

myfoodbook[®]
foodbook

Winter



Hearty **FAMILY DINNERS**



Contents

FAMILY FAVES

WEEKNIGHT WINNERS

WEEKEND WOW!

SWEET SLICE



Warming PRODUCTS

PASSAGE TO Flavour

Sometimes you just need a little help to spice up the family meals. That's where Passage to India really shines. Whether it's a mild butter chicken for the kids, or a fuller-flavoured Sri Lankan-style curry, make **Passage to India simmer sauces** your go-to for quick, easy and tasty dinners.



FAMILY
Favourite

Spread THE WORD

A star ingredient in family cooking for generations of Australians, **Western Star Original Salted Butter** and **Spreadable Original Soft** deliver reliable performance and signature Western Star taste to all your winter dishes. From roasts, to puddings, crumbles and rich ragu sauces, cook with Western Star this winter season.



IN A Nutshell

You'd be nuts not to try adding **chestnuts** to your meals while they're in season. Especially during winter, as chestnuts are one of the only nuts to offer a healthy dose of Vitamin C, along with other amazing benefits. Plus they add their unique creamy flavour to soups, pasta dishes and more.



BETTER Bakes

One of the perfect ways to take the edge off cooler winter nights is with a hearty cheesy bake. To ensure your pasta or veggie bake has the ultimate golden crust and flavour, top it with **Perfect Italiano Perfect Bakes**.



HAS TO BE Hass

For a fruit (yes, fruit!) that's available almost year round and delivers both in terms of flavour and nutrients, try a **Hass avocado**. Smashed or sliced, avocados make everything better. Store green unripe avos in your fruit bowl to ripen. Or store ripe avos in the fridge to keep them fresh until you're ready to eat or cook with them.



Family faves

THESE ARE THE DISHES THAT BRING EVERYONE TO THE TABLE, AND KEEPS THEM COMING BACK FOR MORE.








top tip

Easy and mild
butter chicken
idea for kids.

MILD BUTTER CHICKEN

roti bowls

 **PREP 5 MINS**  **COOK 25 MINS**  **SERVES 4**

INGREDIENTS

6 mini roti, warmed following packet directions

1 tablespoon vegetable oil

6 chicken thigh fillets, diced

1 brown onion, diced

375g Passage to India Extra Mild Butter Chicken Simmer Sauce

200g frozen peas

Yoghurt, to serve

Coriander leaves, optional, to serve

METHOD

1. Preheat oven to 180°C / 160°C fan-forced. Spray roti with olive oil cooking spray and press into a 6-hole Texan muffin pan. Bake in the oven for 12-14 minutes or until golden brown.
2. Meanwhile, heat oil in a large non-stick frying pan over medium heat. Add chicken and cook for 5-6 minutes or until browned on all sides. Transfer to a plate. Drain excess fat and discard.
3. Add onion and cook for 5 minutes or until softened. Pour Passage to India Extra Mild Butter Chicken Simmer Sauce and $\frac{1}{4}$ cup water into pan and bring to a simmer. Return chicken to pan, coating well with sauce. Cover, reduce heat and simmer for 10 minutes or until chicken is cooked through, adding peas for the last 2 minutes.
4. Spoon butter chicken into roti bowls. Serve with yoghurt and coriander, if you like.

TIPS & HINTS:

You can also serve with steamed basmati rice to make it a heartier meal.






Tip

For extra flavour,
add some cooked
chopped bacon.

BAKED

mac & cheese

 **PREP 10 MINS**  **COOK 35 MINS**  **SERVES 4**

INGREDIENTS

500 g macaroni
60 g (3 tbsps.) *Western Star Original Butter*
 $\frac{1}{4}$ cup plain flour
3 cups (750 ml) milk, warmed
 $2\frac{1}{2}$ cups (135 g) *Perfect Italiano™ Perfect Bakes cheese*
2 tbsps. oregano leaves, chopped
 $1\frac{1}{2}$ cups panko breadcrumbs
 $\frac{1}{4}$ cup (60 ml) olive oil

METHOD

1. Preheat oven to 200°C / 180°C fan-forced. Grease a 2 litre (8 cup capacity) ovenproof dish.
2. Cook pasta in a large saucepan according to packet instructions for 12 minutes or until tender. Refresh under cold water. Drain well.
3. Meanwhile, melt butter in a saucepan over medium heat. Slowly add the flour, whisking until combined. Add the milk in batches and continue to stir until the sauce becomes thick and coats the back of a wooden spoon. Stir in $1\frac{1}{2}$ cups of Perfect Bakes cheese.
4. Add cooked pasta and oregano to the sauce, stir to combine. Spoon into the prepared dish.
5. Place panko and remaining 1 cup of Perfect Bakes cheese in a medium bowl. Pour in the oil and use your hands to mix until well combined. Scatter crumb mix over the pasta and bake for 20 minutes or until golden brown. Serve with a simple salad of your choice.



Tip

.....
This recipe is so quick and easy as you can use any leftover Bolognese sauce to make it.

