

myfoodbook[®]
foodbook
summer
entertaining

The background image shows three glasses of chia seed pudding. Each glass is filled with a thick, light-colored pudding, topped with fresh peach slices and strawberry halves. The glasses are arranged on a white marble tray. In the foreground, there are a few sliced almonds and a small red cloth napkin with a spoon resting on it. The overall aesthetic is clean and fresh, with a focus on healthy, summery ingredients.

SIMPLY DELICIOUS DISHES
for every occasion



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FOR STARTERS

PARTY PIZZAS

MAIN MEALS

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Awesome ENTERTAINERS

Perfect PIZZA PARTY

Looking for a low-maintenance or fuss-free option for entertaining...pizza is your go to. For the ultimate in cheesy pizza goodness you need to choose the right cheese, of course. Perfect Italiano Perfect Pizza cheese is the ultimate 3 cheese blend ideal for pizzas. Featuring mozzarella for stretch and melt, cheddar for cheesy flavour and parmesan for that extra bite.



MARVELLOUS *Mushrooms*

Make meals healthier and tastier in a chop this summer by adding mushrooms. Whether you grill up a big, bold-flavoured Portabella for a veggie burger with bite, pan fry button mushies with garlic for a tapas-style dish to share or simply slice cup mushrooms and add them to your brekkie omelette, you'll be adding fabulous flavour and nutrients in seconds. Go on, chop chop.

FRUITY

Favourites

One of the best things about Aussie summers is the abundance of delicious stone fruit that's around. Velvety and juicy peaches and apricots, sweet white and yellow nectarines and bold blood plums. Serve them up in elegant tarts and cakes or add an element of sweetness to savoury meals. Your guests will be pleasantly surprised.



EAT GLOBAL

buy local

When planning your next summer soiree or barbecue, be sure to visit your local greengrocer and choose from their selection of vibrant and seasonal produce. Your food will be fresher and have a better shelf life.



THROW ANOTHER

Shrimp on the barbie

Summer without seafood is like a pub with no beer. There's just something about sunshine and alfresco dining that pairs so well with a colourful prawn and mango salad or a slice of prawn pizza. Make entertaining quick and easy with De Costi's packaged range of quality seafoods. No need for fiddly cleaning and de-veining of prawns, all the hard work's been done for you, so all that's left is to relax and enjoy.





For starters

GET THE PARTY STARTED WITH DELICIOUS NIBBLES AND
FINGER FOOD THAT IS QUICK, EASY AND FUSS FREE.



PORTABELLA MUSHROOM *fries*



PREP 15 MINS



COOK 30 MINS



SERVES 4-6

INGREDIENTS

FRIES

Vegetable oil, for deep-frying

100g (2/3 cup) plain flour

3 eggs, lightly beaten

2 cups panko breadcrumbs

250g Portabella Mushrooms, stalks trimmed, cut into thin fries

Salt and pepper, to season

HARISSA YOGHURT

2 tsp harissa

1 cup Greek-style yoghurt

METHOD

FRIES

1. Heat enough oil in a large saucepan to come one-third up the sides to 170°C.
2. Meanwhile, place the flour, eggs and breadcrumbs into 3 separate wide, shallow bowls.
3. Season the flour well with salt and pepper. Dust the mushroom fries in the flour, shaking off any excess, dip into the egg, then coat well in the breadcrumbs.
4. In batches, deep-fry the fries for 5 minutes or until golden and cooked. Drain well on paper towel and season with salt.

HARISSA YOGHURT

1. Mix harissa together with yoghurt. Serve with fries.

TIP AND HINTS:

You can also use large flat white mushrooms, if you prefer



WATERMELON CUBES WITH FETA, OLIVES *and mint*



PREP 20 MINS



MAKES 12

INGREDIENTS

½ small (about 2kg) piece seedless watermelon, chilled

100g Persian or marinated feta, drained

1 tbs finely chopped mint leaves, plus 12 small mint leaves, to serve

6 pitted Kalamata olives, finely chopped

Dukkah, to serve

METHOD

1. Trim watermelon and cut flesh into 12 x 3cm square cubes. Using a melon baller (or small knife), scoop a small well out of each watermelon cube, ensuring that you keep the watermelon sides intact.
2. Beat feta in a small bowl until smooth. Stir in mint and olives. Spoon mixture into watermelon cubes. Top each with a small mint leaf. Place onto a serving tray, sprinkle with dukkah and serve.

TIPS & HINTS:

Excellent for easy entertaining, serve these with cool drinks. Toss leftover watermelon through a fruit salad or blend it for an iced drink.

Dukkah is a delicious mixture of ground seeds, spices and nuts. It's available from some greengrocers and most supermarkets.

