



Summer Recipes



# Karen Chau for Belling

An array of delicious seasonal recipes produced by Karen Chau in partnership with Belling Australia. From unctuous chilli oil wontons, to baked salmon, grilled zucchini with yoghurt and burnt butter and zesty lemon curd macarons, the following recipes will delight your tastebuds in every way!

## About @karen.chau

Karen is a food blogger, designer and all-around Belling lover who treasures making yummy recipes to show off her Belling Range Cooker. We teamed up with Karen to produce this fantastic seasonal eBook and hope you enjoy cooking these delicious recipes all summer long. Want to show off your recreation of our Summer eBook recipes? Just tag @bellingau and @karen.chau and show us what you have crafted!



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# Chilli oil wontons with crispy garlic

MAKES 75-85 WONTONS

## Ingredients:

Wonton wrappers  
Cornstarch to dust

### Wonton filling:

- 600g pork mince
- 500g prawns, peeled and chopped into small pieces
- 1 teaspoon coriander, finely chopped
- 1 teaspoon spring onion, finely chopped
- 2-3 Asian shallots, finely minced
- 1 teaspoon ground white pepper
- 1 teaspoon chicken powder
- 1½ tablespoons sugar
- 1½ tablespoons oyster sauce
- 1½ tablespoons soy sauce
- 1 tablespoon cornstarch
- 1 egg

### Homemade chilli oil:

- 1 cup grapeseed oil (or any neutral tasting oil e.g. vegetable, canola, peanut)
- 1 cinnamon stick
- 3 bay leaves
- 3 tablespoons Sichuan peppercorns
- 5 whole star anise
- 7 cardamom pods, slightly cracked
- ¼ cup chilli flakes
- ¼ cup chilli powder
- 2 tablespoons sugar
- 2 teaspoons sea salt

### To serve:

- Chilli oil (homemade using the above ingredients or your favourite store bought or homemade blend)
- Chinese black vinegar
- Light soy sauce
- Pure sesame oil
- Crispy fried garlic
- Fresh coriander and spring onion, finely chopped

## Method:

### For the wontons:

1. In a large bowl, combine the wonton filling ingredients, knead the mixture vigorously until smooth and sticky. Refrigerate overnight to let the flavours combine and marinate.
2. Prepare the wontons by wrapping ½ -1 teaspoon of filling for each wonton; this depends on the wrapper size. Place onto a tray dusted with cornstarch as you continue wrapping the wontons. It is best to only wrap the amount of wontons you will be cooking immediately. Leftover filling can be stored in the refrigerator or in the freezer for longer storage. Unused wrappers can be stored in an airtight ziplock bag to keep them fresh.
3. Bring a large pot of water to boil. Cook the wontons in batches in the boiling water for 6-8 minutes or until cooked through.

### For the chilli oil:

1. Place the oil in a saucepan over low heat.
2. In another pan, toast the cinnamon stick, bay leaves, Sichuan peppercorns, star anise and cardamom pods over medium heat until just slightly smoking and fragrant.
3. Add the toasted spices to the warm oil. Turn up the heat to medium and wait for it to gently sizzle.
4. Cook at a sizzle for about 3-5 minutes. Remove from heat.
5. Place the chilli flakes, chilli powder, salt and sugar in a heat proof bowl or jar, carefully strain the hot oil over the chilli. Add in the cinnamon stick, bay leaves, star anise and stir the spices together. Cool completely and store, decanted into an airtight glass jar.

### To serve:

1. Place wontons on a serving plate.
2. For each serving of approximately 20 wontons; in a bowl mix:
  - 2 tablespoons homemade chilli oil mix
  - 2 tablespoons light soy sauce
  - 1 tablespoon black vinegar
  - ½ teaspoon sugar
3. Spoon the chilli oil mixture over the freshly cooked wontons. Garnish with crispy fried garlic, and finely chopped spring onions and coriander.





