

TV FOOD

Delicious, best-ever recipes from your *BHG* food team! FAVOURITES



CHILLI CON CARNE

You'll never be short of inspiration for entertaining or family meals with these moreish recipes for snacks, mains and treats. Some work well for batch cooking to freeze for quick meals anytime and they're all easy on the wallet – brilliant! So, get cooking!



SAMBAL CORAL TROUT



ICE-CREAM SANDWICHES



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CITRUS DICED SALMON WITH CRISPY WONTON WRAPPERS

Preparation time 20 mins, plus 15 mins freezing time

Cooking time 10 mins

Serves 8-10 people as an appetiser

- 600g salmon fillet, skin off, no bones and very fresh**
- 50ml best quality extra-virgin olive oil**
- 1 Tbsp light soy sauce**
- ½ tsp sesame oil**
- Sea-salt flakes and freshly ground white pepper, to season**
- 1.5L neutral flavoured oil for deep frying**
- 1 pkt wonton wrappers**
- 2 green shallots, white part only, very finely sliced**
- 2 limes, segmented and cut into small dice**
- 6cm piece pickled daikon radish, sliced and diced finely**
- 3 radishes, finely sliced and diced**
- ½ firm iceberg lettuce**
- 10 mint leaves, torn or tiny leaves**
- 2 Tbsp sriracha sauce**

STEP 1 Wrap salmon in plastic wrap and place in the freezer for

COOK'S TIPS

- Pickled daikon radish is available in Asian supermarkets. If you can't find it, use pickled ginger or fresh daikon.
- You can cut the wontons into 2 triangles before cooking if you prefer a smaller cracker.

about 15 minutes before slicing. This will make it much easier to cut. When ready, unwrap and slice salmon into 1cm thick slices and then dice. Put salmon dice in a medium bowl with extra virgin olive oil, soy sauce, sesame oil and salt and pepper. Spoon straight onto a platter.

STEP 2 In a deep-sided pan or wok, heat oil to 180°C. Fry wonton wrappers in batches until crisp, this will take about 30-40 seconds per batch. Drain on paper towel. These make crispy crackers (see Cook's tips).

STEP 3 Tumble the green onions, lime, daikon pickle and radish over salmon on platter.

STEP 4 Chop iceberg lettuce very finely and pile in separate serving bowl.

STEP 5 Serve lettuce, sriracha sauce and crispy wontons alongside salmon on the platter.

STEP 6 To assemble, spoon salmon mixture on a wonton, add a touch of sriracha and top with a little lettuce.



FAST ED'S HAM HOCK, POTATO AND LEEK SOUP

Preparation time 10 mins

Cooking time 1 hour 20 mins

Serves 4 (about 10 cups)

- 20g butter**
- 1 Tbsp olive oil**
- 2 large leeks, white part only, thinly sliced**
- 850g potatoes, peeled, roughly chopped**
- 8 cups chicken stock**

1 bouquet garni (see 'Adding herbs' box, below)

1 ham hock (see Cook's tips, page 3)

300ml light thickened cream
Salt and white pepper, to season

2 Tbsp finely chopped chives, to serve

Potato scones, to serve (see recipe, page 3)

STEP 1 Heat butter and oil together in a large, deep saucepan on medium. Add leek and cook for 10 minutes, stirring, until softened. Add potato, stock and bouquet garni, stirring well. Bring to the boil, then add ham hock. Reduce heat to low and cook, partially covered, 1 hour until ham hock meat is very tender.

STEP 2 Remove from heat, then remove ham hock and put on a chopping board. When cool enough to handle, remove skin and discard. Remove meat and shred or roughly chop. Using a stick blender, puree vegetable mixture until smooth. Return half of the ham to pureed mixture.

ADDING HERBS

Bouquet garni (French for 'bunch/bundle of garnish') are available to buy from supermarkets in the dried herb and spice section; these usually look like small tea bags. However, to make your own, lay a small double-layered square of muslin on a flat surface. Place 1 or 2 bay leaves, fresh parsley stalks or leaves, fresh thyme and either black or white peppercorns in centre of muslin. Gather up all sides and secure tightly with kitchen twine, forming a small sack. If you do not have any muslin, arrange the same ingredients between two pieces of celery that are approximately 5cm long and secure ingredients inside with kitchen twine.

