



**MetCentre**

*Foods that Warm  
the Soul*

MY COMMUNITY COOKBOOK

# The heart of your home

If your home had a heart, where would it be? We recently asked our team this question and the response was unanimous:

My kitchen.

Gone are the days when it was an afterthought, a space limited to preparing food. Today our kitchens are a place where our family and friends debrief over dinner and learn about each other's day. Occasionally we find refuge with a cup of tea. We've had the unavoidable "can I see you in the kitchen?" chat and it's also where we've stolen kisses...

With the kitchen in mind, we want to give you a glimpse of our heart beyond our stores. By sharing recipes that bring us comfort and joy, we hope to stay connected with our wonderful community.

Bon appétit!

- Metcentre Team

# What's Cookin' Good Lookin'?



ICE CREAM CAKE HACK



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# Thai Style Grilled Pork



Serves: 2

Prep Time: 10 mins

Cook Time: 30 mins

*"...I love this recipe because it's so simple to make and absolute flavour hit!"*

By: King Leong

## Ingredients:

Pork marinade

4 coriander roots, scraped

2 garlic cloves, finely chopped

1 lemongrass, white part only, finely chopped

1 tsp coarsely ground white pepper

20 gm light palm sugar, crushed

1 tbsp fish sauce

1 tbsp dark soy sauce

1 tbsp oyster sauce

400 gm of pork loin or pork neck

Nahm Jim Dipping Sauce

2 tsp roasted glutinous rice powder

1 tsp dried chilli powder

80 ml fish sauce (1/3 cup)

20 gm light palm sugar (crushed)

3 tsp white sugar

6 tbsp tamarind juice

1/4 wedge of lime juice

Coriander leaves

## Method:

- Process coriander, garlic, lemongrass and pepper in a small food processor until finely chopped, add palm sugar, fish sauce, soy sauces and oyster sauce and transfer to a container with pork loin
- Turn to coat and refrigerate to marinate overnight
- Meanwhile for Nahm Jim dipping suace, add all ingredients above, adjust seasoning to taste (should taste hot, sour and salty) and stir to combine
- Preheat a char-grill pan to medium-high heat
- Add pork and turn occasionally until charred and cooked through (15-20 minutes)
- Slice and serve with nahm jim dipping sauce

# Vegan Banana Bread



Serves: 6

Prep Time: 15 mins

Cook Time: 60 mins

*"...This recipe is simple and only requires the use of one bowl to mix, vegan friendly and has a nice textural bite from the muesli crust."*

By: Louis Chung

## Ingredients:

300g of ripped banana  
65g of brown or dark sugar  
1tsp of baking powder  
1/2tsp of baking soda  
1tsp of vanilla essence  
1tsp of cinnamon powder  
100g of mild olive oil + 1 tbps  
180g of cake flour or low gluten flour  
Topping muesli (Carman's fruit free muesli)  
20g white sugar

## Method:

- Pre-heat the oven to 200°C
- Mash the bananas in a bowl and add sugar, baking powder, baking soda, vanilla essence, cinnamon powder and stir to combined
- Add 100g olive oil and stir until well combined
- Sift the flour and combine into the wet mixture (mix until no visible flour remains, do not over mix)
- Transfer the batter into a greased tin or oven safe glass bakeware
- Pour a tablespoon of olive oil on top and use the back of the spoon to level the mixture
- Sprinkle a even layer of muesli on top and gently using a spoon to push the muesli slightly indented into the mixture for it to hold during baking
- Sprinkle white sugar on top
- Drop the oven temperature to 175°C and bake for 55-60 minutes or until a skewer inserted into the centre comes out clean. Remove from oven and set aside in the pan for 5 minutes. Turn onto a wire rack to cool completely. Cut into slices to serve

# Pad See Ew



Serves: 3

Prep Time: 10 mins

Cook Time: 15 mins

*"...Its simple, tasty and I usually have most of the ingredients on hand. Oh and my 3 year old devours it!"*

By: Julie Wan

## Ingredients:

500gm fresh wide flat rice noodles  
2TB dark soy sauce  
2TB oyster sauce  
2tsp soy sauce  
2tsp white vinegar  
2tsp sugar  
2TB water  
3TB vegetable oil  
2 garlic cloves  
200gm beef, cut into bite-sized pieces (flank or sirloin)  
1 egg  
5 stems of kailan (Chinese broccoli)



## Method:

- Mince garlic well if not already minced
- Chop the ends off (1.5cm from the end) and discard. Cut into 5cm length portions. Separate the stems and leaves
- In a bowl, combine dark soy and oyster sauces with water and vinegar. Mix in soy sauce and sugar. Stir until sugar is dissolved
- In a wok on high heat, heat the 2TB of oil. Stir fry garlic, beef and stems for 2 minutes
- Add leaves and stir fry for 1 minute or until leaves soften
- Push the meat and vegetables to the side. Crack egg on the cleared side and scramble. Mix it altogether
- Set aside the stir fry on a plate
- Add an additional 1TB of oil in the same wok. Stir fry noodles for 30 seconds
- Stir in the sauce mixture for 30 seconds coating the noodles. Stir in the vegetables and meat for another 2 minutes

# Beef & Guinness Cottage Pie



Serves: 6

Prep Time: 15 mins

Cook Time: 1 hr 15 mins

*"...because it's my twist on an Irish classic using Guinness in the pie, but also cause Brissie is cold as in the evenings so it warms the soul. Most of all it reminds me of home!"*

By: Gavin Sutherland

## Ingredients:

### Pie Mix

1 kg Peter Augustus mince beef  
2 cloves garlic, crushed  
1 brown onion, diced  
2 carrots, diced  
1 red chilli, diced  
2 tbsp tomato paste  
250 ml beef stock  
440 ml Guinness, can  
2 sprigs of thyme  
1 bay leaf  
4 tbsp flour  
2 tbsp Worcestershire sauce  
Salt and pepper  
1 star anise  
2 tbsp olive oil