# Roasted pumpkin and zucchini spiced frittatas

SERVES 4-6

## Ingredients:

- 400g butternut pumpkin, chopped into 1cm cubes
- 100g zucchini, chopped into 1cm cubes
- 1 small brown onion, diced
- 200g feta, crumbled
- 2 cups spinach, roughly chopped
- 7 eggs
- 3 tablespoons thickened cream or full cream milk
- 1 cup basil leaves, roughly torn

### Spices to add in the eggs:

- 2 teaspoons ground coriander
- 1 teaspoon ground cumin
- 1½ teaspoons cayenne pepper
- 1 teaspoon ground ginger
- 2 teaspoons ground black pepper
- ¼ teaspoon sea salt
- ½ teaspoon sugar

### Roasting spices for the butternut pumpkin:

- ½ teaspoon ground black pepper
- 1 teaspoon garlic powder
- ½ teaspoon cayenne powder
- ½ teaspoon ground coriander
- ½ teaspoon ground cumin
- ¼ teaspoon paprika
- ½ teaspoon chilli flakes
- Pinch of salt
- Drizzle of grapeseed oil to coat

### Roasting spices for the zucchini:

- ½ teaspoon garlic powder
- ¼ teaspoon ground black pepper
- ¼ teaspoon chilli flakes
- Pinch of salt
- Drizzle of grapeseed oil to coat

## Method:

1. Preheat the oven to 190°C.
2. Mix the pumpkin, zucchini and spices to roast in separate baking trays. Roast the pumpkin for about 30-40minutes. Roast the zucchinis for about 15-20 minutes.
3. Whilst the vegetables are roasting, sauté the onion in a tablespoon of oil until golden and softened. Set aside.
4. Combine the roasted vegetables with the cooked onion, and fresh spinach.
5. Spread evenly into oiled cast iron pans or oiled muffin trays.
6. Adjust the oven temperature to 180°C.
7. Whisk the eggs and the cream with the spices in a large bowl. Add the feta, basil and a pinch of salt. Stir to evenly combine.
8. Gently pour the egg mixture over the roasted vegetables and ensure it is evenly distributed.
9. Bake for approximately 40-50 minutes, until it is evenly golden and cooked through.





## Honey glazed grilled peaches with basil, burrata and crispy bread

SERVES 3-4



### Ingredients:

- 3-4 golden peaches
- Good quality extra virgin olive oil
- Handful of fresh basil
- Handful of mini heirloom tomatoes
- Sea salt flakes
- Raw organic honey
- 3-6 slices of crusty bread
- 1 burrata cheese

### Method:

1. Halve and core the peaches. Lightly brush the slices with oil.
2. Heat a griddle pan over medium to high heat.
3. Place the peach slices, cut side down on the pan.
4. Cook the peaches, until nicely grilled char marks form. Tender, but not falling apart. Brush the slices with honey.
5. To serve, plate up the burrata cheese at the centre of the serving bowl. Arrange the grilled peach slices, heirloom tomatoes, basil leaves around the cheese. Drizzle generously with extra virgin olive oil and sprinkle with sea salt flakes.
6. Drizzle the bread slices with a touch of olive oil and grill on a pan until it's crispy and evenly golden. Serve the dish with the crispy bread.



## Pan seared lamb cutlets with maple, pomegranate and lemon myrtle reduction

SERVES 4-6

### Ingredients:

#### For the lamb:

- 15 lamb cutlets
- Sea salt flakes
- Pepperberry, lightly toasted and ground
- Ground black pepper
- Grapeseed oil
- Extra virgin olive oil
- Fresh thyme, to garnish

#### For the reduction:

- 1 tablespoon pomegranate molasses
- ¾ cup hot water
- ¼ - ½ cup pure maple syrup
- ¼ teaspoon pepperberry, lightly toasted and finely ground
- ½ teaspoon ground black pepper
- 3 teaspoons sea salt flakes
- 4-5 tablespoons organic coconut sugar, more to taste
- 3 cloves of garlic, finely minced
- ½ teaspoon dried lemon myrtle
- 70g unsalted organic butter
- 1 tablespoon cornstarch mixed well with 3 tablespoons water

### Method:

1. Combine the ingredients (minus the cornstarch) for the reduction in a small saucepan. Whisk the ingredients to combine and bring to a boil, then reduce to a gentle simmer. Cook slowly, stirring occasionally, for 15-20 minutes. Adjust the flavours to your desired taste. When the sauce is ready, give the cornstarch and water a mix; slowly add the cornstarch slurry to thicken the reduction. Remove from heat and set aside.
2. Season the lamb cutlets with a pinch of salt, pepper and pepperberry on both sides.
3. Heat a splash of oil in a pan over high heat. Add the lamb cutlets and sear for about 2 minutes. Flip and cook for another 3 to 4 minutes to your desired doneness. Set aside, cover in foil to rest for 5-10 minutes.
4. To serve, place the cutlets on your serving plates and drizzle generously with the reduction, a good drizzle of extra virgin olive oil, a pinch of ground pepperberry, and garnish with some fresh thyme leaves.





