

*myfoodbook*<sup>®</sup>  
*foodbook*

# *Winter*



*Hearty* **COMFORT FOOD**



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# Warming PRODUCTS

## PEAR-FECT FOR EVERY OCCASION

The pear is such a versatile fruit and is the pear-fect ingredient for everyday cooking. Not only are they a delicious snack on their own, but they can be transformed into sweet and savoury dishes that will please the whole family.

FAMILY  
*Favourite*



## SPICE UP *dinner time*

Dinner time just got a whole lot easier with *Passage to India Simmer Sauces*. From milder curries like a creamy korma or mild mince curry, to a hot and fiery vindaloo, there is a sauce for every family member. So simmer up some delicious meals.

## Get that **SUPER BOOST**

Delicious to devour, full of nutrients and easy to cook, it's no wonder sweet potatoes are a family-favourite ingredient. These gorgeous golden delights add a great flavour and nutrient boost to classic winter meals, such as pasta bakes or hearty roasts.



# ADDING FLAVOUR

*one step  
at a time*

Winter eating is not complete without a bowl of steaming roast potatoes, warming jaffles, hot veggies and irresistible baked goods. To make these meals even more flavoursome simply add a teaspoon of *Western Star Spreadable* just before serving. It's that simple.



## Simply STIR-THROUGH

Nothing screams winter weeknights like a comforting bowl of creamy pasta. Now you can enjoy a creamy pasta without the cream\* using *Perfect Italiano Ricotta Pasta Stir Through*. Transform a simple meal with one of three tasty varieties. Simply cook your pasta and stir through!

\*Contains 80% less fat than cream





# *Toasty* **JAFFLES**

CRISPY BREAD, HOT AND OOZY FILLINGS, STEAM  
COMING OUT OF THE JAFFLE OVEN. ODE TO JAFFLES.

*Tip*

.....  
You can make  
these jaffles with  
any leftover  
pasta dish



# BACON MAC 'N' CHEESE

## *jaffles*



PREP 10 MINS



COOK 6-8 MINS



SERVES 4

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### INGREDIENTS

*1 cup (320 g) leftover Bacon  
Mac 'N' Cheese*

*8 slices thick-cut white or  
wholemeal bread*

*4 tablespoons (80 g) Western Star  
Spreadable Original Soft*

*4 Bega Tasty Farmers' or Country  
Light Natural Cheese Slices*

### METHOD

1. Preheat a jaffle maker. Warm Mac 'N' Cheese slightly in your microwave
2. Spread bread on both sides with Western Star Spreadable Original Soft
3. Dividing mixture evenly, top 4 slices of bread with the Mac 'N' Cheese, spreading out leaving a 1 cm border. Top each sandwich with a Bega Tasty Farmers' Natural Cheese Slice and then top with the remaining bread
4. Cooking in 2 batches, place Mac 'N' Cheese filled bread into the jaffle maker and cook for 3-4 minutes until golden and toasted. Serve with a leafy green salad, if liked

# 7 TASTY WAYS WITH *Western Star Spreadable*



1

## MASHED POTATOES

Use it in your mash for an irresistibly creamy finish.



2

## SCONES

Serve with freshly baked scones for the perfect match.



3

## BOILED POTATOES

Use as the finishing touch for boiled potatoes.

4

## CORN ON THE COB

Add to hot corn cobs and serve immediately.

5

## PASTA

Toss through cooked pasta for a simple dinner.



6

## TOASTIES

Add onto the outside of the bread for that perfect golden crunch.

7

## STEAMED VEGGIES

Combine with salt, pepper and garlic to jazz up steamed veggies.



