



Annual recipe index

Recipes are listed under key ingredients and type of dish.

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CHEESES — see also feta; mozzarella; parmesan; ricotta

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CHERRIES — see stone fruit

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CHORIZO — see *sausages, chorizo and salami*

CHRISTMAS

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White Christmas Sangria _____	63:82
Zucchini Pickle and Potato Salad _____	63:115

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CINNAMON

A Healthier Sundae with Raw Cacao Sauce and Cinnamon Nut Crumble _____	58:95
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Cinnamon Rice Pudding with Almond Crumble _____	61:85

COCONUT

Cacao and Orange No Grain-ola with Homemade Almond Milk _____	62:100
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Coconut, Passionfruit and Orange Syrup Cakes _____	62:89
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Green Tea and Coconut Sugar Panna Cotta with Dark Chocolate Shavings _____	60:103
Prawn, Coconut, Zucchini and Fresh Corn Fritters (GF) _____	58:83
Spiced Coconut Crumbed Eggs with Dukkah _____	58:66

COLD DESSERTS

A Healthier Sundae with Raw Cacao Sauce and Cinnamon Nut Crumble _____	58:95
Baked Cannoli with Whipped Ricotta, Chocolate and Pistachios _____	59:87
Blueberry, Orange & Crème de Cassis Sorbet _____	58:105
Champagne Raspberry Jelly _____	63:33
Chilled Coconut and Passionfruit Rice Pudding with Glazed Pineapple ____	58:103
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Vanilla and Raspberry Baked Custards ____	58:101
Vanilla Flan _____	61:88

COOKIES — see *biscuits and cookies*

CORIANDER

Green Pea, Harissa and Coriander Hummus _____	63:111
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COURGETTES — see *zucchini*

COUSCOUS

Steamed Fish and Couscous Parcels ____	60:107
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CRACKERS

Crunchy Seed Crackers _____	58:95
Miso and Rosemary Crackers eskdale bush _____	61:46
Parmesan, Paprika and Rosemary Crackers _____	59:91

CRANBERRIES — see berries**CREAM, SOUR CREAM**

Horseradish Cream _____	61:81
Pistachio Pancakes with Clotted Cream _____	60:50
Trifle Layered with Lemon Cream and Raspberries with Baby Meringue Topping _____	63:78

CUCUMBER

Chilled Avocado, Cucumber and Melon Soup _____	58:69
Cucumber and Roasted Peanut Salad _____	61:76
Nic's Cucumber Chilli Pickle _____	63:48
Tomatillo and Cucumber Oyster Shooters _____	63:95

DATES

Honey-Roasted Carrots with Dates, Dandelions and Moroccan Dressing _____	59:42
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DESSERTS — see cold desserts, warm desserts**DRESSINGS AND MAYONNAISES**

Anchovy Walnut Cream _____	62:65
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Blue Cheese Dipping Sauce _____	62:79
Caper Mayo _____	63:85
Chilli Lime Dressing _____	62:42
Chilli Mayonnaise _____	58:75
Creamy Miso and Tahini Dressing _____	58:96
Garlic Aioli _____	63:91
Grain Mustard Mayonnaise _____	58:75
Green Goddess Dressing _____	62:81
Hazelnut and Smoked Paprika Dressing _____	58:69
Hazelnut Dressing _____	61:73
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Lime, Chilli and Spring Onion Dressing _____	58:62
Miso and Sesame Dressing _____	60:102
Miso and Tahini Dressing _____	60:79
Miso Mayonnaise _____	58:75
Miso Mayonnaise _____	63:127
Moroccan Dressing _____	59:42
Ranch Dressing _____	58:78
Warm Sage and Anchovy Dressing _____	59:87
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Barrier Reef _____	58:41
Berry Christmas _____	63:83
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Fresh Pineapple Lemonade _____	58:65
Gin Mule _____	58:41

Rosie Days _____	58:40
Summer Ramble _____	58:41
The Garden Gnome _____	58:41
Tropical Daze _____	63:81
White Christmas Sangria _____	63:82

DUCK

Crispy-Skinned Roast Duck with Lychee, Watermelon and Watercress Salad _____	63:71
Duck and Fennel Burger with Barbecue Sauce and Beetroot Relish _____	58:78
Duck Breast with Pears Two Ways _____	61:83

EGGPLANT

'Split Belly' (Baked Eggplant Stuffed with Beef) _____	60:34
Baked Sicilian Eggplants _____	59:79
Eggplant Polpettine _____	59:81
Spiced Israeli Couscous Salad with Eggplant, Yoghurt and Harissa _____	58:65

EGGS

Carrot, Parsnip and Cumin Rosti with Poached Eggs and Black Pepper Labne (GF) _____	62:99
Egg Sandwiches with Caper Mayo and Cress _____	63:85
Filo Pastry, Haloumi and Spring Vegetable Tarts _____	62:71
Green Bean, Celery and Egg Salad _____	59:68
Hot Smoked Salmon, Spinach and Tarragon Pie _____	62:69
Shaved Asparagus, Chickpea and Avocado Salad with Soft Eggs _____	62:69
Spiced Coconut Crumbed Eggs with Dukkah _____	58:66
Turkish Eggs with Spinach, Chilli and Yoghurt Cream _____	59:41

FENNEL

Duck and Fennel Burger with Barbecue Sauce and Beetroot Relish _____	58:78
Fennel, Leek and Potato Gratin _____	59:76
Fish, Fennel and Mussel Soup _____	60:71
Mozzarella with Pickled Green Tomato and Fennel Salad _____	59:91
Pork and Fennel Polpettine in Tomato Sauce on Creamy Polenta _____	59:104

FETA

Baked Spinach and Feta Loaf _____	58:62
Chicken Sausages with Lentils, Walnuts and Feta _____	60:95
Farm Salad with Feta _____	63:100
Honey Baked Feta _____	63:109
Spinach, Feta and Ricotta Lasagne _____	59:99

FIGS

Dark Chocolate, Fig and Whiskey Self-Saucing Pudding _____	60:88
Goat's Cheese Crostini with Fig Relish and Lemon _____	59:89

FISH — see also salmon, seafood, tuna

Aromatic Olive Oil Poached Tuna _____	58:85
Baby Snapper with Green Olive, Jalapeño and Tomato Salsa _____	58:85
Baked Salmon with Green Apple and Pine Nut Salad _____	63:99
Coconut and Tamarind Fish Curry _____	61:75
Fish Kebabs with Pineapple and Lime Salsa _____	63:129
Fish Tacos with Pico de Gallo _____	62:81
Fish with White Beans and Olives _____	62:110
Fish, Fennel and Mussel Soup _____	60:71
Ginger and Caramel Salmon with Asian Greens _____	60:109
Hot Smoked Salmon, Spinach and Tarragon Pie _____	62:69
Lemongrass and White Fish Kofta _____	58:111
Lime Ceviche with Green Relish _____	58:83
Panfried Fish with Borlotti Beans and Capers _____	59:115
Quinoa Temaki Roll with Smoked Salmon, Tamari Seeds and Wasabi Mayo (GF) _____	60:102
Sesame and Furikake Tuna _____	63:97
Smoked Fish Hummus _____	63:109
Smoked Fish Mac & Cheese (GF) _____	61:113
Soy and Ginger Fish with Mushrooms and Greens _____	61:109
Spiced Tuna, Avocado and Kimchi Taco _____	58:46
Steamed Fish and Couscous Parcels _____	60:107
Tuna and Olive Empanadas _____	61:97
Turmeric Fish Banh Mi _____	58:83

