



*A*

*Jonaí*

*Journey*

*in*

*Gastronomy*

# **Gourmet Poverty**

Tammi Jonas  
Solstice Press 2005

## On balance, imbalance and growth...



*Food is my passion. Feeding beloveds, feeding myself, feeding the world with joy. It wasn't always this way. I once fed by rote, without thought. I was the girl the coach had to ask, "Tammi, what are you eating for lunch?" when I complained of being sluggish during afternoon hurdling sessions. "Cherry 7Up and doughnuts, why?"*

*Then, after leaving Oregon for university in San Diego, I became a vegetarian for awhile. Lack of German and Swiss francs brought me 'round in Lausanne. Nicole taught me about real butter. Kathleen introduced me to my salsa nemesis, cilantro (coriander). You can still buy vegetables in their original form? Brilliant!*

*Next was Stuart, or should I say, Ros channeled through him. The food was all fresh and made with love. Regular world travel tempted my palate. I opened my eyes and my tastebuds and paid attention to technique. Over-the-bridge-noodles in Kunming with fresh chili sauce, tamales in Guatemala, mole sauce in Mexico (not to mention Mexican chocolate, that divine blend of cacao, almonds, sugar and cinnamon), malai kofta and palak (spinach) served with nan in India. Thailand offered not fabulous gaeng kiaow waan (green curry) and tom yum, but a learning Thai cooking from a master. France was pure decadence, and we fit in the requisite three varieties of cheese, (or camembert), blue and goat's, no matter how full when we got Chile was an exploration of meat, in copious quantities, and maybe a few empanadas along the road.*



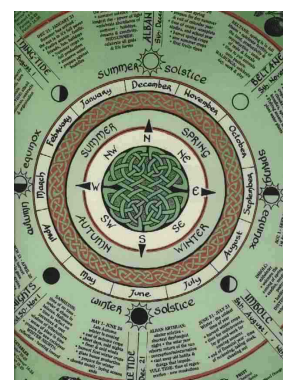
*anything only day of*

*soft (brie there.*



*Aside from the many regional lessons, I learned a lot from friends. A dozen years ago, I served Antonia and Mark my best meal – burritos – half of which came from a tin or a plastic bag. They taught us to make fresh pasta and introduced us to the fabulous Marcella Hazan. Six years ago, I offered my favourites out of Laurel's Kitchen to Dawn and Brian. Dawn not only introduced me to Alice Waters and Annie Somerville, she cooked for the love of it, served for the pleasure of it and ate with joy and abandon. I owe a lot to these and others.*

*Now on to the main event. May I preface this collection by assuring you all that it won't be the last. Wherever there is an open air market and lovers of fresh, whole foods, there will always be good food. Food is nourishing, nuanced and never-meant-to-be-dull. As I have progressed in my appreciation of eating for pleasure, I have paid increasing attention to the seasons in which it is most appropriate to grow and buy my produce. Naturally, we eat more roasts and slow-simmered foods in winter, as well as more potatoes. In summer the tomato reigns supreme and we can never grow enough basil to keep up with the quantities I go through in pestos and tomato sauces. Sushi is a year-round favourite, and our standard picnic dinner for theatre in the gardens. The other thing I've learned by following the seasons is how wonderful it is to mark the significant points of the year with ritual. Hence, Chez Jonai hosts gatherings at the equinoxes and solstices instead of the Christian*



*holidays, noting the length of the days and nights and the ebb and flow of balance and harmony in our world.*

*The phrase 'gourmet poverty' was suggested to Stuart and me by our friend Pat Lando, back when he was my vivacious friend Jody's 'housemate' in Portland, Oregon, later to become her husband and father of the gorgeous Reed and Piper. Stuart and I had rocked up with all the supplies to make a fresh pasta primavera while we stayed a couple of nights. As we drank red wine around another housemate's antique butcher's block with its telltale sway from years of loving abuse, Pat pointed out that this was indeed the way to live in gourmet poverty. More than ten years later, it's still our lifestyle of choice and necessity. Gourmet poverty is making the most of what you have and living well no matter what your means. The essential ingredients of gourmet poverty as I interpret it are: fresh, whole foods carefully selected on the basis of colour, texture, smell and of course, flavour; cooking and living passionately and creatively; regular gatherings of friends and family around meals; shopping seasonally as much as possible; joy and challenge in equal measures; and the not-so-secret ingredient – an abundance of love.*

## **Gratitude**

*So many people have contributed to my joyful journey, inspiring me with their own passion for food, whether as cooks or just glorious gluttons. In no particular order, I'd like to thank Stuart for supporting my passion(s) and enjoying my efforts, as well as for being the family brewer, baker, and everything-maker, Oscar, Antigone and Atticus for being (mostly) willing gourmands at our daily meals, the XK Crew (Clare, Warren, MrKistic & Dettman) for being the most regular recipients with the grace to voice your appreciation, even when dinner is served at 9:30pm, Ros & Wayne for being fellow marketeers, inspiring me with the possibilities of fresh food, and enjoying many a family meal at both our tables, Ma & Dad for teaching me to pursue everything with passion and excitement, Jodi for recognizing me as a pagan before I did and being an unconditional stamp of approval on my food, Shari & Rhett for our shared interest in preparing delicious food and presenting it well, Dawn for being a fabulous cook & mother and inspiring me to constantly try harder and work intuitively, Jody & Pat for being fellow poor gourmands, Neffy & Pete and Antonia & Mark for your spirited examples of what creative couples can achieve, not to mention your delicious dishes, Lenny for being my coffee compatriot extraordinaire, Shelly for introducing us properly to the joys of Japanese cooking and Masa for honing them in our home. To all the rest with whom we have broken bread, cheers, bon appetit and may we always merry meet!*

*Tammi (a.k.a. Faerie Queene)*

# TABLE OF CONTENTS

|   |           |
|---|-----------|
| <b>ON BALANCE, IMBALANCE AND GROWTH.....</b>                  | <b>2</b>  |
| GRATITUDE.....  | 3         |
| <b>THE ESSENTIALS AND PLEASANT ODDITIES.....</b>              | <b>5</b>  |
| GARLIC.....   | 6         |
| RICE.....   | 7         |
| PETER’S MAYONNAISE.....                                       | 8         |
| AIOLI.....  | 9         |
| PESTO.....  | 10        |
| SAMBAL OELEK.....   | 11        |
| THAI CHILI SAUCE (NAAM PLAA PHRIK).....                       | 12        |
| HUMMUS.....   | 13        |
| STUART’S APRICOT JAM.....                                     | 14        |
| EGGPLANT JAM.....   | 15        |
| <b>WHAT DO YOU WANT FOR BREAKFAST? SOMETHING YUMMY! .....</b> | <b>16</b> |
| EGGS ELISE.....   | 17        |
| LORNE WAFFLES.....  | 18        |
| EGGS SOMEWHAT FLORENTINE OR BENEDICT.....                     | 19        |
| TOP MUESLI.....   | 20        |
| <b>MORNING TEA TIME .....</b>                                 | <b>21</b> |
| THE KIDS’ CARROT CAKE.....                                    | 22        |
| DELLA’S COFFEE CAKE.....                                      | 23        |
| ROS’ BASIC SCONE RECIPE.....                                  | 24        |
| <b>LUSCIOUS LUNCHES.....</b>                                  | <b>25</b> |
| COLLEEN’S “IMPOSSIBLE” QUICHE.....                            | 26        |
| LOUISE’S EASY CHEESE SOUFFLÉ.....                             | 27        |
| NEFFY’S FAB HALOUMI.....                                      | 28        |
| <b>DIVINE DINNERS.....</b>                                    | <b>29</b> |
| NASU DENGAKU.....   | 30        |
| AGEDASHI TOFU.....  | 31        |
| TEMPURA.....  | 32        |
| PAT’S CORNED BEEF.....  | 33        |
| OYAKO DONBURI (CHICKEN & EGG SOUP OVER RICE).....             | 34        |
| SENSATIONAL SCALLOPED POTATOES.....                           | 35        |
| PAD THAI.....   | 36        |
| TOM YUM.....  | 37        |
| THAI FRIED FISH WITH CHILI AND BASIL.....                     | 38        |
| SESAME CRUSTED TUNA.....                                      | 39        |
| PEANUT CHILI COCONUT SCALLOPS AND/OR MUSSELS.....             | 40        |
| SUSHI.....  | 41        |
| MARVELOUS MISO SOUP.....                                      | 42        |
| ENTICING ENCHILADAS.....                                      | 43        |
| SPICY SLOW-COOKED LEG OF LAMB.....                            | 44        |
| RICE PAPER ROLLS.....   | 45        |
| LAMB BURGERS.....   | 46        |
| PIZZA PLEASE!.....  | 47        |
| SUNOMONO.....   | 48        |
| ROAST CHOOK.....  | 49        |
| <b>AS IF YOU HAVE ROOM FOR DESSERT .....</b>                  | <b>50</b> |
| BEST CHOCOLATE CHIP COOKIES. EVER.....                        | 51        |
| EARTHQUAKE CAKE.....  | 52        |
| MERINGUES.....  | 53        |