### Potato Topping

1.3 kg potatoes, peeled & chopped  
2 tbsp chives, chopped  
100 g butter  
100 g cheddar cheese grated  
150 ml cream

## Method:

- Preheat oven to 180°C
- Fry onion, carrots, garlic and chili in olive oil until soft – 4 to 5 minutes
- Add mince beef and cook until browned, breaking it up as you do it – 10 to 12 minutes
- Mix 4 tbsp flour with 100 ml Guinness and set aside
- Add remaining Guinness, thyme, bay leaf, star anise, beef stock, Worcestershire sauce and beef stock to pot. Once simmering stir in the Guinness and flour mixture
- Cook on medium heat (at a simmer) for 20 to 30 minutes, stirring occasionally. You want to reduce the cooking liquid until it's a gravy like thickness.
- Once reduced to your liking set pie aside to cool a little and then place into an oven proof pie dish

### Potatoes

- Chop potatoes to equal sized pieces and boil in heavily salted water until soft enough to mash – approx. 15 minutes
- Drain potatoes and allow them to steam for a minute to remove moisture. Add butter, cream and 8 g of grated cheddar cheese and chives. Stir to combine

### Assembly.

- Once pie mix has cooled sufficiently spoon the potatoes over the top and spread out. Using a fork, make rough bits on the top of potatoes. This helps give you those delicious brown crusty bits
- Sprinkle remainder of the grated cheese on top and bake in oven for 25 to 30 minutes at 180°C

# Granddad's Shanghai Dumplings



Makes: 20 dumplings

Prep Time: 2-3 hours

Cook Time: 30 mins

*"Granddad used to make this every second weekend when we were kids. It's a juicy pork bun with a crispy base, he used to make it when friends visited or when we had pot lunches at school, and everyone loved it! It tastes delicious but this recipe is also full of fond childhood memories"*

By: Joy Shi

## Ingredients:

### Meat filling

- 250 g pork mince (don't use the lean one!)
- 1 egg
- 3 dried shiitake mushrooms, roughly chopped
- 1/2 cup spring onions, chopped
- 1 1/2 tbsp oyster sauce
- 2 tbsp Shaoxing wine
- 2 tbsp light soy sauce
- 1 tsp sugar
- 2 tbsp ginger, finely chopped

### Dough

- 2 cups flour
- 1 cup water
- 3 g yeast
- 1/4 tsp sugar
- 1/4 tsp baking powder
- 1 tbsp cooking oil

### To serve

- Sesame seeds
- Spring onion

## Method:

- To make the dough, mix flour, yeast and sugar together. Add warm water and oil gradually. Mix with chopsticks/ fork until no more loose flour can be seen. Turn onto a floured surface and knead the dough until it is relatively smooth (if using a stand mixer, knead on low speed for about 8 to 10 minutes)
- Place into an oiled bowl for first proof and cover with wet cloth. Let it rest until it doubles in size (around 2 hours in a warm room)
- To make the filling, place all filling ingredients in a bowl and mix together in one direction continuously for 5 minutes or until it comes together. If it's a bit dry, add some water
- To roll out the dough, take dough out of bowl and knead on floured surface. Roll it into a ball and make a hole in the middle to form a donut like shape. Cut into 20 equal pieces
- Roll each dough piece into a round ball, press down to flatten and then roll each piece flat
- To fold the bao, hold dough in the palm of your hand and scoop some filling into the middle (don't scoop too much). Then gradually fold the edges in and pinch the dough with thumb and index finger until bao is completely sealed. Continue with remaining dough and mixture
- Once you have made the baos, rest for 15 minutes
- Heat up some oil in a pan and place the baos in face down (the crease should be facing down)
- When the bottom starts to golden, pour in water and then cover with lid immediately
- Uncover lid when water evaporates. Sprinkle with sesame seeds and spring onions
- Serve with your favourite dressing!

# Buffalo Chicken Dip



Serves: 8 - 10

Total Time: 20 - 25 mins

*"This Buffalo Chicken Dip is a sure crowd-pleaser and so easy to make!"*

By: Melanie Hodge

## Ingredients:

- 250 g cream cheese block, softened
- 2 cups Mozzarella cheese (you can also use Colby or Jack Cheese)
- 2 cups cooked chicken, shredded
- 1/2 cup Franks Red Hot Sauce
- 1/2 cup ranch or blue cheese salad dressing
- 1/4 cup spring onions, sliced
- Celery and carrot sticks or tortilla chips to serve

## Method:

- Preheat oven to 180°C
- Mix shredded chicken, cream cheese, Franks Red Hot Sauce and salad dressing sauce together in a bowl
- Place mixture in a baking dish and sprinkle with cheese
- Bake uncovered for 20 - 25 minutes or until cheese has melted
- Sprinkle spring onions on top and serve hot with celery, carrot and/or tortilla chips

# Cauliflower Bake



Serves: 4

Total Time: 50 mins

*"Easy to make and tastes sensational. I always get asked for the recipe from those who tried it."*

By: Connie Kim

## Ingredients:

One whole cauliflower

300 g tomato paste

1 tbsp harissa

Chilli, chopped (optional)

Whole chillies (optional)

200 g melted butter

Olive oil



## Method:

- Preheat oven to 220°C
- Bring water to boil. Simmer whole cauliflower for 3 minutes
- Drain and cut into wedges. Use the florets and leaves
- Mix harissa and melted butter in a small bowl, season with salt and pepper. Add chilli (retaining some), if using
- Massage harissa mixture into cauliflower. Place cauliflower on a baking pan
- Drizzle cauliflower with olive oil and scatter whole chillies on top, if using
- Bake for 50 minutes at 220°C. Turn halfway through the cooking process, to char evenly on both sides