[westernstarbutter.com.au](http://westernstarbutter.com.au)





# CHEESY BOLOGNESE

## *jaffles*



PREP 10 MINS



COOK 6-8 MINS



SERVES 4

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### INGREDIENTS

*1½ cups (330 g) leftover Bolognese sauce*

*8 slices thick-cut white or wholemeal bread*

*4 tablespoons (80 g) Western Star Spreadable Original Soft*

*8 Bega Tasty Farmers' or Country Light Natural Cheese Slices*

### METHOD

1. Preheat a jaffle maker. Warm leftover Bolognese sauce slightly in your microwave
2. Spread each piece of bread on both sides with Western Star Spreadable Original Soft
3. Dividing mixture evenly, top 4 slices of bread with the Bolognese sauce, spreading out leaving a 1 cm border. Top each sandwich with 2 Bega Tasty Farmers' Natural Cheese Slices, and then top with the remaining bread
4. Cooking in 2 batches, place Bolognese-filled bread into the jaffle maker and cook for 3-4 minutes until golden and toasted. Serve with a side salad, if liked



# TRADITIONAL HOT APPLE PIE

## *jaffles*



PREP 12 MINS



COOK 6-8 MINS



SERVES 4

---

### INGREDIENTS

300 mL Western Star  
Thickened Cream

2 cups canned pie fruit sliced apples

¼ cup sultanas

½ teaspoon ground cinnamon

Good pinch allspice

8 slices thick-cut white or  
wholemeal bread

4 tablespoons (80 g) Western Star  
Spreadable Original Soft

Icing sugar, for dusting

Maple syrup, for drizzling

### METHOD

1. Using an electric hand mixer, whip Western Star Thickened Cream in a bowl until soft peaks form. Set aside
2. Preheat a jaffle maker. Combine apples, sultanas, cinnamon and allspice in a bowl
3. Spread bread on both sides with Western Star Spreadable Original Soft
4. Dividing mixture evenly, top 4 slices of bread with the apple mixture, spreading out leaving a 1 cm border. Top with the remaining bread
5. Cooking in 2 batches, place apple-filled bread into the jaffle maker and cook for 3-4 minutes until golden and toasted
6. Dust with icing sugar and serve with whipped cream and a drizzle of maple syrup. Scatter with fresh strawberries, if liked






# WINTER *sides*

THESE DRESSED-UP SIDES ARE THE PERFECT  
ACCOMPANIMENT TO ANY ROAST OR STEAK



# HASSELBACK

## *sweet potatoes*

 **PREP 15 MINS**  **COOK 1 HOUR 10 MINS**  **MAKES 6**

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### INGREDIENTS

*6 x 200g Sweet Potatoes, scrubbed*

*6 sprigs fresh thyme, plus extra for serving*

*Olive oil*

*¼ teaspoon sea salt*

*⅓ cup finely grated parmesan*

### METHOD

1. Preheat oven to 200°C/180°C. Carefully cut 3mm slices into the sweet potatoes, leaving 5mm intact at the bottom. Place on a baking-paper lined oven tray
2. Strip the leaves from the thyme and tuck in between the fans of the sweet potatoes
3. Drizzle with oil and sprinkle with salt
4. Bake for 1 hour -1 hour 10 minutes until golden and soft in the middle when easily pierced with a knife. Serve sprinkled with parmesan

*Tip*

*The perfect side for a hearty roast chicken or beef.*





# ROAST SWEET POTATO MEDLEY

*with rib-eye steak*



PREP 10 MINS



COOK 50 MINS



SERVES 4

---

## INGREDIENTS

400g each Gold, Purple and White Sweet Potato, chopped

3 tablespoons olive oil, plus extra for steaks

½ bunch fresh thyme sprigs

4 x beef rib-eye steaks

Mustard, to serve

## METHOD

1. Preheat oven to 200°C/180°C. Line two oven trays with baking paper. Combine sweet potatoes evenly on trays. Toss with olive oil to coat and season. Bake for 35-40 minutes until golden and tender
2. Meanwhile, drizzle steaks with extra oil. Sprinkle both sides with salt and pepper. Cook steaks in a large oven-proof frying pan over medium-high heat for 2-3 minutes each side until browned. Transfer pan to oven and cook for about 5 minutes until cooked to taste. Rest steaks for 5 minutes
3. Serve steaks with potato medley and mustard