BOLOGNESE

pasta bake



PREP 5 MINS



COOK 35 MINS



SERVES 4-6

INGREDIENTS

500 g rigatoni pasta

20 g (1 tbsp) Western Star Original Butter

3 cups any leftover Bolognese sauce, warmed

2½ cups (225 g) Perfect Italiano™ Perfect Bakes cheese

METHOD

1. Preheat oven to 200°C / 180°C fan-forced. Grease a 3 litre (12 cup capacity) ovenproof dish.
2. Cook the pasta in a large saucepan according to packet instructions for 12 minutes or until tender. Drain well.
3. Add the pasta to prepared dish along with the butter and toss to combine. Add the bolognese and half the Perfect Bakes cheese, stirring through gently to combine. Top with remaining Perfect Bakes cheese. Bake for 20 minutes or until the cheese is melted and golden brown. Allow to rest for a few minutes before serving.

RECIPE NOTE:

Prep and cook times based on using leftover Bolognese.



EASY AVOCADO

parmigiana



PREP 10 MINS



COOK 15 MINS



SERVES 4

INGREDIENTS

4 chicken breast fillets

1/3 cup plain flour

2 eggs, lightly whisked

1 cup Panko breadcrumbs

2 tablespoons Dijon mustard

1 just-ripe avocado, skin and seed removed, sliced

4 slices Swiss cheese

METHOD

1. Preheat oven to 200°C / 180°C fan-forced. Grease and line a baking tray with baking paper.
2. Place 1 chicken breast between 2 sheets of baking paper. Gently flatten with a rolling pin to 1/2 cm thick. Repeat with remaining chicken.
3. Coat each chicken breast in flour, shake off excess. Then dip in egg, and press into breadcrumbs, coating both sides.
4. Heat an oiled non-stick frying pan with enough oil to shallow fry. Add chicken and cook for about 2 minutes on each side or until golden.
5. Transfer to prepared tray. Evenly spread mustard over the top side of the chicken. Top with sliced avocado and then the cheese.
6. Bake for 7-8 minutes or until cooked through.
7. Remove from oven and serve with a simple salad.

SPEEDY SKILLET PASTA BAKE

PREP 5 mins | COOK 35 mins | SERVES 4



INGREDIENTS

250 g penne

3 cups any leftover Bolognese sauce, warmed

Olive oil spray

1 ½ cups (135 g) Perfect Italiano™ Perfect Bakes

2 tbsps. chopped flat-leaf parsley

Green salad, to serve

Tip

.....
Use up leftover Bolognese in this tasty dish.

METHOD

1. Preheat oven to 200°C / 180°C fan-forced.
2. Cook pasta according to packet instructions. Drain. Return pasta to saucepan. Add the Bolognese sauce and mix well.
3. Spray a 20cm (8 cup capacity), heavy-based ovenproof fry pan with olive oil. Spoon half of the pasta mixture into the prepared pan. Top with half of the Perfect Bakes cheese, then remaining pasta mixture. Sprinkle with remaining cheese.
4. Bake for 25 minutes or until cheese is golden brown and bubbling. Serve with a green salad.

RECIPE NOTE:

Prep and cook times based on using leftover Bolognese.

For more recipes visit

PERFECTITALIANO.COM.AU






Weeknight winners

NO TIME TO MESS AROUND WITH TRICKY RECIPES? NO WORRIES. THESE MEALS ARE FABULOUS AND FUSS FREE!



SRI LANKAN COCONUT & CASHEW

with saffron rice

 **PREP 5 MINS**  **COOK 25 MINS**  **SERVES 4**

INGREDIENTS

2 tablespoons vegetable oil
750g chicken thigh fillet, cut into 3cm cubes
375g Passage to India Sri Lankan Coconut & Cashew Chicken Simmer Sauce
150g green beans, trimmed and halved
165ml can coconut milk
½ teaspoon saffron threads
1 brown onion, finely diced
2 garlic cloves, finely chopped
1 cup basmati rice, rinsed
1 bunch coriander, sprigs removed
⅓ cup cashews, roughly chopped
¼ cup toasted flaked coconut

METHOD

1. Heat 1 tablespoon oil in a large non-stick frying pan over medium high heat. Add chicken and cook for 8 minutes or until browned. Add Passage to India Sri Lankan Coconut & Cashew Chicken Simmer Sauce and bring to the boil. Reduce heat and simmer for 15 minutes, adding beans for final 5 minutes, or until chicken is cooked through. Stir through coconut milk.
2. Meanwhile, place saffron into a small bowl and cover with 2 tablespoons boiling water. Stand for 5 minutes.
3. Heat remaining oil in a saucepan over medium heat. Add onion and garlic and cook for 4 minutes or until softened. Add rice, saffron and 2 cups water. Bring mixture to the boil, reduce heat and simmer for 8 minutes. Remove from heat and cover. Stand for 5 minutes. Roughly chop half the coriander and stir through rice. Season.
4. Spoon saffron rice onto serving plates. Top with curry, cashews and toasted coconut.



Tip
.....
Don't have spreadable? Use butter instead.



