



Bluey's CAFE 

Prepare and present
simple dishes

Recipe Book

Table of Contents

BAKED	3
MELTING MOMENTS (SERVES 8)	3
CHOCOLATE BROWNIES (SERVES 16).....	4
DEEP FRIED	5
TEMPURA PRAWN SUSHI (SERVES 4).....	5
FISH AND CHIPS WITH TARTARE SAUCE (4 SERVES)	7
PASTA OR NOODLES.....	8
FETTUCINE CARBONARA (SERVES 4).....	8
SPAGHETTI BOLOGNAISE (SERVES 4).....	9
POACHED EGGS.....	10
POACHED EGGS (SERVES 2).....	10
CLASSIC EGGS BENEDICT (SERVES 4).....	11
ROASTED	12
GREEK-STYLE ROAST CHICKEN (SERVES 4).....	12
STICKY WINGS AND POTATO WEDGES (SERVES 4).....	14
SALADS	15
CAJUN-STYLE CHICKEN SALAD (SERVES 4).....	15
KARAAGE CHICKEN SALAD BOWL (SERVES 6).....	17
SANDWICHES	19
AUSSIE BURGER WITH THE LOT (SERVES 4).....	19
BACON AVOCADO SANDWICH (SERVES 2)	20
SOUP	21
VEGETABLE STOCK (MAKES 6 CUPS).....	21
MINISTRONE SOUP (SERVES 6).....	22



MELTING MOMENTS (SERVES 8)

QTY	INGREDIENTS	QTY	INGREDIENTS
250 g	Butter, softened	BUTTERCREAM	
1/2 cup	Icing Sugar	80 g	Butter
1/2 cup	Cornflour	2/3 cup	Icing Sugar
1 1/2 cups	Plain Flour	1 tsp	Lemon rind (grated)
1 tsp	Vanilla Essence	1 tsp	Lemon Juice
	Icing Sugar for dusting		

METHOD

STEP 1	Preheat oven to 160°C.
STEP 2	Beat butter, essence and sifted icing sugar in a small bowl with an electric mixer until light and fluffy.
STEP 3	Stir in combined sifted flours in two batches. With floured hands, roll 2-level-teaspoon portions of the mixture into balls and place about 3cm apart on baking-paper-lined oven trays. Flatten slightly with a floured fork.
STEP 4	BAKE for approximately 15 minutes or until biscuits are a pale straw colour. Stand for 5 minutes before lifting out onto a wire rack to cool.
STEP 5	To make buttercream, beat butter, icing sugar and lemon rind in a small bowl with an electric mixer until pale and fluffy. Beat in juice.
STEP 6	Sandwich biscuits together with a tsp of buttercream to serve. Dust with some extra icing sugar to GARNISH

NOTES, TRENDS, TIPS AND SERVING SUGGESTIONS

- Garnish with icing sugar
- For a delicious variation, substitute tangelo rind and juice for the lemon. Tangelos are a tangerine and grapefruit hybrid that has a fragrant, almost floral- tasting rind and slightly acidic juice.
- Use margarine instead of butter for a dairy free option or a dairy/lactose free option

Mise en place	10 - 15 mins
Cooking Time	30 - 40 mins



CHOCOLATE BROWNIES (SERVES 16)

QUANTITY	INGREDIENTS
200 g	Butter, chopped
200 g	Dark Chocolate, chopped
1 cup	Brown Sugar
3	Eggs, lightly beaten
1 tsp	Vanilla Extract
3/4 cup	Plain Flour
2 tbsp	Cocoa Powder
1/4 cup	Pecans, chopped

METHOD

STEP 1	Preheat oven to 180°C. Lightly grease and line an 18cm square cake pan, allowing the paper to extend 2cm above the edge of the pan. Roughly chop the chocolate.
STEP 2	Heat butter, chocolate, and sugar together in a saucepan over low heat, stirring constantly, until melted and smooth. Transfer to a bowl. Set aside to cool slightly.
STEP 3	Add eggs and vanilla to the chocolate mixture. Mix well. Sift flour and cocoa into the mixture, stirring to combine. Pour mixture into prepared pan. Sprinkle with pecans.
STEP 4	BAKE for 20-25 mins, until just firm. Set aside to cool. Once cooled, lift out. Cut into squares, GARNISH with icing sugar and serve.