Tip

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Cook meatballs
in batches for
even cooking



THAI PORK AND MUSHROOM *meatballs*



COOK 30 MINS



SERVES 4

INGREDIENTS

400g button, cup or flat mushrooms

3 green onions, roughly chopped

3 tbs vegetable oil

*2 tbs coriander paste or lightly
dried coriander*

400g pork mince

2 tbs red curry paste

1 egg

1 cup fresh breadcrumbs

Vegetable oil, for cooking

*Iceberg lettuce, sweet chilli sauce
and lime wedges, to serve*

METHOD

1. Finely chop mushrooms by hand or alternatively, pulse in a food processor. Add chopped green onions to mushroom mixture.
2. Heat 1 tbs oil in a large non-stick frying pan over high heat. Add mushroom mixture and cook, stirring often, for 8 minutes or until all moisture has evaporated. Set aside to cool for 10 minutes. Drain any excess moisture and transfer mushrooms to a bowl. Wipe pan clean.
3. Add coriander paste to the mushrooms with the mince, curry paste, egg and breadcrumbs, mix until well combined.
4. Shape into balls with damp hands. Place onto a tray, cover and refrigerate 1 hour if time permits (this helps hold meatballs together when cooking).
5. Heat remaining oil in a large non-stick frying pan over medium heat. Cook meatballs, in batches for 8-10 min, shaking pan often or until just cooked through. Serve with lettuce leaves, sweet chilli sauce and lime wedges.

Top Tip

Add to school lunch boxes for a filling and delicious snack



CHEESE AND BACON PULL-APART *loaf*



PREP 20 MINS



COOK 40 MINS



SERVES 8

INGREDIENTS

150g (6 rashers) rindless streaky
bacon, chopped

450g (3 cups) self-raising flour

90g cold Fairy Cooking Margarine,
chopped into 1 cm pieces

125g (1¼ cups) grated mozzarella

150g (1¼ cups) grated vintage
cheddar

2 eggs

180ml (¾ cups) milk

½ cup fresh parsley, chopped

METHOD

1. Preheat oven to 180°C (fan forced). Grease and line the base of a 20cm round tin with baking paper. Grease the sides of the tin.
 2. Cook the bacon in a small frying pan over high heat for 2-3 minutes or until golden brown.
 3. Put the flour in a large bowl. Add the Fairy Cooking Margarine and use your fingers to rub the margarine into the flour until sandy. Add 1 cup of mozzarella, 1 cup of cheddar and the bacon. Use a butter knife to mix until combined.
 4. Beat the eggs and milk together. Add to the flour mixture and use a butter knife to stir together to form a dough. Turn out onto a floured kitchen bench and gently knead together. Divide into 8 balls.
 5. Put the remaining mozzarella, remaining cheddar and parsley in a small bowl and mix to combine. Roll each of the balls of dough into the cheese mixture. Place into the prepared tin.
 6. Bake for 35 minutes, or until the bread is golden brown and cooked.
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COOKING SCHOOL

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myfoodbook Cooking School Video Series!



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TAPAS STYLE GARLIC *mushrooms*



PREP 5 MINS



COOK 10 MINS



SERVES 2-4

INGREDIENTS

2 tbsp olive oil

250g button mushrooms, cleaned

4 garlic cloves, finely chopped

2 tsp smoked paprika

2 tbsp finely chopped parsley

Salt and pepper, to season

Aioli and lemon wedges, to serve

METHOD

1. Heat the oil in a large frying pan over medium-high heat. Cook the mushrooms for 5 minutes, tossing the pan regularly. Add the garlic, smoked paprika, salt and pepper and cook for a further 1-2 minutes or until golden, tossing the pan regularly. Toss through the parsley to combine
2. Serve the mushrooms with aioli and lemon wedges



MAKE A MEAL OF IT AND
SERVE MUSHROOMS WITH
LOADS OF CRUSTY BREAD."

PLAY VIDEO



Make meals much
healthier in seconds

CHOP
CHOP



Australian
MUSHROOMS



Party Pizzas

GOT FRIENDS COMING AROUND? MAKE IT A PIZZA PARTY
WITH THIS COLLECTION OF EASY CHEESY RECIPES.

Top Tip

Scatter with chilli flakes before cooking for a kick!



BABY GREENS, CHERRY TOMATO AND PROSCIUTTO *pizza*



PREP 5 MINS



COOK 15 MINS



MAKES 1 LARGE

INGREDIENTS

1 large pizza base

3 tbsp tomato passata

5 slices prosciutto

*½ cup mixed kale and
spinach leaves*

250g Perfect Italiano Perfect Pizza

½ cup cherry tomatoes, halved

8-10 basil leaves

*Shaved Perfect Italiano Parmesan,
to serve*

METHOD

1. Preheat oven to 250°C.
2. Spread the pizza base with tomato passata. Arrange the prosciutto, cherry tomatoes, kale and spinach on top of pizza. Scatter with Perfect Italiano Perfect Pizza to evenly cover base.
3. Place the pizza in the oven for 10–15 minutes or until the cheese is melted and base is crispy. Remove from the oven, scatter with Perfect Italiano Shaved Parmesan and basil and serve immediately.



IF YOU PREFER, ADD THE
PROSCIUTTO AFTER PIZZA
HAS BEEN COOKED.”

tip

Swap out the
salmon for ham
and the capers
for olives



SMOKED SALMON, RICOTTA AND ROCKET PITA

pizza



PREP 5 MINS



COOK 15 MINS



MAKES 1 LARGE

INGREDIENTS

1 medium pitta bread
2 tbsp tomato passata
100g Tassal Smoked Salmon
250g Perfect Italiano Perfect Pizza
1 tbsp Always Fresh Capers, drained
1/3 cup baby rocket leaves, to serve
1/3 cup Perfect Italiano Ricotta
Zest of half a lemon

METHOD

1. Preheat oven to 250°C.
2. Spread the pitta with tomato passata. Scatter with Perfect Italiano Perfect Pizza to evenly cover base.
3. Place the pizza in the oven for 10-15 minutes or until the cheese is melted and base is crispy. Remove from the oven, lay over slices of smoked salmon, sprinkle over capers, and rocket leaves. Dollop on spoonfuls of Perfect Italiano Ricotta, sprinkle over lemon zest and season with salt and pepper. Serve immediately.