MUSHROOM RAGU WITH

creamy polenta

 **PREP 20 MINS**  **COOK 15 MINS**  **SERVES 4**

INGREDIENTS

MUSHROOM RAGU

80 g (about 1/3 cup) *Western Star Spreadable Original Soft*

1 leek, washed and sliced

2 garlic cloves, crushed

200 g field mushrooms, sliced

200 g Swiss brown mushrooms, sliced

200 g cup button mushrooms, sliced

6 sprigs of thyme

185 ml (3/4 cup) vegetable stock

2 teaspoons cornflour

50 g baby spinach leaves

Roughly chopped flat-leaf parsley, to serve

POLENTA

500 ml (2 cups) milk

500 ml (2 cups) vegetable stock

2/3 cup instant polenta

20 g (1 tablespoon) *Western Star Spreadable Original Soft*

1/2 cup shredded parmesan, plus extra for serving

METHOD

MUSHROOM RAGU

1. Melt the Spreadable in a large frying pan over medium-high heat. Add the leek and garlic and sauté for 2-3 minutes or until the leeks are softened. Add mushrooms and thyme. Cook for 5 minutes, stirring gently so as to not break up mushrooms.
2. Combine stock with the cornflour and stir into mushroom mixture. Cook over medium heat for a further 3-4 minutes or until the sauce has thickened slightly. Fold through the spinach and remove from heat. Season to taste with salt and pepper.

POLENTA

1. Combine milk and stock in a medium heavy-based saucepan over high heat and bring to the boil. Reduce heat to medium and gradually add polenta, stirring constantly. Cook, stirring constantly, for about 3 minutes or until polenta is soft and smooth. Remove from heat. Stir in Spreadable and parmesan.
2. To serve, spoon the creamy polenta onto serving plates and top with the mushroom ragu. Scatter with a little extra parmesan and the parsley.

NOTE:

If your polenta is thick rather than creamy, use a little extra hot milk to thin it down until you get to your desired consistency.



CHICKEN MEATBALLS IN A CREAMY *mushroom sauce*



PREP 10 MINS



COOK 20 MINS



SERVES 4

INGREDIENTS

1 x 500 g packet dried fettuccine

500 g chicken mince

1½ cups soft fresh breadcrumbs
(see Note)

1 egg, lightly whisked

250 g tub Perfect Italiano™ Ricotta

1 garlic clove, crushed

1 cup (100 g) Perfect Italiano™
Parmesan Grated

2tbsps. olive oil

150 g cup button mushrooms,
thickly sliced

150 g brown mushrooms, quartered

300 ml thickened cream

2 tbsps. Worcestershire sauce

Finely chopped flat-leaf parsley, to
serve

METHOD

1. Cook the fettuccine according to packet instructions. Drain and then set aside.
2. Combine the chicken mince, breadcrumbs, egg, Ricotta, garlic and ⅔ cup of the parmesan in a large bowl. Season. Shape into 16 meatballs.
3. Heat half the oil in a large non-stick fry pan over medium-high heat. In 2 batches, cook meatballs, turning occasionally, for 5 minutes or until browned all over. Transfer to a plate.
4. Heat remaining oil in pan. Add mushrooms and cook, stirring occasionally, for 8 minutes or until tender. Add cream, remaining parmesan and Worcestershire sauce and bring to the boil. Reduce heat to medium. Add the meatballs and cook for 5 minutes or until meatballs are cooked through and the sauce thickens slightly.
5. Add cooked pasta to the sauce and serve sprinkled with parsley.

RECIPE NOTES:

To freeze meatballs, cook completely at end of step 2. Cool and place in resealable plastic food storage bags. Label, date and freeze for up to 3 months. Thaw in fridge overnight. Reduce cooking time in step 3 to 3 minutes.

Fresh breadcrumbs help to keep the meatballs moist and from falling apart during cooking. Simply process 3 slices of day-old bread for the breadcrumbs.



SPICY CHESTNUT, PUMPKIN & *pancetta soup*



PREP 20 MINS



COOK 40 MINS



SERVES 4

INGREDIENTS

CHESTNUTS

700g fresh chestnuts (to make 500g chestnuts for soup recipe below)

SOUP

1½ tbsp olive oil

100g sliced pancetta, chopped

1 brown onion, finely chopped

2 celery stalks, sliced

2 garlic cloves, chopped

2 long red chillies, deseeded and chopped

500g cooked and peeled chestnuts (prepped from fresh in part one of recipe)

750g peeled and chopped butternut pumpkin

5 cups chicken stock

Reduced fat sour cream and extra sliced long red chilli, to serve

METHOD

CHESTNUTS

1. Preheat oven to 200°C / 180°C fan-forced.
2. Cut a shallow cross into the flat side of each chestnut shell. Place prepared chestnuts onto a baking tray and bake for 15-20 minutes or until the shells split open.
3. Once cooked, remove chestnuts from heat and wrap in a clean tea towel for 5 minutes. While chestnuts are still warm, quickly peel off the outer brown shell and remove the papery thin skin underneath.