GINGER

Fresh Pear, Almond and Ginger Cakes (GF) _____	61:116
Ginger and Caramel Salmon with Asian Greens _____	60:109
Soy and Ginger Fish with Mushrooms and Greens _____	61:109
Vegan 'Cheesecake' with Almond and Pistachio Base, Ginger Vanilla Filling _____	63:119

GRAPES

Lemon Syrup Cake with Roasted Grapes _____	59:75
Mozzarella Salad with Balsamic Roasted Grapes _____	63:111
Roast Lamb with Lemon Crust and Damson Jus, Pan-Fried Grapes and Almonds _____	63:75

HAM — see bacon, ham, prosciutto and pancetta**HARISSA**

Green Pea, Harissa and Coriander Hummus _____	63:111
Spiced Israeli Couscous Salad with Eggplant, Yoghurt and Harissa _____	58:65

HAZELNUTS — see nuts**HOISIN SAUCE**

Char Siu Pork Fillet _____	58:75
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HONEY

Cider and Honey Glazed Chorizo _____	60:95
Honey Baked Feta _____	63:109
Honey Mustard Potatoes _____	60:72
Honey-Roasted Carrots with Dates, Dandelions and Moroccan Dressing _____	59:42
Wild Garlic, Leek and Currant Fritters with Honey _____	59:42

HORSERADISH

Horseradish Cream _____	61:81
Roasted Beetroot, Walnut and Horseradish Spread _____	58:95

ICE CREAMS AND GRANITAS

A Healthier Sundae with Raw Cacao Sauce and Cinnamon Nut Crumble _____	58:95
Blueberry, Orange & Crème de Cassis Sorbet _____	58:105
Rockmelon and Tarragon Yoghurt Sorbet _____	58:105
Strawberry and Rosé Wine Granita _____	58:103

JALAPEÑO

Baby Snapper with Green Olive, Jalapeño and Tomato Salsa _____	58:85
Jalapeño Onions _____	58:111

JAMS, PICKLES, RELISHES AND PRESERVES

Dried Fig and Balsamic Relish _____	59:89
Kimchi _____	58:47
Nic's Cucumber Chilli Pickle _____	63:48
Pork and Kimchi Gyoza _____	63:48
Pork Kimchi Burgers _____	62:107
Quick Pickles _____	58:83
Quick Pickles _____	63:127
Raw Kasundi Sauce _____	61:46
Red Grape and Balsamic Mostada _____	59:63
Spiced Tuna, Avocado and Kimchi Taco _____	58:46

KEBABS AND SKEWERS

Chicken Skewers with Yakitori Sauce and 'Seven Spice' Togarashi _____	58:73
Crispy Peanut and Lamb Skewers _____	63:81
Fish Kebabs with Pineapple and Lime Salsa _____	63:129
Grilled Prawns and Baby Octopus _____	63:100
Lemongrass and White Fish Kofta _____	58:111
Lemongrass Beef and Salad Skewers _____	63:89

KUMARA

Kumara Fries _____	63:125
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LAMB

Braised Lamb with White Beans _____	59:67
Crispy Peanut and Lamb Skewers _____	63:81
Crumbed Lamb Steaks (GF) _____	61:111
Cured Lambs' Tongues, Roasted Beetroot and Mandarin Salad with Seasoned Yoghurt _____	60:32

Greek Leg of Lamb with Skordalia, Roasted Capsicums and Tztaziki _____	58:77
Indian Spiced Lamb Cutlets, White Bean Purée _____	58:113
Lamb Ragu with Penne Pasta _____	60:109
Rack of Lamb with Broad Bean and Basil Salsa _____	62:65
Roast Lamb with Lemon Crust and Damson Jus, Pan-Fried Grapes and Almonds _____	63:75

Slow-Cooked Spiced Shoulder of Lamb _____	61:70
Spice-Rubbed Lamb Rumps _____	62:108
Spiced Lamb and Chickpea Shawarma _____	63:125
Tamarind Glazed Lamb Shanks _____	60:79

LEEKS

Buckwheat and Leek Risotto with Roasted Broccoli and Pine Nuts _____	61:105
Chicken and Leek Risotto _____	59:97
Fennel, Leek and Potato Gratin _____	59:76
Oven-Baked Pumpkin and Leek Risotto _____	60:80
Wild Garlic, Leek and Currant Fritters with Honey _____	59:42

LEMONGRASS

Lemongrass Beef and Salad Skewers _____	63:89
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LEMONS

Burrata and Greens with Burnt Butter, Sizzled Sage and Citrus Peel _____	63:76
Crispy Almond-coated Chicken Roasted with Artichokes and Lemon _____	62:42
Fresh Pineapple Lemonade _____	58:65
Fried Zucchini with Lemon, Chilli and Mint _____	59:76
Goat's Cheese Crostini with Fig Relish and Lemon _____	59:89
Grilled Mussels with Herb, Garlic and Lemon Crumbs _____	58:88
Lemon and Basil Chicken with String Beans and Zucchini _____	59:109
Lemon Meringue and Hazelnut Biscuits _____	62:93
Lemon Roasted Potatoes _____	59:68
Lemon Syrup Cake with Roasted Grapes _____	59:75
Mustard, Lemon and Rosemary Roasted Chicken _____	62:103

Roast Lamb with Lemon Crust and Damson Jus, Pan-Fried Grapes and Almonds _____	63:75
Spaghetti with Lemon, Prawns and Parmesan _____	62:103
Trifle Layered with Lemon Cream and Raspberries with Baby Meringue Topping _____	63:78
Turkey Breasts with Pine Nut, Preserved Lemon and Fresh Herb Stuffing Balls _____	63:73

LENTILS

Chicken Sausages with Lentils, Walnuts and Feta _____	60:95
Rice with Puy Lentils and Roasted Nuts _____	61:71
Roasted Mushroom and Lentil Salad _____	59:75
Spicy Red Lentil and Carrot Soup with Chickpea Falafel _____	62:105

LIMES

Barley, Sweetcorn & Avocado Salad Tossed with Chilli Lime Dressing _____	62:42
Brussels Sprouts with Lime, Chilli and Soy _____	60:75
Fish Kebabs with Pineapple and Lime Salsa _____	63:129
Lime, Chilli & Spring Onion Chicken Drumsticks _____	58:62

MELON

Chilled Avocado, Cucumber and Melon Soup _____	58:69
Crispy-Skinned Roast Duck with Lychee, Watermelon and Watercress Salad _____	63:71
Melon and Prosciutto Bruschetta _____	59:63
Rockmelon and Tarragon Yoghurt Sorbet _____	58:105
Watermelon and Prawn Salad _____	58:107

MERINGUES AND PAVLOVA

Lemon Meringue and Hazelnut Biscuits _____	62:93
Muscovado Sugar Meringues with Vanilla Mascarpone and Strawberries _____	63:119
Trifle Layered with Lemon Cream and Raspberries with Baby Meringue Topping _____	63:78

MINT

Avocado Bruschetta with Smoked Chicken and Mint Salad _____	63:125
Fried Zucchini with Lemon, Chilli and Mint _____	59:76
Prawn, Crispy Bacon and Mint Slaw Rolls _____	63:93
Quinoa Pilaf with Slow Roasted Turmeric Onions, Goat's Cheese, Pumpkin and Mint _____	61:105

MISO

Barbecued Scallops with Miso Spring Onion Butter _____	62:119
Creamy Miso and Tahini Dressing _____	58:96
Kale, Brown Rice and Avocado Salad with Miso and Tahini Dressing _____	60:79
Miso and Rosemary Crackers _____	61:46
Miso Mayonnaise _____	58:75
Miso Soup with Prawns and Wakame _____	60:69
Soba Noodle Salad with Miso and Sesame Dressing _____	60:102
Whipped Carrot and Miso Dip _____	63:111