# Chilled soba salad with seared honey, soy and pomegranate glazed duck breast

SERVES 4

## Ingredients:

### For the soba salad:

- 360g organic soba noodles
- 1 tablespoon grapeseed oil
- 4 tablespoons pure sesame oil
- 1 teaspoon red chilli flakes
- 4 tablespoons raw organic honey
- 4 tablespoons soy sauce
- Zest and juice of one lime
- 2-3 spring onions, finely sliced
- 1½ cups fresh coriander, finely chopped
- 2-3 small cucumbers, finely sliced into thin strips

### For the duck:

- 4 duck breasts
- Sea salt flakes
- Ground black pepper
- Pepperberry, lightly toasted and finely ground
- Chinese five spice powder
- Ground ginger
- Grapeseed oil

### For the duck glaze:

- 8 tablespoons organic honey
- 8 tablespoons soy sauce
- 3 teaspoons cooking sake
- 3 teaspoons pomegranate molasses

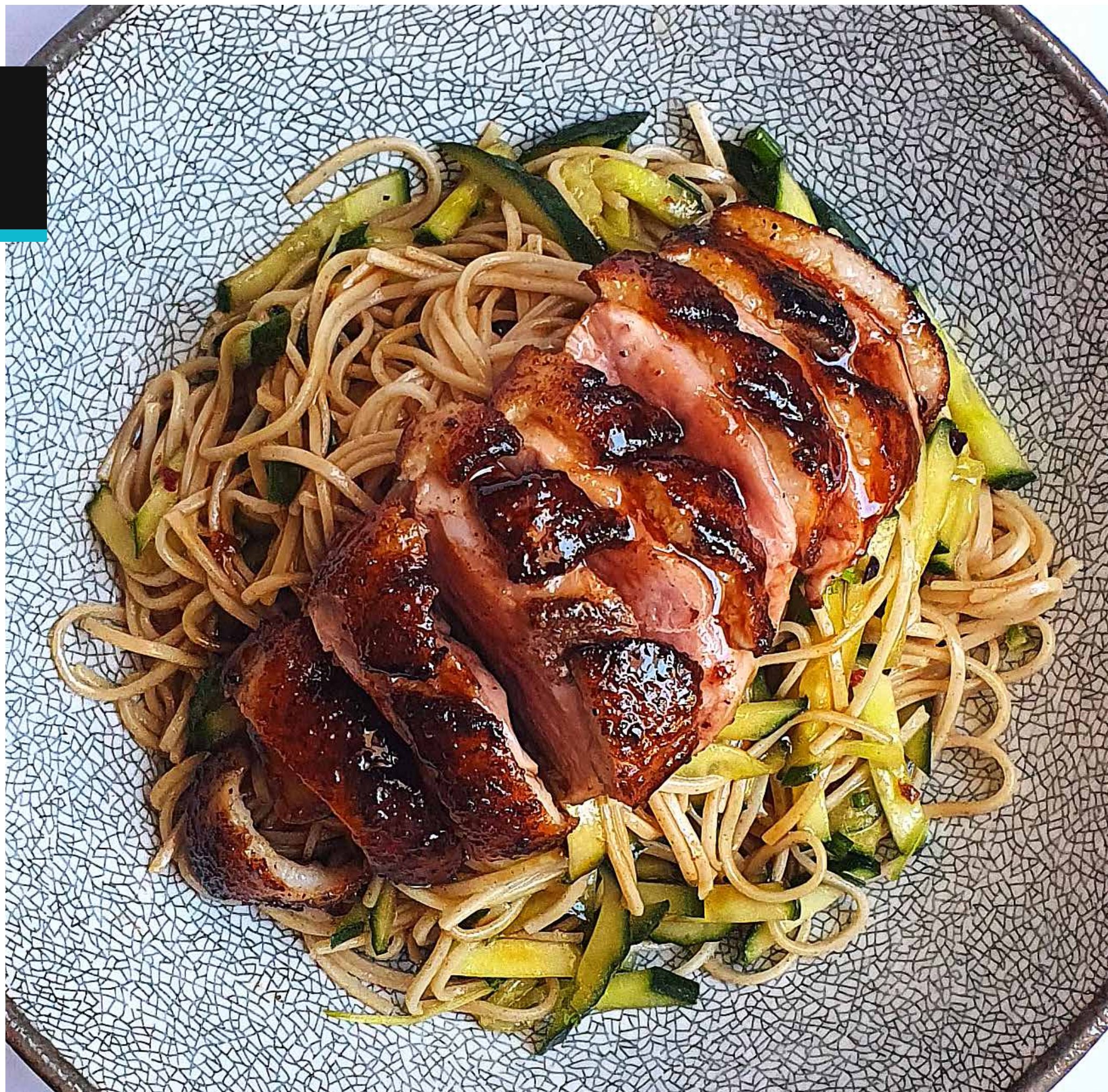
## Method:

### For the soba salad:

1. To make the dressing: combine the grapeseed oil, sesame oil and chilli flakes in a small saucepan over medium heat. Infuse for 5 minutes and set aside to cool slightly.
2. Add the honey and soy sauce to the oil mixture. Whisk to combine. Mix in the lime zest and juice. Set aside.
3. Bring a large pot of water to boil.
4. Cook the soba, according to the package details. Make sure not to over cook.
5. Drain through a colander and rinse well under cold running water.
6. Drain well and transfer to a large bowl.
7. Toss the noodles evenly with the prepared dressing, cucumbers, coriander, spring onions and extra chilli flakes if desired.
8. Cover and chill in the refrigerator until ready to serve.

### For the seared duck breasts:

1. With a very sharp knife, score the skin of the duck breasts with shallow cuts. Season the duck generously with sea salt, cracked black pepper, ground pepperberry, ground ginger, Chinese five spice powder and grapeseed oil to coat all the pieces. Rub the spices in evenly and set aside as you prepare the glaze.
2. In a small bowl, mix the honey, soy, sake, pomegranate molasses, and sugar. Set aside.
3. Heat a pan over medium to high heat. Once heated, place the duck breast skin side down to sear for 4-5 minutes until it is golden brown and crispy. Turn over and cook the other side for another 2-3 minutes.
4. Right before the duck is ready, drizzle a quarter of the sauce per breast. Toss and continuously turn the breast until it is evenly coated; letting the sauce bubble and thicken, reducing to a thick, shiny glaze.
5. Transfer to a resting board and leave covered for about 5-10 minutes.
6. To serve; divide the chilled soba noodle salad into serving bowls, and top with sliced pieces of the duck breasts and drizzle with any remaining pan juices, optional squeeze of lime and a drizzle of sesame oil. Garnish with spring onions.





# Blossoming garden quiche

SERVES 4



## Ingredients:

- 2 sheets puff pastry
- 3 bacon rashers, finely chopped
- 2 large eggs
- 1 spring onion, finely chopped
- 1 cup tasty cheese
- ¼ cup parmesan
- ¾ cup full cream milk
- ½ cup sweet corn kernels
- 1 teaspoon curry powder
- ¼ teaspoon cayenne pepper
- 1 teaspoon dried parsley
- ½ teaspoon ground white pepper
- 1 teaspoon sugar
- Handful of vegetables of your choice to create a floral decorative finish
  - This recipe used - 3 mini asparagus stems, 1 broccolini, 2 cherry tomatoes, 2 mini capsicums, chives and basil leaves to form floral finish.

## Method:

1. Preheat the oven to 200°C.
2. Lightly grease a quiche pan (roughly 25cm in size), set aside.
3. Beat the eggs and combine it with the milk, cheese, spring onions, bacon, corn, parsley, curry powder, cayenne and pepper. Mix until well combined.
4. Place enough pastry to cover and line the quiche pan. Gently press into the sides and bottom of the tin. Cut extra pastry to cover all sides if one sheet is not large enough. Using a fork, prick the pastry all over, to prevent air bubbles forming during baking.
5. Gently spoon the mixture evenly into the base.
6. Using your chosen vegetables; slice and lay out the pieces to create your own decorative style, using it to create stems, flowers and leaves on the top of the egg mixture.
7. Bake for approximately 25-35 minutes, or until the surface is golden and the pastry is crispy.
8. Cool on a wire rack to avoid the pastry becoming soft.