NOTES, TRENDS, TIPS AND SERVING SUGGESTIONS	<ul style="list-style-type: none"> • Garnish with icing sugar • For a gluten free option almond meal can be used instead of flour • Pecans can be swapped with walnuts or removed for a nut free option • Can be served warm with a side of vanilla bean ice cream and berries
--	--

Mise en place	15 - 20 mins
Cooking Time	20 - 30 mins



TEMPURA PRAWN SUSHI (SERVES 4)

QTY	INGREDIENTS	FOR THE FILLING	
1 cup	Sushi Rice (Short grain)	3	Nori sheets
1/4 cup	Rice Vinegar	1/2	Cucumber, SLICED into matchsticks
1 tbsp	Caster Sugar	1 tbsp	Chives
1/2 tsp	Salt	1	Carrot, SLICED into matchsticks
MAYONNAISE DIP		100g	Defrosted Frozen Prawns
4 tbsp	Mayonnaise	1	Egg
2 tsp	Sriracha Sauce	1 cup	Plain Flour
1/4 tsp	Sesame Oil	1 1/2 cups	Ice cold Soda Water

METHOD

- STEP 1** Pre-heat deep fryer to 160°C
- STEP 2** **BOIL** the sushi rice as per the packet's instructions. Allow the rice to cool in the fridge.
- STEP 3** **SLICE** the carrots and cucumber into matchsticks. Set aside.
- STEP 4** In a bowl whisk the egg and salt. Add a cup of flour and pour the icy cold soda water into the bowl and lightly mix. (Some clumps are fine)
- STEP 5** Dust the **THAWED** prawns with flour then quickly dip in the **BATTER**. Carefully place the battered prawns into the hot deep fryer to **DEEP-FRY**. Fry until the batter becomes crispy and slightly golden and prawns are fully cooked through.
- STEP 6** Fry in batches using a metal sieve or spider to scoop out extra batter from the hot oil between batches. Place cooked tempura prawns on a paper towel lined tray.
- STEP 7** For spicy mayo dip, whisk all ingredients together in a small bowl. To assemble sushi, place nori sheet on a bamboo mat, layer with an even layer of sushi rice leaving a 1cm gap at the top of the sheet. Line the tempura prawn, carrot, cucumber, and chives on the rice. Lightly wet the 1cm gap of nori (this will act as a glue for the nori to stick to itself). and roll it up tightly. Use a sharp knife to cut the sushi into rounds and serve with spicy mayo dip.

NOTES, TRENDS, TIPS AND SERVING SUGGESTIONS	<ul style="list-style-type: none">• Garnish with sesame seeds or micro herbs• Can be served with wasabi on the side or soy sauce• Can tempura vegetables instead to make dish vegetarian• Can swap prawns for chicken as an alternative
Mise en place	10 - 15 mins
Cooking Time	15 - 20 mins



FISH AND CHIPS WITH TARTARE SAUCE (4 SERVES)

QTY	INGREDIENTS	TARTARE SAUCE	
200 g	Frozen Chips	1 cup	Mayonnaise
800 g	Defrosted Skinless Flathead Fillets, cut into long strips	2 tbsp	Dill, chopped
185 g	Plain Flour, plus extra for dusting	2 tbsp	Parsley, chopped
330 ml	Icy cold Soda Water	2 tbsp	Capers, finely chopped
2 tsp	Salt	2 tbsp	Dill Pickles finely chopped
		1/2	Small Red Onion, PEELED and finely diced
		2 tbsp	Lemon Juice
		1 tsp	Worcestershire Sauce
			Salt and Pepper to taste