MOZZARELLA, BOCCONCINI — see also cheeses

Burrata and Greens with Burnt Butter, Sizzled Sage and Citrus Peel _____	63:76
Mozzarella Salad with Balsamic Roasted Grapes _____	63:111
Mozzarella with Pickled Green Tomato and Fennel Salad _____	59:91
Panzanella with Crispy Sausage and Bocconcini _____	63:129
Roasted Tomatoes and Mozzarella with Warm Sage and Anchovy Dressing _____	59:87

MUSHROOMS

Beef, Mushroom and Oyster Stew (GF) _____	61:73
Chicken with Mushrooms and Tarragon _____	60:111

Fried Polenta with Creamy Mixed Mushrooms _____	59:101
Grilled Mushrooms _____	58:78
Herb Crêpes with Mushrooms and Soft Cheese _____	62:107
Roasted Mushroom and Lentil Salad _____	59:75
Soy and Ginger Fish with Mushrooms and Greens _____	61:109
Tarragon and Parmesan Crumbed Portobello Mushrooms (GF) _____	61:83

MUSTARD

Grain Mustard Mayonnaise _____	58:75
Honey Mustard Potatoes _____	60:72
Mustard, Lemon and Rosemary Roasted Chicken _____	62:103

NECTARINES — see stone fruit

NIBBLES, SMALL BITES AND ANTIPASTI

Blistered Tomatoes with Orange and Black Olives _____	63:109
Bloody Mary Oyster Shooters _____	63:95
Chicken and Avocado Mayonnaise Sandwiches _____	63:85
Chorizo and Potato Croquettes _____	60:93
Cider and Honey Glazed Chorizo _____	60:95
Crispy Peanut and Lamb Skewers _____	63:81
Crunchy Seed Crackers _____	58:95
Egg Sandwiches with Caper Mayo and Cress _____	63:85
Eggplant Polpettine _____	59:81
Garlic and Herb Butter Grilled Clams _____	63:93
Goat's Cheese Crostini with Fig Relish and Lemon _____	59:89
Green Pea, Harissa and Coriander Hummus _____	63:111
Grilled Mussels with Herb, Garlic and Lemon Crumbs _____	58:88
Honey Baked Feta _____	63:109
Lemongrass Beef and Salad Skewers _____	63:89
Melon and Prosciutto Bruschetta _____	59:63
Miso and Rosemary Crackers _____	61:46
Mixed Olive Antipasti _____	59:64
Mussel Escabeche _____	63:91
Parmesan, Paprika and Rosemary Crackers _____	59:91
Pork and Kimchi Gyoza _____	63:48
Quince Paste, Thyme and Goat's Cheese Cigars _____	63:83
Roasted Beetroot, Walnut and Horseradish Spread _____	58:95
Sausage, Apple and Parmesan Danish _____	60:99
Scallop and Chorizo Tapas _____	58:86
Scallop Tostadas _____	63:97
Smoked Fish Hummus _____	63:109
Soy and Five-Spice Fried Chicken (GF) _____	63:125
Tomatillo and Cucumber Oyster Shooters _____	63:95

Whipped Carrot and Miso Dip _____	63:111
Wild Garlic, Leek and Currant Fritters with Honey _____	59:42

NOODLES

Soba Noodle Salad with Miso and Sesame Dressing _____	60:102
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NUTS — CASHEWS, PISTACHIOS, HAZELNUTS; SEE ALSO ALMONDS, PEANUTS, WALNUTS

A Healthier Sundae with Raw Cacao Sauce and Cinnamon Nut Crumble _____	58:95
Apple, Hazelnut and Rosemary Frangipane Tarts _____	61:38
Baked Cannoli with Whipped Ricotta, Chocolate and Pistachios _____	59:87
Baked Salmon with Green Apple and Pine Nut Salad _____	63:99
Beetroot and Pistachio Salad with Blue Cheese Snow _____	61:85
Beetroot Risotto with Gorgonzola Picante and Crumbled Walnuts _____	59:101
Buckwheat and Leek Risotto with Roasted Broccoli and Pine Nuts _____	61:105
Cacao and Orange No Grain-ola with Homemade Almond Milk _____	62:100
Caramel and Hazelnut Tarts _____	61:97
Chicken Sausages with Lentils, Walnuts and Feta _____	60:95
Chocolate, Nut Butter and Avocado Mousse _____	63:130
Citrus and Roasted Nut Cake (GF) _____	62:95
Crispy Peanut and Lamb Skewers _____	63:81
Crunchy Seed Crackers _____	58:95
Cucumber and Roasted Peanut Salad _____	61:76
Hazelnut and Smoked Paprika Dressing _____	58:69
Lemon Meringue and Hazelnut Biscuits _____	62:93
Paneer with Tomato, Cashew Nut and Onion Gravy _____	60:105
Pistachio Pancakes with Clotted Cream _____	60:50
Potato Gnocchi with Sage Butter and Pine Nuts _____	59:113
Rice with Puy Lentils and Roasted Nuts _____	61:71
Roasted Beetroot, Walnut and Horseradish Spread _____	58:95
Roasted Chicken Breast with Asparagus and Anchovy Walnut Cream _____	62:65
Roasted Red Cabbage with Hazelnut Dressing _____	61:73
Spaghetti with Rocket, Almonds and Tomatoes _____	59:109
Turkey Breasts with Pine Nut, Preserved Lemon and Fresh Herb Stuffing Balls _____	63:73
Vegan 'Cheesecake' with Almond and Pistachio Base, Ginger Vanilla Filling _____	63:119
Walnut and Apricot Ensamadas _____	61:99
Walnut Caramel Dumplings with Caramel Sauce and Walnut Praline _____	61:91

OATS, ROLLED

Banoffee Loaf with Anzac Crumble _____	62:97
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OLIVE OIL

Aromatic Olive Oil Poached Tuna _____	58:85
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OLIVES

Baby Snapper with Green Olive, Jalapeño and Tomato Salsa _____	58:85
Baked Chicken with Potatoes, Olives and Capers _____	61:109
Blistered Tomatoes with Orange and Black Olives _____	63:109
Fish with White Beans and Olives _____	62:110
Merguez Sausage and Green Olive Tagine _____	60:91
Mixed Olive Antipasti _____	59:64
Roasted Cauliflower with Caper and Olive Salsa _____	60:80
Tuna and Olive Empanadas _____	61:97
Two Cheese and Olive Tart _____	59:92
White Pizza with Asparagus and Green Olives _____	62:67

ONIONS, SPRING ONIONS, SHALLOTS

Barbecued Scallops with Miso Spring Onion Butter _____	62:119
Hotdogs with Caraway and Pale Ale Onions _____	60:95
Jalapeño Onions _____	58:111
Lime, Chilli & Spring Onion Chicken Drumsticks _____	58:62
Paneer with Tomato, Cashew Nut and Onion Gravy _____	60:105
Quinoa Pilaf with Slow Roasted Turmeric Onions, Goat's Cheese, Pumpkin and Mint _____	61:105

ORANGES

Blistered Tomatoes with Orange and Black Olives _____	63:109
Blood Orange Slushy _____	63:89
Blueberry, Orange & Crème de Cassis Sorbet _____	58:105
Cacao and Orange No Grain-ola with Homemade Almond Milk _____	62:100
Cider and Orange Marmalade Baked Ham with Spice-Roasted Mandarins _____	63:113
Citrus and Roasted Nut Cake (GF) _____	62:95
Coconut, Passionfruit and Orange Syrup Cakes _____	62:89
Orange and Rosewater Baked Yoghurt with Roasted Strawberries and Rhubarb _____	63:116