# Wedge Salad with Bacon and Blue Cheese



Serves: 1

Total Time: 30 mins

*"This is a recipe I learned from my father. The best thing about this recipe is it is relatively healthy but absolutely jam packed with flavour..."*

By: Anton Goss

## Ingredients:

1 chicken breast  
Salt and pepper  
Garlic, to your taste  
Olive oil  
1/2 lemon, juiced  
2 slices bacon, cubed  
1 iceberg lettuce, cut into 2 inch wedges  
1-2 tomatoes, cut into wedges  
1 red onion, sliced  
20 g blue cheese  
Blue cheese salad dressing  
Croutons, store brought or made from fried bread cubes

## Method:

- Toss chicken with salt, pepper, garlic, olive oil and lemon juice
- Grill chicken for 20-30 minutes on medium - high or until cooked through
- Meanwhile, fry bacon in pan until crispy
- Place lettuce, tomato, onion, sliced chicken and bacon onto a serving platter
- Top with blue cheese, croutons and drizzle blue cheese dressing

I'm not like others...  
I know what I want  
for dinner.

I've been thinking  
about it since lunch.

# Italian Quiche Zucchini, Leak and Bacon



Serves: 6

Total Time: 50 mins

*"Because it smells like  
home in Italy"*

By: Stefania Peracchi

## Ingredients:

Puff pastry

3 medium eggs

100 g Parmigiana Reggiano

50 g bacon

1 big leek

500 g zucchini

Salt

Pepper

Parsley

Onions

## Method:

- To prepare the Italian quiche, preheat the static oven at at 190 °C

### Starting the filling:

- Remove the beard and the green part of leek
- Remove the first outer layers, then cut into thin slices

### Switch to bacon:

- Cut them into thin slices
- In a pan, heat the oil with some onions cuts very very small, and dip the leeks, jump over high heat for a few moments and add the zucchini
- Stir occasionally and cook over medium heat for about 10 minutes, adding at the very last minute the bacon cut in small cubes
- When cooked, season with salt, pepper and with a little chopped parsley. Turn off the heat and leave aside in a bowl to let it cool
- In a bowl beat the eggs and add the Parmigiana Reggiano finely grated and finally pour the mixture into the bowl with courgettes now warm
- Take the puff pastry and roll it on a round baking tray 22 cm diameter, approximately
- With a fork make some small holes on the pastry, and then pour the filling. Fold the protruding part of the pastry inwards, grate some extra Parmigiana on top and then bake in a preheated static oven at 190°C for about 50 minutes. Once cooked, take out your quiche and let it cool a few minutes before enjoying it very hot

# Hidden Veggie Sausage Rolls



Serves: 6

Prep Time: 30 mins

Cook Time: 40 mins

*"Great taste, easy to make  
and healthy with the  
hidden veggies"*

By: Joanne Calcara

## Ingredients:

- 1 kg sausage mince
- 3 cups grated carrot
- 3 cups grated potato
- 1 cup finely chopped onion
- 1 clove crushed garlic
- ½ teaspoon salt
- 1 teaspoon white pepper
- 1 cup breadcrumbs
- Puff Pastry sheets
- 1 egg combined with a little milk to make a glaze sesame seeds

## Method:

- Combine all filling ingredients well in a bowl
- Divide each sheet in two down the middle
- Lay a thick ribbon of the meat mix in the middle of each piece of pastry, and roll up, ensuring that the join is underneath
- Cut to desired length
- Brush with egg wash, sprinkle with seeds and bake at 160 until golden brown for approx 40 minutes
- Serve with fresh tomato sauce



# Southwestern Quinoa Stuffed Capsicum



Serves: 6-8

Total Time: 40-50 mins

*"This is a crowd favourite that is great in Winter!"*

By: Keryn Ward

## Ingredients:

- 6-8 capsicum (depending on size)
- 1 can of black beans, drained and rinsed
- 1 can of corn, drained and rinsed
- 1 250 gram punnet of cherry tomatoes
- 1/3 cup spring onion, diced
- 1 cup quinoa (dry)
- 500 grams chorizo, browned
- 2 tbsp olive oil
- 1 tsp cumin
- 2 tsp fajita seasoning
- 2 garlic cloves, minced
- 2 tbsp fresh coriander, coarsely chopped
- 1/2 lime juice
- 3/4 cup low-fat shredded cheese
- Optional garnishes: avocado, salsa, plain Greek yogurt

## Method:

- Preheat oven to 200°C
- Bring 2 cups of water to boil in a saucepan with 1 cup of quinoa. Once boiling, cover pot and turn down heat to simmer until all water has absorbed (approx. 15 minutes)
- Add 2 tbsp of olive oil to a skillet over medium heat. Cook chorizo and season with cumin, fajita spice and garlic. Cook until meat is uniformly brown
- Add meat, quinoa and veggies to a large bowl. Sprinkle with coriander and lime juice, stirring until combined
- Cut the tops off the 6 to 8 capsicums. Remove hearts and seeds
- Place capsicum in greased pan. Stuff with mixture. Bake in oven for 20 minutes. Top with cheese and bake for another 5 to 10 minutes or until cheese has melted and capsicum have softened
- Garnish and serve

# Karadage (Japanese fried chicken)



Serves: 4

Cook Time: 20 mins

*"Easy and delicious, the batter is light and not messy to make. It can be a snack or serve as a main course.*

*Always a crowd-pleaser for kids and adults alike!"*

By: Vivian Xie

## Ingredients:

650 g or 4-6 pieces of boneless chicken thigh

Salt and pepper

2-3 tbsp potato starch

2 tbsp plain flour

Vegetable oil for deep frying

1 clove garlic (minced)

1/2 tbsp soy sauce

1/2 tbsp sake (can substitute with dry sherry)