## The Essentials and Pleasant Oddities



*Everybody's essentials are different, which is pretty funny when we think about what the word means: absolutely indispensable or necessary. In the following pages you'll find the things that are most frequently made as accompaniments to Jonai joy.*



### Joy Extra-ordinary

When I said I do to that marvelous man  
The heavens wept blessings, folks gave me a pan  
Then he did the cooking, stirfries galore  
But turned in his wok, when we two made more

*It's the most ordinary extraordinary spectacular thing  
I ever did get from one little ring  
That belly that baby ain't the chair only rockin'  
My world and my head and my heart are all knockin'*

The love superseding awe-inspiring love  
The clamour the clangour of love  
The joy and the promise and duty in one  
The good mother embraces her brood in bright sun

This pleasing and wonderful family life  
The loveliest imaginable form of pure strife  
A bauble, a bubble a beautiful birth  
A childhood of merriment, mesmerised mirth

The love was all his now it's all goin' round  
Whatever was lost can surely be found  
Oh that was me but not me who *arrre* you  
I ask me and tell him let me out of this zoo

I want this I don't just what do I want  
A life passion pure where I bear not the brunt  
Of emotional physical challenge and hurt  
All resulting from three very quick little squirts

*It's the most ordinary extraordinary spectacular thing  
I ever did get from one little ring  
That belly that baby ain't the chair only rockin'  
My world and my head and my heart are all knockin'*

They are my life my existence my breath  
Without them I'm nothing I see only death  
But fully enveloped my life possess them  
They've left me no shred not a string for a hem

So I'm seeking returns, teaching to share  
Learning 'longside them, that it's only fair  
You get what you give, harvest your crop  
I give you my love, I give back my mop.

November 2004

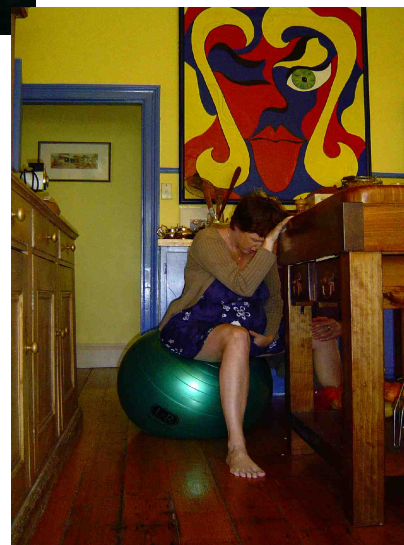
*It's the most ordinary extraordinary spectacular thing  
I ever did get from one little ring  
That belly that baby ain't the chair only rockin'  
My world and my head and my heart are all knockin'*

## Garlic

*“Peace and happiness begin, geographically, where garlic is used in cooking.” Thank you Monsieur Boulestin for supporting my view that garlic is the centre of happiness, and one of the main reasons I prefer my own house for meals, as I use it generously. May I recommend that one of the first things you do after reading this is get up and chop some garlic. I do it for meditation. I did it between contractions during Atticus’ labour. “I do it so it feels real. Like everything, I do it extraordinarily well.” (Apologies to Sylvia Plath.)*

3-5 globes garlic  
extra virgin olive oil

Chop like you mean it. Find your rhythm and mince mince mince until you can fill a jar. Cover with olive oil and store in the fridge for fast, fresh garlic in your cooking. Five globes last us about two weeks. Mmmmm, garlic.



## *Rice*

*I am here to tell you that all rice is not created equal. And having gone through a lengthy basmati phase, we currently prefer jasmine. They are both very good long-grained rice. For sushi, use sushi rice. For risotto, Arborio. For Thai sticky rice, use sticky rice (also called glutinous). And then, I beg you, cook it properly. If you have a rice cooker, I understand that is a very good method for good, fluffy rice. I still prefer the old-fashioned stovetop method.*

1 C jasmine rice

1 7/8 C water (i.e. slightly less than 2:1 ratio)

It is better to rinse the rice first. (I don't always, but sssshhhh, don't tell anyone.) Then add the water and put the pot on the stove on a high heat. As soon as it starts to boil, turn the heat down to low, give it a quick stir and cover. In 6-10 minutes all the water will have been absorbed (hence this is called the 'absorption method'). As soon as the water is all absorbed, turn the heat off, leave the cover on and DON'T open again for about 10 minutes, after which you will turn out perfectly cooked rice. Easy!



## *Peter's Mayonnaise*

*Most Christmases, Stuart's Aunt Neffy and Uncle Peter descend upon the Antipodes with their delightful daughter Gigi. With them comes energy, flair and not a few memorable feasts. Here is one of Peter's regular contributions to go with the kilos of prawns and crayfish consumed over the Christmas holidays.*

1 egg yolk (at room temperature)  
splash white wine vinegar  
pinch salt & pepper  
240ml olive oil

Mix together egg yolk, vinegar and salt and pepper. Drizzle olive oil in slowly, whisking briskly by hand. Putting a tea towel under the bowl before you begin whisking helps keep the bowl from turning.

As with all mayonnaise sauces, this can actually be made with a hand blender or food processor, but connoisseurs swear by whisking or mortar and pestle.





## *Aïoli*

*Not to compete with Peter's marvelous mayo, rather to offer a typically Jonai garlicky alternative, (with thanks to Stephanie Alexander)...*

12 cloves garlic  
pinch of salt  
4 egg yolks  
3 C olive oil  
juice of ½ lemon

Pound garlic in mortar with salt to form a mash. Transfer garlic to a large bowl and work in egg yolks using the pestle. Start adding oil very gradually, a few drops at a time, building the sauce bit by bit. It will become very thick. Towards the end, add lemon juice and taste for salt.

As with all mayonnaise sauces, if it should curdle place an extra egg yolk into a clean bowl and slowly work in the failed sauce a little at a time.

## *Pesto*

*This pesto originates from Dawn having given me the Greens cookbook in 2001, which is a favourite for many recipes, including our many pizzas. A few words about pesto: it can be done cheaply, but it won't typically be as good. If you make this pesto with supermarket parmesan, you're going to experience supermarket pesto. Same goes for a cheap olive oil. To take it up a level, use a pecorino. It will be quite delicious. To really get the most flavour from your pesto, go for reggiano, the king of parmesans. Trust me, sometimes you have to pay for your flavours.*

1 bunch basil  
1 clove garlic  
1-2 T pine nuts  
1 small handful grated *pecorino* cheese  
3 T – ½ C extra virgin olive oil  
salt & pepper to taste

Drop your garlic in the mortar first, add a little salt, and pound to a pulp. Add basil leaves and pound. Add pine nuts and pecorino and pound until roughly mashed. Add a bit of the olive oil while pounding to make it easier. When you've got it the consistency you want, add the rest of the olive oil and season to taste.

The variation in olive oil depends on what you're using it for: I put more oil into a dipping pesto than one I'm intending to use for sandwiches.



## ***Sambal Oelek***

*Similar to my practice of chopping garlic and keeping some in the fridge, it's handy to have sambal oelek around to spice things up a bit.*

½ C finely chopped fresh chilies  
2 T fresh lime juice  
½ tsp salt  
2 T sesame oil

The best way to make any fresh sauce or paste is to bash it in the mortar and pestle. However, you can mix this in a blender.

An alternative is to fry the chilies first with salt, then drain the oil and mix well.



## ***Thai Chili Sauce (naam plaa phrik)***

*The basic naam plaa phrik is just fish sauce and sliced chilies, but there are a number of varieties which the Thais make for different meats and dishes. This is the one I've settled on as my standard – it's beautiful over plain rice, or on the side with fried fish, spring rolls, chicken or whatever appeals. When I was alone at Lorne writing the thesis for my Postgraduate Diploma in Cultural Studies, Stuart would leave me a few freshly caught abalone, which I would finely slice along with some onion and bok choy or capsicum and fry up on a very high heat with this sauce. Quick, easy, delicious and a damned sight better comfort food than vegemite toast!*

1-3 chilies (de-seeded for the faint-hearted), minced  
2 cloves garlic, minced  
2 T fish sauce  
1 T raw sugar (or palm sugar if you have it)  
juice of 1 lime

Mix all ingredients and serve.