METHOD

STEP 1	Pre-heat deep fryer to 180°C.
STEP 2	To make the tartare sauce, add the mayonnaise, dill, parsley, capers, dill pickles, red onion, lemon juice and Worcestershire sauce in a bowl. Mix until well combined and season to taste.
STEP 3	In a sperate bowl add the plain flour. Whisk in the cold soda water and 2 teaspoons of salt until smooth.
STEP 4	Dust the THAWED flathead fillets in the flour. Dip into the BATTER ensuring it is fully coated, then one at a time, allowing excess to drain off. Carefully place into the hot fryer oil to DEEP-FRY . Cook the fish, in batches, if necessary, for 3-4 minutes until golden and crisp, then drain on paper towel.
STEP 5	Once the fish is cooked, fry the chips until nice golden colour. Season with salt. Plate your fish and chips on appropriate service wear with tartare in a ramekin.

NOTES, TRENDS, TIPS AND SERVING SUGGESTIONS

- Garnish with parsley, spices or herbs
- Grilling the fish is a healthier option than deep frying
- Sweet potato chips are very trendy at the moment and have less carbs than white potatoes

Mise en place	10 - 15 mins
Cooking Time	10 - 15 mins



FETTUCINE CARBONARA (SERVES 4)

QTY	INGREDIENTS	QTY	INGREDIENTS
375 g	Fettuccine Pasta	2	Egg Yolks
20 g	Butter	1/2 cup	Cooking Cream
175 g	Shortcut Bacon Rashers, chopped	1/3 cup	Parmesan Cheese, finely grated
2	Garlic Cloves, PEELED and crushed	2 tsp	Fresh Rosemary, finely chopped
2	Eggs		Salt and Pepper to taste

METHOD

- STEP 1** **BOIL** the fettuccine in a large saucepan of boiling water following the packet directions or until al dente to **RE-CONSTITUTE**. Drain pasta in colander and rinse. Set aside.
- STEP 2** Chop bacon and **PEEL** then crush the garlic. Set aside. Finely chop rosemary.
- STEP 3** Melt butter in a frying pan over medium heat. Add bacon, cook for 4 minutes or until golden, add garlic and rosemary. Cook, stirring for 1 minute or until fragrant.
- STEP 4** Whisk eggs, yolks, cream, and parmesan in a bowl. Season with salt and pepper.
- STEP 5** Place pasta in a frying pan with bacon mixture, add egg mixture, cook, tossing over low heat and **SHALLOW-FRY** for 1 minute or until sauce thickens and coats pasta. **GARNISH** with flat-leaf parsley before serving.

- | | |
|--|---|
| NOTES, TRENDS, TIPS AND SERVING SUGGESTIONS | <ul style="list-style-type: none"> • Garnish with flat-leaf parsley to make the dish look appealing • Gluten Free pasta can be used as a gluten-free alternative • Bacon can be left out to make the dish vegetarian |
|--|---|

Mise en place	5 - 10 mins
Cooking Time	15 - 20 mins



SPAGHETTI BOLOGNAISE (SERVES 4)

QTY	INGREDIENTS	QTY	INGREDIENTS
350 g	Spaghetti	4 slices	Prosciutto, chopped
500 g	Beef Mince	1 tsp	Garlic Powder
500 g	Dolmio Extra Bolognese Pasta Sauce (or similar)	1 sprig	Fresh Rosemary
2 tsp	Olive Oil	2 tbsp	Basil, finely chopped
1	Brown Onion, PEELED and finely chopped		Basil Leaves, to GARNISH
1	Carrot, finely chopped		Parmesan, finely grated to GARNISH
1	Celery Stick, finely chopped		Salt and Pepper

METHOD

- STEP 1** **PEEL** and finely dice onion, carrot, celery and prosciutto. Chop basil.
- STEP 2** **BOIL** the spaghetti in a large saucepan of boiling water following the packet directions or until al dente to **RE-CONSTITUTE**. Drain. Mix 1 tbsp olive oil through pasta to stop it from sticking.
- STEP 3** Meanwhile, heat the remaining oil in a large saucepan over medium-high heat. Add the onion, carrot, celery, prosciutto, and garlic to **SHALLOW-FRY**, stirring for 5 minutes or until the onion softens. Add the mince and break it up with a wooden spoon, cooking it until it changes colour and is fully cooked through.
- STEP 4** Stir in the pasta sauce. Add the rosemary sprig. Reduce heat to medium-low simmer. Cook with a lid on the pot for 10 minutes.
- STEP 5** Remove rosemary sprig. Stir in chopped basil. Divide spaghetti among serving bowls. Top with sauce and basil leaves. **GARNISH** with parmesan.