PANCETTA — see bacon, ham, prosciutto and pancetta

PANKO CRUMBS

Eggplant Polpettine _____	59:81
Panko Crumbed Japanese Curry Balls _____	62:120
Spiced Coconut Crumbed Eggs with Dukkah _____	58:66
Tarragon and Parmesan Crumbed Portobello Mushrooms (GF) _____	61:83

PARMESAN — see also cheeses

Parmesan French Toast _____	59:113
Parmesan, Paprika and Rosemary Crackers _____	59:91
Roasted Broccolini and Chickpeas with Parmesan _____	59:75
Sausage, Apple and Parmesan Danish _____	60:99
Spaghetti with Lemon, Prawns and Parmesan _____	62:103
Spinach, Pea and Pesto Soup with Parmesan French Toast _____	59:113
Tarragon and Parmesan Crumbed Portobello Mushrooms (GF) _____	61:83

PASSIONFRUIT

Chilled Coconut and Passionfruit Rice Pudding with Glazed Pineapple _____	58:103
Coconut, Passionfruit and Orange Syrup Cakes _____	62:89

PASTA, POLENTA AND GRAINS

Barley, Sweetcorn & Avocado Salad Tossed with Chilli Lime Dressing _____	62:42
Beetroot Risotto with Gorgonzola Picante and Crumbled Walnuts _____	59:101
Buckwheat and Leek Risotto with Roasted Broccoli and Pine Nuts _____	61:105
Chicken and Leek Risotto _____	59:97
Chicken Kebabs with Prune Orzo Pilav _____	60:51
Chorizo and Basil Risotto Stuffed Capsicums _____	59:79
Fried Polenta with Creamy Mixed Mushrooms _____	59:101
Italian Sausage and Spinach Filled Pasta _____	60:97
Lamb Ragù with Penne Pasta _____	60:109
Moroccan Spiced Pearl Barley Salad _____	61:44
Orecchiette with Pea, Roasted Almond and Broccoli Pesto _____	58:113
Oven-Baked Pumpkin and Leek Risotto _____	60:80
Pappardelle Bolognese _____	59:97
Pasta _____	59:99
Pork and Fennel Polpetta in Tomato Sauce on Creamy Polenta _____	59:104
Potato Gnocchi with Sage Butter and Pine Nuts _____	59:113
Quinoa Salad and Moroccan Chicken _____	58:109
Roasted Carrots with Yoghurt & Cracked Wheat _____	61:71
Smoked Fish Mac & Cheese (GF) _____	61:113
Spaghetti allo Scoglio _____	59:103
Spaghetti with Lemon, Prawns and Parmesan _____	62:103
Spaghetti with Rocket, Almonds and Tomatoes _____	59:109
Spiced Israeli Couscous Salad with Eggplant, Yoghurt and Harissa _____	58:65
Spinach, Feta and Ricotta Lasagne _____	59:99

PASTRY AND DOUGH

Apple Pie Tray Bake _____	60:83
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Apple, Hazelnut and Rosemary Frangipane Tarts _____	61:38
Baked Cinnamon Sugar Doughnuts _____	62:97
Baklava with Poached Nectarines _____	63:76
Caramelised Pumpkin and Spinach Tart with Paprika, Caraway Seed and Cheese Pastry _____	61:99
Cherry Tomato and Goat's Cheese Galette with Spelt Pastry _____	58:93
Chocolate Profiteroles (GF) _____	61:100
Coconut Custard and Raspberry Tart with Chocolate Pastry _____	61:95
Filo Pastry, Haloumi and Spring Vegetable Tarts _____	62:71
Fresh Cherry Cheesecake Tarts _____	58:114
Mexican Chicken Empanadas (GF) _____	61:95
Mince and Bacon Pies with Crispy Cheese and Rosemary Twists _____	61:103
Mini Donuts in Vanilla Sugar _____	63:87
Nectarine Tart _____	59:82
Olie Bollen - Apple and Sultana Doughnut Balls _____	60:87
Pistachio Pancakes with Clotted Cream _____	60:50
Pizza Dough _____	62:67
Quick Raspberry Swirls with Vanilla Glaze _____	62:95
Quince Paste, Thyme and Goat's Cheese Cigars _____	63:83
Rhubarb and Apple Pie _____	61:93
Sausage, Apple and Parmesan Danish _____	60:99
Tuna and Olive Empanadas _____	61:97
Two Cheese and Olive Tart _____	59:92
Walnut and Apricot Ensaimadas _____	61:99
Walnut Caramel Dumplings with Caramel Sauce and Walnut Praline _____	61:91
White Pizza with Asparagus and Green Olives _____	62:67

PEANUTS — SEE ALSO NUTS

Crispy Peanut and Lamb Skewers _____	63:81
Cucumber and Roasted Peanut Salad _____	61:76
Peanut Butter Cookie Sandwiches _____	62:79

PEAS, SNOWPEAS

Green Pea, Harissa and Coriander Hummus _____	63:111
Orecchiette with Pea, Roasted Almond and Broccoli Pesto _____	58:113
Pea, Ham and Celeriac Soup _____	60:67
Smashed Edamame, Pea and Avocado _____	62:46
Spinach, Pea and Pesto Soup with Parmesan French Toast _____	59:113

PEACHES — see stone fruit**PEARS**

Duck Breast with Pears Two Ways _____	61:83
Fresh Pear, Almond and Ginger Cakes (GF) _____	61:116
Roasted Pear, Blue Cheese and Bresaola Salad _____	60:75
Upside-Down Pear and Almond Cake _____	62:89

PEPPERDEWS — see capsicums**PICKLES, RELISHES AND PRESERVES — see jams, pickles, relishes and preserves****PIES - see also tarts, savoury and tarts, sweet**

Mince and Bacon Pies with Crispy Cheese and Rosemary Twists _____	61:103
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PINEAPPLE

Chilled Coconut and Passionfruit Rice Pudding with Glazed Pineapple _____	58:103
Drunken Pineapple _____	63:47
Fish Kebabs with Pineapple and Lime Salsa _____	63:129
Fresh Pineapple Lemonade _____	58:65

PINE NUTS

Baked Salmon with Green Apple and Pine Nut Salad _____	63:99
Buckwheat and Leek Risotto with Roasted Broccoli and Pine Nuts _____	61:105
Potato Gnocchi with Sage Butter and Pine Nuts _____	59:113
Turkey Breasts with Pine Nut, Preserved Lemon and Fresh Herb Stuffing Balls _____	63:73

PISTACHIOS — see nuts**PIZZAS**

Pizza Dough _____	62:67
White Pizza with Asparagus and Green Olives _____	62:67

POLENTA — see pasta, polenta and grains**PORK**

Char Siu Pork Fillet _____	58:75
Florentine Pork Chops _____	59:111
Hasselback Pork Fillet with Apple, Sage and Bacon _____	63:115
Panzanella with Crispy Sausage and Bocconcini _____	63:129
Pork and Fennel Polpetta in Tomato Sauce on Creamy Polenta _____	59:104
Pork and Kimchi Gyoza _____	63:48
Pork Kimchi Burgers _____	62:107
Pork Steaks with Artichoke Hummus _____	58:107
Pork Steaks with Parsnip and Potato Mash _____	61:109
Pulled Pork _____	62:76
Simple Pork Terrine _____	59:63