**TIP:** *Twist it by serving the rib-eye steaks with hasselback sweet potatoes for dinner party wow or with sweet potato mash for when time is of the essence.*






*Tip*

Use leftovers for a sweet twist on traditional bubble and squeak

# ULTIMATE

## *sweet potato mash*

 PREP 10 MINS  COOK 15 MINS  SERVES 4

### INGREDIENTS

800g Sweet Potato, peeled, chopped

½ cup thickened cream

60g butter

Salt and pepper

### METHOD

1. Place the sweet potatoes in a steamer basket over a medium saucepan of simmering water and steam for 15 minutes or until tender
2. Place in a large bowl with cream and butter. Mash with a potato masher until smooth. Season with salt and pepper



*Superfacts about*

# SWEET POTATOES

SWEET POTATOES ARE INCREDIBLY RICH IN NUTRITIONAL VALUE, MAKING THEM THE PERFECT INGREDIENT TO SUPERCHARGE YOUR MEAL.

**1**

## **Rich package of vitamins**

Vitamin A for healthy eyes and skin, C for a healthy nerve and immune system and B6 to aid metabolism and form red blood cells.

**2**

## **Great for gut health**

Rich in dietary fibre, sweet potatoes aid the digestive system to keep you regular and healthy.

**3**

## **Bone and muscle protection**

Sweet potatoes are full of calcium and potassium, which means that by eating sweet potatoes you are aiding bone strength, helping muscle function and regulating heart function.

**4**

## **Made for 'supermeals'**

Sweet potatoes' unique package of nutrients makes them the perfect base to create a 'supermeal'. That is, a balanced meal packed full of nutrition!

AUSTRALIAN  
**SWEET  
POTATOES**

[australiansweetpotatoes.com.au](http://australiansweetpotatoes.com.au)

# CHEESY *bakes*

THE PERFECT SOLUTION FOR A FUSS-FREE,  
WEEKNIGHT DINNER. PLUS, ONE PAN  
MEANS LESS WASHING UP.





# SWEET POTATO PASTA BAKE WITH *spinach and pine nuts*



PREP 20 MINS



COOK 50 MINS



SERVES 6

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## INGREDIENTS

350g penne or other pasta  
1 tablespoon olive oil  
1 small onion, finely chopped  
2 garlic cloves, crushed  
500g lean beef mince  
400g Sweet Potato, peeled,  
coarsely grated  
1 small zucchini, coarsely grated  
2 tablespoons tomato paste  
400g can diced tomatoes  
1 cup salt-reduced beef stock  
4 sprigs thyme  
50g baby spinach leaves  
100g ricotta  
½ cup (40g) grated parmesan  
2 tablespoons pine nuts

## METHOD

1. Cook pasta in a large pan of salted, boiling water until al dente. Drain well
2. Meanwhile, heat oil in a medium pan on medium-high heat. Cook onion and garlic for 3-4 minutes until softened. Add beef and cook until browned, breaking up lumps with a spoon. Add sweet potato and zucchini. Cook for 2 minutes until softened slightly
3. Add paste, tomatoes, stock and thyme. Simmer, uncovered for 15-20 minutes until thickened slightly. Stir through spinach leaves until wilted
4. Meanwhile, preheat oven to 220°C/200°C fan-forced
5. Combine pasta and beef mixture in an 8-cup capacity ovenproof dish. Sprinkle with ricotta, parmesan and pine nuts. Bake for 15-20 minutes until golden