NOTES, TRENDS, TIPS AND SERVING SUGGESTIONS

- Garnish with parsley, spices or herbs
- Zucchini noodles (zoodles) are very trendy and healthy
- Gluten free pasta is an option for anyone who is celiac

Mise en place 10 - 15 mins

Cooking Time 15 - 20 mins



POACHED EGGS (SERVES 2)

QUANTITY	INGREDIENTS
4 slices	Bread of choice, toasted
1 tbsp	Butter for toast (if desired)
4	Eggs at room temperature
1/2 cup	White Vinegar
	Salt and Pepper to taste

METHOD

STEP 1	<p>Fill a large saucepan with water approximately $\frac{3}{4}$ full. Add the $\frac{1}{2}$ cup of vinegar. Heat until water boils. Once boiled, turn down the heat to a gentle simmer. Break egg into small dish or saucer. Holding dish just above simmering water, gently slip egg into water to POACH. Repeat for remaining eggs. Cook in barely simmering water until whites are set and yolks are cooked as desired.</p> <p>3 minutes - runny 4 minutes - medium 5 minutes - firm</p> <p>Remove eggs with slotted spoon and drain well on paper towel.</p>
STEP 2	<p>Skim foam from water. Poach remaining eggs. Serve eggs on toast and season. GARNISH with parsley or spices.</p>

NOTES, TRENDS, TIPS AND SERVING SUGGESTIONS

- Garnish with parsley, spices or herbs
- Poached egg is a low-calorie option to fried or scrambled egg
- Before serving trim off egg white bits to improve presentation

Mise en place	5 - 10 mins
Cooking Time	5 - 10 mins



CLASSIC EGGS BENEDICT (SERVES 4)

QTY	INGREDIENTS	HOLLANDAISE SAUCE	
8	Eggs, room temperature	125ml	Butter, melted (do not mix once melted)
4	English Muffins, split and toasted	20ml	Vinegar
8 slices	Ham	3	Egg Yolks
1/2 cup	Vinegar	1/4	Lemon, juiced
		pinch	White Pepper

METHOD

**HOLLANDAISE SAUCE
STEP 1**

Melt butter in microwave in 30 sec batches until warm. In a food processor, add egg yolks, vinegar, and white pepper. Turn on processor and begin to mix. Slowly begin to pour warm melted butter in whilst the food processor is running. Keep going until all the separated butter (not the white whey!) is used and the sauce is thick. Mix through salt and lemon juice to taste once sauce is made.

**EGGS BENEDICT
STEP 1**

Fill large saucepan approximately ¾ full. Add the ½ cup of vinegar. Heat until water simmers gently. Break egg into small dish or saucer. Holding dish just above simmering water, gently slip egg into water to **POACH**. Repeat for remaining eggs. Cook in barely simmering water until whites are set and yolks are cooked as desired.

3 minutes – runny | 4 minutes – medium | 5 minutes - firm

Remove eggs with slotted spoon and drain well on paper towel.

STEP 2

Top each English muffin half with slice of ham, a poached egg and 2 tbsp (30ml) Hollandaise sauce. **GARNISH** with parsley or spices.