Tip

Garnish with fresh
basil leaves and
a twist of lemon



EASY PRAWN

Pizza



PREP 15 MINS



COOK 10 MINS



SERVES 4

INGREDIENTS

PIZZA

1 x any of the De Costi Prawn Range

½ pizza tomato paste

2 prepared thin pizza bases

1 cup pizza cheese

TO GARNISH

Fresh basil leaves

METHOD

PIZZA

1. Pre-heat oven 200°C.
2. Spread the tomato paste over the base and sprinkle the cheese evenly over the pizza base.
3. Mix De Costi Prawns in a bowl and divide evenly over the pizza bases.
4. Bake the pizzas for 5 minutes or until cheese is bubbly and beginning to look golden.

TO GARNISH

1. Slice pizza into wedges and garnish with basil leaves. Serve immediately.

TIPS & HINTS:

Spice up your pizza with a little chipotle mayonnaise for a delicious difference.



YELLOW NECTARINE, ARTICHOKE AND ROCKET *pizza*



PREP 25 MINS + PROVING TIME



COOK 15 MINS



SERVES 4

INGREDIENTS

¾ cup hot water
2 teaspoons instant yeast
1 teaspoon caster sugar
2 cups pizza flour
1 teaspoon sea salt flakes
⅓ cup olive oil
280g jar whole artichoke hearts, drained
½ cup finely grated parmesan
3 firm yellow nectarines, cut into thin wedges (approx. 180g each)
Shaved parmesan, to serve
20g baby rocket
⅓ cup balsamic glaze

METHOD

1. Whisk water, yeast and sugar in a jug and set aside for 10 minutes or until mixture is frothy. Place flour and salt into a large bowl. Add yeast mixture and 1 tablespoon oil. Stir until well combined and a soft dough forms. Turn onto a lightly floured surface and knead for 5 minutes or until a smooth dough forms. Place into an oiled bowl and set aside in a warm place for 30 minutes or until well risen.
 2. Meanwhile, place artichoke, remaining ⅓ cup oil, parmesan, salt and white pepper into a small food processor and pulse until a thick paste forms.
 3. Preheat oven to 240°C. Grease 2 large baking trays. Punch down dough and divide in half. Roll one piece of dough on a lightly floured surface until approximately 25cm round. Place on prepared tray. Repeat with remaining dough.
 4. Spread artichoke paste onto pizzas. Top with nectarine wedges and bake for 10-15 minutes or until pizza is golden and crisp. Top with shaved parmesan and rocket. Drizzle with balsamic glaze and serve immediately.
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HAM, OLIVE, ASPARAGUS AND RICOTTA *pizza*



PREP 5MINS



COOK 15 MINS



MAKES 1 LARGE

INGREDIENTS

1 large pizza base
3 tbsp basil pesto
100g ham, torn into large pieces
½ bunch asparagus, trimmed and chopped into thirds
½ cup pitted kalamata olives
250g Perfect Italiano Perfect Pizza
⅓ cup Perfect Italiano Ricotta
6-8 basil leaves, to serve

METHOD

1. Preheat oven to 250°C.
2. Spread the pizza base with pesto. Arrange the ham, asparagus and olives on top of the pizza. Scatter with Perfect Italiano Perfect Pizza to evenly cover base.
3. Place the pizza in the oven for 10-15 minutes or until the cheese is melted and base is crispy. Remove from the oven and spoon over dollops of Perfect Italiano Ricotta and sprinkle over fresh basil leaves. Serve immediately.

Tip

Remove liquid from
the cauliflower for a
crispy base



CAULIFLOWER PIZZA WITH PESTO, SUMMER VEGGIES *and ricotta*



PREP 5 MINS



COOK 15 MINS



MAKES 1 LARGE

INGREDIENTS

*1 large cauliflower, florets removed
and blitzed into rice (around 2 cups)*

1 egg, lightly whisked

2 tbsp basil pesto and cashew dip

*1 zucchini, trimmed and sliced into
ribbons using a peeler*

*25g Perfect Italiano Grated
Parmesan*

250g Perfect Italiano Perfect Pizza

1/3 cup Perfect Italiano Ricotta

5-6 sorrel, to serve

METHOD

1. Preheat oven to 220°C.
 2. To make the cauliflower crust, place cauliflower rice into a microwave safe bowl and microwave for 6-8 minutes or until very tender. Drain through a fine sieve and press down firmly with a spoon to remove all excess liquid (alternatively, wrap up in a clean chux and squeeze out all the excess liquid). Place cauliflower into a medium bowl and mix well with egg, parmesan and season with salt and pepper.
 3. Line a baking tray with baking paper, and press cauliflower mixture firmly onto the tray forming a circle around 30cm. Place into the oven and bake for 20 minutes or until firm and golden. Remove from oven and allow to cool for 5 minutes.
 4. Spread cauliflower base with basil pesto and cashew dip. Arrange the zucchini on top of pizza. Scatter with Perfect Italiano Perfect Pizza to evenly cover base.
 5. Place the pizza in the oven for 10 minutes or until the cheese is melted and base is crispy. Remove from the oven, dollop spoonfuls of Perfect Italiano Ricotta on top of pizza, sprinkle over sorrel leaves and serve immediately.
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3 top tips for the **PERFECT PIZZA**



PERFECTLY CRISP PIZZA BASE

Use a heated pizza stone (available from most kitchenware stores) or a perforated pizza pan with holes. Both will help transform your pizza base from soggy to crispy. But read the pizza stone instructions first – it will crack if it's put straight into a hot oven. The hot stone will ensure even cooking and a dry crisp base.