# RICOTTA CANNELLONI

## *bolognese bake*



PREP 10 MINS



COOK 1 HOUR 20 MINS



SERVES 4

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### INGREDIENTS

*2 tbsp olive oil*

*500g quality minced beef*

*1 brown onion, finely chopped*

*2 garlic cloves, finely chopped*

*1 carrot, peeled and finely chopped*

*2 celery sticks, finely chopped*

*2 x tins whole peeled tomatoes*

*200ml red wine (or water)*

*1 x 500g tub Perfect Italiano Ricotta*

*Zest of 1 lemon*

*200g cannelloni*

*150g Perfect Italiano Grated Perfect Bakes Cheese*

### METHOD

1. Heat the oil in a large pan over a medium heat. Once hot, add the mince and use a wooden spoon to break up. Continue to stir and cook for 5 minutes or until the mince has browned. Add the onion, garlic, carrot and celery and continue to cook for 10 minutes or until the vegetables have softened. Add the tomatoes and wine (or water) and stir, breaking up tomatoes with the back of the wooden spoon. Bring the mixture to a simmer and then reduce the heat to low. Simmer for 30 minutes, stirring regularly. Season to taste and set aside to cool slightly
  2. Preheat the oven to 180°C
  3. To prepare the cannelloni, mix the Perfect Italiano Ricotta with the lemon zest, and then season with salt and pepper. Carefully fill the cannelloni with the ricotta using a knife or piping bag
  4. Spoon half of the Bolognese into a large baking dish and then gently lay the filled cannelloni into the dish. Top the cannelloni with the remaining Bolognese and then sprinkle over the Perfect Italiano Perfect Bakes Cheese. Place the dish into the oven and bake for 35 minutes or until golden and bubbling
  5. Remove from the oven, and allow to sit for 5 minutes before serving
-



# KNOW YOUR *Onions*

RED, WHITE OR BROWN, THIS IS YOUR HANDY GUIDE TO WHICH ONION TO USE WHEN.

## BROWN ONION

An excellent all-round versatile onion with a strong and pungent flavour, great for cooking.

## WHITE ONION

Not as strong in flavour or as pungent as brown onions. Milder varieties of white onions can be eaten raw in salads and in sandwiches.

## RED ONION

A milder and sweeter onion, often consumed raw in salads or can be lightly cooked with other foods.





# *myfoodbook*<sup>®</sup>

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## COOKING SCHOOL

Sharpen up on your kitchen skills with the  
**myfoodbook Cooking School Series!**

- *Recipe ideas*
- *Tips and hints*
- *Cooking techniques*
- *Time savers*

**SUBSCRIBE** at [myfoodbook.com.au](http://myfoodbook.com.au)

## tip

.....  
For something a bit  
more fancy, replace  
tuna with flaked  
salmon



# TUNA, TOMATO AND MOZZARELLA

## *fusilli bake*

 **PREP 5 MINS**  **COOK 35 MINS**  **SERVES 4**

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### INGREDIENTS

400g fusilli  
1 tbsp olive oil  
2 garlic cloves, sliced  
400g tomato passata  
425g chopped tomatoes  
10 basil leaves, torn  
 $\frac{1}{3}$  cup pitted kalamata olives,  
chopped  
1 x 425g tin tuna in spring water,  
drained and flaked  
200g Perfect Italiano Mozzarella  
Cheese

### METHOD

1. Cook the fusilli according to packet instructions, drain and set aside
2. Preheat the oven to 180°C
3. Heat the olive oil in a large deep-sided pan over a medium heat. Add the garlic and fry for 1 minute before adding the passata and chopped tomatoes. Bring to a simmer and then reduce the heat to low. Add the basil and olives and mix well. Continue to simmer for 5 minutes and then season with salt and pepper to taste
4. Add the drained pasta and tuna to the sauce, and mix well to coat the pasta and break up tuna. Transfer the mixture to a baking dish and sprinkle over the Perfect Italiano Mozzarella. Carefully place in the oven to bake for 20-25 minutes or until golden brown
5. Remove from the oven and allow to sit for 5 minutes before serving

## Tip

.....  
Serve as a side dish  
to meat or fish or as  
a main with a fresh  
green salad.