# Citrus baked salmon with lemon myrtle, dill, extra virgin olive oil and baby capers

SERVES 3-4



## Ingredients:

- Fresh salmon side
- Sea salt flakes
- 1 lime, thinly sliced
- 1 small lemon, thinly sliced
- Juice of half a lime
- 1 teaspoon dried lemon myrtle
- ¾ cup good quality extra virgin olive oil
- 1-2 tablespoons baby capers
- Ground black pepper
- ¼ teaspoon chilli flakes
- Fresh dill

### Optional pickled red onions, to serve:

- 1 red onion, thinly sliced
- Pinch of sea salt
- Pinch of ground pepperberry
- 3 tablespoons sugar
- 3 tablespoons cold water

## Method:

1. For the optional quick pickled red onions; combine the ingredients and set aside to pickle. Cover and chill in the fridge, until ready to serve.
2. Preheat the oven to 150°C.
3. Season the salmon side with salt and pepper, and lay it out on a baking dish, skin side down. Top with the lime and lemon slices, baby capers and chopped dill.
4. In a bowl, mix the extra virgin olive oil with the lemon myrtle and drizzle the mixture over everything, to coat evenly. Drizzle with a squeeze of lime juice.
5. Bake the salmon for 20-25 minutes. Cooking time will vary depending on the thickness of the salmon you are cooking with.
6. Garnish with extra sprigs of fresh dill, sea salt, chilli flakes and pickled red onions.



## Lemongrass and chilli beef vermicelli bowls with fresh aromatic herbs, pickled carrots and Nước Mắm dressing

SERVES 2-3

### Ingredients:

#### For the beef marinade:

- 600g eye fillet beef, sliced into thin strips
- 4 tablespoons lemongrass, minced
- 2 cloves garlic, minced
- 2 red shallots, minced
- 1 tablespoon oyster sauce
- 1 tablespoon soy sauce
- 2 teaspoons cornstarch
- 1 teaspoon baking soda
- 1 tablespoon grapeseed oil
- 1 teaspoon shaoxing wine
- ½ teaspoon ground black pepper
- Freshly diced and deseeded red chilli, 1 or more, depending on your desired spice level

#### For the vermicelli:

- 300g dry rice vermicelli noodles
- 1 large onion, finely sliced into strips
- Fish sauce
- Sugar
- Grapeseed oil

#### To serve:

- Fresh aromatic Asian herbs - Thai basil, Vietnamese mint, coriander, red perilla, fish mint etc.
- Pickled carrots
- Fresh chilli
- Lime or lemon wedges
- Sliced cucumbers

#### Nước Mắm dressing:

- 12 tablespoons sugar
- 4 tablespoons water
- 6 tablespoons lemon, lime or kumquat juice
- 4 tablespoons fish sauce
- Chilli and garlic, finely diced

### Method:

1. Combine all the beef marinade ingredients and massage into the meat. Cover and let it marinate in the refrigerator overnight.
2. For the nước mắm; add the sugar, water and juice in a bowl, mix well to dissolve the sugar. Mix in the fish sauce, taste and adjust to your liking. Add in the freshly diced chilli and garlic.
3. Bring a pot of water to boil and cook the rice vermicelli noodles as per instructions on the package. Drain and rinse under cold running water. Drain and set aside.
4. Heat a pan on medium-high heat and sauté the onion slices in 2 tablespoons of grapeseed oil, adding the beef slices and tossing until just cooked through, transfer to a bowl.
5. Heat a bit of oil and toss in a serving of vermicelli, with 1 tablespoon of fish sauce mixed with 1 teaspoon of sugar. Sauté and add in a serving of the cooked beef. Toss evenly and plate up each serving as you cook the portions.
6. Serve with mixed aromatic Asian herbs, pickled carrots, fresh cucumber, chilli and spoonfuls of the nước mắm dressing.