POTATOES

Baked Chicken with Potatoes, Olives and Capers _____	61:109
Chorizo and Potato Croquettes _____	60:93
Crispy Cumin Sautéed Potatoes _____	61:76
Crushed Red Potatoes _____	63:73
Fennel, Leek and Potato Gratin _____	59:76
Grilled Crayfish, Potato Skins and Aioli _____	63:91
Honey Mustard Potatoes _____	60:72

Lemon Roasted Potatoes _____	59:68
Pork Steaks with Parsnip and Potato Mash _____	61:109
Potato and Herb Salad _____	59:109
Potato and Silverbeet Gratin _____	61:71
Potato Gnocchi with Sage Butter and Pine Nuts _____	59:113
Potato Skins and Garlic Aioli _____	63:91
Rump Steak with Potato and Herb Salad _____	59:109
Skordalia _____	58:77
Spring Vegetables with Green Curry Broth _____	62:71
Sweet Potato Gratin _____	61:83
Zucchini Pickle and Potato Salad _____	63:115

PROSCIUTTO — *see bacon, ham, prosciutto and pancetta*

PRAWNS — SEE ALSO SEAFOOD

Grilled Prawns and Baby Octopus _____	63:100
Jambalaya _____	62:83
Miso Soup with Prawns and Wakame _____	60:69
Okonomiyaki _____	62:119
Prawn and Kelp Noodle Salad _____	58:65
Prawn, Coconut, Zucchini and Fresh Corn Fritters (GF) _____	58:83
Prawn, Crispy Bacon and Mint Slaw Rolls _____	63:93
Spaghetti allo Scoglio _____	59:103
Spaghetti with Lemon, Prawns and Parmesan _____	62:103
Watermelon and Prawn Salad _____	58:107

PUDDINGS — *see cold desserts, warm desserts*

PUMPKIN

Caramelised Pumpkin and Spinach Tart with Paprika, Caraway Seed and Cheese Pastry _____	61:99
Oven-Baked Pumpkin and Leek Risotto _____	60:80
Pumpkin and White Bean Soup with Ricotta and Sage Fritters _____	60:64
Pumpkin Spiced Waffles with Roasted Fruit and Vanilla Mascapone (GF) _____	62:99
Quinoa Pilaf with Slow Roasted Turmeric Onions, Goat's Cheese, Pumpkin and Mint _____	61:105
Roasted Tomato, Pumpkin and Capsicum Soup _____	59:76
Spiced Pumpkin Cheesecake _____	60:87

QUINOA

Quinoa Pilaf with Slow Roasted Turmeric Onions, Goat's Cheese, Pumpkin and Mint _____	61:105
Quinoa Salad and Moroccan Chicken _____	58:109
Quinoa Temaki Roll with Smoked Salmon, Tamari Seeds and Wasabi Mayo (GF) _____	60:102
Quinoa, Kale and Basil Burgers in Cos Leaves _____	58:93
Roast Chicken with Quinoa, Corn and Almond Stuffing _____	61:81

RAISINS AND SULTANAS

Olie Bollen – Apple and Sultana Doughnut Balls _____	60:87
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RASPBERRIES AND STRAWBERRIES

Champagne Raspberry Jelly _____	63:33
Coconut Custard and Raspberry Tart with Chocolate Pastry _____	61:95
Muscovado Sugar Meringues with Vanilla Mascapone and Strawberries _____	63:119
Orange and Rosewater Baked Yoghurt with Roasted Strawberries and Rhubarb _____	63:116
Quick Raspberry Swirls with Vanilla Glaze _____	62:95
Raspberry and White Chocolate Truffles _____	63:103
Raspberry Coulis _____	63:87
Strawberry and Rosé Wine Granita _____	58:103
Summer Strawberry Pimm's Cake _____	58:101
Trifle Layered with Lemon Cream and Raspberries with Baby Meringue Topping _____	63:78
Vanilla and Raspberry Baked Custards _____	58:101
White Christmas Sangria _____	63:82

RHUBARB

Orange and Rosewater Baked Yoghurt with Roasted Strawberries and Rhubarb _____	63:116
Pumpkin Spiced Waffles with Roasted Fruit and Vanilla Mascapone (GF) _____	62:99
Rhubarb and Apple Pie _____	61:93
Ricotta, Almond and Rhubarb Cake (GF) _____	62:93
Simple Rhubarb Tarts _____	62:110

RICE

Beetroot Risotto with Gorgonzola Picante and Crumbled Walnuts _____	59:101
Buckwheat and Leek Risotto with Roasted Broccoli and Pine Nuts _____	61:105
Chicken and Leek Risotto _____	59:97
Chilled Coconut and Passionfruit Rice Pudding with Glazed Pineapple _____	58:103
Chorizo and Basil Risotto Stuffed Capsicums _____	59:79
Cinnamon Rice Pudding with Almond Crumble _____	61:85
Jambalaya _____	62:83
Kale, Brown Rice and Avocado Salad with Miso and Tahini Dressing _____	60:79
Oven-Baked Pumpkin and Leek Risotto _____	60:80
Rice with Puy Lentils and Roasted Nuts _____	61:71

RICOTTA — *see also cheeses*

Grilled Peach and Salted Ricotta Salad with Shredded Roast Chicken _____	63:71
Middle Eastern Yoghurt Flatbread with Silverbeet and Ricotta _____	60:77
Pumpkin and White Bean Soup with Ricotta and Sage Fritters _____	60:64
Ricotta, Almond and Rhubarb Cake (GF) _____	62:93
Ricotta, Citrus and Almond Cake (GF) _____	59:85
Spinach, Feta and Ricotta Lasagne _____	59:99

ROCKET

Spaghetti with Rocket, Almonds and Tomatoes _____	59:109
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SAGE

Burrata and Greens with Burnt Butter, Sizzled Sage and Citrus Peel _____	63:76
Hasselback Pork Fillet with Apple, Sage and Bacon _____	63:115
Potato Gnocchi with Sage Butter and Pine Nuts _____	59:113
Pumpkin and White Bean Soup with Ricotta and Sage Fritters _____	60:64

SALADS, MEAT AND FISH

Avocado Bruschetta with Smoked Chicken and Mint Salad _____	63:125
Crispy-Skinned Roast Duck with Lychee, Watermelon and Watercress Salad _____	63:71
Grilled Peach and Salted Ricotta Salad with Shredded Roast Chicken _____	63:71
Panzanella with Crispy Sausage and Bocconcini _____	63:129
Prawn and Kelp Noodle Salad _____	58:65
Quinoa Salad and Moroccan Chicken _____	58:109
Roasted Pear, Blue Cheese and Bresaola Salad _____	60:75
Roasted Tomatoes and Mozzarella with Warm Sage and Anchovy Dressing _____	59:87
Soba Noodle Salad with Miso and Sesame Dressing _____	60:102
Watermelon and Prawn Salad _____	58:107

SALADS, VEGETABLE

Asian Green Salad _____	58:111
Barley, Sweetcorn & Avocado Salad Tossed with Chilli Lime Dressing _____	62:42
Beetroot and Pistachio Salad with Blue Cheese Snow _____	61:85
Cucumber and Roasted Peanut Salad _____	61:76
Farm Salad with Feta _____	63:100
Green Bean, Celery and Egg Salad _____	59:68
Kale and Mixed Seed Salad _____	61:111
Kale, Brown Rice and Avocado Salad with Miso and Tahini Dressing _____	60:79
Lettuce Salad, Ranch Dressing, Worcestershire Sauce _____	58:78
Market Salad with Green Goddess Dressing _____	62:81
Moroccan Spiced Pearl Barley Salad _____	61:44
Mozzarella Salad with Balsamic Roasted Grapes _____	63:111
Mozzarella with Pickled Green Tomato and Fennel Salad _____	59:91
Potato and Herb Salad _____	59:109
Roasted Mushroom and Lentil Salad _____	59:75
Shaved Asparagus, Chickpea and Avocado Salad with Soft Eggs _____	62:69
Shredded Mixed Salad _____	62:108
Spiced Israeli Couscous Salad with Eggplant, Yoghurt and Harissa _____	58:65