# CREAMY SWEET POTATO *cauliflower bake*

 **PREP 10 MINS**  **COOK 1 HOUR**  **SERVES 4**

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## INGREDIENTS

*400g sweet potato, peeled and sliced into 1cm slices*

*¼ head cauliflower, cut into 2cm slices*

*200ml cream*

*200ml milk*

*2 garlic cloves, peeled*

*⅓ cup Perfect Italiano Grated Parmesan*

*4 sprigs thyme, leaves removed*

*250g Perfect Italiano Perfect Bakes*

## METHOD

1. Preheat the oven to 180°C
2. Arrange the sweet potato and cauliflower into the dish so that the vegetables fit snugly
3. Combine the cream, milk and garlic in a small saucepan and place over a low heat. Bring to a simmer and then turn off the heat. Stir through the Perfect Italiano Parmesan and the thyme, and then season with salt and pepper. Set aside for a couple of minutes before removing the garlic cloves
4. Carefully pour the cream mixture over the vegetables and then cover the baking dish with foil. Place into the oven to bake for 30 minutes
5. Remove from the oven and sprinkle over the Perfect Italiano Perfect Bakes. Return to the oven uncovered for a further 30 minutes or until golden. The vegetables should be tender when pierced with a knife
6. Remove from the oven and serve

# CREAMY PASTA WITHOUT THE CREAM



A delicious range of convenient and authentic ricotta pasta stir through sauces from Perfect Italiano. With 80% less fat than cream\*, you can enjoy delicious creamy pasta more often. Simply stir through hot pasta for a perfect Italian pasta meal in no time. Available in Woolworths and Independent Supermarkets.

\*Contains 80% less fat than regular cream which contains 35g fat per 100g

**VISIT [PERFECTITALIANO.COM.AU](https://www.perfectitaliano.com.au)**






tip

.....  
Pancetta can be substituted with streaky bacon if not available



# SPAGHETTI WITH CRISPY PANCETTA

*with four cheese ricotta*

 **PREP 5 MINS**  **COOK 10 MINS**  **SERVES 4**

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## INGREDIENTS

500g spaghetti

1 tbsp olive oil

4 slices pancetta, chopped

450g Perfect Italiano Ricotta Pasta  
Stir Through, Four Cheese

Salt and Pepper to taste

$\frac{1}{3}$  cup chives, finely chopped,  
to garnish

Perfect Italiano Shaved Parmesan,  
to serve

## METHOD

1. Cook pasta according to packet instructions
2. Meanwhile, add olive oil to a large pan and place over medium to high heat. Once hot add the pancetta and fry until crispy and golden. Turn heat to low and add drained cooked pasta to the pan
3. Add Perfect Italiano Ricotta Pasta Stir Through, Four Cheese to the pot and gently stir through
4. Once warmed through, season to taste and garnish with chives and Perfect Italiano Shaved Parmesan



# HEARTY *curries*

SPICE UP YOUR DINNER ROUTINE WITH THIS COLLECTION OF AUTHENTIC, MILD AND FIERY, HEARTY CURRY RECIPES.



# CHICKEN BIRYANI WITH CREAMY CORIANDER *and mint sauce*



**PREP 10 MINS**



**COOK 55 MINS**



**SERVES 4**

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## INGREDIENTS

*1 cup thick plain yoghurt*

*½ cup mint leaves, roughly chopped*

*½ cup coriander leaves, roughly chopped*

*1 lemon, juiced*

*2 cups basmati rice*

*1 tablespoon vegetable oil*

*1 brown onion, diced*

*500g chicken thigh fillets, diced*

*375g Passage to India Biryani simmer sauce*

*⅓ cup sultanas*

*Toasted natural flaked almonds, to serve*

*Coriander sprigs, to serve*

## METHOD

1. Place yoghurt, mint leaves and coriander leaves into a small food processor and pulse until a smooth pale green sauce forms. Transfer to a bowl. Stir through ¼ cup lemon juice, salt and white pepper
  2. Rinse rice until water runs clear. Place into a medium saucepan and cover with water. Place over a high heat and bring to the boil. Reduce heat to low, cover and cook for 8 minutes. Drain
  3. Heat oil in a frying pan over a medium high heat. Add onion and chicken and cook for 8 minutes or until browned. Pour Passage to India Biryani simmer sauce over chicken and bring to the boil. Reduce heat to low and simmer for 10 minutes
  4. Sprinkle sultanas over chicken mixture. Spoon rice evenly over chicken and sultanas. Cover with a sheet of baking paper, tucking into side of pan. Cover and cook for 10 minutes. Remove from heat and stand for 10 minutes. Sprinkle with toasted almonds. Serve with coriander & mint sauce and coriander sprigs
-

*Tip*

Served with  
steamed rice, if  
preferred.