SOUP

4. Heat 2 tsp oil in a large saucepan over medium-high heat. Add the pancetta and cook, stirring often, for 3 minutes, until crispy. Transfer to a plate. Set aside.
 5. Heat the remaining 1 tbsp oil in the pan over medium heat. Add onion, celery, garlic and chillies and cook, stirring often, for 4-5 minutes until softened.
 6. Add chestnuts and pumpkin, and cook, stirring occasionally, for 5 minutes. Stir in the stock and three-quarters of the pancetta. Cover and bring to the boil. Reduce heat, cover and simmer, stirring occasionally, for 20-25 minutes until pumpkin and chestnuts are tender.
 7. Puree soup with a stick blender until smooth. Season to taste. Cover and bring to the boil over medium heat. Ladle soup into serving bowls. Top each with a dollop of sour cream, the remaining pancetta and extra sliced red chilli and serve.
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Top Tip

Ask your butcher to cut up the chicken for you.



CHICKEN, AVOCADO & CRUNCHY *potato tray bake*



PREP 10 MINS



COOK 45 MINS



SERVES 4

INGREDIENTS

1 x 1.8kg chicken, cut into 8 pieces

2 tablespoons olive oil, plus extra to drizzle

3 garlic cloves, crushed

salt and pepper

1 lemon, juiced

6 sprigs oregano

750g baby chat potatoes, halved

1 lemon, sliced

250g green beans, blanched and halved

2 avocados, cut into wedges

2 cups baby spinach leaves

100g fetta, crumbled

METHOD

1. Preheat oven to 220°C / 200°C fan-forced.
2. Put the chicken, oil, garlic, salt, pepper, lemon juice and oregano in a large bowl and mix to combine. Set aside to marinate.
3. Place the potatoes on a large oven tray and cook in oven for 15 minutes or until golden brown. Top with the marinated chicken, marinade and lemon slices. Cook for 28-30 minutes or until golden brown and cooked through.
4. To serve, top with beans, avocado and spinach. Crumble with fetta and drizzle with oil.

PASSAGE TO INDIA

THE CURRY EXPERTS

Whether it's a mild Korma for the family or a fiery Tikka Masala for yourself, Passage to India delivers the best flavour for your curry, and all in under 20 minutes.



LEARN MORE AT [PASSAGEFOODS.COM](https://www.passagefoods.com)



Weekend Wow!

THESE RECIPES MIGHT NEED A LITTLE EXTRA EFFORT
OR TIME, BUT TRUST US, THEY'RE WORTH IT.

A roasted lamb shoulder is the centerpiece, resting on a large, rustic metal platter. The lamb is dark brown and charred on top, with some meat pulled away to show its texture. It is surrounded by a bed of dark brown lentils and fresh green herbs. Two gold-colored forks are placed on the platter, one on the left and one on the right, pointing towards the pulled lamb. In the background, there are bowls of white rice, a bowl of white sauce, and two glasses of beer. A yellow cloth is draped over the table. A tip callout is overlaid on the image.

tip

If the lamb is browning too quickly, cover with foil.

KORMA MARINATED LAMB SHOULDER

with spinach lentils



PREP 5 MINS



COOK 4 HRS



SERVES 4

INGREDIENTS

1.6kg shoulder of lamb, with bone

*375g Passage to India Korma
Simmer Sauce*

2 tablespoons vegetable oil

1 brown onion, diced

1 cup brown lentils, rinsed

2 cups chicken stock

120g bag baby spinach leaves

1 bunch coriander, sprigs removed

steamed basmati rice, to serve

1 cup thick Greek-style yoghurt

METHOD

1. Using a sharp knife, make 4 diagonal slashes on both sides of lamb. Place into a roasting pan. Pour the Passage to India Korma Simmer Sauce over one side of lamb and, using your fingers, rub into slashes and all over meat. Cover and refrigerate overnight to marinate.
 2. Preheat oven to 160°C / 140°C fan-forced. Remove roasting pan from refrigerator and stand for 20 minutes for meat to come to room temperature. Drizzle half the oil over lamb and pour in ½ cup water. Roast for 3 hours (cover with foil if lamb is browning too much). Add onion, lentils and stock to lamb, cover with foil and roast for a further 1 hour or until lentils are cooked and lamb is pull-apart tender.
 3. Transfer lamb to a serving platter and cover loosely to rest. Stir spinach into lentils until just wilted. Spoon lentil mixture around lamb. Sprinkle with coriander sprigs and serve with rice and yoghurt.
-



TIKKA MASALA

vegetarian pies



PREP 10 MINS



COOK 45 MINS



SERVES 4

INGREDIENTS

1 tablespoon vegetable oil
1 brown onion, finely diced
1 carrot, finely diced
375g Passage to India Tikka Masala Simmer Sauce
1 zucchini, finely diced
1½ cups broccoli florets
100g green beans, cut into 2cm pieces
1 cob of corn, kernels removed
4 sheets ready rolled frozen puff pastry
1 egg, whisked
1 tablespoon sesame seeds
mango chutney, to serve