1/2 tsp sesame oil

Kewpie mayonnaise

Wedge of lemon to serve

## Method:

- Cut the chicken thigh into 5 cm pieces and season with salt and pepper
- In a large bowl, add minced garlic, soy sauce, sake and sesame oil to mix
- Add the chicken to the bowl and mix until evenly coated
- Cover and refrigerate for 30 min to marinate
- Pour enough oil to a pot (at least 3-4 cm deep to shallow fry) and heat oil to 160°C on medium heat

Tip: If you sprinkle a little flour in, it will sizzle, that's when you know the oil is ready

- On a tray, prepare potato starch in one pile and flour in a separate pile
- Lightly dredge each chicken piece in the flour and dust off the excess. Then dredge the floured chicken in the potato starch
- Once the oil is hot enough, gently submerge each chicken piece to the oil. Don't overcrowd the pot otherwise the temperature will drop too much and the chicken will end up absorbing too much oil and be soggy instead of crispy
- The chicken will be fried twice. For the first fry, leave in for about 90 seconds until the chicken is a light golden colour, remove and transfer to a wire rack to drain excess oil. If the colour changes too quickly, it means the oil is too hot
- For the second fry, turn the heat up to medium-high heat. Add the chicken for about 45 seconds or until the skin is crispy and has a nice golden colour. Transfer to a wire rack
- Serve the chicken hot with a wedge of lemon and Kewpie mayonnaise

# Thai Style Grilled Pork



Serves: 2

Cook Time: 30 mins

*"I love this recipe because it's so simple to make and absolute flavour hit!"*

By: King Leong

## Ingredients:

### Pork marinade

- 4 coriander roots, scraped
- 2 garlic cloves, finely chopped
- 1 lemongrass, white part only, finely chopped
- 1 tsp coarsely ground white pepper
- 20 gm light palm sugar, crushed
- 1 tbsp fish sauce
- 1 tbsp dark soy sauce
- 1 tbsp oyster sauce
- 400 gm of pork loin or pork neck

### Nahm Jim Dipping Sauce

- 2 tsp roasted glutinous rice powder
- 1 tsp dried chilli powder
- 80 ml fish sauce (1/3 cup)
- 20 gm light palm sugar (crushed)
- 3 tsp white sugar
- 6 tbsp tamarind juice
- 1/4 wedge of lime juice
- Coriander leaves

## Method:

- Process coriander, garlic, lemongrass and pepper in a small food processor until finely chopped, add palm sugar, fish sauce, soy sauces and oyster sauce , and transfer to a container with pork loin, turn to coat and refrigerate to marinate (overnight)
- Meanwhile for Nahm Jim dipping sauce, add all ingredients above, adjust seasoning to taste (should taste hot, sour and salty) and stir to combine
- Preheat a char-grill pan to medium-high heat. Add pork and turn occasionally until charred and cooked through (15 to 20 minutes). Slice and serve with Nahm Jim dipping sauce

# Macaroni Lamb



Serves: 4

Total Time: 1 hr 45 mins

*"A good heart-warming meal with heaps of flavour"*

By: Lorraine Hosgood

## Ingredients:

500g diced lamb rump medallions  
1 red onion sliced very thinly  
1 rasher bacon, diced  
1 tablespoon tomato sauce  
2 tablespoon tomato paste  
1 tablespoon Worcestershire sauce  
3/4 tablespoon vinegar  
1/2 teaspoon salt and pepper  
3/4 cup water  
1 teaspoon sugar  
1 cup macaroni  
1 onion 1 rasher bacon  
1 tomato  
1/2 cup grated cheese  
Parsley

## Method:

- Flour the diced lamb – quickly lightly brown in a little oil
- Place in ovenproof dish
- Place sliced onion and bacon on top
- Pour over a mixture of tomato sauce, tomato paste, Worcestershire sauce, vinegar, salt, pepper, sugar and water
- Cover with lid and bake in moderate (170°C) oven 1 hour
- Remove cover and bake a further 20 minutes
- While chops are cooking, cook macaroni in salted water until tender. Fry together chopped onion and bacon
- Add onion mix, chopped tomato, cheese and parsley to cooked and strained macaroni - and mix well
- Pile on top of lamb and cook another 1/2 hour.
- Sprinkle with parsley and serve



# Vegan Fable Tacos



Makes: 12 tacos

Cook Time: 30 mins

*"This is a super fast, easy, healthy, crowd-pleaser (even our 1 and 3 year old loves them) and it's vegan - good for the environment and good for you! "*

By: Michael Fox

## Ingredients:

500g Fable - Plant Based Braised Beef (available at Woolworths)

12 x soft taco tortillas

Habanero sauce

2 x lime

1 x lemon

Half small or quarter large red cabbage

3 x corn cobs

1 x red onion

1 x spring onion

1-2 large avocados

Handful coriander

Olive oil

Salt

Tbsp vegan butter, optional

## Method:

Cabbage salad (do this first to allow time for the cabbage to soften)  
red cabbage, lemon juice, salt to taste

- Slice cabbage into fine shreds, sprinkle with salt and add generous squeeze of lemon juice. Lightly massage cabbage and set aside

### Charred corn

3 corn cobs, 1 tbsp, olive oil, knob of butter, salt

- Set corn into a pot of a boiling water for 5-7 minute and strain
- Heat a lashing of olive oil and butter in pan and add corn. Turning as the sides brown. Optional: if you're able, you can finish them by charring the corn in the flames over the stove
- Sprinkle charred corn liberally with sea salt

### Tomato Salsa

3 firm medium sized tomatoes, diced 1/2 red onion, finely diced, 1 spring onion, sliced handful of coriander, finely chopped, lime juice, sea salt, 1/2 tbsp olive oil

- Combine all ingredients and adding salt and lime juice to taste

## Method:

### Guacamole

1-2 large avocado, 1/2 red onion, finely diced handful of coriander, finely chopped squeeze of lemon juice salt, to taste, lashing of olive oil

- Combine all ingredients
- 'Mush' to desired consistency
- Salt and lemon juice to taste

### Getting ready to plate up

- Right before serving, heat up a pan with a tablespoon of olive oil.
- Add Fable and fry until browned, with crispy edges
- Transfer to a serving bowl
- In the same pan, without oil, heat the taco shells cooking for 30 seconds each side
- Alternatively, you can heat them directly over the flames of your stove

### Assembly time, Señor(ita)!

- Start with a thin bed of cabbage salad, add Fable, top with tomato salsa and a dollop of guac. Drizzle with habanero sauce. Happy days!