# MINCE AND *chickpea curry*



**PREP 15 MINS**



**COOK 25 MINS**



**SERVES 4**

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## INGREDIENTS

*1 tablespoon vegetable oil*

*1 brown onion, diced*

*500g beef mince*

*375g Passage to India Mild Mince  
Curry simmer sauce*

*400g can chickpeas, drained, rinsed*

*3 tomatoes, seeds removed,  
finely diced*

*1 Lebanese cucumber, seeds  
removed, finely diced*

*1 small red onion, finely diced*

*1 lemon, finely grated rind and  
¼ cup juice*

*¼ cup finely chopped mint*

*Naan or Roti bread, warmed, to  
serve*

*Thick plain yoghurt, to serve*

*Mint sprigs, to serve*

## METHOD

1. Heat oil in a deep frying pan over medium heat. Add onion and cook for 5 minutes or until softened. Add mince and stir with a wooden spoon to break up mince. Cook for 8 minutes or until browned. Pour Passage to India Mild Mince Curry simmer sauce over mince and stir until well combined. Bring to the boil, reduce heat to low and cook for 15 minutes or until slightly thickened. Stir through chickpeas. Cook for 2 minutes or until heated through. Season with salt and pepper
2. Meanwhile, combine tomato, cucumber, red onion, lemon rind, lemon juice and mint in a bowl. Prepare bread as per packet instructions
3. Place a naan or roti bread onto each serving plate. Top with curried mince, tomato & mint sambal, a dollop of yoghurt and mint sprigs. Serve immediately



# SPICY VINDALOO

## *beef ribs*



PREP 10 MINS



COOK 1.5 HOURS



SERVES 4

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### INGREDIENTS

1.2kg beef ribs

2 tablespoons vegetable oil

2 small red onion, cut into thin wedges

375g Passage to India Vindaloo simmer sauce

2 teaspoons mustard seeds

1 teaspoon cumin seeds

3 carrots, shredded

1/3 cup coriander leaves, plus extra to serve

Steamed basmati rice, to serve

Finely sliced red chilli, to serve (optional)

### METHOD

1. Place ribs into a saucepan and cover with cold water. Place over a high heat and bring to the boil. Reduce heat and simmer for 25 minutes. Remove from heat and cool in liquid. Drain. Cut ribs into smaller pieces
2. Heat half the oil in a deep frying pan over medium heat. Add half the onion and cook for 3 minutes or until softened. Add Passage to India Vindaloo simmer sauce and bring to the boil. Add beef ribs and stir until coated with sauce. Reduce heat to low, cover and simmer for 1 hour or until beef is tender
3. Meanwhile, heat remaining oil in a frying pan over medium heat. Add remaining onion and cook for 3 minutes or until softened. Add mustard seeds and cumin seeds. Cook for 2 minutes or until aromatic. Add carrots and cook for 3 minutes or until just softened. Remove from heat and season with salt and white pepper. Stir through coriander leaves just before serving. Spoon rice onto serving plates. Top with ribs and sauce and serve with carrot salad, extra coriander and chilli, if you like