NOTES, TRENDS, TIPS AND SERVING SUGGESTIONS

- Garnish with parsley, spices or herbs
- The ham can be replaced with several things including, wilted spinach, bacon, and smoked salmon
- It is trendy to replace the muffin with Sourdough or Turkish bread

Mise en place

10 - 15 mins

Cooking Time

5 - 10 mins



GREEK-STYLE ROAST CHICKEN (SERVES 4)

QTY	INGREDIENTS	DRESSING	
8	Chicken Drumsticks	4 tbsp	Olive Oil
5	Garlic Cloves, PEELED and crushed	2 tbsp	Red Wine Vinegar
1	Lemon, juiced		Salt and Pepper to taste
1/4 cup	Olive Oil	SALAD	
2 tsp	Mixed Herbs	1 cup	Couscous
	Salt and Pepper to taste	2 cups	Water
1/2 punnet	Cherry Tomatoes	1 can	Chickpeas, drained
1	Onion, PEELED , wedged	200g	Feta cheese, crumbled
		1/4 cup	Flat Leaf Parsley

METHOD

STEP 1	Preheat oven to 200°C.
STEP 2	PEEL and crush garlic, juice the lemon and add to a large bowl along with the olive oil, mixed herbs and salt and pepper. Place the chicken in a bowl and coat with the MARINADE . Cover and place in the fridge for as long as possible.
STEP 3	Wash the cherry tomatoes, wedge the onion, chop the parsley and drain the chickpeas. Set ingredients aside.
STEP 4	For the dressing, whisk olive oil, vinegar and salt, and pepper in a large bowl, mix until combined and set aside.
STEP 5	Boil water in a jug, add to the couscous to RE-CONSTITUTE in a bowl, cover, and allow to stand for at least 3 minutes. Fluff couscous with a fork to separate the grains and make them light and fluffy.
STEP 6	Transfer the hot couscous to the bowl of DRESSING , add the chickpeas, and stir to combine. Allow to cool, stirring occasionally, and let the flavours meld. Stir in the feta and parsley. Serve warm or at room temperature.
STEP 7	Line a baking tray with baking paper. Place the chicken onto the tray, add the cherry tomatoes and onion wedges, coat in any remaining marinade and mix together so everything is well coated, then ROAST in the oven for 20-30 minutes or until juices run clear in from the largest piece of chicken.
STEP 8	Serve the cooked chicken with the prepared couscous and roasted vegetables.

NOTES, TRENDS, TIPS AND SERVING SUGGESTIONS	<ul style="list-style-type: none">• Garnish with parsley, spices or herbs• Couscous can be refrigerated and served cold• To make dairy free leave out Feta cheese
Mise en place	10 - 15 mins
Cooking Time	25 - 30 mins



STICKY WINGS AND POTATO WEDGES (SERVES 4)

QTY	INGREDIENTS	POTATO WEDGES	
1/4 cup	Tomato Sauce	200 g	Potatoes, washed and SLICED
1/3 cup	Barbeque Sauce	1 tsp	Rosemary
2 tsp	Worcestershire Sauce	2 tbsp	Olive Oil
2 tsp	Smoked Paprika		Sesame Seeds to GARNISH
1 kg	Chicken Wings		Salt and pepper to taste

METHOD

STEP 1	Preheat oven to 200°C.
STEP 2	Whisk tomato sauce, barbeque sauce, Worcestershire sauce, sugar, paprika and salt and pepper in a bowl.
STEP 3	Place chicken in a large, shallow ceramic dish, pour over MARINADE and turn to coat. Cover and refrigerate for approximately 15-20 minutes.
STEP 4	Wash potatoes and SLICE lengthways in half, then into quarters to create wedges.
STEP 5	Place wedges into a bowl, add salt, pepper, rosemary, and 2 tablespoons of olive oil, toss to coat. Line a tray with baking paper and place wedges into the oven to ROAST until golden.
STEP 6	Remove chicken from refrigerator and place into the oven with wedges. ROAST , turning once, for 25-30 minutes or until golden. GARNISH with sesame seeds

NOTES, TRENDS, TIPS AND SERVING SUGGESTIONS

- Garnish with sesame seeds
- Serve with a green leaf salad for a complete meal
- Sprinkle with sesame seeds or sliced spring onions as a garnish

Mise en place	5 - 10 mins
Cooking Time	30 - 40 mins



CAJUN-STYLE CHICKEN SALAD (SERVES 4)