## Oven roasted honey glazed heirloom carrots

SERVES 3-4

### Ingredients:

- 750g heirloom carrots; washed, trimmed and peeled
- 70g unsalted butter, melted
- 3 tablespoons organic honey
- ½ teaspoon sea salt flakes
- ¼ teaspoon ground ginger
- 1 tablespoon fresh ginger, thinly sliced
- ¼ teaspoon ground black pepper
- Fresh thyme, to serve

### Method:

1. Preheat the oven to 200°C. Line a baking tray with baking paper.
2. In a small bowl, combine the melted butter, honey, ground ginger, fresh ginger, and black pepper; mix well to combine.
3. Toss the carrots to coat all surfaces and lay them along the lined baking tray.
4. Bake for 20-30 minutes.
5. Serve garnished with a sprinkle of chopped fresh thyme.





## Grilled zucchini and mini tomatoes with yoghurt and burnt butter

SERVES 2-4

### Ingredients:

- 2-4 small zucchinis, trimmed and halved lengthwise
- Handful of cherry tomatoes, halved
- 50g unsalted butter
- ¼ teaspoon ground turmeric
- 2 tablespoons raw organic honey
- Ground black pepper
- Sea salt flakes
- Pinch of chilli flakes
- 1 teaspoon cornstarch mixed with 3 tablespoons of cold water
- 330g plain Greek yoghurt
- 2 cloves garlic, minced
- Extra virgin olive oil
- 1 teaspoon fresh dill, finely chopped
- Fresh lime or lemon wedges
- Fresh dill leaves
- Fresh mint leaves
- 1 teaspoon coriander seeds, toasted and roughly crushed

### Method:

1. Melt the butter, honey and turmeric in a small saucepan over medium heat. Let it gently bubble for 3-4 minutes to reach a golden colour. Set aside to infuse.
2. Heat a grill pan on medium-high heat.
3. Gently toss the zucchini and cherry tomato halves in a drizzle of extra virgin olive oil, and season with salt and pepper.
4. Place them cut side down on the pan, until nicely charred grill marks form and the zucchini is tender, but not overly softened; 10-15 minutes. The tomatoes will have less cooking time, so remove them from the pan as soon as they are ready.
5. Whilst the zucchini is cooking on the pan; prepare the yoghurt base. In a saucepan whisk the cornstarch and cold water until smooth, then add in the yoghurt, garlic, 1½ tablespoons of extra virgin olive oil, 1 teaspoon finely chopped dill, and a pinch of sea salt. Cook over medium heat, stirring continuously to ensure no lumps and that it doesn't burn at the bottom of the pan. Stir until warmed through for approximately 8-10 minutes, making sure to not boil the mixture or it will split.
6. To serve, transfer the yoghurt mixture to a large serving plate or bowl and gently arrange the zucchini and tomato halves over the yoghurt.
7. Drizzle with the prepared butter mixture, a squeeze of fresh lime, a sprinkle of toasted, lightly crushed coriander seeds, crack of black pepper, chilli flakes, fresh dill and mint leaves.



## Garlic sautéed asparagus

SERVES 2-3

### Ingredients:

- 2 bunches mini young asparagus, washed, stems trimmed
- 2 tablespoons butter
- 2-3 cloves garlic, thinly sliced
- ¼ teaspoon coconut sugar
- Sea salt flakes
- Ground black pepper
- Zest of one lime
- 2 teaspoons lime juice

### Method:

1. Heat a pan on medium high heat. Melt the butter and sauté the garlic until golden in colour.
2. Toss the asparagus with the garlic to combine well.
3. Add the sugar and sea salt to taste. Add the lemon juice, tossing to combine.
4. Remove from heat. Make sure not to over cook. A quick sauté will ensure it's flavour and crunch.
5. Serve freshly cooked with a grind of black pepper and a touch of lime zest.