# ONE-PAN BUTTER CHICKEN

## *with cauliflower*

 **PREP 5 MINS**  **COOK 35 MINS**  **SERVES 4**

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### INGREDIENTS

*1 tablespoon vegetable oil*

*8 chicken thigh cutlets, with skin on*

*1 brown onion, thinly sliced*

*½ (500g) cauliflower, cut into florets*

*375g Passage to India Butter*

*Chicken Simmer Sauce*

*Steamed basmati rice, to serve*

*Roasted salted cashews, roughly chopped, to serve*

*Coriander sprigs, to serve*

### METHOD

1. Heat oil in a large non-stick frying pan over medium heat. Add chicken pieces and cook for 10 minutes or until browned on all sides. Transfer to a plate. Drain excess fat and discard
2. Add onion and cauliflower to pan and cook for 5 minutes or until softened. Pour Passage to India Butter Chicken Simmer Sauce over vegetables and bring to a simmer. Return chicken pieces to pan, coating well with sauce. Cover pan, reduce heat and simmer for 20 minutes or until chicken is cooked through.
3. Spoon rice onto a platter. Top with chicken, vegetables and sauce. Sprinkle with cashew nuts and coriander

# SPICE-O-METER

CAN YOU TAKE THE HEAT? USE THIS SCALE TO CHECK THE  
LEVEL OF SPICE NEXT TIME YOU'RE CHOOSING  
A CURRY FOR THE FAMILY.

## HOT

VINDALOO 🌶️🌶️🌶️

BALTI 🌶️🌶️

ROGAN JOSH 🌶️🌶️

TIKKA MASALA 🌶️🌶️

SAAG 🌶️

BIRYANI 🌶️

JALFREZI 🌶️

MANGO CHICKEN 🌶️

BUTTER CHICKEN 🌶️

KORMA 🌶️

MILD MINCE CURRY 🌶️

BUTTER CHICKEN EXTRA MILD 🌶️

## MILD



# SWEET *treats*

COMPLETE YOUR WINTER FEAST WITH AN AFTER-DINNER INDULGENCE. WHETHER YOU'RE CRAVING SOMETHING FRUITY OR CHOCOLATEY THERE'S A RECIPE TO SATISFY EVERY SWEET TOOTH.



# CHOCOLATE

## *pear loaf*

 **PREP 15 MINS**  **COOK 1 HOUR**  **MAKES 1**

---

### INGREDIENTS

540g Devil's Food cake mix

3 eggs

$\frac{3}{4}$  cup water

$\frac{1}{3}$  cup vegetable oil

4 medium pears, core removed  
from base

2 tablespoons icing sugar

### METHOD

1. Preheat oven to 180°C. Grease and line a 27cm x 11.5cm x 6.5cm deep (base measurement) (8 cup capacity) loaf pan with baking paper. Prepare cake mix as per packet instructions. Spoon one-third of cake batter into the base of prepared loaf pan. Stand pears in cake batter. Spoon remaining cake batter around and over pears until covered
2. Bake loaf for 50-60 minutes or until cooked through when tested in the centre with a skewer. Allow to stand for 10 minutes before transferring loaf to a wire rack to cool. Dust with icing sugar and serve

*Tip*

We used Betty  
Crocker Devil's Food  
Cake mix.

## Tip

.....  
If you don't have a  
microwave, bake in  
the oven for 10 min  
at 180°C



# PEAR AND ALMOND

## *mug cake*

 **PREP 10 MINS**  **COOK 1 MIN**  **SERVES 4**

---

### INGREDIENTS

*1 large pear*  
*2/3 cup self-raising flour*  
*2 tablespoons almond meal*  
*2 tablespoons caster sugar*  
*2 eggs*  
*1/3 cup milk*  
*40g butter, melted and cooled*  
*1/2 teaspoon vanilla*  
*1/4 cup maple syrup, to serve*  
*Icing sugar, to dust*



### METHOD

1. Finely dice half the pear and cut remaining half into thin wedges. Combine flour, almond meal and sugar in a small bowl. Whisk egg, milk, butter and vanilla in a jug. Add to flour mixture and stir until combined. Stir through diced pear
2. Spoon cake batter into 4 x 3/4 cup capacity cups. Microwave on high for 60-70 seconds or until cake has risen and top is just set. Stand pear wedges up in cooked cakes. Drizzle with maple syrup and dust with icing sugar. Serve immediately