If we're not meant to have midnight snacks, why is there a light in the fridge?



# Super-simple brioche buns



Makes: 12 buns

Cook Time: 20 mins

*"So easy to make and the kids love them!"*

By: Kathy Sideris

## Ingredients:

200 g unsalted butter, at room temperature plus extra to serve

2 tbsp caster sugar

1 tsp salt

4 eggs, at room temperature

500 g "00" plain white flour

1 sachet (7g) dried yeast

200 ml milk

## Method:

- Using an electric mixer, beat butter, sugar, salt and 3 eggs in a bowl until combined but not smooth.
- Stir in flour, yeast and milk to form a sticky dough
- Transfer to a lightly oiled bowl. Cover with plastic wrap. Chill overnight
- Preheat oven to 190°C or 170°C fan
- Grease a 12-hole 1/3 cup-capacity muffin pan
- Stand dough at room temperature for 5 minutes
- Using floured hands, shape dough into 12 balls
- Place in prepared pan
- Beat remaining egg and use to brush tops of dough
- Bake for 20 mins, until golden and brioche buns sound hollow when tapped
- Turn out into a wire rack
- Serve warm with extra butter

# Shumai (pork dumplings)



Serves: 2

Cook Time: 45 mins

*"It tastes like the ones at yum cha restaurants!"*

By: Amanda Lim

## Ingredients:

80 g of prawn meat, coarsely chopped  
2-3 Chinese wood ear mushroom, finely chopped  
200 g of pork belly, coarsely chopped  
1/2 teaspoon ground white pepper  
1 teaspoon Shaoxing wine  
1 teaspoon sesame oil  
1 teaspoon caster sugar  
2 teaspoon oyster sauce  
1/2 teaspoon cornflour  
1/2 teaspoon of salt  
8 wonton skins

## Method:

- Remove prawns from their shells and de-vein them, lightly rinse under some water
- Marinate the prawn meat with half a cup of baking soda for 20 mins. Rinse thoroughly then pat dry
- Marinate the prawns with 1 teaspoon of salt for 5 minutes. Wash away the salt under running water until the water runs clear

Note: Marinating is essential to make the prawns plump and crunchy.

- Pat dry and chop them up into 1 cm bits
- Combine all the ingredients together and pound on a mortar and pestle repeatedly until it forms a bouncy mass - much like a burger patty. Now the filling is ready
- Place the filling on the center of wonton skin
- Bring each side up and use water as glue to press the folds of the skin together to form 4 sides
- Squeeze at the waist, and press the meat down with a metal spoon to compress it from the top
- Flatten the base of the Shumai so that it can stand on its own
- Line a steamer with steamer paper and steam over high heat, with the lid on for 12-15 minutes
- Make a dipping sauce with: 4 tablespoons of soy sauce, 1 tablespoon of sesame oil, and 1 table spoon of sugar
- Add chilly sauce (sriracha) to the dipping sauce if desired. Enjoy!



# Steam eggplant, Enoki mushroom with sweet soy and garlic dressing



Serves: 4

Total Time: 30 mins

*"It's very quick and easy healthy meal for weekday, the sweet soy dressing match well with a big bowl of steam rice!"*

By: Jason Chin

## Ingredients:

1 large eggplant

Large handful of Enoki Mushroom washed and chopped in half

1 tbsp finely sliced spring onions

2 tbsp finely chopped coriander

pinch of ground white pepper

2 tbsp boiling hot olive oil

Soy and garlic dressing

1 tbsp white vinegar or rice vinegar

3 garlic cloves, finely diced

1 tbsp brown sugar

1 tbsp light soy sauce

1 teaspoon oyster sauce

1 tbsp sesame oil

## Method:

- Peel the eggplant and cut lengthways into 1.5 cm x 1.5 cm strips
- Then soak eggplant strips in water and sprinkle with salt for 5 mins, this will prevent eggplant from browning. Wash and drain and pat dry after 5 minutes
- Meanwhile, make soy and garlic dressing by placing the dressing ingredients in a small bowl and stir well
- Arrange eggplant in one layer on a heatproof plate that will fit inside a steamer basket. Place plate inside steamer, position over a deep saucepan or wok of boiling water and steam, covered, for 8 minutes or until eggplant is just tender when pierced with a knife
- Carefully remove plate from steamer and drain the excess water out and allow eggplant to cool slightly
- Use a small pan, turn on heat and put 2 tablespoon of olive oil and heat up till smoking hot
- To serve, arrange eggplant on a platter and spoon over soy dressing. Sprinkle with sliced spring onions, coriander and pepper. Then pour the hot oil over and you should hear sizzling sound
- Serve hot with rice immediately and enjoy!