METHOD

1. Heat oil in a large non-stick frying pan over medium heat. Add onion and carrot and cook for 5 minutes or until softened. Add Passage to India Tikka Masala Simmer Sauce and ½ cup water. Bring to the boil.
 2. Add zucchini, broccoli, green beans and corn. Stir until well combined. Cook for 4 minutes or until tender. Cool.
 3. Preheat oven to 200°C / 180°C fan-forced. Place a baking tray in oven. Grease 4 metal pie tins. Cut 4 x 13cm rounds from pastry. Line prepared tins with pastry. Spoon vegetable curry mixture into pie shells. Cut 4 x 12cm rounds from pastry. Brush edge of pastry shell with water. Cover pie filling with pastry rounds and seal. Brush top of pies with egg and sprinkle with sesame seeds. Cut a small cross on the top of each pie. Place pies onto hot tray and bake for 25 minutes or until golden and crisp.
 4. Serve pies with mango chutney.
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Tip

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Kecap manis is a sweet soy sauce available in the Asian section of supermarkets or from Asian grocers.



ROASTED ASIAN STYLE CHICKEN

with chestnuts

 **PREP 20 MINS**  **COOK 1 HOUR**  **SERVES 4**

INGREDIENTS

ROASTED CHESTNUTS

570g uncooked chestnuts to make
400g cooked chestnuts

ASIAN-STYLE CHICKEN

1/4 cup kecap manis

1/3 cup sweet chilli sauce

1 tsp sesame oil

2 garlic cloves, finely chopped

2 tsp finely grated fresh ginger

2 tbs lime juice

*8 chicken thighs (bone in),
fat trimmed*

400g roasted chestnuts

1/4 cup coriander leaves

*Steamed rice and Asian greens,
to serve*

METHOD

ROASTED CHESTNUTS

1. Preheat oven to 200°C / 180°C fan-forced. Cut a shallow cross into flat side of each chestnut shell.
2. Place prepared chestnuts onto a baking tray. Bake for 15-20 minutes or until the shells split open.
3. Once cooked, remove chestnuts from the heat and wrap in a clean tea towel for 5-10 minutes. While chestnuts are still warm, quickly peel outer brown shell and remove the papery thin skin underneath.

ASIAN-STYLE CHICKEN

1. Combine kecap manis, sweet chilli sauce, sesame oil, garlic, ginger and lime juice in a bowl.
2. Place kecap manis mixture, chicken and chestnuts into a large snap-lock plastic bag. Toss to coat chicken and chestnuts in mixture. Seal and refrigerate for 1 hour (or longer if time permits).
3. Preheat oven to 220°C / 200°C fan-forced. Transfer chicken and chestnut mixture to a large baking pan lined with non-stick baking paper. Roast, turning occasionally, for 30-35 minutes or until chicken is golden and cooked through in the thickest part.
4. Remove from oven, sprinkle with coriander. Serve with steamed rice and Asian greens.



MEXICAN

lasagne



PREP 15 MINS



COOK 45 MINS



SERVES 6

INGREDIENTS

1 x 375 g jar mild tomato salsa
1 tbsp. olive oil
1 brown onion, finely chopped
750 g beef mince
35 g sachet taco seasoning
1 x 400 g can diced tomatoes
1 x 250 g packet microwave white rice, heated
1 red capsicum, chopped
1 x 420 g can corn kernels, rinsed
1 x 400 g can black beans, rinsed
2 spring onions, sliced
9 regular flour tortillas
3 cups (270 g) Perfect Italiano™
4 Cheese Melt

METHOD

1. Preheat oven to 200°C / 180°C fan-forced. Grease a 30cm x 20cm (10 cup capacity) rectangular ovenproof dish. Spread half of the salsa over base of prepared dish.
2. Heat half of the oil in a large non-stick fry pan over medium heat. Add onion and cook, stirring for 3 minutes or until soft. Add mince and cook, stirring to break up lumps, for 5 minutes or until browned. Add taco seasoning and cook, stirring for 30 seconds or until fragrant. Add canned tomatoes and bring to the boil then reduce heat and simmer for 5 minutes. Stir in rice and remove from heat.
3. Heat remaining oil in a second non-stick fry pan over medium heat. Add capsicum and cook, stirring for 3 minutes or until tender. Stir in corn, beans and spring onion. Remove from heat.
4. Place 3 tortillas over base of prepared dish to cover. Top with half of the mince mixture, then a third of the corn mixture and a third of the 4 Cheese Melt. Top with another 3 tortillas, then remaining mince mixture, half of the remaining corn mixture and half of the remaining 4 Cheese Melt. Top with remaining tortillas.
5. Spread tortillas with remaining tomato salsa. Top with remaining corn mixture. Then sprinkle with remaining 4 Cheese Melt. Bake for 35 minutes or until golden brown. Stand for 5 minutes before cutting.



Tip

.....
Add sliced button mushrooms to the dish with the potatoes.