## ***Hummus***

*Hummus is important in our house as a healthy snack, especially for me! We use it as a spread on sandwiches or for dipping any time of day. I've spent about 10 years working on this recipe to get it where I'm happy – you'll have to play with ratios to make it distinctively 'yours'. Bon appetit!*

300g chick peas (dry)  
juice of 1 or 2 lemons (to taste)  
4-6 cloves garlic  
¼ C sesame seeds (toasted and ground)  
1 T honey  
1 tsp chili powder  
2 T coriander seeds, roasted and ground  
2 T cumin seeds, roasted and ground  
Salt and pepper  
1 T olive oil (optional)  
chopped parsley (optional)

Soak the chick peas overnight or for at least a few hours. Pour out soaking water and add fresh to cover by a few inches. Simmer over low heat for a couple hours, until chick peas are very soft. While they are cooking, toast your sesame seeds in a cast iron frypan until golden brown. Pour out into a bowl as soon as they are toasted to prevent burning. Grind in the mortar.

When chick peas are soft, pour the cooking water into a bowl or pot and reserve to adjust moisture later. Add the rest of the ingredients and blend in a food processor until smooth. Adjust all seasonings to taste. Add cooking water to desired moistness.

I typically make masses of hummus at a time and freeze what won't be eaten within a week. Each time I serve some, I squeeze a little extra lemon juice for a bit of a lift and to rehydrate the hummus, which can tend to dry out over time.

Serve with chopped raw vegies, rice biscuits &/or crusty bread. Garnish the bowl with a sprig of parsley.

## ***Stuart's Apricot Jam***

*And now a word from Stuart: Given my well advertised credentials I have to start by making the statement that preserving goodness starts with being creative. Foundation research is a great start and then comes the fun through personal interpretation of your recipe collection. I keep being chastised for not following a recipe when it comes to quantities but if you have a lot of raw ingredients you can afford to undertake a few "trials" (nothing is ever a mistake or failure but thinking makes it so (someone famous said something similar to this sometime in the recent past)). And if the recipe does not come out quite right then when it comes time to roast your Christmas leg of ham there is nothing better than using excess apricot (so-called failed) jam as a fruit glaze.*

So my input into your creative endeavours. . .

1. Get a hell-of-a-lot of jars
2. Put lots of fruit in a pot (ex pip and no need to chop finely)
3. Squeeze a few lemons add juice to pot
4. Finely chop rind + pith of min 2 lemons. Add to pot.
5. Bring to gentle boil + stirring occasionally and cook fruit until soft
6. Add sugar to taste and heat to 'crack' point (about 20 mins)
7. Test 'jam' on cold spoon to ensure set point reached and when cool also ensure sugar to taste.
8. Heat clean jars with boiling water and add your jam
9. Immediately screw on lid and invert jar so as to sterilize the lid with hot jam
10. When cool clean jar and add label

Note to the industrious canner. . . When you get a lot of batches in the cellar if there are no labels on the produce it is very easy to open a jar of chutney when all you really wanted was a jar of burnt fig jam to go on your morning toast.

### **Stuart 34**

Oh, Stuart, he's my man  
If he can't do it, no-one can.

Poor Stuart, Ros' son,  
Works too hard, not enough fun.

Gorgeous Stuart, full of joy,  
Naughty Stuart, bought a new toy.

Daddy Stuart, fix it man,  
Lots of laughs with your biggest fans.

Clever Stuart, full of ideas,  
Sometimes maybe has too many beers.

Tolerant Stuart, puts up with me,  
When I'm difficult, as I know I can be.

Generous Stuart, lends a hand,  
Rarely says no to any demand.

My Love Stuart, you're the one,  
A day without you, is a day without sun.

*June 2005*

## ***Eggplant Jam***

*We were served this delicious dip/spread at a tapas restaurant in Richmond one night and I asked for the recipe. The chef was kind enough to write out these ingredients. My advice is to use a good quality Spanish smoked paprika, roast and grind your own cumin seeds, and cook it all in a cast iron frypan so that you can maintain a fairly high heat and achieve a sort of roasted flavour.*

1 eggplant  
smoked paprika  
cumin  
garlic  
sugar  
lemon juice  
olive oil  
salt & pepper

} to taste

Roast eggplant whole in 200C oven for about 20 minutes or until softening. Don't forget to poke a few holes in it so it doesn't explode! Slice the eggplant, salt and roughly mash. Put all ingredients into pot and reduce down.

Serve with crusty bread.



## What do you want for Breakfast?

### Something yummy!

*The American influence in our house is strongest at breakfast time. I was raised to be and remain a great lover of a big cooked breakfast, and after a decade of trying, I finally got Stuart on board. Weekends are a source of morning gluttony, whilst on school days restraint reigns and oats and nuts are the primary ingredients to break our collective fast.*





## *Eggs Elise*

*You haven't lived until you've had Eggs Elise for Sunday breakfast. Our friend Dawn in Santa Cruz, world's greatest mother, cook and general human being, gave me this recipe (among many others).*

3 eggs  
½ cup milk  
½ cup flour  
1 tsp sugar  
150-200g butter

Heat oven to 200C. Melt butter in a 9 x 13 inch glass baking dish. Whip eggs, milk, flour & sugar. Pour into melted butter. Bake 20 minutes. Serve with powdered sugar and maple syrup.



## *Lorne Waffles*

*Many a Lorne morning has begun with the production line of waffles for the masses. But in our family, another strong waffle memory is of Stuart's Aunt Louise arriving for one of her beautiful sessions with the children, waffle iron peeking out of the ever-present basket handbag hanging from her strong, capable shoulder. 'Weezes!' Oscar would yell with delight at the sight of her rounding the back corner while Antigone toddled madly behind. This recipe is dedicated to the memory of Waffles with Weezes.*

3 eggs – separated – beat whites until stiff  
1 T butter  
250 ml milk (or possibly more)  
1 C self-raising flour  
½ C corn or arrowroot flour  
½ T icing sugar

Beat yolks, milk, flour and melted butter. Fold in egg whites.



What is success?  
To laugh often and much;  
To win the respect of intelligent people and the affection of children  
To earn the appreciation of honest critics and endure the betrayal of false  
friends;  
To appreciate beauty;  
To find the best in others;  
To leave the world a bit better, whether by a healthy child, a garden patch or a  
redeemed social condition;  
To know that even one life has breathed easier because you have lived;  
This is to have succeeded.

~ Ralph Waldo Emerson 1803

## ***Eggs Somewhat Florentine or Benedict***

*You can't beat a hollandaise soaked stack of goodness on a slow weekend morning. My lovely fellow cook Shel introduced us to the wonders of poached eggs and hollandaise on a decadent flyaway weekend in Merimbula back in 1997 and we haven't looked back. I've altered the original recipe as we really like to give it a lift with the basil and garlic. This is also the simplest way I know, with no reducing required.*

Eggs (poached in slow boiling water with 10% vinegar)

Free-range bacon (Benedict)

Spinach leaves (Florentine, but nice with Benedict too)

Mushrooms (sliced and fried up, a nice addition or to substitute for the eggs to make it a bit lighter)

Good quality sourdough bread, toasted

### Hollandaise Sauce

3 egg yolks

splash white wine vinegar

juice of 1 lemon

1 large clove garlic

small handful basil

salt & pepper to taste

200g butter

Put all the ingredients except the butter into a cup and hand blend them (or into a blender if you have one). Heat the butter in the microwave and add very slowly while you keep hand blending. Pour over stacks of goodness and serve immediately.

## ***Top Muesli***

*After years of struggling to like muesli, most of which were too sweet for my savoury-loving palate, I finally stumbled across one in the communal dining hall at a hostel in the Otways the morning after Rohan and Susie's wedding. Whoever made this first, thank you thank you thank you!*

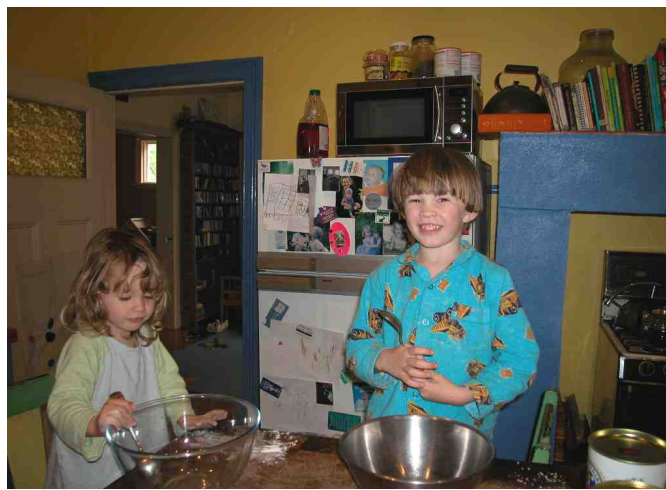
Oats  
Pepitas  
Sunflower seeds  
Sliced almonds  
Sultanas (optional)

Mix 'em up, pour on some Greek yogurt and a bit of honey and the milk of your choice. A truly great start to any weekday.



