest for a more intense, lemon kick

in salads– - finely chopped and tossed in with your salad dressing for a fragrant surprise.

sauce for fish – combine 2 tablespoons lemon juice with 4 tablespoons olive oil and 1/4 preserved lemon finely chopped.

chicken tajine – - toss 1/2 preserved lemon, finely sliced in a chicken stew with tomatoes & olives.

wilted greens - finely slice and toss through greens such as spinach, silverbeet, chard or kale that have been wilted in a pan with olive oil and garlic.

preserved lemon & yoghurt sauce - finely mince and stir a little into some natural yoghurt.- great with fish, chicken or vegetables.

couscous, lentils or rice - finely chop 1/4 lemon and stir through cooked couscous or lentils or steamed rice.

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BBQ sauce
information sheet

ingredients list

onions, tomato ketchup, sugar, chillies, paprika

serving suggestions

straight up – serve with your favourite BBQ meat or vegetables. Particularly great with a steak or sausages. Also good with roast meat.

BLT – Use as a spread to make a bacon, lettuce & tomato sandwich with a difference.

aioli – serve with garlicky mayo as a deafly sauce duo for BBQ steaks.

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dukkah information sheet

ingredients list

hazelnuts, sesame seeds, cumin, coriander, salt

serving suggestions

as a dip – serve with bread and a little bowl of olive oil. Dip bread into oil and then into the dukkah.

salads – sprinkle over salads for a bit of crunch & spice.

dukkah eggs – sprinkle dukkah over your favourite eggs. Particularly great on poached or fried eggs.

on pizza – make a pizza with finely sliced potato and sprinkle dukkah over as soon as it comes out of the oven.

marinade – combine equal amounts of dukkah and olive oil and use it to marinate

chickpea & dukkah salad – combine 1 tablespoon lemon juice with 2 tablespoons olive oil. Toss in a drained can of chickpeas and a handful of grated parmesan or parsley leaves. Finish with a generous sprinkling of dukkah.

on roast veg – sprinkle over roast pumpkin or sweet potato either before or after roasting.

with hummus – sprinkle over hummus for a more spiced / nutty vibe.

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marinated *olives*
information sheet

ingredients list

olives, olive oil, garlic, lemon zest, salt

serving suggestions

straight up – serve in a little bowl.

oil – use the oil in the jar for drizzling anywhere you'd like to add a zesty olivey flavour.

marinated *olives*
information sheet

ingredients list

olives, olive oil, garlic, lemon zest, salt

serving suggestions

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hot chocolate mix information sheet

ingredients list
dark chocolate, sugar

serving suggestions

ultimate hot chocolate – serves 1 - Heat 1 cup milk in a saucepan or microwave until just at a simmer. Remove from the heat and add 3-4 tablespoons hot chocolate mix. Whisk or whizz with a stick blender until frothy and smooth and the chocolate has melted.

marshmallow – Make hot chocolate as above but serve with marshmallows either on the side or on top.

decadent – make hot chocolate as per the recipe above. Serve topped with whipped cream or ice cream and sprinkled with a little extra hot chocolate mix.

mocha – add in a teaspoon of instant coffee when you add the hot chocolate mix to the milk. Or if you have an espresso machine, add a shot of espresso.

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peanut butter cookies information sheet

ingredients list

peanut butter, sugar, egg, baking powder

serving suggestions

straight up – serve on their own.

with milk or tea – no explanation required :)

quick dessert – bash cookies into chunks and crumbs and serve atop scoops of vanilla ice cream.

peanut butter cheeseckae – use as a base for your favourite cheesecake.

sandwiches – spread the base of one cookie with cream cheese. Top with another cookie. Alternatively make sandwiches with softened vanilla icecream.

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ingredients list

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salted caramels
information sheet

ingredients list

sweetened condensed milk, butter, sugar, salt

serving suggestions

straight up – great as a casual dessert. Just plonk a bag of caramels in the middle of the table

salted caramel ice cream – chop into small chunks and stir through softened vanilla ice cream

salted caramel sauce – carefully melt the caramel over a low heat or in the microwave until you have a lovely sauce.

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chocolate *chip* cookies information sheet

ingredients list

chocolate, sugar, flour, butter, egg, salt

serving suggestions

straight up – heavenly on their own. Better at room temperature than straight out of the oven.

ice cream sandwich – serve cookies sandwiched with softened vanilla ice cream.

cookie dough ice cream – save some raw dough to stir through softened vanilla ice cream. Remember there's raw egg in the dough so use eggs you trust or pasteurised eggs.

chocolate *chip* cookies information sheet

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chocolate, sugar, flour, butter, egg, salt

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puddle cookies
information sheet

ingredients list
dark chocolate, sugar

serving suggestions

straight up – heavenly on their own. Better at room temperature than straight out of the oven.

cheesecake sandwich – serve cookies sandwiched with softened creamcheese.

puddle cookie ice cream – break cookies into little chunks and serve sprinkled over chocolate or vanilla ice cream.

puddle cookies
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cheesecake sandwich – serve cookies sandwiched with softened creamcheese.