# Turkey Chilli Con Carne



Serves: 4

Total Time: 30 mins

*"It's quick, light, healthy and beautifully warming for a cold winters day"*

By: Keely Langshaw

## Ingredients:

1 tbs coconut oil  
1 onion, diced  
1 red capsicum, diced  
2 tsp garlic, minced  
500 g turkey mince  
1/8 tsp chilli powder  
1/4 tsp onion powder  
1 tsp dried thyme  
1 tsp turmeric  
1 tsp dried oregano  
2 large tomatoes diced  
1 cup chicken or vegetable stock  
140 g tomato paste  
400 g can red kidney beans, rinsed and drained  
Salt and pepper, to taste  
Natural coconut yoghurt & shallots to serve

## Method:

- Heat the oil in a large pan or pot on medium heat
- Add the onion, capsicum and garlic and cook for 5 minutes, stirring occasionally
- Increase the heat to high and cook the mince for 5 minutes, breaking up any lumps with a wooden spoon
- Add the herbs, tomatoes, stock and tomato paste and bring to the boil
- Reduce heat and simmer for 20 minutes, stirring occasionally
- Add the kidney beans and season with salt and pepper
- Heat through for 5 minutes before serving
- Top with a dollop of natural coconut yoghurt and shallots

# Mac and Cheese Toastie



Serves: 2

Total Time: 15 mins

*"...I love this comfort food on a rainy day watching movies!"*

*By: Jordan Smith*

## Ingredients:

4 slices Bakers Delight Hi-Fibre Lo-GI Loaf

20g salted butter

2 serves of packet mac & cheese, or homemade

3/4 cup grated cheese (I used a mix of mozzarella, parmesan and gouda)

Flaky salt to serve

## Method:

- Make the mac and cheese to packet instructions and cool slightly
- Heat a large cast iron frying pan over medium heat
- Spread one side of both bread slices with butter
- Top the two sides without butter with the mac and cheese and grated cheese
- Top with the remaining two bread slices, buttered side up
- Cook sandwiches in the frying pan for 4 minutes each side, or until golden
- Cut in half and sprinkle with flaky salt to serve

# Sweet Banana & Nutella Sausage Rolls



Serves: 6

Total Time: 40 mins

*"this also tastes great with  
icecream"*

By: Shane Taylor

## Ingredients:

1 x 375 g sheet butter puff pastry  
2 x large bananas, peeled  
8 tbs Nutella (or peanut butter)  
1 egg, lightly whisked  
Cinnamon and sea salt for sprinkling

## Method:

- Preheat your oven to 190°C
- Thaw the pastry as per packet instructions
- Slice the pastry in half
- Spread 3 to 4 tbs of Nutella in a line in the centre of each piece of pastry.
- Place a banana on top of the Nutella on each piece of pastry
- Roll up and seal the pastry by gently pressing down where the pastry joins
- Slice the pastry rolls into 2-inch slices and place the slices onto a paper-lined baking tray
- Brush the slices with the whisked egg and sprinkle with cinnamon and sea salt
- Bake at 190°C for 20 minutes
- Remove from the oven and set aside to cool for 20 to 30 minutes
- Serve dusted with icing sugar, or with yoghurt swirled with Nutella, or caramel for dipping



# Amygdalota (Greek Almond Cookies)



Makes: 12 cookies

Total Time: 15 - 20 mins

*"It's so easy that my husband makes it :-)"*

By: Nicole Imberger

## Ingredients:

4 cups almond flour

1 cup sugar

1 tbsp lemon zest

1 tsp vanilla

A pinch of salt

4 large egg whites

Flaked almonds

## Method:

- Turn oven to 180°C
- Combine all the dry ingredients and lemon zest
- Combine the egg whites and vanilla and beat until frothy
- Pour together and mix
- Make golf ball sized balls
- Sprinkle with almond flakes and lightly press to make a cookie shape and bake for 15 mins until golden brown

# Epic (easy) Ice Cream Cake



## To assemble

1 deep 20cm cake tin with a removable base  
2 strips of acetate (flexible plastic paper) or flexible cardboard, each piece 60cm long and 20cm tall

## To decorate

Waffle cones,  
Mini meringues  
Sprinkles  
Lollies

Serves: 6

Total Time: 40 mins

## Ingredients

Shortbread sprinkle crumb  
570 g shortbread biscuits, crushed  
200 g white chocolate  
3 tbs coconut oil  
3 tbs sprinkles

## Chocolate crunch layer

275 g Oreo cookies, crushed  
100 g dark chocolate  
3 tbs coconut oil

## Ice cream layers

3 litres store bought vanilla ice cream  
500 ml store bought strawberry or raspberry sorbet

## White chocolate glaze (optional)

200 g white chocolate  
2 tbs coconut oil

# Method

## Shortbread sprinkle crumb

- Place the crushed shortbread into a medium sized mixing bowl
- Melt 200 g white chocolate and 3 tbs coconut oil together and add to the crushed shortbread, stir to combine
- Add the sprinkles, stir to combine and set aside

## Chocolate crunch layer

- Place the crushed Oreo's into a medium sized mixing bowl
- Melt 200 g dark chocolate and 3 tbs coconut oil together and add to the crushed Oreo's, stir to combine and set aside

## To assemble

- Line the base of a 20 cm round deep and loose based cake tin (or cake tin of your choice) with baking paper
- To support the cake while its freezing, use the two pieces of clear plastic sheet (acetate) or thick cardboard to make the tin taller by placing it around the inside edges of the cake tin, they should overlap most of the way around so there are no gaps
- Place  $\frac{3}{4}$  of the shortbread sprinkle mixture into the bottom of the prepared cake tin, press down the mixture and spread it out evenly
- Add  $\frac{1}{3}$  of the vanilla ice cream, and spread evenly with the back of a spoon
- Add the rest of the shortbread sprinkle mixture crumbling over the ice cream, sprinkle over an extra 2 tbs of sprinkles
- Add the next  $\frac{1}{3}$  of vanilla ice cream, and before smoothing it out, add the strawberry sorbet and an extra spoonful of vanilla ice cream and then smooth over with the back of a spoon, allowing the ice creams to swirl together a little

## Method

- Add the Oreo chocolate crunch layer
  - Then add the rest of the vanilla ice cream, smooth over with the back of a spoon and add some extra sprinkles on top. Place the cake into the freezer overnight or for up to 2-3 days
  - When ready to serve, melt the 200 g white chocolate and 2 tbs white chocolate and set aside to completely cool
  - Remove the cake from the tin and place onto a serving plate
  - Drizzle the white chocolate mixture\* over the cake and then place the cake back into the freezer for 10-15 minutes to allow the chocolate to set
- \*The white chocolate drizzle is optional, you can add the decorations straight onto the ice cream cake if you don't want to add the white chocolate over the top of the cake.
- Remove the cake from the freezer and decorate with waffle cones, mini meringues, lollies and extra sprinkles



"Our kitchen runs on love,  
laughter and a whole lot  
of sprinkles!"