# Lemon curd macarons

MAKES 30-40 MACARONS

## Ingredients:

### Lemon curd cream filling:

- 100ml lemon juice
- 2 eggs
- 3 egg yolks
- 40g caster sugar
- 55g unsalted butter, cubed
- 65g white chocolate

### Macaron Shells:

- 100g fine almond meal
- 200g pure icing sugar
- 100g aged egg whites
- 1 teaspoon powdered egg whites
- 30g caster sugar
- Yellow food colouring

## Method:

### For the lemon curd:

1. Heat the lemon juice on low heat until warmed through.
2. In a large bowl, beat the eggs and egg yolks vigorously. Add the caster sugar and continue beating until well combined.
3. Pour the warmed lemon juice into the beaten eggs. Return the mixture to the saucepan, over low heat, stirring continuously to combine and until it thickens, approximately 3-4 minutes.
4. Remove from heat and incorporate the butter and white chocolate.
5. Mix until smooth and glossy. Decant into an airtight container, cool and refrigerate overnight.

### For the macaron shells:

1. Line your baking trays with baking paper, ready for piping. It is important that all ingredients are at room temperature.
2. In a food processor, pulse the icing sugar and almond meal until fine. Mix thoroughly.
3. Sift this mixture four times through a fine sieve to ensure a smooth texture for the macaron shells.
4. Beat the egg whites and egg white powder together until soft peaks form.
5. Slowly add the caster sugar, a teaspoon at a time, beating well between each addition, until the egg whites are stiff and glossy. This process will take about 10-15 minutes. Add a few drops of food colouring during this step. Whisk until evenly combined.
6. Add half of your dry almond mix into the bowl of beaten egg whites and using a flat spatula, combine in cutting strokes. Once incorporated, continue with the remaining half until evenly combined. The key here is to not mix too hard, but also making sure to not undermix. The mixture will be sticky; when lifting the spatula above the bowl, it will begin to flow freely back into the bowl. Make sure to not overmix or it will become watery in texture.
7. Prepare a piping bag with a nozzle that is about 1cm or less in size. Fill the piping bags and pipe your macaron rounds onto the prepared baking trays. If there are any bubbles, use a toothpick to pop and even them out. Allow the piped macarons to rest for about 30-40 minutes, forming its outer shell.
8. Preheat the oven to 150°C.
9. Place the baking tray in the oven and bake for around 15 minutes, this baking time will vary depending on the size of your piped macarons and the temperature in your oven; so best to keep an eye on them. Within 4-5 minutes, they will begin to grow feet.
10. When ready, remove the tray from the oven, and after 5-10 minutes, transfer the macarons to cool on a wire rack.
11. When the macarons have cooled, prepare a piping bag and fill with the lemon curd filling to complete the macarons.





# Peach Galette

SERVES 3-6

## Ingredients:

### Lemon curd cream filling:

#### For the dough:

- 215g all purpose plain flour, extra to dust
- ½ teaspoon sea salt
- 145g cold unsalted butter, cut into small cubes
- 3-5 tablespoons ice cold water
- 2 tablespoons caster sugar

#### For the filling:

- 1 tablespoon breadcrumbs
- Golden peaches (approximately 8-10) or other seasonal fruits, sliced
- Zest of 1 lime
- 2 teaspoons cornstarch
- ½ teaspoon sea salt
- ½ cup sugar
- 1½ tablespoons lime juice
- ½ teaspoon ground ginger or 1 teaspoon fresh ginger, finely minced
- 1 teaspoon vanilla bean paste
- Raw sugar or vanilla bean sugar for dusting
- 1 egg yolk
- 1 teaspoon organic honey
- 2 teaspoons marmalade
- Optional, extra lime zest to garnish

## Method:

### To prepare the dough:

1. Place the salt and flour in a food processor and pulse a few times. Add in the cold butter cubes and pulse until it evenly resembles small crumbs.
2. Slowly add in the ice cold water; half a tablespoon at a time, continuing until it forms a ball of dough.
3. Transfer to a lightly dusted board or flat surface and form a ball and flatten to a 2-3cm high disk. Wrap the dough firmly in cling wrap and refrigerate for a few hours or overnight.