CREAMY ONE POT

roast chicken



PREP 30 MINS



COOK 90 MINS



SERVES 4

INGREDIENTS

1 large leek, pale section only, cut into 2 cm pieces

1 x approx. 1.6 kg fresh butterflied chicken

60 g (3 tablespoons) Western Star Spreadable Original Soft

1 tablespoon chopped thyme, plus extra sprigs, to serve

1 lemon, rind finely grated

2 garlic cloves, crushed

300 ml Western Star Thickened Cream

185 ml (¾ cup) chicken stock

1 tablespoon mustard powder

3 teaspoons brown sugar

500 g baby chat potatoes, quartered

Roughly chopped flat-leaf parsley, to serve

METHOD

1. Preheat oven to 200°C / 180°C fan-forced. Scatter the leek over the base of a large round flame-proof baking dish. Top with the chicken, breast side up.
2. Combine the Spreadable, thyme, lemon rind and garlic in a small bowl. Spread over the chicken and season with salt and pepper. Roast for 30 minutes.
3. Whisk together the cream, stock, mustard and brown sugar in a jug until well combined. Add the potatoes to the chicken at the 30 minute mark and pour the cream mixture over the chicken and potatoes. Roast for a further 45 minutes or until the chicken is golden and cooked through.
4. Carve and serve the chicken with the potatoes and the creamy sauce drizzled over. Scatter with fresh parsley and extra thyme sprigs to serve.

NOTES:

If you have a larger or smaller chicken, adjust cooking time accordingly until chicken is cooked through. You can check by piercing the chicken thigh near the bone, if the juices run clear, the chicken is cooked.

If you prefer a thicker sauce, transfer chicken and potatoes to a plate and cover loosely with foil to keep warm. Combine 2 teaspoons cornflour and 2 tablespoons of water in a jug and add to the creamy pan juices. Stir over medium heat until sauce thickens.



Beef Stroganoff in Garlic Cob Loaf *"Cobanoff"*



It's that simple.





Beef Stroganoff in Garlic Cob Loaf

"Cobanoff"

Serves: 4 | **Prep** 20 mins | **Cook** 20 mins

INGREDIENTS

Garlic Cob Loaf

- 1 cob loaf (approx. 22-24 cm base)
- 60 g Western Star Original Salted Butter
- 3 cloves garlic, crushed
- 2 teaspoons chopped flat-leaf parsley

Beef Stroganoff

- 40 g Western Star Original Salted Butter
- 600 g rump steak, cut into thin strips
- 2 onions, finely chopped
- 200 g button mushrooms, sliced
- 2 cloves garlic, crushed
- 1 teaspoon paprika
- 300 mL Western Star Thickened Cream
- 165 mL (2/3 cup) beef stock
- 1 tablespoon tomato paste
- 2 teaspoons Worcestershire sauce
- 2 teaspoons cornflour
- 1 tablespoon beef stock, extra
- 2 tablespoons chopped flat leaf parsley

METHOD

Garlic Cob Loaf

1. Preheat oven to 200°C/180°C fan forced. Line a large baking tray with baking paper. Use a serrated knife to slice about 3 cm from the top of the cob. Scoop out the bread inside leaving a 1.5 cm-thick shell. Place the scooped out bread pieces in a bowl. Cut the cob lid into 4 pieces and add to the bowl.
2. Combine the melted butter, garlic and parsley in a bowl. Drizzle over the bread pieces, toss to ensure they are evenly coated. Brush the inside and top cut edge of the cob with the remaining garlic spread.
3. Add the bread pieces to the prepared baking tray, leaving room for the cob. Bake for 20 minutes, adding the cob for the final 10 minutes.
4. While the cob is baking, make the beef stroganoff.

Beef Stroganoff

5. Heat half the butter in a large frying pan over high heat. Add beef in 2 batches and cook for 2-3 minutes or until browned all over. Transfer to a plate.
6. Heat the remaining butter in the pan. Add the onion, mushrooms and garlic and cook for 4-5 minutes or until the onion softens. Add the paprika, cream, beef stock, tomato paste and Worcestershire sauce. Stir to combine. Return beef to pan. Combine the cornflour and extra tablespoon of beef stock and stir into the pan. Simmer for 6-8 minutes or until slightly thickened and creamy. Season to taste. Stir through parsley.
7. When ready to serve, spoon the stroganoff into the cob. Serve with the garlic bread pieces.

Serving Suggestion: Serve the "cobanoff" with steamed green vegetables or a fresh green salad.

Note: Western Star Spreadable Original Soft can be used as a substitute for butter in this recipe.

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Sweet slice

INDULGE IN A WINTER TREAT SUCH AS A CHOCOLATE BROWNIE, A BERRY CRUMBLE OR A SELF-SAUCING PUD.