## Morning Tea Time

*With three children six and under, morning tea is essential. Of course, they usually just get cut fruit, but when there are grownups invited or it's a weekend, your odds are much better of getting something freshly baked. As Stuart is the baker in the family, it's best to be invited on weekends, or you will probably get fruit with the kids. Oh, and some lovely Lady Grey or perhaps, Girlie Grey. And coffee, usually Organic Goroka Espresso from McIvers at the Vic Market.*



## ***The Kids' Carrot Cake***

*Stuart and the children make this cake regularly, complete with arguments over stirring and sneaky ingredients. It always vanishes within a day or two. The cake actually has bananas in it too, but don't tell Oscar (hence it's not mentioned in the title).*

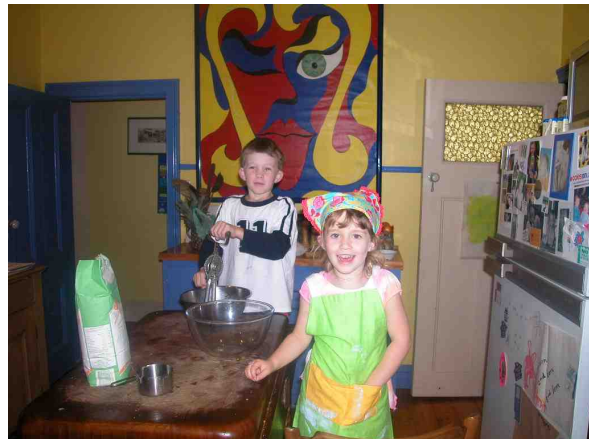
2 C self-raising flour  
½ C bran flakes or oats  
2 tsp baking powder  
1 ½ C raw sugar  
1 C finely chopped dried fruit (apricots, dates or sultanas)  
2-3 carrots, grated  
4 ripe bananas, mashed  
2 eggs  
2/3 C sunflower oil

### Icing

2 C icing sugar  
juice of 1 lemon

### Secret ingredients

Butter  
Cream cheese  
Homemade vanilla  
Extra eggs



Preheat oven to 180°C. Mix all dry ingredients. Mix all wet ingredients in separate bowl. Mix together. Pour into greased ceramic baking dish with baking paper on the bottom and bake for 1-1 ¼ hours. Test by sticking knife in – if it comes out clean, it's ready.

Wait until cake is cool, then make icing by mixing icing sugar and lemon juice until it's the consistency of soft cream cheese. Spread and enjoy.

## *Della's Coffee Cake*

*Who Della is I will never know. But she makes an amazing coffee cake, an American favourite for morning tea. This recipe also came from Dawn in Santa Cruz.*

2 ½ C flour  
1 C brown sugar  
¾ C raw sugar  
½ tsp salt  
1 tsp baking powder  
1 tsp baking soda  
½ tsp cinnamon & nutmeg (each)

Mix dry ingredients together, then add:

1 C buttermilk or sour milk (1 C milk + 1 T vinegar)  
¾ C oil  
2 eggs, beaten

Mix well. Pour into 13 x 9 inch baking dish.

### Topping

1 C brown sugar  
1 T flour  
1 tsp cinnamon  
½ tsp nutmeg  
1/3 C butter  
1 ½ C walnuts  
1/3 C oats

Mix together. Add nuts last. Cut ½ of topping into batter, sprinkle rest on top. Bake at 180C for 40 minutes.



## ***Ros' Basic Scone Recipe***

*Stuart's mum Ros has made us many lovely scones, so when homesick for the Australian variety whilst living in California, we sent for this recipe. Simple & scrummy.*

500g plain flour

½ tsp salt

60-85g butter

2 tsp bicarb soda

4 ½ tsp cream of tartar

1 C milk

} or 4-6 tsp baking powder

Sift flour and salt and rub in butter. Sift rising agents & mix in well. Add milk and mix. Knead lightly. Roll out to ½ to ¾-inch thick. Cut in 2-inch rounds. Brush with egg and milk. Bake in hot oven (220C) for 10 minutes.

Serve with jam and thick cream. Yum!



## Luscious Lunches

*Many of the Divine Dinners in the next section can translate as lunches, which may be part of why there aren't that many in this section. The other reason, surely, is that we have people for dinner far more often than we do for lunch. Plus, Stuart is only home for lunch two days a week (Sat & Sun), so it's usually just the kids and me, and perhaps the odd au pair (and they are delightfully odd, aren't they?!).*

*So although there aren't many recipes in here for lunch, may I just mention that a simple tuna melt is vastly improved with the addition of some toasted sesame seeds and perhaps a lovely sharp cheddar? And a quesadilla is tortillas sandwiching the ingredients of your choice (I am currently partial to smearing a clove of mashed garlic on one tortilla, then adding a layer of spinach and a sharp cheddar), then fried in butter and served with yogurt (traditionally sour cream, but we prefer Greek yogurt) and guacamole or even just avocado with salt and pepper. Oh, and the simplest kid-friendly pasta is made delicious by frying up a bit of garlic, onion and mushroom and adding cream cheese, salt and pepper, mixing it through the pasta, and topping it with a good pecorino or reggiano. There, that's a few more lunches then.*



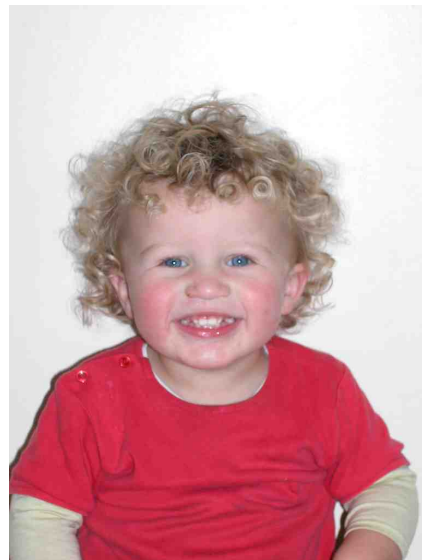
## *Colleen's "Impossible" Quiche*

*Colleen is one of our dear compatriots from Marshmead, the residential Year 9 campus where Stuart and I worked in 1998. When too slack to make a pastry or too disorganized to have any in the freezer, this clever concoction works a treat!*

4 eggs  
1 ½ C milk  
½ C self-raising flour  
50g (melted) butter  
1 ½ C grated cheese (parmesan is particularly nice)

Optional ingredients: fried onion, bacon, fresh tomato, chives, asparagus, broccoli, mushrooms.

Mix together and bake in a moderate oven (180C) for ½ an hour or until set. It forms its own crust!



## *Louise's Easy Cheese Soufflé*

*The one time we enjoyed this with Louise was the millennium new year. Our firstborn Oscar was just three months old and we opted for a quiet evening alone with Stuart's Aunt Louise as everyone else had disappeared to more energetic venues. Lou made this scrumptious soufflé and I attempted to complement it with bright green spinach fried very briefly with garlic, salt & pepper, vibrant red tomatoes halved and roasted with garlic, and fluffy white jasmine rice. I still have a strong memory of the beautifully contrasting white, yellow, red & green on the white plate – I think this was the beginning of my interest in the aesthetics of the food I serve.*

450ml milk  
85g grated cheese (gruyere or parmesan are preferable)  
½ tsp salt  
pinch cayenne  
1 C white breadcrumbs  
2 eggs  
1 T butter

Heat milk until almost boiling. Add butter & salt & pepper. Pour over breadcrumbs & cheese. Add beaten egg yolks and lastly fold in stiff beaten whites. Tip into greased casserole dish and stand in baking tin of cold water. Bake 30-40 minutes at 180C.

This dish looks beautiful served on a white plate alongside bright red baked half tomatoes and bright green rapidly stir-fried spinach.



## *Neffy's Fab Haloumi*

Stuart's Aunt Neffy always enlivens any meal with her vivacity and good cooking. Here is a Lorne lunchtime favourite over the Christmas holidays.

Haloumi cheese (sliced medium thinly)

Flour seasoned with salt and pepper

### Dressing

1 lime (zest and juice)

1 T white wine vinegar

1 heaped tsp capers

1 clove garlic freshly chopped

ground mustard to taste

1 T chopped fresh coriander

2 T virgin olive oil



Coat haloumi with flour & fry in hot olive oil approximately 1 minute each side. Place artfully on plate and pour dressing over the top. Garnish with coriander.