Summer Yoga Bowls _____ 58:96
Winter Greens Salad with Mint Dressing ____ 61:70

SALMON

Baked Salmon with Green Apple and Pine Nut Salad _____ 63:99
Ginger and Caramel Salmon with Asian Greens _____ 60:109
Hot Smoked Salmon, Spinach and Tarragon Pie _____ 62:69
Quinoa Temaki Roll with Smoked Salmon, Tamari Seeds and Wasabi Mayo (GF) _____ 60:102

SAVOURY SAUCES, SALSAS AND TOPPINGS — see also butters, dressings and mayonnaises

Apple and Broad Bean Salsa _____ 62:76
Artichoke Hummus _____ 58:107
Barbecue Sauce _____ 58:78
Béchamel Sauce _____ 59:99
Beetroot Relish _____ 58:78
Broad Bean Salsa _____ 62:65
Caper and Olive Salsa _____ 60:80
Cashew Nut and Onion Gravy _____ 60:105
Chilli Salsa _____ 60:95
Dukkah _____ 63:105
Green Olive, Jalapeño and Tomato Salsa ____ 58:85
Green Pea, Harissa and Coriander Hummus _____ 63:111
Green Salsa _____ 60:105
Hazelnut and Smoked Paprika Dressing ____ 58:69
Herb Salsa _____ 61:114
Pea, Roasted Almond and Broccoli Pesto _ 58:113
Pico de Gallo _____ 62:81
Raw Kasundi Sauce _____ 61:46
Red Chimichurri _____ 61:81
Red Wine and Berry Pan Sauce _____ 60:111
Roasted Beetroot, Walnut and Horseradish Spread _____ 58:95
Smoked Fish Hummus _____ 63:109
Smoked Mussel Paté _____ 58:69
Smoky Bourbon Barbecue Sauce _____ 63:106
Three Herb and Caper Sauce _____ 61:81
Yoghurt Cream _____ 59:41

SAUSAGES, CHORIZO, SALAMI

Beef and Chorizo Burgers _____ 58:111
Chicken Sausages with Lentils, Walnuts and Feta _____ 60:95
Chorizo and Basil Risotto Stuffed Capsicums _____ 59:79
Chorizo and Potato Croquettes _____ 60:93
Cider and Honey Glazed Chorizo _____ 60:95
Hotdogs with Caraway and Pale Ale _____
Onions _____ 60:95
Italian Sausage and Spinach Filled Pasta ____ 60:97
Jambalaya _____ 62:83

Merguez Sausage and Green Olive Tagine __ 60:91
Panzanella with Crispy Sausage and Bocconcini _____ 63:129
Sausage, Apple and Parmesan Danish ____ 60:99
Scallop and Chorizo Tapas _____ 58:86
Warm Black Pudding Sausage and White Bean Salad _____ 60:97

SCALLOPS, CLAMS

Barbecued Scallops with Miso Spring Onion Butter _____ 62:119
Clam Chowder _____ 62:76
Garlic and Herb Butter Grilled Clams ____ 63:93
Scallop and Chorizo Tapas _____ 58:86
Scallop Tostadas _____ 63:97
Spaghetti allo Scoglio _____ 59:103

SEAFOOD — see also fish, prawns, salmon

Aromatic Olive Oil Poached Tuna _____ 58:85
Baby Snapper with Green Olive, Jalapeño and Tomato Salsa _____ 58:85
Baked Salmon with Green Apple and Pine Nut Salad _____ 63:99
Barbecued Scallops with Miso Spring Onion Butter _____ 62:119
Bloody Mary Oyster Shooters _____ 63:95
Clam Chowder _____ 62:76
Coconut and Tamarind Fish Curry _____ 61:75
Fish Kebabs with Pineapple and Lime Salsa _____ 63:129
Fish Tacos with Pico de Gallo _____ 62:81
Fish with White Beans and Olives _____ 62:110
Fish, Fennel and Mussel Soup _____ 60:71
Garlic and Herb Butter Grilled Clams ____ 63:93
Ginger and Caramel Salmon with Asian Greens _____ 60:109
Grilled Crayfish, Potato Skins and Aioli ____ 63:91
Grilled Mussels with Herb, Garlic and Lemon Crumbs _____ 58:88
Grilled Prawns and Baby Octopus _____ 63:100
Hot Smoked Salmon, Spinach and Tarragon Pie _____ 62:69
Jambalaya _____ 62:83
Lemongrass and White Fish Kofta _____ 58:111
Lime Ceviche with Green Relish _____ 58:83
Miso Soup with Prawns and Wakame _____ 60:69
Mussel Escabeche _____ 63:91
Mussels with Cider and Tarragon _____ 63:125
Okonomiyaki _____ 62:119
Panfried Fish with Borlotti Beans and Capers _____ 59:115
Prawn and Kelp Noodle Salad _____ 58:65
Prawn, Coconut, Zucchini and Fresh Corn Fritters (GF) _____ 58:83
Prawn, Crispy Bacon and Mint Slaw Rolls __ 63:93
Quinoa Temaki Roll with Smoked Salmon, Tamari Seeds and Wasabi Mayo (GF) _____ 60:102

Roasted Chicken Breast with Asparagus and Anchovy Walnut Cream _____ 62:65
Scallop and Chorizo Tapas _____ 58:86
Scallop Tostadas _____ 63:97
Sesame and Furikake Tuna _____ 63:97
Smoked Fish Hummus _____ 63:109
Smoked Fish Mac & Cheese (GF) _____ 61:113
Smoked Mussel Paté _____ 58:69
Soy and Ginger Fish with Mushrooms and Greens _____ 61:109
Spaghetti allo Scoglio _____ 59:103
Spaghetti with Lemon, Prawns and Parmesan _____ 62:103
Spiced Tuna, Avocado and Kimchi Taco ____ 58:46
Steamed Fish and Couscous Parcels ____ 60:107
Tomatillo and Cucumber Oyster Shooters _ 63:95
Tuna and Olive Empanadas _____ 61:97
Turmeric Fish Banh Mi _____ 58:83
Watermelon and Prawn Salad _____ 58:107

SESAME

Sesame and Furikake Tuna _____ 63:97

SILVERBEET, CHARD AND KALE

Kale and Mixed Seed Salad _____ 61:111
Kale, Brown Rice and Avocado Salad with Miso and Tahini Dressing _____ 60:79
Middle Eastern Yoghurt Flatbread with Silverbeet and Ricotta _____ 60:77
Potato and Silverbeet Gratin _____ 61:71
Quinoa, Kale and Basil Burgers in Cos Leaves _____ 58:93
Winter Greens Salad with Mint Dressing ____ 61:70