QTY	INGREDIENTS	QTY	INGREDIENTS
2	Chicken breast, skinless, boneless and trimmed	1	Head Cos lettuce, CLEANED and roughly chopped
1 tbsp	Olive Oil for pan frying	1	Avocado, deseeded and thinly sliced
CAJUN SPICE COATING		1/2	Red Onion, PEELED and thinly sliced
2 tsp	Paprika	12	Cherry Tomatoes, SLICED in half
1 tsp	Cayenne Pepper	1 tin	Black Beans, drained, rinsed (230 g)
1 tsp	Garlic Powder	SALAD DRESSING	
1 tsp	Dried Oregano	1/4 cup	Greek Yogurt
1 tsp	Dried Thyme	1/4 tsp	Minced Garlic
1 tsp	Brown Sugar	2 tbsp	Lime Juice
1 tsp	Salt	1 tbsp	Olive Oil
			Salt and Pepper to taste

METHOD

- STEP 1** Preheat oven to 190°C. In a small bowl, combine paprika, cayenne, garlic powder, oregano, thyme, brown sugar, and salt. Keep 1 ½ teaspoons of seasoning aside for the salad dressing.
- STEP 2** Trim the chicken breast and place them into the bowl with the coating mix, turn each piece to ensure they are completely **COATED**.
- STEP 3** Heat a non-stick frying pan over medium-high heat and add olive oil. Once the oil has reached smoking point, **SHALLOW-FRY** the chicken for 4 minutes per side, or until chicken has browned. Place chicken on baking paper lined tray and **BAKE** in the preheated oven for 15mins until cooked through. Once cooked, allow chicken to rest for at least 7-10mins.
- STEP 4** Meanwhile, **CLEAN** the lettuce leaves and chop roughly. **PEEL** the red onion and thinly slice. Cut avocado in half, deseed and slice thinly. **SLICE** the washed cherry tomatoes in halves. Drain and rinse black beans and place all the prepared salad ingredients into a large bowl.
- STEP 5** To make the dressing, combine Greek yogurt, minced garlic, lime juice, olive oil and reserved Cajun seasoning. Using tongs, toss **DRESSING** through the salad and arrange the salad on a serving plate or in bowls.
- STEP 6** Slice the rested chicken and layer over the salads.

NOTES, TRENDS, TIPS AND SERVING SUGGESTIONS	<ul style="list-style-type: none">• Garnish with parsley, spices or herbs• Serve dressing on the side if desired• Additional ingredients can be included in the salad, such as olives, feta cheese, cucumber etc
Mise en place	15 - 20 mins
Cooking Time	20 - 25 mins



KARAAGE CHICKEN SALAD BOWL (SERVES 6)

QTY	INGREDIENTS	QTY	INGREDIENTS
500 g	Chicken Thigh, trimmed, cut into 3cm pieces	4	Large White Cabbage Leaves, shredded
MARINATE		1	Small Carrot, cut into julienne (match sticks)
1 tbsp	Cooking Sake	4	Spring Onions, PEELED and thinly sliced
1 tbsp	Soy Sauce	SALAD DRESSING	
1 tsp	Garlic, PEELED , finely minced	1 tbsp	Vegetable Oil
1 tsp	Fresh Ginger, PEELED and finely minced	1 tbsp	Japanese Soy Sauce
COATING		1 tbsp	Rice Wine Vinegar
1 1/4 cup	Potato starch (Can use cornflour as alternative)	2 tsp	Caster Sugar
1/4 cup	Plain Flour	1 1/2 tbsp	Toasted White Sesame Seeds
		1 tbsp	Kewpie Mayonnaise
			Salt and Pepper to taste

METHOD

STEP 1	Pre-heat deep fryer to 180°C.
STEP 2	Trim excess fat off chicken thighs then cut into cubes, approximately 3 cm in size. PEEL and finely mince ginger and garlic.
STEP 3	Combine soy sauce, cooking sake, minced garlic, and ginger in a bowl. Add the cut chicken and mix ensuring it is all coated, cover with cling wrap and MARINADE in the fridge whilst preparing salad ingredients.
STEP 4	Finely shred cabbage and cut carrot into julienne pieces (matchstick-sized). Thinly slice spring onions and mix salad ingredients together. Set aside.
STEP 5	To prepare the salad dressing, combine vegetable oil, Japanese soy sauce, rice wine vinegar, caster sugar and lightly season with salt and pepper. Whisk until combined. Add the DRESSING to cabbage mixture and toss to lightly coat. Cover and refrigerate until ready to plate your dish.