## Divine Dinners

*Now we arrive at my favourite meal (but then I do love breakfast and lunch is rather good). This is when friends, family, food, wine and music come together in perfect parts to make us all feel complete. The best dinners are prepared with equal parts love, creativity and thoughtfulness, and consumed in much the same way. Some are quick, some lingering, all divine. Every time we break bread together, we should know the Goddess is with us, in us and blessing us all. Now on to dinner...*



## *Nasu Dengaku*

*Nasu Dengaku is a deep fried eggplant covered in a miso paste. It sounds a bit complicated, but simply isn't! This is a staple of Japanese feasts in our house, and Stuart's personal favourite.*

200g white miso paste  
2 T sake (or dry sherry)  
2 T mirin  
2 T caster sugar (raw sugar is fine)  
1 large egg yolk  
6 – 7 T dashi (vegie stock works if you don't have seaweed)  
1 large knob of fresh ginger, peeled  
2 large eggplants  
peanut oil  
sesame seeds

Prepare eggplants by cutting in half, then cutting a criss-cross pattern that doesn't quite reach the skin. Salt cut surface and leave to sweat and drain cut side down in a colander.

Put first five ingredients into a double boiler (you can use a bowl on a small pot of boiling water) and whisk together. Gently cook, stirring constantly with wooden spoon, until visibly thickened. Now stir in the dashi little by little, until the consistency is one of double cream or custard. Remove from heat and plunge into bowl of water with ice cubes to stop the cooking quickly. Grate ginger and put into scrap of muslin. Squeeze juice into miso mixture and stir in. Leave to cool completely.

Pour peanut oil into wok deep enough to deep fry. Heat until very hot and put eggplants in cut side down. Cook until surfaces are even gold colour and then turn over. Cook for 2-3 minutes more, then remove eggplants with tongs and leave to drain cut side down on paper towels. Preheat grill.

Spread miso topping evenly over each eggplant half, the thickness will depend on your taste. (You will have excess topping which keeps well for a few weeks in the fridge.) Sprinkle lightly with sesame seeds and grill for a few minutes until lightly golden brown.



## *Agedashi Tofu*

*Mmmm, this one's my favourite in any Japanese meal. The silken texture of the deep fried tofu is perfectly complemented by the slightly crispy skin created by the corn starch. Like Nasu Dengaku, this is a very simple dish that looks quite impressive.*

Silken firm tofu, drained & cut into 2 cm squares  
3 T potato starch (can use corn flour or almond flour)  
2/3 C dashi (can use vegie stock)  
3 T mirin  
3 T soy  
5 T grated fresh daikon &/or spring onion

Dust tofu with potato starch and deep fry. Combine sauce ingredients in small saucepan, heat and pour over top of tofu in a deep bowl. Sprinkle daikon or spring onion over top. (Tip: daikon is very mild, so I prefer to use the spring onion.)

You can also prepare vegies and seafood this way and serve an Agedashi Combi. Delish.



## *Tempura*

*I used to make this as one of our Japanese staples until I discovered Nasu Dengaku and Agedashi, which are actually easier and keep a bit longer. Due to having to deep fry a number of items, tempura is quite labour-intensive and must be eaten immediately, which can be inconvenient. Still, if you get it right, it's delicious!*

### Batter

1 egg (beaten)  
1 C cold water  
2 T dry white wine  
1 C flour

### Dip

1 T dashi (can use vegie stock)  
2 T mirin  
2 T sake  
¼ C soy sauce  
grated ginger to taste

### Vegie & Fish Options

Prawns  
Flathead  
Calamari  
Broccoli  
Mushrooms  
Carrot  
Sweet Potato  
Zucchini  
Capsicum  
Cauliflower  
Eggplant  
Lotus root  
Onion



Make batter and keep chilled in fridge or freezer. Cut vegies to manageable sizes (potato should be relatively thin, broccoli in smaller florettes, mushrooms in half, etc.) and keep cold until cooking. When you take the batter out of the fridge or freezer, keep it very cold by sitting in another bowl of iced water. The real trick to tempura (assuming you've got the batter right) is keeping the batter and vegies very cold and the oil very hot before you add any vegies. Don't add too many to the oil at a time, as this cools the oil and will make everything very oily!

Heat the sauce gently and serve in individual dipping bowls. This is a dish that should be served immediately after cooking, when it's at its peak. This may mean that you have to keep serving people while you keep cooking, which can be a drag. Therefore, I suggest serving tempura as an entrée while you all stand and chat in the kitchen (and if you're blessed, your kitchen is connected to your dining area and maybe even your lounge room, which makes it that much more comfortable for all...).



## ***Pat's Corned Beef***

*I learned three recipes from Stuart's grandmother Pat: this one, spicy tomato chutney and Keen's curry (yes, the actual recipe off the Keen's tin). I've moderated the chutney quite a lot and nowadays I pound my own curries, but this corned beef is still a family favourite. The leftovers mean delicious lunches for days afterwards.*

1 ½ kilos silverside corned beef (or more)  
2-3 T apple cider vinegar  
2-3 T brown sugar  
1 large carrot, chopped  
1-2 T dill seeds  
4-6 cloves garlic  
2 large onions, chopped  
2 stalks celery (leaves intact)  
3-4 cloves  
2 tsp mixed herbs (oregano, thyme, marjoram, parsley, etc)  
6 or more peppercorns  
½ tsp hot paprika or chili powder (optional)  
1 bay leaf  
splash of red wine  
salt to taste

Place beef in large saucepan and add hot water to cover 1/3 of meat. Add rest of ingredients except salt. Add paprika or chili powder if desired.

Simmer very gently for three hours or more, turning meat every half hour or so. Add a little salt to taste.

This goes very well with coleslaw and any mustard or mustard pickle.

### ***Pat***

Erudition flowing, affection growing, shared love of the literary  
Family bonding, generational longing, for depth and longevity  
Language building, words wielding, as divine glue in parity  
Respect depending, admiration lending, for one of graceful purity  
Loss unyielding, weight unfeeling, comes understanding of eternity...

November 1998

## ***Oyako Donburi (Chicken & Egg Soup over Rice)***

*Just saying the name is enough to impress most people, who would be very surprised to see how incredibly easy this dish is. My dear friend Shelly, Japanese teacher and cultural aficionado, taught me a version of this, which I bastardized with an internet recipe until I came up with this one. The kids love it!*

4 cups cooked rice

160g free range organic chicken breasts, sliced into bit-sized pieces

2 medium onions, cut in half and sliced thinly

6 eggs, broken into bowl and lightly broken up with chopsticks

*tsuyu* (4 cups *dashi* or chicken or vegie stock, 5 T sugar, 150 ml mirin, 180 ml soy sauce)

1 carrot, sliced fairly thinly (optional but delicious)

mushrooms, sliced thinly (optional but delicious)

spring onions, whites finely chopped and some reserved to slice lengthwise very thinly for garnish

In a shallow pan, heat *tsuyu* and spread onions and carrots over the top, then chicken meat. Cover and simmer. When the chicken is cooked, pour eggs slowly and evenly over a pair of chopsticks. With the chopsticks, gently break up eggs further in order to further absorb the *tsuyu*. Give the pan a shake and cover again until eggs are cooked.

While this is cooking, slice some of the spring onions lengthwise and cut in half. Place these in ice water where they will curl for a lovely garnish.

In each person's bowl, place a serving of rice, followed by an intact serving of soup. Sprinkle with spring onions and garnishing spring onions and serve.



## ***Sensational Scalloped Potatoes***

*I wouldn't say I'm the potato queen – noodle and rice starches seem to appeal to me more – but Stuart loves potatoes, so I've worked on a few recipes over the years. This is one of our favourites, though it is somewhat labour intensive. A quicker potato dish in our house is to simply slice the potatoes, toss them in a baking dish with plenty of olive oil, minced garlic and salt & pepper, then bake at about 200°C, turning frequently and draining of oil before serving. Oven chippies!*

Potatoes, sliced fairly thinly (enough for three layers of slices in large baking dish)  
2 leeks (white part only), cut in half lengthways then thinly sliced  
1 T fennel powder  
2 large onions, sliced  
5-6 cloves garlic, chopped finely  
2-3 handfuls of pitted olives, chopped (kalamata are quite nice)  
200-250g cheese, grated (mix 1/3 parmesan & 2/3 gruyère or provolone)  
1 C milk  
½ punnet cream  
6-8 peppercorns  
3-4 sprigs of thyme  
1 sprig marjoram  
1 bay leaf  
salt & pepper

Chop leeks and rinse well in a colander to remove dirt. Add leeks to frypan after oil is good and hot, then add fennel powder and salt and pepper liberally. Heat through then cover on a low heat to allow leeks to wilt for about 5 minutes. Add onions and cook until they start to brown, which should take about 10 minutes at reasonably high heat. Add garlic for last 3-4 minutes, then set aside.

Warm the milk and cream in a small saucepan, add peppercorns, thyme, marjoram and bay leaf and allow to steep for about 10-15 minutes. Set aside.

