



June 2022 Cooking Club Printable

Every month we transfer all of the good bits from our online club platform, into a printable version for facilities.

Some sections may refer you back to the platform or online sources.



FARM TO FORK WITH MASTERCHEF MICHAEL WELDON

What better time of year to enjoy 'blokey' flavours than in the cooler months. But don't be fooled – this is not going to be meat without veg – on the contrary!

FARM TO FORK WITH MASTERCHEF MICHAEL WELDON

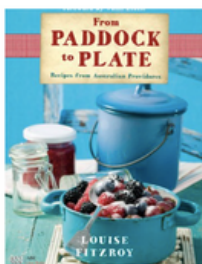
Michael hails from South Australia. An Adelaide boy at heart – Michael's culinary tastes can easily take you on a journey from fresh food, small unique restaurants, boutique wineries and farms. As the MasterChef 2011 runner up, he quickly became a popular and entertaining personality within the food industry and his love for cooking has only grown since this experience.

Successfully running catering companies, working as head chef, hosting cooking demonstrations, and being proud ambassador for Coles, Michael is a valuable member of the Farm to Fork team. I know that there are many of our members that celebrate local Australian produce and know that there is nothing better than seriously fresh ingredients. In the resources you will find even more inspiration as you watch the Farm to Fork cooking episodes travelling around the country and cooking up the best with the Masterchefs. Sometimes we all need a little reminder of the nature landscape that all of our ingredients come from, and I very much encourage you to spend some time (especially with your children) watching and learning.



The links to these resources can inside your Facility Hub online.

A Book for inspiration



FROM PADDOCK TO PLATE RECIPES FROM AUSTRALIAN PROVIDORES BY: LOUISE FITZROY, VALLI LITTLE

A fascinating food safari through our rural communities where we meet Australia's premier food producers who share their knowledge and more than 80 recipes with us. This book is drawn from the popular ABC Rural Radio show 'The Cold Esky Challenge'. The very best Australian produce is showcased in this collection of recipes and stories gathered by ABC Local Radio journalist Louise FitzRoy travelling around Australia on food safari for the popular ABC Rural Radio show the Cold Esky Challenge. Louise visited food producers of all descriptions and discovered the secrets of truffle finding, mango growing and fish farming. On her way she collected over 80 treasured recipes from local chefs, CWA members and the producers themselves, who have perfected ways of cooking their produce over many years. With a foreword by foodie Valli Little of delicious. magazine, this book will give insights into a way of life that urban dwellers know little about and take us into the agricultural heartland of Australia as well as offering authentic recipes from the people who know the produce best.

[PURCHASE BOOK](#)

Something to watch

MASTERCHEF SERIES 3!

[WATCH THE TRAILER](#)

If you feel like getting to know our guest all over again then you might like to watch the episodes of Masterchef - Season 3. Naturally, it'll sans adds so bring it on!

We can't wait to see the difference a few years of experience has made in to someone with a whole lot of raw talent to start with in our June Event. It's time to prep.



The aesthetics of joy

The Aesthetics of Joy is a resource for finding more joy in life and work backed by scientific research. Founded by Ingrid Fetell Lee, this website, book, blog and more celebrates the power to create a happier, healthier world through design.

Maybe you can't travel, but you can certainly create a world around yourself



TOMATO RICE



INGREDIENTS

- 1 large onion, diced
- 2 garlic cloves, sliced
- 1 red pepper, diced
- 1 yellow pepper, diced
- 2 tbs tomato paste
- 1 tsp smoked paprika
- 2 cups arborio rice
- 2 tins tomato, crushed
- 1 litre vegetable stock
- 1 punnet Coles red cherry tomatoes, diced
- 1 punnet Coles yellow cherries tomatoes, diced
- ½ bunch parsley, chopped
- Squeaky Gate extra virgin olive oil
- sea salt
- ¼ cup parmesan cheese, shaved, to garnish

METHOD

In a paella pan or large fry pan add a drizzle of olive oil. When hot add the onion, garlic and capsicum, cook until all begins to soften. Add the tomato paste and smoked paprika, fry off for 1 minute.

In a jug or large bowl combine the tin tomatoes and stock, mix together.

Add the rice and stock to the pan and bring up to the boil then reduce the heat. Cook gently for 25 mins or until the liquid has evaporated and the rice is hydrated.