### To prepare the galette:

1. Preheat the oven to 200°C.
2. Before rolling. Remove the dough from the refrigerator and rest at room temperature for about 10 minutes.
3. In a large mixing bowl, combine the peaches or your fruit of choice with the zest and juice of one lime, cornstarch, salt, sugar, ginger and vanilla. Mix gently and set aside as you work on the dough.
4. Roll the dough on a lightly floured surface, forming a large flat circle, approximately 3mm thickness; transfer to a baking sheet lined with baking paper.
5. Sprinkle a layer of bread crumbs on the surface of where you will be placing the filling, leaving about a 5-8cm border around the circle's edges. This helps keep the dough from becoming soggy when the filling is added on top for baking.
6. Place the filling on top of the crumbed area. Fold over the sides, overlapping and pleating around the edges to form a galette.
7. Brush the outer pleats with an egg yolk, that has been whisked lightly with 1 tablespoon of water. Sprinkle sugar crystals over the pleated edges.
8. Chill the galette in the refrigerator for about 15 minutes.
9. Place the galette into the preheated oven, immediately turn the heat down to 190°C.
10. Bake for approximately 40-45 minutes, until golden and crispy.
11. Mix the honey and marmalade to brush on top of the fruit for a sweet, shiny glaze finish. Sprinkle with lime zest and enjoy as is or with some vanilla ice cream.





# Creamy panna cotta with fresh mango, lychees and ginger syrup

SERVES 6-8

## Ingredients:

### For the panna cotta:

- 1 sachet unflavoured gelatin, 12g
- 3 tablespoons cold water
- 1¾ cup thickened cream
- 1¼ cup full cream milk
- ¼ cup organic honey
- ¼ cup caster sugar
- 1½ teaspoons vanilla bean paste
- ½ teaspoon vanilla extract

### For the ginger syrup:

- 1 cup water
- ½ cup sugar
- ½ cup fresh ginger, thinly sliced into fine strips

### To serve:

- Fresh mango slices and lychees
- Or optionally, your choice of seasonal fruits
- Fresh young mint leaves
- Lime zest

## Method:

### For the panna cotta:

1. Lightly oil 6-8 ramekins or panna cotta moulds. Metal moulds tend to release the panna cotta easier. Place them on a tray and set aside.
2. In a small bowl, sprinkle the gelatine over the cold water and let it soften and bloom for about 8-10 minutes.
3. As you wait for the gelatine; combine the cream, milk, honey and sugar, in a medium saucepan. Heating gently over low-medium heat, stirring to dissolve the sugar, and simmering until the mixture just comes to a gentle boil.
4. Remove from heat and add the softened gelatine. Return to the stove, heating gently and stirring for 3-4 minutes, until the gelatine has dissolved.
5. Remove from heat. Stir in the vanilla and strain the mixture into a lipped, heat-proof jug to ensure no lumps.
6. Pour the strained mixture into the prepared moulds and let it cool to room temperature. Cover with cling wrap and refrigerate for several hours or best overnight to set.

### For the ginger syrup:

1. In a small saucepan. Combine the water and sugar; bring to a boil. Stirring to dissolve the sugar; add in the ginger and lower the heat and simmer on low until it is golden and syrupy. About 20-30 minutes.
2. Remove from heat. Cool completely and store in an airtight container to chill in the fridge until you are ready to serve.

### To serve:

1. Gently and carefully loosen the panna cotta from the mould, upside down on your serving dish. The panna cotta can also be served in the moulds.
2. Enjoy with fresh mango slices and lychees or your choice of seasonal fruits; drizzled with a few spoons of the ginger syrup, ginger slices and garnish with some lime zest and fresh young mint leaves.



# Oven baked spiced pears, served with vanilla ice cream

SERVES 3

## Ingredients:

- 3 beurre bosc pears; peeled, halved and cores removed
- ¼ cup pure maple syrup
- 1½ tablespoons coconut sugar
- ¾ cup water
- 1 tablespoon fresh ginger, minced or thinly sliced
- ½ teaspoon ground ginger
- ½ teaspoon ground cinnamon
- Pinch of nutmeg
- 1 teaspoon vanilla bean paste
- ½ teaspoon cornstarch
- Zest of 1 lime
- Vanilla ice cream, to serve

## Method:

1. Preheat the oven to 200°C.
2. Place the halved pears, cut side down in a large baking dish.
3. In a bowl, combine the maple syrup, coconut sugar, water, fresh ginger, ground spices, vanilla, and cornstarch. Mix until well combined and pour over, covering the pears. Add some lime zest.
4. Bake for 25-30 minutes, until the pears are softened. Flip and broil for an extra 2-4 minutes.
5. Serve the pears hot or cold, with or without vanilla ice cream; drizzled with the extra sauce in the baking dish.







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