Lightly oil bottom of baking dish with olive oil. Spread first layer of potatoes, overlapping by about a third of each slice. Salt and pepper, then do a layer of half the leek and onions, then all the olives and 1/3 of the cheese. Repeat another layer of potatoes, leek and onions and another 1/3 of the cheese. The top layer will be potato with salt & pepper. Pour warm milk over the top, straining out the herbs.

Cover and cook on 180C for about 45 minutes. Uncover, spread last 1/3 of the cheese on top and cook at 190-200C for a further 15 minutes, or until the top is golden brown and potatoes are tender.



## ***Pad Thai***

*Who hasn't gone through a Pad Thai phase? Back before I expanded my palate and culinary repertoire, I nearly always ordered Pad Thai when in a Thai restaurant. Nowadays I'm so appreciative of the plethora of good foods and flavours the Thais offer I rarely order this, hence I had to start making it at home occasionally.*

300g fresh rice noodles (or dried, boiled for about 3 minutes and plunged into cold water and rinsed until starchiness is gone, then left out of water until needed)

peanut oil (for cooking)

4-5 cloves garlic, chopped

1 medium onion, sliced

5g dried shrimp (optional)

80g tofu, chopped into small pieces

6 T water or stock

2 eggs, beaten

3 T peanuts, roasted and chopped

¼ C chives, cut into 2cm pieces

1 C bean sprouts

2 limes, cut into wedges

fresh vegies (cabbage, capsicum, carrot – thinly sliced or shredded)

### Sauce

3 T raw or palm sugar

3 T fish sauce

1 T soy sauce

2 T tamarind juice (or 1 T tamarind concentrate)



Heat the oil and fry garlic, dried shrimp, tofu and onion until garlic turns golden brown. Add noodles and stir, then add stock and stir fry until noodles are soft. Turn heat down and add sauce ingredients (I usually premix them in a bowl for ease when needed) and stir well to combine.

Add the eggs and stir-fry until eggs are cooked and well combined with the noodles. Add peanuts and chives. Stir-fry to combine and then add the bean sprouts stir together. Turn off heat and serve garnished with lime wedges and fresh vegies.

## ***Tom Yum***

*This is usually one of my spicier Thai dishes, to which there are a variety of responses. You can easily tone down the chili by simply adding less, but I have to say I think Tom Yum is best when fiery.*

300g prawns, washed, peeled and deveined (keep the peelings)  
750 ml chicken or vegie stock  
6 cloves garlic, crushed  
6 shallots, sliced  
2 stalks lemongrass, lower 1/3 only, slice into 2cm pieces and crush lightly  
galangal, 10 thin slices  
200g straw mushrooms, cut in half  
2 tomatoes, each cut into 8 pieces  
10-20 small, green chilies, cut in half lengthways (you can de-seed them for less fire)  
3 T fish sauce  
5 kaffir lime leaves, torn into pieces discarding the stem  
2 T lime juice  
½ C coriander, chopped

Put heads and peelings of prawns in a pan with the stock and bring to the boil. Remove prawn peelings and bring stock back to the boil. Add garlic, shallots, lemongrass and galangal and bring to boil again. Simmer for 20-30 minutes. Add mushrooms and tomatoes and return to boil. Add chilies and fish sauce followed by kaffir lime leaves. Cook gently for 2-3 minutes, then add prawns and cook for about 1 minute, until translucency is gone and green/grey turns red. Turn off heat and stir in lime juice.

Serve garnished with coriander and warn your guests that the galangal, lemongrass and kaffir lime leaves aren't very pleasant to chew. You might like to provide scrap bowls for discarding these and prawn skins and tails.



## ***Thai Fried Fish with Chili and Basil***

*We took Oscar & Antigone to Thailand in 2003 and met up with my brother Rhett and his wife Shari. As well as feasting and drinking a lot of Singha beer, Rhett, Shari and I did a one-day cooking course in Chiang Mai. This simple dish became a distinct favourite and created quite a stir at many a Lorne dinner over the next year. Stand back when the chili hits the wok if you're fond of breathing.*

300g whole fish (cod, haddock, halibut, snapper), scales and fins removed, or flathead tails if you don't want whole fish

Enough peanut or sunflower oil to deep fry the fish (you can shallow fry if preferred)

### **Sauce**

2 T peanut oil

6 cloves garlic, crushed

1 onion, chopped

5 medium red chilies, thinly sliced (you can remove seeds for less fire)

1 big red chili, sliced

1 big green chili, sliced

1 T fish sauce

1 T soy sauce

¼ C chicken or vegie stock or water

¾ C sweet basil leaves

½ C coriander, chopped

Deep or shallow fry the fish in very hot oil until it's crispy on both sides.

To make the sauce, heat oil in a wok and add garlic, onion and chilies and fry until garlic starts to brown. Then add fish sauce, soy sauce and stock and fry for 1 minute. Add basil leaves and stir fry well to combine. Do not overcook or the basil will lose flavour.

Turn off heat and pour sauce over the fish on a large serving dish. Garnish with coriander and a sprig of basil.

## *Sesame Crusted Tuna*

*The real trick with this dish is to truly just sear the tuna, leaving the inside merely warmed through. Overcooked tuna is quite dry. This recipe only takes about 20 minutes from start to finish, yet tastes divine.*

1 egg white  
50 ml soy sauce  
4 medium tuna steaks, about 1.5cm thick  
50g sesame seeds  
1 red chili, deseeded and chopped  
2 cloves garlic, coarsely chopped  
2.5cm piece ginger, peeled and coarsely chopped  
1 small shallot, coarsely chopped  
4 T sunflower oil  
4 small bok choy, stalks chopped and leaves shredded  
2 limes, 1 juiced and 1 cut into quarters

Whisk egg white with half the soy sauce and brush over one side of each tuna steak. Cover the coated side with sesame seeds, making sure there are none on the outsides of the fish. Set aside.

Purée the chili, garlic, ginger and shallot with 2 tablespoons of sunflower oil. Process until almost smooth. You can use a hand blender or mortar and pestle for this.

Heat half remaining oil in a heavy frypan until very hot. Add tuna, sesame side down, reduce heat slightly and cook for about 2 minutes or until seeds have formed a golden crust over the tuna. Turn steaks over and cook for about 2 minutes longer for rare (longer if you or your guests prefer your tuna well done – yuk!) Transfer to a platter and keep warm, but don't dry out in a hot oven.)

While tuna is cooking, heat wok until very hot. Add remaining oil, then bok choy stalks and some of the chili purée, depending on how spicy you (and your guests, remember) like your food. Stir fry this mixture for about 2 minutes, then add the shredded bok choy leaves, together with the lime juice and remaining soy. Cook for about 1 more minute, then divide between four plates. Top the bok choy with a tuna steak and accompany each serving with a wedge of lime. So quick, easy and delicious!

## ***Peanut Chili Coconut Scallops and/or Mussels***

*I first tried a version of this recipe from a cookbook I got in San Francisco that combines Eastern and Western flavours and techniques. Over the years, I have doctored it to make it my own, eliminating time-consuming steps to suit our home, in which I insist on feeding fresh whole foods made with love and vibrant flavours to the family and an assortment of relatives and friends on any given night. Just gazing over these ingredients evokes the rich smell of chili and peanuts and I hear the sizzle as water droplets hit the hot oily wok. This delicious broth has even turned our children onto mussels!*

12 scallops, out of their shells, cleaned and washed, keeping the roe intact  
or

1 kilo mussels, washed and debearded  
or both scallops and mussels!

2 T peanut oil

8 baby bok choy, washed but not dried and halved or quartered lengthways

4 cloves garlic, finely chopped

2 T ginger, finely grated

1-3 small red chilies, cut into rings with seeds still in

65g peanuts, roasted and chopped

2 T palm or raw sugar

250 ml coconut milk

250 ml vegie or chicken stock (preferably homemade)

tamari soy for seasoning

Lightly toss scallops with some of the oil. Heat up a wok until it begins to smoke and add scallops, searing them for 10 seconds on each side. Transfer to warm plate. Add half remaining oil to hot wok, swirling briefly. Add bok choy and toss every few seconds, browning it a little. Transfer to warm plate. Add remaining oil and once hot, add garlic, ginger and chilies and stir well until they just begin to colour. Now toss in peanuts and sugar and fry for 10 seconds, stirring well to prevent burning. Add coconut milk and stock and bring to a boil, then add the scallops and lay bok choy on top of them. Cook at a gentle boil for 1 minute, then carefully mix ingredients together, season with soy and serve immediately (over rice if desired).

### ***Mussel Option***

To do this with mussels, I simply go straight to the third step, cooking the garlic, ginger and chili, then toss in the bok choy moments before adding the coconut milk and stock. The mussels only need about 2-4 minutes' cooking with a lid on, or until they open. Don't forget to wash and de-beard your mussels before cooking! Also, remember to provide bowls for empty shells on the table.