In a bowl combine the cherry tomatoes, parsley, a drizzle of olive oil and a pinch of salt, mix together.

Spoon the parsley and tomato mix over the rice and gently fold through. Keep cooking to warm the tomatoes through and crisp up the rice on the bottom.

Once the rice is cooked remove from the heat and serve topped with shave parmesan



ROASTED CAULIFLOWER AND BRUSSELS SPROUTS WITH TAHINI YOGHURT DRESSING



INGREDIENTS

- 1 cup Jalna Greek Yoghurt
- ½ a Cauliflower, broken into chunks the same size as the Brussels
- 500g Brussels Sprouts, cut in half lengthways
- 2 tbs pomegranate molasses
- 2 tbs olive oil
- Sea Salt
- 1 Red Onion, sliced thinly
- ½ cup apple cider vinegar
- 2 tbs sugar
- 2 tbs Tahini
- 1 tsp cumin
- 1 tsp sumac
- ½ Bunch parsley, leaves picked
- 1 lemon
- Toasted Sesame seeds
- Sea Salt

METHOD

Pre heat an oven to 190deg C.

Combine the cauliflower and sprouts in a bowl, drizzle with pomegranate molasses, olive oil and season with salt. Mix until everything is evenly coated. Spread out on an oven tray, place in the oven and roast until the vegetables are caramelised on the outside and just cooked through.

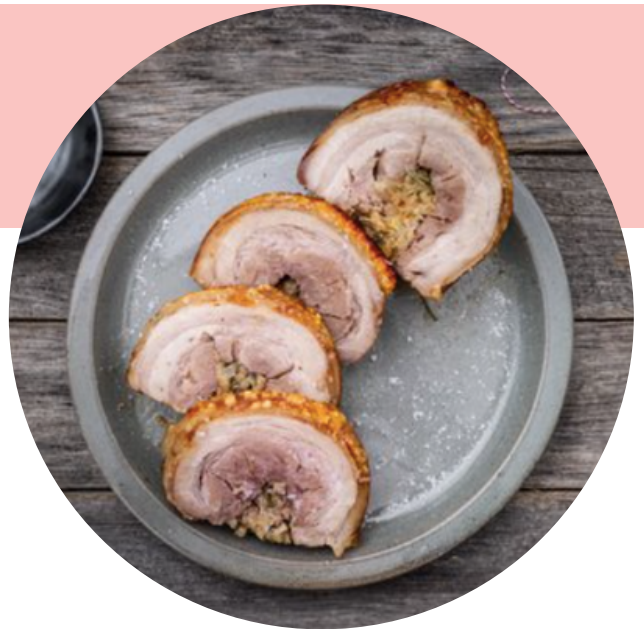
Heat a sauce pan with the vinegar, sugar, a pinch of salt and ¼ cup of water until it boils. Place the sliced onion in a bowl and pour over the boiling vinegar liquid. Leave to pickle for 10-15 minutes.

In jug combine the yoghurt, tahini, cumin, sumac, parsley leaves, lemon and a pinch of salt. Blend with a stick blender until the dressing is smooth.

To serve spread most of the yoghurt on the base of a platter. Add the roasted cauliflower and Brussels. Drizzle over the rest of the dressing then top with the pickled onions, extra parsley leaves and sesame seeds. Yum!



APPLE AND ROSEMARY STUFFED PORK



INGREDIENTS

- 1 Coles pork belly, trimmed and skin scored
- 1 apple, grated
- 1 onion, diced
- 2 tbs Coles butter
- ¼ cup breadcrumbs
- ¼ cup almonds, diced
- 5 sprigs rosemary
- sea salt
- black pepper

Special Equipment - butchers string

METHOD

In a large frypan, cook the onions in olive with a pinch of salt until softened. Add in the butter and breadcrumbs, mix through until the butter melts and is soaked up by the breadcrumbs. Remove from the heat, add in the apple, almonds, rosemary, pinch of salt and pepper. Mix until combined. Leave aside to cool.

With a sharp knife score the skin of the pork roast at 2 cm apart.

Lay the pork roast on the board skin side down. Spread the stuffing down the middle of the pork belly. Using the string, tie the belly so it wraps around the stuffing. Start in the middle then tie then ends then fill in the gaps. This can be done a day or 2 ahead.