Return pan to a medium heat and cook, stirring, for 3 minutes or until heated through. Stir in cream and simmer for 1 minute. Season. Ladle soup into bowls. Top with remaining ham and sprinkle with chives. Serve with scones on the side.



POTATO SCONES

Preparation time 15 mins
plus 1 hour chilling
Cooking time 50 mins
Makes about 16 scones

500g sebago potatoes, peeled, cut into large pieces
40g butter
2 tsp salt
¾ cup plain flour, plus extra plain flour, to dust
1 tsp olive oil
½ cup crème fraîche
200g smoked salmon
Finely chopped chives, dill sprigs and lemon wedges, to serve

STEP 1 Put potato pieces in a large saucepan and cover with cold water.

COOK'S TIPS

- If you don't have a very large saucepan, ask your butcher to cut the ham hock in half for you so it has a better chance of fitting.
- Leave the skin on the ham hock to add flavour to your soup. Once ham is tender and cooked through, you will remove the skin and discard.

Put over a high heat and bring to the boil. Simmer for 20 minutes or until potato is soft. Drain well and return to pan. Add butter and salt, then mash until smooth. Gradually stir flour into potato mixture until combined and a stiff dough forms. Transfer to a large bowl, cover and refrigerate dough for 1 hour.

STEP 2 Turn out dough onto a lightly floured surface and roll out until 1.5cm thick. Cut into scones using a 7cm round biscuit cutter.

STEP 3 Heat a large non-stick frying pan over a medium-low heat. When hot, drizzle oil into pan. Add 4 scones and cook for 4 minutes or until light golden on base. Turn and cook for a further 4 minutes or until golden and warmed through. Top with scones crème fraîche, salmon and herbs and serve with lemon wedges on the side.



PITA BREAD

Preparation time 20 mins plus 50 mins proving
Cooking time 20 mins
Makes 10

¼ cup warm water
1 x 7g sachet dried yeast
1 tsp caster sugar
½ cup cold water
1 tsp salt
300g plain flour, plus extra, to dust
50g fine semolina, plus extra, to dust
2 tsp extra virgin olive oil

STEP 1 Combine warm water, yeast and sugar in a small bowl. Set aside for 10 minutes or until mixture becomes frothy.

Meanwhile, combine cold water and salt in a small jug, mixing well.

STEP 2 Put flour and semolina in a large bowl and stir until combined. Make a well in the centre, add yeast mixture, salted water mixture and oil. Using your hands, stir until just combined. Turn out dough onto a clean and dry surface. Knead for 10 minutes or until dough is smooth and elastic. Shape dough into a ball and put in a large clean bowl. Cover with a damp tea towel and set aside in a warm place to prove for 40 minutes or until doubled in size.

STEP 3 Turn out dough onto a clean and dry surface, then punch down dough until it returns to its original size. Divide dough into 10 equal portions. Roll each into a ball. Arrange on work surface about 5cm apart and cover with a damp tea towel. Leave for 10 minutes.

STEP 4 Lightly dust work surface with extra flour and extra semolina. Roll out each dough ball into a circle about 5mm thick.

STEP 5 Heat a large non-stick frying pan over a high heat or a barbecue hotplate to high (you do not need to add any oil). Cook pitas, 2 at a time, for 2 minutes on each side or until they bubble and turn light brown. Transfer to a clean, dry tea towel. Serve warm or at room temperature.