## *Sushi*

*Ask any of the Jonai children their favourite food and they will tell you it's sushi. I was even reprimanded by them recently for making vegetarian sushi – 'Where's the raw fish?' insisted Oscar. This is one of those great meals that the kids can get involved in making, and that looks fantastic when you serve it.*

2 C sushi rice  
4 C water  
1 T honey  
1 T rice vinegar

toasted nori sheets  
300g fresh sushi quality tuna, sliced into thin pieces  
12 button mushrooms, diced  
2 T soy sauce  
1 T sake or sherry  
½ large carrot, sliced into long thin pieces or grated  
½ cucumber, sliced into long thin pieces  
1-2 handfuls of cashews, chopped finely  
½ avocado, sliced thinly  
2 spring onions, sliced thinly length-wise  
1 handful sesame seeds, roasted  
wasabi  
soy sauce for dipping, preferably shoyu



To make the rice, combine rice and water and bring to a boil. As soon as water boils, turn heat down low and cover. As soon as water is fully absorbed (about 7-10 minutes), turn heat off and leave for 10 minutes. Then add honey and rice vinegar, combine well and pour out into a baking dish. Set aside.

While rice is cooking, prepare vegies and tuna. Cook the mushrooms at medium-high heat in cast iron pan in peanut oil or sunflower oil. After the juices have run, add soy sauce and sake and cook 30 seconds more. Take off heat and set aside.

Set up a workspace with plates or bowls of ingredients and roll to your heart's content! To roll, spread a thinnish layer of rice over nori, leaving about one inch of one edge free for sealing. Don't add too many ingredients or you won't be able to roll the sushi, nor will you be able to enjoy the flavour of each. You will discover your own favourite combinations; some of ours are: mushroom, cashew and avocado; tuna and spring onion; and cucumber, spring onion and carrot. We are often guilty of putting sesame seeds on all the rolls because they are so delicious!

A thin spread of wasabi on each roll is delicious. I usually make a couple of rolls wasabi-free for those who are protective of their sinuses. When you roll, a light application of water on the free edge of the nori will seal them. Slice each roll about 1 inch thick.

Place the rolls artfully on a bamboo tray or other attractive serving dish. Garnish with parsley or spring onion. At each table setting, provide a dipping dish for soy and some wasabi and pickled ginger on each person's plate.

## ***Marvelous Miso Soup***

*Miso is one of those intensely satisfying and nourishing dishes that is incredibly simple to make. You can, of course, simply add the mushrooms and onion uncooked and let them cook lightly in the broth, but I like how frying them in advance intensifies the flavours of the soup. This is another very healthy kid favourite.*

4 C water  
4 T white miso paste  
1 onion, thinly sliced  
12 button mushrooms, thinly sliced  
4 T soy sauce  
2 T sake or sherry  
100g tofu, cut into small cubes  
2 spring onions, sliced thinly  
toasted sesame seeds for garnish



Bring water to boil. Add miso paste.

While water is boiling, heat some sunflower oil in a pan and cook onions quickly until softened and lightly colouring. Add 2 tablespoons of soy and 1 tablespoon of sake and cook off excess liquid. Set aside.

In hot pan, add more oil and toss in mushrooms. Cook briefly until they soften, add remaining soy and sake and set aside.

After miso is added to water and well dissolved, add onion and mushroom, including juices. Return to gentle boil and add tofu. Return to boil and turn heat off.

Serve in individual bowls, ensuring each one gets some of each ingredient. Sprinkle spring onions on top and garnish with a large pinch of sesame seeds.

## ***Enticing Enchiladas***

*Mmmm... enchiladas! Children love to help scoop the mixture into the tortillas and roll them up, then wait impatiently for them to be ready. I leave the chili out of the filling if the children are having these and put extra in the sauce, which only the grown-ups get. I feel my stomach getting tight just remembering how full this meal always makes me.*

300g organic free-range minced chicken  
and/or 300g cooked, seasoned black beans  
2 large handfuls fresh spinach  
100g mushrooms, sliced  
2 capsicums, chopped  
2 onions, chopped  
6-8 cloves garlic, finely minced  
2 T cumin seed, roasted and ground  
2 T coriander seed, roasted and ground  
1 T chili powder  
150g cottage cheese  
150g cream cheese  
100g cheddar cheese, grated  
Corn tortillas  
salt & pepper to taste

### Sauce

6 large fresh tomatoes, chopped  
½ onion, minced  
4 cloves garlic, minced  
1 tsp cumin, roasted & ground  
1 tsp coriander, roasted & ground  
1 tsp chili powder or 1 small red chili, minced (optional)  
salt & pepper to taste

Heat olive oil in pan on medium-high heat. Add onions and a generous pinch of salt and cook until they start to colour. Add garlic and cook for about two minutes more, stirring frequently. Add chicken and spices and cook until chicken is white through, then add capsicum and mushrooms. Cook until most liquid is cooked off, but don't overcook the capsicum. Turn heat off and stir spinach through mixture. In a large bowl, combine chicken/vegie mixture with cottage and cream cheese. Stir in beans if using. Taste and adjust seasoning if necessary. Fill corn tortillas with mixture and place seam side down in a lightly oiled baking dish. Cover and bake at 180C for about half an hour. Take foil off, sprinkle cheddar cheese on top and bake for about 10 minutes more.

While enchiladas are cooking, prepare sauce. Cook onion and garlic briefly at medium-high heat in olive oil. When onion is translucent, add tomatoes and a generous pinch of salt and simmer over medium heat until tomatoes break down into a sauce. Add cumin, coriander and chili if using. I usually taste the enchilada mixture for spice and decide how much chili the tomato sauce needs based on this. Taste and adjust seasoning.

Serve enchiladas on a bed of brown rice and with a generous topping of the tomato sauce. Garnish with coriander and serve with a side of guacamole and yogurt.

## ***Spicy Slow-cooked Leg of Lamb***

*Our family friend Nebia, Tunisian Princess and creator of **Love Dust**, gave Ros two different lamb recipes, one of which called for stewing on the stovetop and one in the oven. I vaguely combined the two and went for the oven option and this is what I came up with. **Love Dust** is Nebia's special secret, and therefore our entire family's favourite special secret ingredient. Those of you near me can get a small supply occasionally, but failing that, I roast and grind cumin and coriander seeds and mix that with chili powder and salt. One day maybe Nebia will let us in on her secret, but I doubt it!*

1 leg of lamb  
3 onions, peeled & halved  
1 globe garlic, each clove lightly smashed & halved  
3 or 4 sprigs rosemary  
¾ litre of vegie stock  
½ bottle of champagne  
4-5 T honey  
4-5 T **Love Dust** (to taste)  
butter  
olive oil



Prepare lamb by removing excess fat and poking a number of holes in it, which you will stuff with garlic and rosemary. In a heavy baking dish with a lid (Le Creuset or similar), heat butter and oil on stovetop. Quickly brown the lamb to seal in juices and turn heat off. Add onions and extra garlic and rosemary. Pour honey and Love Dust over the lamb, turning the leg over to get some on both sides. Pour stock and champagne into pot, cover and cook at 160C for 3 ½ to 4 hours. Turn the leg over approximately every half hour. In final half hour, pull meat from the bone and allow to stew in the sauce.

Delicious served over cous cous accompanied by stuffed capsicum.



## ***Rice Paper Rolls***

Rice papers  
Rice noodles  
Carrot (grated)  
Lettuce (cut into smallish pieces)  
Mushrooms (sliced)  
Vietnamese mint  
Bean shoots

### Sauce

½ cup good peanut butter  
½ cup hot water  
3 T soy sauce  
1 T cider vinegar  
1-2 T raw sugar  
3 cloves garlic (minced)  
1 T ginger (minced)  
1-2 tspn coriander or Vietnamese mint leaves (chopped)

Whiz up the sauce with a bamix. Set aside.

Go to make the rolls, do it very badly, then ask somebody who is better at rolling. They will take 2-3 pieces of rice paper, soak in warm water for about 2 mins. Take out rice paper when soft and place on a tea towel. Place a small amount of vegies on the paper, fold up top and bottom and roll roll roll. Leave in place for a few minutes until firm and juicy. Serve with peanut sauce for dipping.

## ***Lamb Burgers***

*In my short-lived gym days, I occasionally forgot to bring my own book, in which case I would grab some of the trash off the rack and learn useless information about who was marrying/divorcing/binging/purging or o.d.'ing in Hollywood. Then one time I came across a gem: lamb burgers. I rehearsed the lamb/feta/olives/lemon with each stride on that torture device whose name escapes me, and here is what I came home and made that day. See, the gym was good for something!*

Minced lamb  
Hard, flavoursome feta cheese  
Olives, chopped  
Lemon, zest & juice

Lettuce  
Red capsicum (quartered & roasted)  
Greek yogurt  
Fresh rolls (ciabatta or panini work well)

Using your hands, mash up the mince with the feta, olives & lemon. Form smallish patties and cook in olive oil at a high heat.