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fiery harissa paste information sheet

ingredients list

red peppers (capsicum), chilli, lemon, carraway seeds, paprika

serving suggestions

as a sauce – serve (sparingly) straight from the jar with roast veg, roast chicken or grilled halloumi. Pretty much works anywhere you'd normally use a chilli sauce.

as a marinade - mix with a little olive oil and rub over tofu, chicken or meat before roasting , grilling or BBQing. Serve with extra harissa on the side.

in soups - either stir through to add spice and heat or serve as a dollup on top - a more exotic alternative to pesto

salad dressing - combine with equal parts lemon juice and olive oil for a potato salad dressing with a kick

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chilli oil mix information sheet

ingredients list
olive oil, chilli, garlic, salt.

serving suggestions

drizzle – drizzle the cooled oil and solids over everything from grilled halloumi, to BBQ vegetables to roast chicken. Pretty much anything that will benefit from some chilli warmth.

chilli oil eggs – Use the oil to fry eggs and serve with some of the chilli solids spooned over the top.

dressings – make a warming salad dressing with 1 tablespoon lemon juice and 3-4 tablespoons chilli oil. Season well and toss through salad leaves or boiled spuds or both.

sauce for fish – stir some lemon zest through a little chilli oil and use as a sauce for steamed, grilled or pan fried fish.

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caramelised onions

information sheet

ingredients list
onions, vinegar, salt

serving suggestions

as a sauce – serves as a sauce to cooked meat, sausages, fried tofu, or roast vegetables.

in salads – lovely tossed into salads. Especially more hearty earthy salads made with lentils or roast vegetables.

in stews and soups – serve a spoonful of onions on top of soups and stews to give depth.

delix cheese on toast – serve grilled cheese on toast with a generous topping of these onions.

on pizza – sprinkle onions over cooked potato pizza.

cheese board –serve a little bowl of these with your favourite cheeses instead of fruit or quince paste.

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lemon curd information sheet

ingredients list
butter, lemon, eggs, sugar

serving suggestions

jam replacer – serve as a super zesty spread on bread, toast or warm croissants.

cake filling – use instead of strawberry jam to sandwich sponge cakes together.

tartlet filling – use to fill pre-baked tartlet cases. Don't try it for a large tart though because it won't set enough to be cut into slices.

cheaty lemon cheesecakes – crush your favourite cheesecake base cookie (biscuit) and line tea cups or pretty glasses. Mix equal parts of lemon curd and marscapone (Italian cream cheese) and divide between the glasses.

lemon meringue ice cream – soften some commercial vanilla ice cream for 15 minutes or so. Stir in swirls of lemon curd and crushed meringue and refreeze until you're ready to serve.

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peanut *butter* fudge
information sheet

ingredients list

chocolate, coconut milk, peanut butter, oat bran, vanilla

serving suggestions

straight up – serves small squares on their own.

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chocolate, coconut milk, peanut butter, oat bran, vanilla

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almond macaroons
information sheet

ingredients list
sugar, butter, almonds, egg whites

serving suggestions
straight up – serves the sandwiches on their own.

almond macaroons
information sheet

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sugar, butter, almonds, egg whites

serving suggestions
straight up – serves the sandwiches on their own.

meringue snowflakes
information sheet

ingredients list
Sugar, egg whites.

serving suggestions

Great on the tree!

To serve as a dessert, place a meringue on top of mixed berries and serve topped with lashings of whipped cream or ice cream.

meringue snowflakes
information sheet

ingredients list
Sugar, egg whites.

serving suggestions

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ginger bread
information sheet

ingredients list

Flour, butter, sugar, egg, ginger, baking soda.

serving suggestions

Lovely with a cup of tea.

ginger bread
information sheet

ingredients list

Flour, butter, sugar, egg, ginger, baking soda.

serving suggestions

Lovely with a cup of tea.

chocolate *truffles*
information sheet

ingredients list

Chocolate, cream, salt.

serving suggestions

Try not to eat all at once!

chocolate *truffles*
information sheet

ingredients list

Chocolate, cream, salt.

serving suggestions

Try not to eat all at once!

granola
information sheet

ingredients list

Almonds, oats, honey, oat bran, oil.

serving suggestions

breakfast – I love it with natural yoghurt and fresh blueberries.

'instant' crumble – serve cooked or raw fruit with granola sprinkled over and fresh cream or ice cream on top.

granola
information sheet

ingredients list

Almonds, oats, honey, oat bran, oil.

serving suggestions

breakfast – I love it with natural yoghurt and fresh blueberries.

'instant' crumble – serve cooked or raw fruit with granola sprinkled over and fresh cream or ice cream on top.

chocolate 'earth'
information sheet

ingredients list

Sugar, chocolate.

serving suggestions

truffles - Use to coat

ice cream - sprinkle over vanilla ice cream for something a bit crunchy special.

cake decorations – sprinkle on the icing for your cupcakes or other cakes.

chocolate 'earth'
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