STEP 6 Remove the chicken from the **MARINADE** into a colander and allow to drain. Mix the potato starch and flour together. Add 1/3 of the marinated chicken to the flour mixture and toss to **COAT**. Shake off any excess. Once deep fryer oil is hot, add the coated chicken and **DEEP FRY**. Turn the chicken over with tongs after 2 minutes and cook for a further 2-3 minutes until golden and cooked through. Use tongs to transfer onto a tray lined with paper towel. Repeat process again in 2 more batches with the remaining chicken.

STEP 7 Serve chicken on appropriate service ware with accompanying coleslaw, squeeze kewpie in a zigzag pattern over the dish **GARNISH** with toasted white sesame seeds.

**NOTES, TRENDS,
TIPS AND SERVING
SUGGESTIONS**

- Garnish with parsley, spices or herbs
- Use Gluten free flour and sauces for gluten-free option
- Place kewpie mayonnaise in a ramekin if you wish to have sauce on the side
- Can add avocado if you desire

Mise en place 15 - 20 mins

Cooking Time 10 - 15 mins



AUSSIE BURGER WITH THE LOT (SERVES 4)

QTY	INGREDIENTS	QTY	INGREDIENTS
500 g	Beef Mince	4	Pineapple Rings canned, drained
1 small	Onion, PEELED and finely chopped	4	Eggs
1 clove	Garlic, PEELED and crushed	2	Lettuce Leaves, CLEANED and shredded
2 tbsp	Tomato Paste	8	Beetroot Slices, drained
2 tbsp	Flat Leaf Parsley, chopped	1	Tomato, SLICED
2 tbsp	Smokey BBQ Sauce	4	Burger Buns
2 tbsp	Olive Oil		Salt and Pepper to taste

METHOD

STEP 1	PEEL and finely chop onion, SLICE tomato, CLEAN and shred lettuce, chop parsley and crush garlic. Set aside.
STEP 2	Combine mince, onion, garlic, tomato paste, parsley and barbecue sauce in a bowl. Season with salt and pepper. Divide the mixture into 4 equal portions. Roll each portion into a ball. Shape into 1cm-thick patties.
STEP 3	Heat 1 tablespoon oil in a large frying pan over medium heat. SHALLOW-FRY patties for 4 to 5 minutes each side or until browned and just cooked through. Transfer to a plate. Cover loosely with foil. Rest for 5 minutes.
STEP 4	Meanwhile, heat remaining oil on a hotplate or frying pan. Cook pineapple for 1 to 2 minutes each side or until golden and caramelised. Cook eggs on hotplate, for 2 minutes, or until cooked to your liking.
STEP 5	Arrange the lettuce, patties, beetroot, tomato, pineapple and eggs on bun bases. Top with bun tops and additional BBQ sauce if desired. Serve immediately.

NOTES, TRENDS, TIPS AND SERVING SUGGESTIONS

- Garnish with parsley, spices, herbs or condiment
- The beef can be replaced with a chicken breast or a veggie burger for a healthier option

Mise en place 10 - 15 mins

Cooking Time 10 - 15 mins



BACON AVOCADO SANDWICH (SERVES 2)

QUANTITY	INGREDIENTS
4 rashers	Bacon
4 slices	Sourdough Bread
1	Avocado, deseeded and mashed
1 tbsp	Mayonnaise
1	Tomato, SLICED
4	Baby Cos Lettuce leaves, CLEANED
1 tbsp	Olive Oil

METHOD

STEP 1	SLICE tomatoes and CLEAN the lettuce, set aside.
STEP 2	Heat a large frying pan over a high heat, coat with olive oil. Once the oil has reached smoking point, SHALLOW-FRY the bacon for 2 minutes each side or until golden and crisp. Place on tray lined with paper towel.
STEP 3	Meanwhile, GRILL the bread until toasted a golden colour. Cut avocado in half then deseed it. Scoop into a small bowl and roughly mash. Spread the mashed avocado over 2 slices of the sourdough toast and the mayonnaise over the remaining 2 slices of toast. Top the avocado with 2 bacon slices, sliced tomato and 2 baby cos leaves. Place the mayonnaise toast on as the lid of the sandwich. Cut in half and serve immediately.