To serve, slice open and lightly toast rolls, then layer lettuce and patty on each. Top with roasted capsicum & a dollop of yogurt. Delish!

## ***Pizza Please!***

*Pizza is an absolute staple in Chez Jonai. The kids love to roll out their own dough and spread their toppings on, making faces and shapes as they go. It's also a great food to serve at parties, easy to do a kids' version and various adult interpretations in the one session. Once you start regularly making your own, you'll find it very hard to eat takeaway ever again!*

### Dough

3 tsp dry yeast  
pinch raw sugar  
3 ½ C flour  
1 tsp salt  
350 ml water  
dash olive oil



To make the dough, you can use a bread machine or stand mixer, which will do all the kneading and rising for you, after which you simply roll it out.

Always dissolve dry yeast in a bit of warm water with the sugar to activate it. When it bubbles, add the rest of the ingredients. If you're doing it by hand, knead all ingredients together thoroughly for five minutes or so, then leave in an oiled bowl covered with a tea towel in a warm spot to rise. In an hour or so, when it's doubled in size, punch down and allow to rise again. Then knead very briefly and roll out.

### Toppings

Garlic Paste – bash up a globe of garlic with your mortar and pestle, add a teaspoon or so of good quality extra virgin olive oil and a pinch of salt, maybe a good parmesan (Pecorino is perfect) as well, and spread over the dough before other toppings.

Pesto – In your mortar and pestle, bash half a dozen cloves of garlic with a tablespoon of extra virgin olive oil, a pinch of salt and pepper, a handful of basil leaves and a handful of your nuts of choice (pine nuts are standard, but I prefer pistachios and occasionally cashews). Bash in a small handful of a good parmesan, adjust seasoning and add a bit more oil if the pesto is too dry, or it will be difficult to spread on the dough. Spread over dough before adding other toppings. This is not the same pesto I make for dipping or sandwiches as it has too much raw garlic.

Mushrooms – sliced and fried quickly in olive oil and garlic.

Eggplant – sliced and grilled with olive oil, salt, pepper and garlic.

Onions – sliced and fried in olive oil with salt and pepper on medium heat for half an hour or so, until onions are well caramelized, then deglaze the pan with dry white wine or sherry.

Walnuts – dry roasted in cast iron frypan and coarsely chopped. Sprinkle generously on pizza with garlic paste, caramelized onions, and mix of gorgonzola and mozzarella or gruyere and parmesan.

The better quality cheeses you use, the better the pizza. Also, a pizza stone is sensational to get a perfectly cooked base. Sprinkle polenta or coarse corn meal on the pizza stone or pan before placing dough on it, and brush the dough lightly with olive oil before adding other ingredients.

## *Sunomono*

*This Japanese cucumber salad is quite a delicious, clean tasting side dish that goes especially well with fried dishes like nasu dengaku and agedashi. You can also create your own little bento box with sunomono, sushi, miso soup, and agedashi or tempura.*

2-3 cucumbers  
20 g wakame (seaweed)  
1 tsp salt

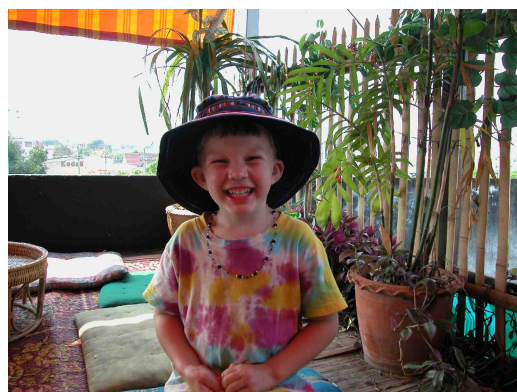
### Dressing

2 T rice vinegar  
2 T *katsuo dashi* or *niboshi dashi* (can substitute vegie or fish stock)  
1 T sugar  
1 tsp soy sauce  
salt to taste

Slice the cucumbers paper-thin. Sprinkle with salt and a little water. Mix well and let stand.

Soak the wakame, then drain. Quickly pour hot water over top. Squeeze out excess water and cut into 1-2 cm pieces, discarding tough vein.

Rub cucumber slices lightly to soften, then rinse. Squeeze out excess water. Mix cucumbers and wakame in a bowl. Combine dressing ingredients and pour over cucumber and wakame, mixing well.





## ***Roast Chook***

*It will surprise many of you to learn that I had never roast a chicken until last year – in fact not until after I roast my first turkey for Thanksgiving 2004. I like to think I've made up for lost time, and good quality free range, hormone-free birds are a regular part of Jonai dinners. Although the ones I stuffed with 40 garlic cloves each were a hit with everyone, this is my favourite recipe, based on Stephanie Alexander's.*

1 1.5kg chicken (free range, hormone free)  
1 large lemon  
4-5 sprigs fresh rosemary  
3-4 T butter  
1 globe garlic  
olive oil  
salt & pepper



Preheat oven to 220°C. Rub lemon all over chicken, including inside, and squeeze extra juice over entire bird. Rub slightly smashed garlic cloves over and inside entire bird as well. Salt inside and out. Rub butter over outside and leave a few pats of butter inside and dotted about the outside. Stuff inside with lemon halves and rosemary. Drizzle olive oil over entire chicken. Lay the bird on its side and cook for 20 minutes. Flip to other side, baste with juices and cook another 20 minutes. Flip onto its back, baste again and cook a further 20 minutes. Cut the legs partially away from the body and turn oven to 160°C to allow chicken to 'rest' (she's exhausted, the poor thing!) briefly. If the juices run clear when poked with a knife, she's ready.

Serve with ye olde traditional roast potatoes, or make them look pretty by 'dauphining' them (slice in half, then make many thin slices nearly to base).

If you want to make a gravy, spoon out the juices into a small cast iron frypan while the chicken is resting, add a tablespoon or so of flour and a pinch of salt and brown on medium heat. Pre-heat 1C white wine or milk (depends on your taste – a wine gravy is nice and tart, milk gravy is creamy goodness) in the microwave and add to the flour & butter slowly. Allow to thicken and serve with the chicken and potatoes. A nice green salad is the perfect fresh complement! Bon appetit!

**As if you have room for dessert...**



## ***Best Chocolate Chip Cookies. Ever.***

*Well of course they're the best, they're American, right?! But seriously, this is another recipe via Dawn, and leaves the infamous Toll House Cookie recipe for dead.*

2 C flour  
1 tsp baking soda  
pinch salt  
2 C brown sugar  
375g butter (softened but not melted)  
2 eggs  
splash homemade vanilla (just pop a vanilla bean in a small bottle of whiskey and leave for a week or so, then use as needed)  
2 C oats (or more)  
2 C choc chips

Combine brown sugar, butter, eggs & vanilla well. Pour flour over top and gently mix in baking soda and salt. Mix all well and add oats and choc chips. Children helpers should at this stage be allowed the number of choc chips equal to their age, then one small spoon each of dough. Grown up helpers should use own discretion at how much you eat.

Place medium-sized spoonfuls on flat baking tray and bake for 8 minutes at 200C. Allow to sit on tray for 1 minute before transferring to cooling rack. Warning: may be habit forming.



## *Earthquake Cake*

*Must be a theme on these desserts, as this one also came from Dawn. This is seriously decadent and not a cake for children, unless you want to keep them awake for the rest of the week. It looks fantastic with the cracks through the top, hence the name.*

225g semisweet chocolate, chopped  
170g unsweetened chocolate, chopped  
 $\frac{3}{4}$  C unsalted butter, cut up  
9 large eggs  
1  $\frac{1}{2}$  C sugar  
1 tsp vanilla  
2 T flour  
powdered sugar

Melt chocolate and butter and cool. Beat eggs until frothy. Gradually add sugar and beat until mixture becomes thick and lemon-coloured and ribbon forms when beaters are lifted. Add vanilla, chocolate mixture and beat well. Fold in flour. Pour into a 10-inch springform pan. Bake 45-50 minutes in 180C oven, until the top of the cake begins to crack. Cool completely in pan on a wire rack. Sprinkle top with powdered sugar.



## *Meringues*

*I love meringues. Stuart loves meringues. Oscar loves meringues. Antigone loves meringues. Atticus loves meringues. Thank you, Ros, for making us all love meringues! Make these anytime you have egg whites left over from a recipe that only wanted the yolks, such as hollandaise sauce.*

3 egg whites (at room temperature)  
1 C caster sugar  
pinch salt  
1 tspn white vinegar

Using a dry bowl, beat egg and salt until very stiff. Add sugar a little at a time. Add vinegar. Cook at 120C for approximately 1 hour.

Serve with berries and cream.



*The End of the Beginning...*