Heat your BBQ or oven to 230 degrees (C).

Place the pork roast in a rack in a deep oven tray. Season the skin generously with salt. Cook for 30 minutes until the skin has bubbles. Reduce the heat to 160 degrees (C) and cook until the belly is cooked through (approx. 1.5 hours).

Once cooked, remove from the heat and rest for 20 minutes.

Cut open the string and carve. Serve with a crisp salad and your favourite sauce or mustard.



BBQ SWEET ONIONS AND RADICCHIO WITH SPICY BALSAMIC DRESSING



INGREDIENTS

- 2 brown onions, cut into thick rings
- extra virgin olive oil
- 2 tbs Coles brown sugar
- 2 radicchio, cut into quarters
- extra virgin olive oil
- sea salt
- extra toasted pine nuts to garnish

SPICY BALSAMIC BUTTER

- ½ cup aged balsamic vinegar
- 2 tbs Coles brown sugar
- 1 tsp dried chilli flakes
- 2 tbs currants
- 2 tbs toasted pine nuts
- ¼ cup extra virgin olive oil

METHOD

Heat a bbq over a medium heat and drizzle with olive oil. Sprinkle brown sugar over the onions then place them on to the bbq. Cooking this on a low heat will allow the onion to caramelize and turn sweet. Once cooked remove from the bbq and place to one side.

Brush the bbq with oil and place the cut sides of the radicchio on medium to high heat and cook until charred.

In a pre-heated pot, add the balsamic vinegar, sugar, chilli, currants, pine nuts and extra virgin olive oil to a saucepan. Warm over the bbq until the sauce simmers. Simmer for 5 minutes until the dressing had thickened and the sugar has dissolved. Take from the heat and add the olive oil, taste for seasoning and adjust to your liking.

To serve, lay the radicchio on a serving platter. Top with onions and then the dressing. Finish with extra pine nuts.

Cooked using The Ziggy available at Barbeques Galore



MAMA WELDON'S MANGO CHUTNEY CHICKEN BURGERS



INGREDIENTS

- 500 g Coles chicken mince
- 2 tbs Patak's mango chutney
- 2 tbs Patak's korma paste
- 1 cup breadcrumbs
- ½ bunch coriander, chopped
- 2 spring onions chopped

YOGHURT SAUCE

- 1 cup Greek yoghurt
- 1 garlic clove grated
- ½ lemon juice
- 1 pickles onion, diced
- 1 tsp smoked paprika
- 4 soft white bread buns
- 1 oak leaf lettuce
- 2 red onion, sliced thinly
- 1/4 bunch coriander

METHOD

Add the burger ingredients into a large bowl, mix until all ingredients are evenly combined. Form into 4 burger patties.

In a separate bowl, mix together the yoghurt sauce ingredients.

Heat a griddle pan or BBQ. Cook the burger until charred and cooked through. Toast the buns on the cut side only.

To build the burgers, spread the buns with yoghurt sauce, add lettuce, red onion and coriander. Top with the burger patty and enjoy.



CAVOLO NERO AND SPINACH RIGATONI



INGREDIENTS

- 500 g San Remo rigatoni no. 22
- 1 onion, diced
- 2 garlic cloves, sliced
- 1 green chilli
- 1 bunch cavolo nero
- 65 g bag Coles baby spinach
- 1 cup Coles cream
- 1 cup Coles soft ricotta
- ½ cup parmesan
- extra virgin olive oil
- sea salt
- parmesan cheese, grated

METHOD

Boil a large pot of salted water. Cook the pasta based on the instructions on the packet.

In a separate pan add onion, garlic and. Add in green chilli and fry for 30 seconds. Add the cavolo nero and a spoon of the boiling pasta water to help it steam through. Add in the spinach and again the pasta water.

Once the pan mixture and kale and spinach are wilted to a quarter of their size, add them into a stick blender friendly jug. Add is the cream and ricotta and stick blend until a smooth paste.

Pour the blended sauce back into the pan and add the drained pasta to the pan. Add in parmesan cheese and the juice and zest of a lemon. Fold the pasta and sauce together until the pasta is coated. Serve in a bowl.



Remember, if you have any trouble implementing any of these activities or resources, just send us an email and we will be quick to assist!

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