WHY YOU NEED TO USE THE RIGHT CHEESE FOR PIZZA

It's not all about the base! The topping is just as important. Using the perfect cheese blend will ensure a stretchy, golden melt. For the ultimate balance of texture and flavour, choose a 3-cheese blend of mozzarella for the melt; cheddar for cheesy flavour; and parmesan for extra sharpness.



LET YOUR OVEN RUN HOT

Pizza loves a hot oven – think about the heat of a wood-fired oven. Be sure to let the oven pre-heat for longer than you would for any other dish. Only add your pizza once the temperature has reached its peak for a perfectly cooked pizza.



Perfect
Italiano

FOR THE BEST PIZZA RECIPES VISIT PERFECTITALIANO.COM.AU



Main Meals

THE ULTIMATE COLLECTION OF COLOURFUL, FRESH AND
EASY MAIN MEALS GREAT FOR ANY SUMMER OCCASION.



BROCCOLINI & CAULIFLOWER FRIED 'RICE' & CHICKEN bowls



PREP 30 MINS



COOK 20 MINS



SERVES 4

INGREDIENTS

2 bunches broccolini, roughly chopped

600g cauliflower florets (about ½ large cauliflower)

¼ cup peanut oil

4 free-range eggs, at room temperature

4 long red chillies (leave whole)

400g chicken tenderloins, trimmed and cut into 2cm pieces

3 green onions (shallots), trimmed and thinly sliced, plus extra to serve

2 garlic cloves, finely chopped

150g green beans, cut into 3cm lengths

2 tbs kecap manis, plus extra to serve

1 cup trimmed bean sprouts

½ cup coriander leaves

chopped roasted peanuts, to serve

METHOD

1. Preheat oven to 100°C fan-forced. Using a food processor, pulse broccolini and cauliflower in batches until it resembles rice. Set aside.
2. Heat 1 tbs oil in a wok over high heat. Fry eggs one at a time until crisp at the edges and whites are set. Transfer to a tray and keep warm in the oven. Add another 1 tbs oil to wok and fry chillies for 1-2 minutes until crisp. Transfer to the tray and keep warm in the oven.
3. Heat remaining 1 tbs oil in the wok over high heat. Add chicken and stir-fry for 2-3 minutes until white and sealed. Transfer to a plate. Add green onions, garlic and beans to wok and stir-fry for 1 minute. Toss through broccolini and cauliflower 'rice' and stir-fry for 2-3 minutes until just tender. Drizzle with kecap manis and toss to combine.
4. Spoon into serving bowls. Top each with an egg and a fried chilli. Sprinkle with bean sprouts, coriander and extra green onions. Serve with chopped roasted peanuts and extra kecap manis.



MANGO PRAWN

salad



PREP 15 MINS



SERVES 2

INGREDIENTS

*1 x 260g DeCosti Cooked Prawns
with Cocktail Sauce*

1 fresh Ripe Mango, diced

½ Red Capsicum, finely diced

50g Rocket Leaves

GARNISH

Lime Wedge

METHOD

1. Add the diced Mango, DeCosti cooked prawns to a large bowl along with the diced capsicum and rocket leaves.
2. Open the dressing pack and squeeze in half the dressing. Gently toss the dressing through the prawn and mango mixture.
3. Serve the Mango Prawn salad garnish with a wedge of lime and a little extra dressing.

NOTES:

Salad maybe prepared ahead of time and dressed just prior to serving.



LEMON AND GARLIC PRAWN *spaghetti*



PREP 7-10 MINS



COOK 6 MINS



MAKES 4

INGREDIENTS

*1 x 280g De Costi Prawns with
Lemon & Garlic butter*

*½ packet of spaghetti, cooked
and drained*

1 tbsp of oil

Baby rocket, to serve

*Fresh basil and sliced lemon,
to serve*

Salt and pepper, to season

METHOD

1. Heat the oil a small non-stick pan over a medium heat 2 minutes.
2. Add the De Costi Prawns to the pan and cook for 2 minutes then add the lemon & garlic butter for another 2 minutes.
3. Add the Prawns to the cooked pasta.
4. Toss through a handful of rocket. Garnish with fresh basil, sliced lemon and salt and pepper.

TIPS & HINTS:

Sprinkle with freshly grated parmesan for extra flavour.



SPICE IT UP WITH FINELY
CHOPPED RED CHILLI
IF YOU LIKE IT HOT."