CHOC-ORANGE 'BREAD & BUTTER' *pudding*

 **PREP 15 MINS**  **COOK 50-60 MINS**  **SERVES 6-8**

INGREDIENTS

8 slices brioche loaf

80 g (about 1/3 cup) Western Star Spreadable Original Soft

1/2 cup orange or blood orange marmalade

600 ml Western Star Thickened Cream, plus extra, to serve

4 eggs

1/2 cup brown sugar

2 teaspoons vanilla

100g dark or milk chocolate, chopped into chunks

METHOD

1. Preheat oven to 160°C / 145°C fan-forced.
2. Spread both sides of the brioche slices with the Spreadable, then spread only one side of each slice with the marmalade. Cut each slice in half and place overlapping, marmalade side up, into the base of a round 8-cup capacity baking dish.
3. In a bowl, whisk together the cream, eggs, brown sugar and vanilla then pour over the bread. Dot the chocolate chunks among the brioche slices, then stand for 10 minutes.
4. Bake for 50-60 minutes or until the custard has just set. Serve warm with extra cream.



Tip

.....
Run your knife under
hot water for a
cleaner cut.

RAW AVOCADO

slice



PREP 15 MINS + FREEZER TIME



MAKES 24

INGREDIENTS

BASE

- 1 cup raw cashews
- 1 cup oats (LOWAN)
- 1 packet fresh pitted medjool dates
- 2 tbs cacao powder
- ¼ coconut oil, melted

AVOCADO FILLING

- 4 cups shredded coconut
- 1 tbs coconut sugar
- ¼ cup Natvia
- 2 Avocados

¾ cup coconut oil, melted
and cooled

CHOC TOP

- 2 tablespoons cacao powder
- ⅔ cup coconut oil, melted
and cooled
- ⅓ cup maple syrup

METHOD

BASE

1. Put cashews and oats in a food processor and blitz to make a rough crumb (not too chunky). Add the dates, cacao and a pinch of salt. Blend the mixture and slowly add the coconut oil to bring the mix together. You may not need all the coconut oil. Press mix evenly into a slice pan, lined with baking paper and transfer to the freezer to firm up.

AVOCADO FILLING

1. Place all ingredients in a clean food processor bowl and blitz to combine to desired consistency. Add to prepared base. Return to freezer to set for at least 30 minutes before adding the chocolate top.

CHOC TOP

1. Combine all ingredients in a bowl and pour over the top of avocado slice. Return slice to freezer for 1-2 hours until slice is completely set.



GLUTEN-FREE CHESTNUT & chocolate brownies



PREP 20 MINS



COOK 25-30 MINS



MAKES 16

INGREDIENTS

CHESTNUTS

500g fresh chestnuts

BROWNIES

350g cooked and peeled chestnuts

Standard self-raising flour can be used for a non-gluten free version.

200g good quality dark chocolate, broken into squares

200g unsalted butter, chopped

1 ¼ cups brown sugar

1 tsp vanilla extract

4 eggs, lightly beaten

½ cup gluten-free self-raising flour

2 tbsp cocoa

Pinch salt

METHOD

CHESTNUTS

1. Preheat oven to 200°C / 180°C fan-forced.
2. Cut a shallow cross into the flat side of each chestnut shell. Place prepared chestnuts onto a baking tray and bake for 15 to 20 minutes or until the shells split open.
3. Remove chestnuts from the heat and wrap in a clean tea towel for 5 minutes. While chestnuts are still warm, quickly peel off the outer brown shell and remove the papery thin skin underneath.

BROWNIES

1. Reduce oven to 180°C / 160°C fan-forced. Grease and line a 16cm x 26cm x 2-3cm deep slab pan with baking paper, leaving a 2cm overhang on the sides.
 2. Set aside 50g cooked and peeled chestnuts. Place remaining chestnuts into a food processor. Process until fine crumbs form (you'll need 2 cups ground chestnuts). Set aside.
 3. Place chocolate and butter in a large microwave safe bowl and microwave on high for 2 minutes, stirring with a metal spoon every minute until melted. Set aside to cool.
 4. Using a metal spoon, stir in sugar, vanilla and eggs into chocolate mixture until well combined. Sift over flour, cocoa and salt. Stir to combine. Gently fold through chestnuts. Pour into prepared pan. Chop reserved chestnuts and sprinkle over mixture. Bake for 25-30 minutes until a skewer inserted comes out with moist crumbs sticking. Cool completely in the pan. Cut into squares. Serve with whipped cream and a dusting of cocoa if liked.
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APPLE & MIXED BERRY CRUMBLE

with orange custard



PREP 20 MINS



COOK 45 MINS



SERVES 6

INGREDIENTS

APPLE-BERRY MIXTURE

60 g Western Star Chef's Choice
Unsalted Cultured Butter

$\frac{1}{4}$ cup caster sugar

4 granny smith apples, peeled,
quartered and sliced into 3

3 cups frozen mixed berries, thawed
and drained

CRUMBLE TOPPING

1 $\frac{1}{2}$ cups plain flour

1 cup oats

$\frac{3}{4}$ cup light brown sugar

$\frac{1}{4}$ teaspoon ground cinnamon

$\frac{1}{4}$ teaspoon salt

150 g Western Star Chef's Choice
Cultured Unsalted Butter, cut
into cubes

ORANGE CUSTARD

300 ml bottle Western Star
Thickened Cream

1 orange, rind zested

2 egg yolks

$\frac{1}{4}$ cup caster sugar

2 teaspoons cornflour

METHOD

APPLE-BERRY MIXTURE

1. In a medium (about 2 litre capacity) oven-proof frying pan, combine the butter and sugar. Cook over medium heat, stirring, until melted and combined. Add the apple and toss well to coat. Cover with the lid and simmer for 10 minutes, stirring occasionally. Toss through the mixed berries.