NOTES, TRENDS, TIPS AND SERVING SUGGESTIONS

- Garnish with parsley, spices or herbs
- Serve with chips and appropriate condiment
- Remove the avocado for a traditional BLT
- Any type of bread will go with this sandwich including a Turkish bread roll

Mise en place	5 - 10 mins
Cooking Time	5 - 10 mins



VEGETABLE STOCK (MAKES 6 CUPS)

QUANTITY	INGREDIENTS
1 tbsp	Olive Oil
1 large	Onions, halved, coarsely chopped
300 g	Swede, PEELED , coarsely chopped
2	Carrots, PEELED , coarsely chopped
4	Celery sticks, coarsely chopped
3L (12 cups)	Cold water
6	Parsley stalks
10 whole	Black peppercorns

METHOD

STEP 1	Heat the oil in a stockpot or large saucepan over medium-high heat. Add the onion, swede, carrot, and celery and cook stirring for 5 minutes or until brown.
STEP 2	Add the water, parsley, peppercorns, and bay leaves and bring to the boil. Use a fine-slotted spoon or fine metal sieve to remove any scum that rises to the surface. Reduce heat to medium low and simmer, uncovered for 2 hours, skimming the surface every 30 minutes for 2 hours. Remove from heat. Set aside for 30 minutes to cool slightly.
STEP 3	Place a fine sieve over a large heatproof bowl. Carefully strain stock through the sieve. Discard contents of sieve. Cool to room temperature.
STEP 4	Store in airtight container and freeze for up to 3 months. Label and date containers.

This product is to be THAWED and RE-THERMALISED for your Soup portfolio.

NOTES, TRENDS, TIPS AND SERVING SUGGESTIONS

- The vegetable stock can be a base to most soups
- The stock can be frozen for up to a year

Mise en place	5 - 10 mins
Cooking Time	2 - 2 ½ hrs



MINISTRONE SOUP (SERVES 6)

QTY	INGREDIENTS	QTY	INGREDIENTS
1 tbsp	Olive Oil	4 cups	Homemade Vegetable stock, THAWED
1	Onion, PEELED and finely chopped	1 tbsp	Tomato Paste
1	Carrot, peeled, finely chopped	1 tin	Cannellini Beans, drained and rinsed
1	Celery stick, finely chopped	1/2 cup	Pasta shells
1	Zucchini, finely chopped	60 g	Baby Spinach, finely shredded
2	Garlic Cloves, PEELED and crushed	1/3 cup	Basil pesto
2 slices	Bacon, finely chopped		Salt and Pepper to taste
1 tin	400g Diced Tomatoes		

METHOD

STEP 1	Heat the oil in a large saucepan over medium heat. Add the onion, carrot, celery, zucchini, garlic, and bacon. SHALLOW-FRY for 5 minutes or until onion softens, stirring occasionally.
STEP 2	Add the tomato paste and stir to combine. Add the THAWED stock and tomato paste and bring to the BOIL to RE-THERMALISE the stock. Reduce heat to low and cook for 10 minutes or until the soup thickens slightly.
STEP 3	Add the beans and pasta to the tomato mixture in the pan and cook for 8 minutes or until pasta is al dente to RE-CONSTITUTE the pasta. Add the spinach and stir to combine. Remove from heat. Season.
STEP 4	Ladle the soup evenly among serving bowls. GARNISH with pesto.

NOTES, TRENDS, TIPS AND SERVING SUGGESTIONS

- Present on appropriate service ware
- A nice crusty piece of Sourdough bread is a great side for this soup
- Remove the bacon for a vegetarian option.
- Freshly chopped parsley is also a popular garnish for this soup

Mise en place	15 - 20 mins
Cooking Time	30 - 40 mins