CARROT, TOMATO & CHICKEN QUINOA

salad



PREP 20 MINS



COOK 30 MINS



SERVES 4-6

INGREDIENTS

1 cup white quinoa
1 small barbecued chicken
2 purple carrots
1 orange carrot
375g mixed baby tomatoes (heirloom), quartered or halved
3 green onions (shallots), trimmed and thinly sliced
½ cup small mint leaves, roughly chopped
1 cup flat-leaf parsley leaves, roughly chopped
½ cup shelled pistachio nuts, roughly chopped
Lemon wedges, to serve
Lemon, tahini & yoghurt dressing
½ cup natural Greek-style yoghurt
1 tbs tahini
¼ cup lemon juice

METHOD

1. Place quinoa in a sieve and rinse in cold water. Combine quinoa and 2 cups water in medium saucepan and bring to the boil over medium-high heat. Reduce heat to low, cover and cook for 15 minutes or until quinoa is cooked and water has been absorbed. Place quinoa into a large bowl. Set aside to cool slightly.
2. Meanwhile, shred chicken flesh, discarding skin and bones. Peel carrots. Using a julienne peeler or knife, shred carrots into long thin strips. Plunge carrots into a bowl of iced water. Stand for 5 minutes. Drain and pat dry carrots. Add chicken, carrots, tomatoes, green onions, mint, parsley and pistachios to quinoa. Toss to combine.
3. To make dressing, combine all ingredients in a bowl. Season with salt and pepper to taste. Whisk until well combined. Drizzle dressing over salad, gently toss and serve with lemon wedges.

Tip

.....
*This dish is
delicious served
hot or cold.*



TOMATO AND GOAT'S CHEESE

tart



PREP 1 HOUR



COOK 30 MINS



MAKES 6 SLICES

INGREDIENTS

PASTRY

185g (1¼ cups) plain flour
¼ teaspoon baking powder
85g chilled Fairy margarine, cut
into small pieces
1 egg yolk
1 tablespoon lemon juice
2–3 tablespoons cold water

FILLING

2 eggs
250 ml (1 cup) cream
Salt and pepper, to season

ASSEMBLY

250g cherry tomatoes, cut in half
150g goat's cheese
Basil leaves to garnish

METHOD

PASTRY

1. Combine flour, baking powder and Fairy in a food processor. Process until mixture resembles fine breadcrumbs. Add egg yolk, lemon juice and sufficient water until pastry comes together.
2. Knead lightly and pat into a round flat shape. Wrap in baking paper and place in the refrigerator for 30 minutes to rest.
3. Preheat oven to 200°C.
4. Roll dough out on a floured board and line a greased rectangular fluted fan tin.
5. Line with baking paper and fill with baking beans or rice. Rest in refrigerator for another 20 minutes.
6. Blind bake pastry for 10 minutes. Remove the paper and beans or rice, reduce the temperature to 180°C and bake for another 10 minutes or until golden.

FILLING

1. Lightly beat eggs and cream together, season with salt and pepper.

ASSEMBLY

1. Spread the cut tomatoes over the base and place chunks of goat's cheese over top.
 2. Pour over the egg mix and bake for 10 minutes, reduce heat to 180°C and cook for a further 20 minutes or until filling is puffed and golden.
 3. Top with fresh basil leaves to serve.
-



SOUTHERN-FRIED PORTABELLA MUSHROOM *burger*



PREP 15 MINS



COOK 20 MINS



SERVES 4

INGREDIENTS

Vegetable oil or other neutral oil, for shallow frying, plus extra for cooking

12 Portabella Mushrooms, stems removed

100g mozzarella, sliced (optional)

75g (½ cup) plain flour

2 tsp mixed dried herbs

3 eggs, lightly beaten

1 ½ cups fresh breadcrumbs

Salt and pepper, to season

Brioche burger buns, lettuce, tomato and horseradish mustard mayonnaise, to serve

METHOD

1. In batches, heat 1 tbsp of oil over medium-low heat. Cook the mushrooms for 5 minutes each or until cooked through. Transfer to a plate and allow to cool
2. Place 4 mushrooms with the underside facing up, add a slice of mozzarella, if using, to each, then top each with a mushroom. Add another slice of mozzarella then top with the remaining mushrooms with the tops facing up
3. Place the flour, eggs and breadcrumbs into 3 separate bowls. Stir the mixed herbs through the flour and season well with salt and pepper. Dust the mushroom patties well in the flour, then dip in the eggs to coat, then repeat process and coat well in the breadcrumbs
4. Add enough oil into a deep frying pan to come 2cm up the sides and heat to 180°C. Shallow fry the mushroom burgers for 3 minutes each side or until golden. Remove and drain well on paper towel, then season with salt and pepper
5. Serve the mushroom steaks with salad or in a burger

TIPS & HINTS:

You can also use large flat white mushrooms, if you prefer



PRAWN SOFT *tortillas*



PREP 10 MINS



COOK 8 MINS



SERVES 4

INGREDIENTS

PRAWN TORTILLAS

1 x any of the De Costi Flavoured Prawn range

6 mini soft tortillas, warmed

2 cups red cabbage slaw, thinly chopped

1 small Lebanese cucumber, thinly sliced

TO SERVE

Lime wedges

METHOD

PRAWN TORTILLAS

1. Heat a non-stick pan over medium heat for 2 minutes. Add the De Costi Flavoured Prawns to the pan and heat 1 minute.
2. Toss the prawns in the pan for 2–3 minutes until sizzling and prawns change colour and are opaque.

TO SERVE

1. Lay the warmed tortillas on a flat surface and place a small amount of red cabbage slaw onto each tortilla.
2. Top with a spoonful of cooked sweet chilli prawns, garnish with sliced cucumber and wedges of lime.

TIPS & HINTS:

This dish is delicious served warm or cold. Add avocado to the base of the tortillas and sour cream to serve.