# MINI SPONGE CAKES WITH PEARS AND *salted caramel sauce*

 **PREP 10 MINS**  **SERVES 6**

---

## INGREDIENTS

225g unfilled rectangular  
sponge slab

150ml tub double thick cream

2 small pears, quartered, core  
removed, cut into thin wedges

½ cup purchased salted caramel  
flavoured topping

50g hokey pokey honeycomb bar,  
finely chopped

## METHOD

1. Cut sponge slab into 6 squares or using a biscuit cutter, cut into 7cm rounds. Place sponge cake onto serving plates. Top with cream and pear wedges. Drizzle over caramel topping and sprinkle with hokey pokey. Serve

*Tip*

.....  
A pear-fect  
dessert ready  
in 10 minutes

# HOW TO RIPEN *Pears*



## WITH OTHER FRUITS

Placing pears in a fruit bowl with bananas, avocados or apples will encourage ripening. These fruits give off ethylene gas which encourages ripening of pears.



## IN A BROWN PAPER BAG

If the pears you bought are still a little firm, you can put them in a paper bag at room temperature. To speed up the process, place a pear and a banana together in a brown paper bag.

## HOW DO I KNOW A PEAR IS RIPE?

Hold the pear in the palm of your hand then gently apply pressure into the neck of the pear. Once the skin of the pear gives into that pressure, it's ripe and ready to eat.

**PRESS  
ONTO THE  
NECK**





# BUTTERMILK & VANILLA BEAN

## scones



PREP 20 MINS



COOK 20-23 MINS



MAKES 12

---

### INGREDIENTS

3 cups self-raising flour

2 teaspoons baking powder

½ teaspoon salt

¼ cup caster sugar

4 tablespoons (80 g) Western Star Spreadable Original Soft, chilled

1½ cups buttermilk (plus extra for brushing)

1 teaspoon vanilla bean paste or extract

Icing sugar, for dusting

300 mL Western Star Thickened Cream, whipped, and raspberry jam, to serve

### METHOD

1. Preheat oven to 220°C/200°C fan-forced. Place flour, baking powder, salt and sugar into a large bowl. Dot with the Western Star Spreadable Original Soft. Using your fingertips, rub together until mixture resembles fine breadcrumbs
2. Make a well in the centre of the dry ingredients. Whisk buttermilk and vanilla in a jug. Pour mixture into dry ingredients. Using a dinner knife, quickly mix until just combined (add a little more buttermilk to the mixture if needed). Pull dough together into a rough ball. Turn onto a lightly floured surface and gently knead just until a smooth dough forms. Press the dough into a 3 cm thick circle. Using a 5 cm cookie cutter dusted with flour, cut 12 rounds from the dough (re-rolling dough as necessary)
3. Place scones close together onto a lightly greased baking tray lined with baking paper. Brush tops with extra buttermilk. Bake for 20-23 minutes until pale golden and cooked through. Remove scones from pan and wrap in a clean tea-towel. Set aside to cool slightly
4. Dust warm scones with icing sugar. Serve split scones topped with whipped cream and raspberry jam. Add fresh seasonal berries, if liked



*Tip*

.....  
These pears can be served on top of pancakes as well.  
.....

# WAFFLES WITH CARAMEL ICE CREAM *and pears*

 **PREP 5 MINS**  **COOK 10 MINS**  **SERVES 6**

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## INGREDIENTS

*25g butter*

*2 tablespoon brown sugar*

*6 small pears, peeled, halved*

*6 thick waffles*

*Salted caramel ice cream,  
to serve*

## METHOD

1. Melt butter in a frying pan over medium heat. When sizzling add the brown sugar and stir until sugar has melted. Add pears, cut side down and cook for 3 minutes. Turn and cook for 3 minutes or until pears are caramelised and softened. Remove from heat and cool
2. Toast waffles and place onto serving plates. Top with a small scoop of ice cream. Place pear and sauce over ice cream and serve immediately

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