SKEWERS — see kebabs and skewers

SMOKED FISH

Smoked Fish Hummus _____ 63:109
Smoked Fish Mac & Cheese (GF) _____ 61:113

SOUPS

Borscht - Beef and Beetroot Soup _____ 60:69
Chilled Avocado, Cucumber and Melon Soup _____ 58:69
Clam Chowder _____ 62:76
Fish, Fennel and Mussel Soup _____ 60:71
Harira _____ 60:67
Miso Soup with Prawns and Wakame _____ 60:69
Pea, Ham and Celeriac Soup _____ 60:67
Pho - Vietnamese Beef Soup _____ 60:64
Pumpkin and White Bean Soup with Ricotta and Sage Fritters _____ 60:64
Roasted Tomato, Pumpkin and Capsicum Soup _____ 59:76
Spicy Red Lentil and Carrot Soup with Chickpea Falafel _____ 62:105
Spring Vegetables with Green Curry Broth . 62:71
Vegetable and Meatball Soup (GF) _____ 61:114

Watercress, Spinach and Apple Soup _____ 60:72

SOY SAUCE

Brussels Sprouts with Lime, Chilli and Soy _ 60:75

Soy and Five-Spice Fried Chicken (GF) ____ 63:125

Soy and Ginger Fish with Mushrooms and Greens _____ 61:109

SPINACH

Baked Spinach and Feta Loaf _____ 58:62

Caramelised Pumpkin and Spinach Tart with Paprika, Caraway Seed and Cheese Pastry 61:99

Hot Smoked Salmon, Spinach and Tarragon Pie _____ 62:69

Italian Sausage and Spinach Filled Pasta____ 60:97

Spinach, Feta and Ricotta Lasagne _____ 59:99

Spinach, Pea and Pesto Soup with Parmesan French Toast _____ 59:113

Turkish Eggs with Spinach, Chilli and Yoghurt Cream _____ 59:41

Watercress, Spinach and Apple Soup _____ 60:72

Winter Greens Salad with Mint Dressing ____ 61:70

SPREADS

Artichoke Hummus _____ 58:107

Green Pea, Harissa and Coriander Hummus _____ 63:111

Roasted Beetroot, Walnut and Horseradish Spread _____ 58:95

Smashed Edamame, Pea and Avocado ____ 62:46

Smoked Fish Hummus _____ 63:109

Whipped Carrot and Miso Dip _____ 63:111

STONE FRUIT — *apricots, cherries, nectarines, peaches, plums*

Baklava with Poached Nectarines _____ 63:76

Fresh Cherry Cheesecake Tarts _____ 58:114

Gluten- and Dairy-Free Trifle with Coconut Custard and Roasted Fruit _____ 63:121

Grilled Peach and Salted Ricotta Salad with Shredded Roast Chicken _____ 63:71

Nectarine Tart _____ 59:82

Walnut and Apricot Ensaimadas _____ 61:99

White Christmas Sangria _____ 63:82

STRAWBERRIES — *See raspberries and strawberries*

SWEETCORN

Barley, Sweetcorn & Avocado Salad Tossed with Chilli Lime Dressing _____ 62:42

Prawn, Coconut, Zucchini and Fresh Corn Fritters (GF) _____ 58:83

Roast Chicken with Quinoa, Corn and Almond Stuffing _____ 61:81

SWEETS

Raspberry and White Chocolate Truffles _ 63:103

SWEET SAUCES, SYRUPS AND TOPPINGS

Chocolate Fudge Sauce _____ 63:87

Fudge Sauce _____ 62:85

Passionfruit Syrup _____ 62:89

Raspberry Coulis _____ 63:87

Raw Cacao Sauce _____ 58:96

Salted Caramel Sauce _____ 62:97

Salted Caramel Sauce _____ 63:87

Sweet Dukkah _____ 63:105

TAGINES

Merguez Sausage and Green Olive Tagine __ 60:91

TARRAGON

Chicken with Mushrooms and Tarragon ____ 60:111

Hot Smoked Salmon, Spinach and Tarragon Pie _____ 62:69

Mussels with Cider and Tarragon _____ 63:125

Rockmelon and Tarragon Yoghurt Sorbet . 58:105

Tarragon and Parmesan Crumbed Portobello Mushrooms (GF) _____ 61:83

TARTS, SAVOURY

Artichoke, Ham and Herb Tart _____ 59:64

Caramelised Pumpkin and Spinach Tart with Paprika, Caraway Seed and Cheese Pastry _ 61:99

Cherry Tomato and Goat's Cheese Galette with Spelt Pastry _____ 58:93

Filo Pastry, Haloumi and Spring Vegetable Tarts _____ 62:71

Two Cheese and Olive Tart _____ 59:92

TARTS, SWEET

Apple, Hazelnut and Rosemary Frangipane Tarts _____ 61:38

Caramel and Hazelnut Tarts _____ 61:97

Chocolate Frangipane Tart with Berries (GF) _____ 63:144

Coconut Custard and Raspberry Tart with Chocolate Pastry _____ 61:95

Fresh Cherry Cheesecake Tarts _____ 58:114

Nectarine Tart _____ 59:82

Simple Rhubarb Tarts _____ 62:110

THYME

Quince Paste, Thyme and Goat's Cheese Cigars _____ 63:83

TOMATOES

Baby Snapper with Green Olive, Jalapeño and Tomato Salsa _____ 58:85

Blistered Tomatoes with Orange and Black Olives _____ 63:109

Cherry Tomato and Goat's Cheese Galette with Spelt Pastry _____ 58:93

Mozzarella with Pickled Green Tomato and Fennel Salad _____ 59:91

Paneer with Tomato, Cashew Nut and Onion Gravy _____ 60:105

Pork and Fennel Polpette in Tomato Sauce on Creamy Polenta _____ 59:104

Roasted Tomato, Pumpkin and Capsicum Soup _____ 59:76

Roasted Tomatoes and Mozzarella with Warm Sage and Anchovy Dressing _____ 59:87

Spaghetti with Rocket, Almonds and Tomatoes _____ 59:109

Tomatillo and Cucumber Oyster Shooters _ 63:95

TORTILLAS

Asian Beef and Mountain Bread Wraps ____ 61:113

Fish Tacos with Pico de Gallo _____ 62:81

Steak and Green Salsa Tacos _____ 60:105

TUNA — *see also Fish, Seafood*

Aromatic Olive Oil Poached Tuna _____ 58:85

Spiced Tuna, Avocado and Kimchi Taco ____ 58:46

Tuna and Olive Empanadas _____ 61:97

VANILLA

Mini Donuts in Vanilla Sugar _____ 63:87

Muscovado Sugar Meringues with Vanilla Mascarpone and Strawberries _____ 63:119

Pumpkin Spiced Waffles with Roasted Fruit and Vanilla Mascarpone (GF) _____ 62:99

Quick Raspberry Swirls with Vanilla Glaze _ 62:95

Vanilla and Raspberry Baked Custards ____ 58:101

Vanilla Flan _____ 61:88

Vegan 'Cheesecake' with Almond and Pistachio Base, Ginger Vanilla Filling _____ 63:119