QUICK PRAWN PAIRINGS

NO SUMMER SOIREE IS COMPLETE WITHOUT PRAWNS. THEY'RE QUICK TO COOK AND THE IDEAL PROTEIN FOR A VARIETY OF MEALS. FROM STARTERS TO MAINS, DE COSTI PACKAGED PRAWNS WILL BE YOUR NEW FAVOURITE SUMMER INGREDIENT.



PASTA



Add prawns to your next pasta dish for a fuss-free speedy meal great for midweek dinners or your next dinner party. A simple lemon and garlic prawn pasta or Italian prawn tomato pasta will certainly impress.



PIZZA

As they cook in next to no time and come ready peeled and prepped, De Costi packaged prawns are the perfect pizza topping. They'll elevate your pizza from every day to entertaining. Serve with a squeeze of lemon.

TACOS



If you're looking for something quick and easy that will satisfy the whole family, prawn tacos are your go-to. Add them to the mix of delicious toppings to choose from for your next Taco Tuesday.



SALAD

A simple salad can easily be spruced up with the addition of prawns. A prawn salad makes a wonderful side dish for barbecues or Christmas day. Prawns will add extra protein and delicious flavour to any summer salad.



FOR MORE PRAWN RECIPES VISIT [DECOSTI.COM.AU](https://www.decosti.com.au)



Fruity Delights

WHAT BETTER WAY TO END A SUMMER AFFAIR THAN WITH A SWEET FRUITY TREAT, SUCH AS A LEMONY SLICE OR A HEALTHIER PUD.



HEALTHY PLUM

slice



PREP 20 MINS



COOK 55 MINS



MAKES 12

INGREDIENTS

Filling

6 plums, stones removed, roughly chopped

2 tablespoons maple syrup

Base

2 cups rolled oats

1 cup almond meal

¼ cup maple syrup

2 tablespoons coconut oil

1 teaspoon sea salt flakes

1 teaspoon cinnamon

Topping

½ cup rolled oats

¼ cup slivered almonds

¼ cup pumpkin seeds

2 tablespoons sunflower seeds

1 tablespoon coconut oil

METHOD

Filling

1. Place plums and maple syrup into a saucepan and place over a medium heat. Bring mixture to the boil and simmer for 15-20 minutes until plums are soft, pulpy and firm. Cool. Place in fridge until required. (This can be made the day or night ahead of making.)

Base

1. Preheat oven to 180°C. Grease and line a 20cm x 20cm cake pan with baking paper.
2. To make the base place oats, almond meal, maple syrup, coconut oil, salt and cinnamon into a food processor and process until well combined and finely chopped. Press evenly over base of prepared cake pan. Bake for 15 minutes. Cool.

Topping

1. Spread plum mixture over cold base. For topping, combine oats, almonds, pumpkin seeds, sunflower seeds and coconut oil in a bowl. Stir until combined.
2. Sprinkle mixture over plums, pressing lightly. Bake for 20 minutes or until topping is light golden. Cool in pan. Remove from pan and cut into bars or squares.
3. Store in an airtight container in the refrigerator for up to 5 days.

tip

Guests will love the
crunchy chocolate
crackle base



PLAY VIDEO



CHERRY COCONUT CHEESECAKE WITH *chocolate crackle base*



PREP 30 MINS, PLUS 1 HOUR, 15 MINS SETTING TIME



SERVES 12

INGREDIENTS

CHOCOLATE CRACKLE BASE

60g ($\frac{1}{4}$ cup) Copha, chopped

60g dark chocolate, chopped

80g ($\frac{1}{2}$ cup) icing sugar mixture, sifted

2 tablespoons cocoa powder

50g (1 $\frac{2}{3}$ cup) Kellogg's Rice Bubbles

20g ($\frac{1}{3}$ cup) desiccated coconut

CHEESECAKE FILLING

300g (1 $\frac{1}{2}$ cups) cherries, pitted and halved

60ml ($\frac{1}{4}$ cup) water

160g (1 cup) icing sugar mixture, sifted

500g cream cheese, chopped and softened

270ml can coconut cream

3 teaspoons powdered gelatine

CHOC-CHERRY TOPPING

100g dark chocolate, chopped

20g (1 tablespoon) Copha

12 cherries, extra

METHOD

CHOCOLATE CRACKLE BASE

1. Grease and line the base and sides of a 22cm spring form cake tin. In a heatproof bowl, combine chocolate and Copha. Place over a pot of lightly simmering water. Stir until melted. Remove from heat.
2. Place sugar, cocoa, rice bubbles and coconut in a large bowl. Add Copha mixture and mix to combine. Press into base of tin. Put in fridge to set for 10 minutes.