CRUMBLE TOPPING

2. Preheat oven to 200°C / 185°C fan-forced. Place the flour, oats, sugar, cinnamon and salt in a large bowl, and use your fingertips to rub the Butter into the dry ingredients until large clumps form. Scatter over the berry mixture to evenly coat.
3. Bake in oven for 30-35 minutes or until top is golden and juice is bubbling.
4. While the crumble is cooking, make the orange custard.

ORANGE CUSTARD

5. Pour the cream into a small saucepan over medium-low heat. Add almost all the orange zest (reserving a small amount to garnish) and stir to combine. Bring to just before boiling point and turn off heat.
 6. Place the egg yolks, sugar and cornflour in a large heat-proof bowl. Use a balloon whisk to whisk until pale and creamy. Gradually pour the hot cream mixture into the egg yolk mixture, whisking constantly, until combined and smooth. Return to the saucepan over very low heat. Stir constantly for about 5 minutes or until custard is thickened and coats the back of a wooden spoon.
 7. Serve the crumble with the orange custard and sprinkled with reserved orange zest.
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Top Tip

Press Hass avocados near the stem to check if they're ripe. They should give a little.

DAIRY-FREE LEMON AVOCADO *pound cake*



PREP 15 MINS



COOK 50 MINS



SERVES 8

INGREDIENTS

AVOCADO CAKE

1¼ cups plain wholemeal flour

¼ cup cornflour

1 tablespoon baking powder

1 cup raw caster sugar

½ cup desiccated coconut

¼ cup coconut oil

2 eggs

2 teaspoons finely grated lemon rind

*2 medium avocados, mashed
(1¼ cups mashed)*

½ cup coconut milk

¼ cup shredded coconut

COCONUT ICING

400ml tin coconut cream

1½ tablespoons honey

METHOD

AVOCADO CAKE

1. Preheat oven to 180°C / 160°C fan-forced and line a loaf tin with baking paper.
2. Place the flour, cornflour, baking powder, sugar and coconut in a large bowl and mix together. Make a well in the centre and add the oil, eggs, lemon rind, avocado and coconut milk. Whisk until just combined.
3. Pour into loaf tin and bake for 50 minutes, or until a skewer inserted into the centre comes out clean. Allow to cool in tin completely.
4. Meanwhile, make the icing.
5. When ready to serve, spoon the icing over the cake and scatter with shredded coconut.

COCONUT ICING

6. Place the coconut cream in the fridge for 24 hours. Once chilled completely, remove the top firm creamy layer and place in a large bowl (you should have about ¾ cup).

TIPS & HINTS:

Coconut cream varies in consistency from brand to brand and after refrigeration, some coconut creams may be thicker than others. If your icing is very thick, add a few tablespoons of coconut milk or water to thin the icing.



Tip

.....
Serve pudding with
pouring cream or
ice-cream.
.....

CHESTNUT & GOLDEN SYRUP

pudding



PREP 20 MINS



COOK 50 MINS



SERVES 4-6

INGREDIENTS

220g fresh chestnuts

½ cup milk

1 egg

80g butter, melted

2 tbsp golden syrup

⅓ cup firmly-packed brown sugar

1¼ cups self-raising flour, sifted

½ cup brown sugar

2 tsp cornflour

1¼ cups boiling water

¼ cup golden syrup

Icing sugar, for dusting

METHOD

1. Cut chestnuts in half across the width of the chestnut.
2. Place prepared chestnuts into a saucepan of cold water and bring to the boil.
3. Simmer for 15-20 minutes. Remove the chestnuts one at a time from the water.
4. Wrap in a clean tea towel for 5-10 minutes. While chestnuts are still warm, quickly peel off the outer brown shell and remove the papery thin skin underneath.
5. Preheat oven to 180°C / 160°C fan-forced. Lightly grease an 8-cup deep ovenproof dish.
6. Finely grate chestnuts in a food processor. In a large bowl, combine milk, egg, butter and golden syrup. Stir in chestnuts, sugar and sifted flour. Using a large metal spoon, mix until just combined. Spoon into the prepared dish.
7. To make the sauce, combine sugar and cornflour in a small bowl. Sprinkle over pudding. Combine water and golden syrup in a jug. Pour mixture over the back of large metal spoon over the pudding batter. Place dish on a baking tray lined with baking paper.
8. Bake for 50-55 minutes until golden and pudding bounces back when gently pressed in the centre. Stand for 5 minutes. Dust with icing sugar.

make treats better smash an avo

No matter how you blend, cut, slice, dice, mix, chop, bake or freeze them, avos make everything better.



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