- Lyla



# Cake-pops



Makes: 40 pops

Prep Time: 2 hours

Cook Time: 36 mins

Total Time: 6-7 hours

*"Because... SPRINKLES!"*

By: Lyla Chrzescijanski

## Ingredients:

1 and 2/3 cups (208g) all-purpose flour (spoon & leveled)

1/2 teaspoon baking powder

1/4 teaspoon baking soda

1/2 teaspoon salt

1/2 cup (115g; 1 stick) unsalted butter, softened to room temperature

1 cup (200g) granulated sugar

1 large egg, at room temperature

2 teaspoons pure vanilla extract

1 cup (240ml) whole milk (or buttermilk)

## Frosting:

7 Tablespoons (100 g) unsalted butter, softened to room temperature  
1 and 3/4 cups (210 g) icing sugar  
2–3 teaspoons heavy cream or milk  
1 teaspoon pure vanilla extract

## Coating:

40 ounces candy melts or choc coating of your choice  
Sprinkles to decorate

## Method

- Preheat oven to 177°C. Grease a 9-inch springform pan

### Make the cake:

- Whisk the flour, baking powder, baking soda, and salt together in a medium bowl. Set aside
- Using a handheld or stand mixer fitted with a paddle or whisk attachment, beat the butter and sugar together in a large bowl until creamed, about 2 minutes
- Add the egg and vanilla extract and beat on high speed until combined. Scrape down the bottom and sides of the bowl as needed
- With the mixer running on low speed, add the dry ingredients and milk to the wet ingredients until combined. Manually whisk the batter to ensure there are no large lumps at the bottom of the bowl. Batter will be slightly thick
- Pour the batter evenly into the prepared pan. Bake for 30 - 36 minutes or until a toothpick inserted in the center comes out clean. If the top begins browning too quickly in the oven, loosely place a piece of aluminum foil on top
- Allow the cake to cool completely in the pan set on a wire rack



### Make the frosting:

- With a handheld or stand mixer fitted with a paddle attachment, beat the butter on medium speed until creamy, about 2 minutes
- Add confectioners' sugar, heavy cream, and vanilla extract with the mixer running on low. Increase to high speed and beat for 3 full minutes
- Crumble the cooled cake into the bowl on top of the frosting. Make sure there are no large lumps
- Turn the mixer on low and beat the frosting and cake crumbles together until combined
- Measure 1 tablespoon of moist cake mixture and roll into a ball
- Place balls on a lined baking sheet
- Refrigerate for 2 hours or freeze for 1 hour
- Re-roll the chilled balls to smooth out, if needed. Place back into the fridge as you'll only work with a couple at a time
- Melt the coating in a 2-cup liquid measuring cup (best for dunking!). you can use a double boiler or microwave

### Coat the cake balls:

- Remove only 2-3 cake balls from the refrigerator at a time
- Dip a lollipop stick about 1/2 inch into the coating, then insert into the center of the cake ball. Only push it about halfway through the cake ball
- Dip the cake ball into the coating until it is completely covered. Make sure the coating covers the base of the cake ball where it meets the lollipop stick
- Very gently tap the stick against the edge of the measuring cup to allow excess coating to drop off
- Decorate the top with sprinkles and place upright into a styrofoam block or box (as explained above)
- Repeat with remaining cake balls, only working with some out of the refrigerator at a time. The cake balls must be very cold when dipping!
- Coating will set within an hour. Store cake pops in the refrigerator for up to 1 week

# Holly's Lemon and Yoghurt Cake



Serves: 12

Total Time: 1.5 hours,  
including cooking, cooling  
and filling/decorating

*"This recipe is so versatile and can be  
made with gluten free flour too. It's a  
real crowd-pleaser."*

By: Holly McVicar

## Ingredients:

### Cake:

180 ml rice bran oil  
2 large eggs  
1 tablespoon finely grated lemon rind  
1/4 cup lemon juice  
1 cup thick Greek yoghurt  
2 cups caster sugar  
2 cups self-raising flour

### Lemon mascarpone:

1 cup icing sugar  
250g mascarpone  
1 tablespoon finely grated lemon zest

### Lemon drizzle:

1 cup icing sugar  
1 tablespoon lemon juice

## Method:

- Preheat oven to 160°C and line a springform cake tin

## Cake:

- Mix together the cake ingredients except flour
- Then gently fold in 2 cups self-raising flour
- Pour into tin and bake for approx 50 minutes

## Icing:

- Mix the lemon mascarpone ingredients together
- Prior to filling and once cooled, cut the cake in half to create two layers
- When cool fill with lemon mascarpone
- Top with the lemon drizzle
- Serve immediately or store chilled in the fridge

# Triple Choc Fudge Cookies



Makes: 12 cookies

Cook Time: 10-15mins

*"It's quick, easy but oh so delicious!"*

By: Jane Pegg

## Ingredients:

125g softened butter  
1 teaspoon vanilla extract  
1 1/4 cup firmly packed brown sugar  
1 egg  
1 cup plain flour  
1/4 cup self raising flour  
1 teaspoon bicarbonate soda  
1/3 cup Dutch cocoa  
1/2 cup dark choc melts, cut in half  
1/2 cup milk choc chips  
1/2 cup white choc chips