CHEESECAKE FILLING

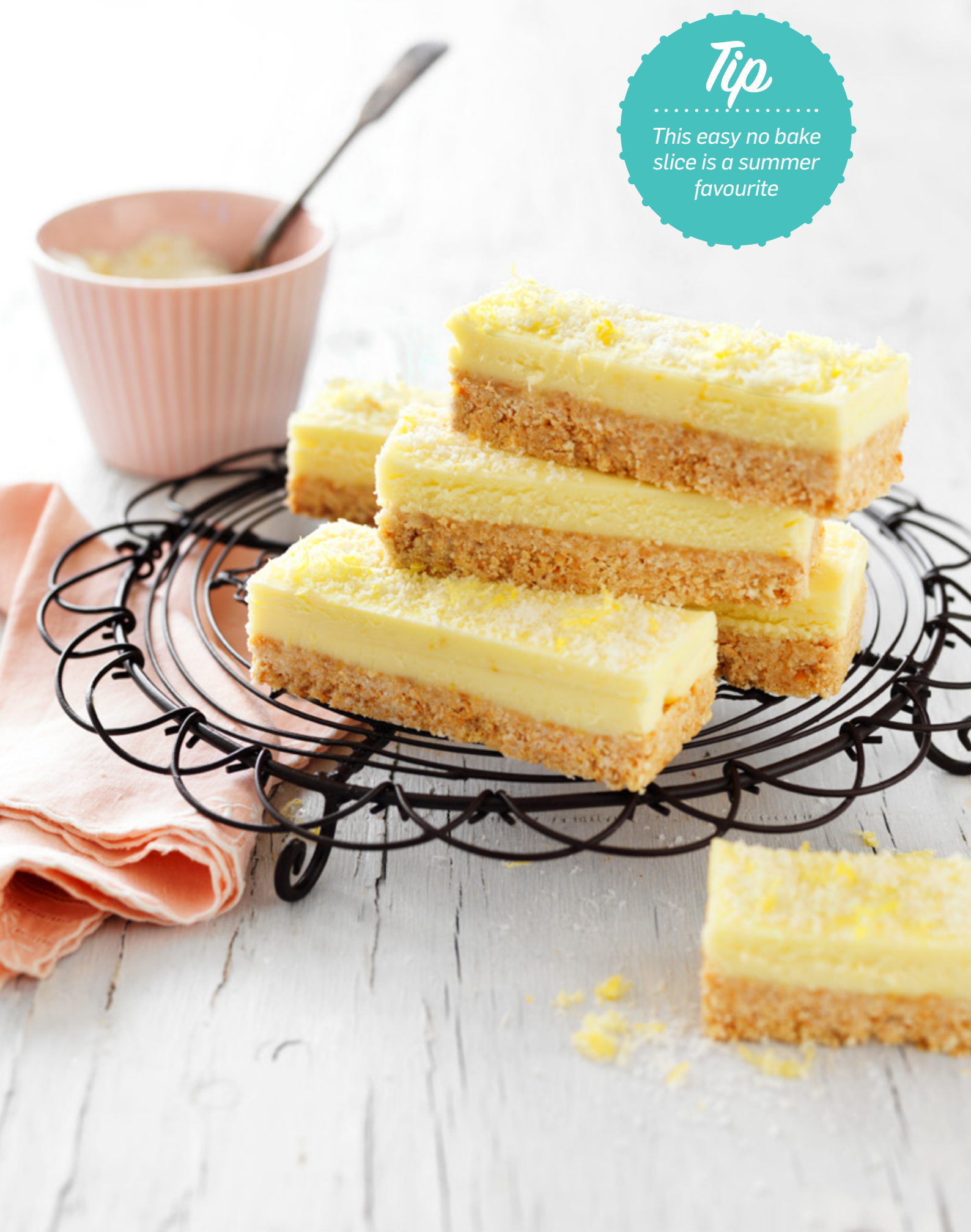
3. Place cherries, sugar, water in a small saucepan over high heat. Bring to the boil and cook for 4 minutes, to soften. Remove from the heat and cool slightly for 5 minutes. Using a stick blender, blend until smooth.
4. Sprinkle over the gelatine and set aside for 5 minutes to dissolve. Mix until smooth. Set aside.
5. Place cheese in large bowl and using hand-held beaters, beat for 4 minutes until light and fluffy. Add coconut cream and beat for 4 minutes until light and smooth. Strain the cherry mixture through a sieve and gradually add to the cheese mixture. Stir to combine. Pour over base and put in fridge to set for 1 hour.

CHOC-CHERRY TOPPING

6. In a heatproof bowl, combine the chocolate and Copha. Place over a pot of lightly simmering water. Stir occasionally until melted. Remove from heat.
7. Half dip the cherries in the chocolate, place on baking paper and refrigerate for 2 minutes to set.
1. Remove cheesecake from tin and drizzle with chocolate mixture. Top with cherries to serve.

Tip

.....
This easy no bake
slice is a summer
favourite



LEMON COCONUT

slice



PREP 30 MINS



MAKES 24 BARS

INGREDIENTS

BASE

125g ($\frac{1}{2}$ block) Copha, chopped

250g (1 packet) Arnott's Milk
Coffee Biscuits

80g (1 cup) desiccated coconut

160g ($\frac{1}{2}$ cup) sweetened
condensed milk

LEMON TOPPING

185g ($\frac{3}{4}$ cup) Copha, chopped

110g ($\frac{3}{4}$ cup) white chocolate melts

200g ($\frac{2}{3}$ cup) sweetened
condensed milk

250g tub sour cream

60ml ($\frac{1}{4}$ cup) lemon juice

2 teaspoons finely grated lemon rind

40g ($\frac{1}{2}$ cup) desiccated
coconut, extra

1 teaspoon finely grated lemon
rind, extra

METHOD

BASE

1. Grease and line a 20cm x 30cm slice tin. Make sure the paper has a 2cm overhang
2. Melt the Copha in a microwave on high or in a saucepan until fully melted. Using a food processor process the biscuits and coconut until they resemble fine breadcrumbs
3. Add the melted Copha and sweetened condensed milk and mix together. Press the biscuit mixture firmly into the tin, using the back of a spoon. Put in the fridge to set for 10 minutes