VEGETABLES — *see also individual vegetables, salads*

Asian Green Salad _____ 58:111

Baked Sicilian Eggplants _____ 59:79

Barley, Sweetcorn & Avocado Salad Tossed with Chilli Lime Dressing _____ 62:42

Beetroot and Pistachio Salad with Blue Cheese Snow _____ 61:85

Beetroot Risotto with Gorgonzola Picante and Crumbled Walnuts _____ 59:101

Blistered Tomatoes with Orange and Black Olives _____ 63:109

Brussels Sprouts with Lime, Chilli and Soy _ 60:75

Buckwheat and Leek Risotto with Roasted Broccoli and Pine Nuts _____ 61:105

Burrata and Greens with Burnt Butter, Sizzled Sage and Citrus Peel _____ 63:76

Chilled Avocado, Cucumber and Melon Soup _____ 58:69

Crispy Cumin Sautéed Potatoes _____ 61:76

Crushed Red Potatoes _____ 63:73

Cucumber and Roasted Peanut Salad _____ 61:76

Eggplant Polpettine _____ 59:81

Farm Salad with Feta _____ 63:100

Fennel, Leek and Potato Gratin _____ 59:76

Fried Polenta with Creamy Mixed Mushrooms _____ 59:101

Fried Zucchini with Lemon, Chilli and Mint _ 59:76

Greek-Style Braised Green Beans _____ 63:133

Green Bean, Celery and Egg Salad _____ 59:68

Grilled Mushrooms _____ 58:78

Herb Crêpes with Mushrooms and Soft Cheese
62:107

Honey Mustard Potatoes _____ 60:72

Honey-Roasted Carrots with Dates, Dandelions
and Moroccan Dressing _____ 59:42

Jalapeño Onions _____ 58:111

Kale and Mixed Seed Salad _____ 61:111

Kale, Brown Rice and Avocado Salad with
Miso and Tahini Dressing _____ 60:79

Kumara Fries _____ 63:125

Lemon Roasted Potatoes _____ 59:68

Lettuce Salad, Ranch Dressing,
Worcestershire Sauce _____ 58:78

Market Salad with Green Goddess
Dressing _____ 62:81

Mozzarella with Pickled Green Tomato and
Fennel Salad _____ 59:91

Nic's Cucumber Chilli Pickle _____ 63:48

Orecchiette with Pea, Roasted Almond and
Broccoli Pesto _____ 58:113

Oven-Baked Pumpkin and Leek Risotto ____ 60:80

Potato and Herb Salad _____ 59:109

Potato and Silverbeet Gratin _____ 61:71

Potato Gnocchi with Sage Butter and
Pine Nuts _____ 59:113

Potato Skins and Garlic Aioli _____ 63:91

Pumpkin and White Bean Soup with Ricotta and
Sage Fritters _____ 60:64

Quinoa Pilaf with Slow Roasted Turmeric Onions,
Goat's Cheese, Pumpkin and Mint _____ 61:105

Quinoa, Kale and Basil Burgers in
Cos Leaves _____ 58:93

Roasted Broccolini _____ 61:76

Roasted Broccolini and Chickpeas with
Parmesan _____ 59:75

Roasted Capsicums _____ 58:77

Roasted Carrots with Yoghurt &
Cracked Wheat _____ 61:71

Roasted Cauliflower with Caper and
Olive Salsa _____ 60:80

Roasted Mushroom and Lentil Salad ____ 59:75

Roasted Red Cabbage with Hazelnut
Dressing _____ 61:73

Roasted Tomato, Pumpkin and
Capsicum Soup _____ 59:76

Roasted Tomatoes and Mozzarella with Warm
Sage and Anchovy Dressing _____ 59:87

Shaved Asparagus, Chickpea and Avocado Salad
with Soft Eggs _____ 62:69

Shredded Mixed Salad _____ 62:108

Skordalia _____ 58:77

Slivered Asparagus and Green Beans ____ 63:73

Smashed Edamame, Pea and Avocado ____ 62:46

Spaghetti with Rocket, Almonds and
Tomatoes _____ 59:109

Spiced Israeli Couscous Salad with Eggplant,
Yoghurt and Harissa _____ 58:65

Spicy Red Lentil and Carrot Soup with Chickpea
Falafel _____ 62:105

Spinach, Pea and Pesto Soup with Parmesan
French Toast _____ 59:113

Spring Vegetables with Green Curry Broth . 62:71

Summer Yoga Bowls _____ 58:96

Sweet Potato Gratin _____ 61:83

Tarragon and Parmesan Crumbed Portobello
Mushrooms (GF) _____ 61:83

Watercress, Spinach and Apple Soup ____ 60:72

White Pizza with Asparagus and
Green Olives _____ 62:67

Winter Greens Salad with Mint Dressing ____ 61:70

Zucchini Pickle and Potato Salad _____ 63:115

VENISON

Venison Medallions with Red Wine and
Berry Pan Sauce _____ 60:111

WALNUTS

Beetroot Risotto with Gorgonzola Picante and
Crumbled Walnuts _____ 59:101

Chicken Sausages with Lentils, Walnuts
and Feta _____ 60:95

Roasted Beetroot, Walnut and Horseradish
Spread _____ 58:95

Roasted Chicken Breast with Asparagus and
Anchovy Walnut Cream _____ 62:65

Walnut and Apricot Ensaimadas _____ 61:99

Walnut Caramel Dumplings with Caramel Sauce
and Walnut Praline _____ 61:91

WARM DESSERTS AND PUDDINGS

Apple Pie Tray Bake _____ 60:83

Baked Banana and Chocolate Puddings ____ 60:112

Blueberry and Banana Bread Pudding ____ 59:116

Cinnamon Rice Pudding with Almond
Crumble _____ 61:85

Dark Chocolate, Fig and Whiskey Self-Saucing
Pudding _____ 60:88

Double-Baked Chocolate Soufflés with Whiskey
Chocolate Sauce _____ 61:91

Drunken Pineapple _____ 63:47

Fresh Cherry Cheesecake Tarts _____ 58:114

Mini Donuts in Vanilla Sugar _____ 63:87

Olie Bollen - Apple and Sultana
Doughnut Balls _____ 60:87

Rhubarb and Apple Pie _____ 61:93

Simple Rhubarb Tarts _____ 62:110

Walnut Caramel Dumplings with Caramel Sauce
and Walnut Praline _____ 61:91

WASABI

Quinoa Temaki Roll with Smoked Salmon, Tamari
Seeds and Wasabi Mayo (GF) _____ 60:102

WATERCRESS

Crispy-Skinned Roast Duck with Lychee,
Watermelon and Watercress Salad _____ 63:71

Watercress, Spinach and Apple Soup ____ 60:72

WATERMELON — see melon

WINE, RED AND WHITE

Berry Christmas 63:83

Champagne Raspberry Jelly _____ 63:33

Gold Leaf Moscato Jelly _____ 63:33

Strawberry and Rosé Wine Granita ____ 58:103

Venison Medallions with Red Wine and
Berry Pan Sauce _____ 60:111

White Christmas Sangria _____ 63:82

YOGHURT

Carrot, Parsnip and Cumin Rosti with Poached
Eggs and Black Pepper Labne (GF) _____ 62:99

Cured Lambs' Tongues, Roasted Beetroot and
Mandarin Salad with Seasoned Yoghurt ____ 60:32

Middle Eastern Yoghurt Flatbread with
Silverbeet and Ricotta _____ 60:77

Orange and Rosewater Baked Yoghurt with
Roasted Strawberries and Rhubarb ____ 63:116

Roasted Carrots with Yoghurt & Cracked
Wheat _____ 61:71

Rockmelon and Tarragon Yoghurt Sorbet . 58:105

Spiced Israeli Couscous Salad with Eggplant,
Yoghurt and Harissa _____ 58:65

Turkish Eggs with Spinach, Chilli and Yoghurt
Cream _____ 59:41

Yoghurt Cream _____ 59:41

ZUCCHINI

Filo Pastry, Haloumi and Spring Vegetable
Tarts _____ 62:71

Fried Zucchini with Lemon, Chilli and Mint . 59:76

Lemon and Basil Chicken with String Beans and
Zucchini _____ 59:109

Pepper Steak and Grilled Zucchini Tartine . 58:69

Prawn, Coconut, Zucchini and Fresh Corn
Fritters (GF) _____ 58:83

Spring Vegetables with Green Curry Broth . 62:71

Zucchini Pickle and Potato Salad _____ 63:115