## Method:

- Preheat oven to 160°C
- Line baking trays with baking paper
- Beat together butter, vanilla, brown sugar and egg until smooth and creamy
- Sift in flour, bicarb soda and cocoa
- Mix until just combined
- Stir through chocolate pieces
- Roll into golf ball sized balls and place on lined tray, ensuring space between cookies to expand
- Bake for 10 to 15 minutes
- They will have a 'cracked' appearance to the top. Careful not to over cook so they stay chewy and fudgy
- Cool on the tray for 10 mins then transfer to a cooling rack

# Chloe's Amazing Oreo Truffles



Makes: 36 truffles

Prep Time: 45 mins

Cook Time: 5 mins

Total Time: 50 mins

*"Oreo's, cream cheese and chocolate...  
point made!"*

By: Chloe Nevin

## Ingredients:

250g Philadelphia Cream Cheese block, softened

250g Oreo Classic, crushed

225g Cadbury Milk Chocolate Melts

## Method:

- Combine the Philadelphia and Oreo crumb and mix well
- Roll 2 teaspoon amounts into balls, place on a paper lined tray and refrigerate until firm
- Melt the chocolate in a Microwave safe plastic bowl on 50% power. Begin with 20 second bursts then reduce to shorter bursts as the chocolate melts, stirring well between each burst of power
- Only microwave until 75% of the chocolate has melted then continue stirring until smooth
- Using 2 forks coat each ball in the chocolate, allow the excess to run off then place onto a paper lined tray
- Once the chocolate has set at room temperature, store in an airtight container, refrigerated, until required

# Rocky Road Brownies



Makes: 10-12 brownies

Prep Time: 30 mins

Cook Time: 20 mins

*"Rich, chocolate and fudgy with nostalgic, rocky road inspired flavours are my favourite treat."*

By: Karina Arora

## Ingredients:

150 gms butter

180 gms dark cooking chocolate

2 eggs

80 gms + 2 tbsps. brown sugar,

1/2 cup flour

1/2 tsp. flaky salt

1 heaped tbsp. cocoa powder

1 tsp. instant coffee

1/4 cup marshmallow fluff or 5-6 large marshmallow cut into quarters

10- 12 raspberries, halved

Crushed peanuts and desiccated coconut to sprinkle



## Method:

- Preheat the oven to 180°C and line a square brownie tin
- Melt butter, add the chocolate and microwave for an 30 seconds
- Allow the chocolate to melt in the residual heat, stir till glossy and set aside to cool
- Whisk the eggs (make sure they're at room temperature) and sugar till fluffy. Add the cooled chocolate and fold till combined
- Add the flour, cocoa powder and salt - fold into chocolate mixture
- Pour the batter into the prepared tin and top with the marshmallows. If using fluff, make 10-12 small dollops across the surface and run the top of a knife through it to create a swirly patterns
- Top with halved raspberries and bake for 18-20 minutes depending on how fudgy you like them
- Sprinkle with desiccated coconut and crushed peanuts
- Serve warm

# Passionfruit Slice



Serves: 12

Total Time: 30 mins

*"Delicious easy and a crowd-pleaser"*

By: Denise Roach

## Ingredients:

- 1 packet butter cake mix
- 125 gram melted butter
- Half cup desiccated coconut
- Tin of condensed milk
- 2 passionfruit content or half tin of passionfruit
- Juice of 2 lemons or 50 ml of lemon juice

## Method:

- Combine butter cake mix, desiccated coconut and melted butter into a crumbly cookie dough consistency
- Put in slice tin then bake in oven at 170°C for about 10 to 15 minutes until golden brown
- Mix remaining ingredients (condensed milk, lemon juice, passionfruit) together
- Pour onto the base then sprinkle with desiccated coconut and into oven for 10 to 15 minutes

# Mulled Wine Poached Pear Tart with Ricotta



Serves: 4

Cook Time: 45 mins

*"Perfect winter dessert - that is simple to make but will always impress"*

By: Cheryl Mishio

## Ingredients:

Tart pastry  
1 cups self rising flour  
1 spelt flour  
1 cup softened butter  
1 TSP vanilla bean paste  
3/4 cup caster sugar  
1 egg  
1 tbsp milk  
1 cup fresh ricotta cheese  
1 tbsp honey  
1 tsp fresh thyme leaves  
3 pear - peeled, halved and core removed.  
2 cups Shiraz (or Merlot) wine  
1 cinnamon quill  
4 cloves  
6 peppercorn  
Small knob ginger  
1/4 cup brown sugar

## Method:

- Combine butter and sugar until creamy
- Add egg, vanilla bean paste and milk. Slowly fold in flour till combined into a stiff (crumbly) dough
- Press dough into tart pan covering base and sides
- Bake at 160°C for 15 mins till 3/4 baked and turning golden brown.
- Remove from oven
- Combine ricotta , honey and thyme till combined.
- Spoon ricotta mixture into 3/4 baked tart shell (or shells if using individual tarts) and bake additional 7 minutes
- Remove from oven and let cool room temperature
- Simmer pears on low heat in red wine mixture on stove for approx 30 mins till tender
- Pears should be completely submerged while simmering
- Remove pears from poaching liquid and strain spices from red wine poaching liquid and return to stove for approx 20 minutes until a thick red wine syrup
- Slice pears thinly and arrange in a circular rosette pattern on top of ricotta mixture on tarts
- Serve with a scoop of vanilla ice cream and drizzle reserved spiced red wine glaze over tart

*Thank You!*

A big thank you to everyone in our local community who contributed a recipe to this cookbook.

We hope you will enjoy recreating some of these mouth-watering recipes for your family and friends as much as we will!

**MetCentre**

MY COMMUNITY COOKBOOK