LEMON TOPPING

1. Melt the Copha and chocolate in a microwave on high or in a saucepan over low heat until fully melted and combined
2. Place sweetened condensed milk, sour cream, lemon juice and rind in a large bowl and mix to combine. Add the Copha chocolate mixture and mix until smooth
3. Pour over the base and smooth the top. Put in the fridge to set for 20 minutes
4. Place extra coconut and lemon rind in a small bowl and mix to combine. Sprinkle over the slice to serve. Slice into 24 bars

TIPS & HINTS

This slice will keep in an airtight container in the fridge for up to 3 days



PEACH, COCONUT AND HAZELNUT *loaf*



PREP 15 MINS



COOK 10 MINS



MAKES 1 LOAF

INGREDIENTS

125g butter, softened
 $\frac{2}{3}$ cup caster sugar
1 teaspoon vanilla extract
2 eggs, at room temperature
1 cup sour cream
2 yellow peaches, stone removed,
finely diced
 $1\frac{1}{2}$ cups self-raising flour
 $\frac{1}{2}$ cup plain flour
 $\frac{1}{2}$ cup desiccated coconut
 $\frac{1}{3}$ cup roasted hazelnuts,
finely chopped

METHOD

1. Preheat oven to 180°C. Grease a 6 cup-capacity (20cm x 10cm x 7cm deep base measurement) loaf pan and line with baking paper, 5cm above line of pan. Using an electric mixer, beat butter, sugar and vanilla until pale and creamy. Add egg, 1 at a time, beating well after each addition.
2. Using a large metal spoon, gently fold in sour cream, peaches and coconut. Sift flours over batter and gently fold until combined.
3. Spoon batter into prepared loaf pan. Smooth top and sprinkle with chopped nuts, pressing gently into batter. Bake for 1 hour or until a skewer inserted into the centre comes out clean. Stand for 10 minutes before turning out onto a wire rack to cool.

Tip

You can swap
out the nectarines
for peaches



NECTARINE AND APRICOT COCONUT *chia puddings*



PREP 25



SERVES 4

INGREDIENTS

2 x 270m cans coconut milk

¾ cup white chia seeds

1 teaspoon vanilla extract

*4 yellow nectarines, stone removed,
cut into thin wedges*

*4 apricots, stone removed,
finely diced*

½ cup maple syrup, to serve

*¼ cup toasted flaked coconut,
to serve*

METHOD

1. Place coconut milk, chia seeds and vanilla into a bowl and stir until well combined. Set aside for 15 minutes to thicken.
2. Spoon half the chia mixture into the base of 4 x 1 cup-capacity glasses or glass bowls. Top with half the nectarines and apricots. Spoon remaining chia seed mixture over fruit. Place remaining fruit onto chia seed mixture.
3. Place in refrigerator for 1 hour or until cold. Drizzle the maple syrup over the fruit. Sprinkle with coconut and serve.

Top Tip

This is a handy little
cooking tip
of greatness



NO-BAKE BLUEBERRY & SWEET RICOTTA *tart*



PREP 25 MINS + CHILLING TIME



SERVES 8

INGREDIENTS

Biscuit base

250g Butternut Snap or Marie biscuits

125g unsalted butter, melted

Ricotta cannoli filling

500g fresh ricotta

1/3 cup icing sugar, plus extra for dusting

1/2 tsp vanilla extract

250g blueberries

Finely shredded orange zest and honey, to serve

METHOD

1. To make the biscuit base, place biscuits into a food processor and process until finely chopped. Add butter and process until well combined.
2. Evenly press mixture into the base of 22cm wide x 2.5cm deep loose-base fluted tart pan. Refrigerate for 3 hours (or longer if time permits).
3. To make the filling, place ricotta, icing sugar and vanilla into a medium bowl. Using electric hand beaters, beat the mixture until smooth. Cover and chill until ready to serve.
4. Just before serving, fill the tart case with the ricotta mixture. Scatter with blueberries. Dust with icing sugar and sprinkle with orange zest. Drizzle with a little honey and serve.



YOUR NEW FAVOURITE Condiment



YELLOW PEACH AND CHIPOTLE CHUTNEY

PREP: 10 MINS | **COOK:** 1 HOUR | **SERVES:** 3 ½ CUPS

INGREDIENTS

2 tablespoons olive oil
1 large brown onion, finely chopped
3 garlic cloves, crushed
2 teaspoons finely grated ginger
3 teaspoons ground cumin
2 teaspoons ground coriander
1 teaspoon smoked paprika
1kg yellow peaches, stones removed, roughly chopped (about 6 peaches)
4 pieces chipotles in Adobo sauce, finely chopped
1 cup white sugar
1 cup apple cider vinegar
2 teaspoons sea salt flakes and freshly ground black pepper

METHOD

1. Heat oil in a medium saucepan over medium heat. Add onion and cook for 5 minutes or until softened. Add garlic, ginger, cumin, coriander and paprika. Stir until combined and cook for 2 minutes or until aromatic.
2. Add peaches, chipotle, sugar and vinegar. Stir until combined and mixture comes to the boil. Reduce heat and simmer, uncovered, for 40 minutes or until a thick chutney forms. Season with salt and pepper. Ladle into sterilised jars and cover with lids. Cool. Once cooled, store in a cool dark place for up to 6 months. Perfect to serve with grilled chicken, steak, pork or fish.



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