“Homemade pita bread is a backyard barbie hit while potato scones are like bespoke blinis for your salmon starter”



MOLASSES-SPIKED BOSTON BEANS WITH CRISPY PORK BELLY

Preparation time 5 mins plus soaking overnight

Cooking time 2½ hours

Serves 6

6 cups cold water

1 cup dried lima beans

1.2kg pork belly, scored

2 Tbsp vegetable oil

2 Tbsp sea-salt flakes

2 Tbsp unsalted butter

1 brown onion, finely diced

4 cloves garlic, crushed

6 fresh bay leaves

1 tsp fennel seeds

2 tsp mustard powder

1 tsp dried sage

2 Tbsp tomato paste

½ cup molasses

¼ cup cider vinegar

2 Tbsp raw sugar

Sea-salt flakes and freshly ground black pepper, to season

to season

1 cup flat-leaf parsley, leaves roughly chopped

Crusty bread, to serve

STEP 1 Put water and beans in a large bowl and set aside overnight to soak.

STEP 2 Preheat oven to 200°C fan-forced (220°C conventional). Rub pork belly with oil and salt. Arrange in a shallow roasting tray and bake for 20 minutes. Reduce oven to 130°C fan forced (150°C conventional) and bake a further 2

hours or until skin is crisp and the meat is tender.

STEP 3 Meanwhile, put beans and soaking water in a medium saucepan over a high heat. Bring to the boil, then reduce heat to low and simmer for 40 minutes or until the beans are tender. Drain, keeping 2 cups of the liquid in reserve. Set both aside.

STEP 4 Melt butter in a medium saucepan over medium heat and add onion, garlic, bay leaves, fennel seeds, mustard powder and dried sage. Cook for 5 minutes or until onion is tender. Stir in tomato paste and cook for a further 2 minutes.

STEP 5 Add molasses, vinegar, sugar and the reserved cooking water, then bring to the boil. Mix in cooked beans, then simmer for 10 minutes or until thickened. Season and stir in parsley. Transfer beans to a serving platter. Chop the pork belly into 5–6cm chunks and arrange on top of beans. Serve with crusty bread on the side.



CHEESE-STUFFED KANGAROO BURGERS WITH WATTLESEED AIOLI

Preparation time 20 mins plus 10 mins chilling

Cooking time 10 mins

Serves 4

600g kangaroo mince

100g cream cheese, softened

2 Tbsp smoky barbecue sauce

2 free-range eggs

½ cup dried breadcrumbs

Sea-salt flakes and freshly ground

black pepper, to season

120g mozzarella, cut into

4 slices

1 beetroot, peeled

¼ cup white wine vinegar

2 tsp caster sugar

2 free-range egg yolks

2 tsp dijon mustard

4 cloves garlic, minced

2 tsp wattleseed

½ cup vegetable oil

Cooking oil spray

Lettuce leaves

Sliced tomato

Sliced avocado

4 burger buns, halved

Potato crisps, to serve

STEP 1 Combine mince, cream cheese, barbecue sauce, eggs and breadcrumbs in a large bowl and season generously. Mix until smooth, then divide into 4 even sized pieces. Form each into a patty around a slice of mozzarella. Place on a tray and refrigerate for 10 minutes or until firm.

STEP 2 Meanwhile, shred beetroot with a spiraliser. Mix ½ Tbsp of the vinegar and sugar in a medium bowl. Add beetroot and season with salt. Set aside for 5 minutes to allow beetroot to pickle slightly.

STEP 3 Whisk together yolks, mustard, garlic, wattleseed and remaining vinegar in a large bowl. Add vegetable oil in a slow, steady stream, whisking constantly, until mixture thickens to a mayonnaise. Season with salt.

STEP 4 Spray patties with cooking oil. Heat a barbecue flat plate or a frying pan over a medium heat. Cook patties for 8–10 minutes, turning several times, until browned and cooked through.

STEP 5 Arrange lettuce, tomato, avocado and patties on buns (toast if desired). Top patties with aioli and beetroot. Serve burgers with crisps on the side.



MINI TURKEY, CRANBERRY AND SAGE SAUSAGE ROLLS

Preparation time 10 mins
Cooking time 35 mins
Makes 16

500g turkey mince
 ¼ cup jellied cranberry sauce
 2 green shallots, very finely chopped
 1 Tbsp finely chopped sage leaves
 3 cloves garlic, minced
 2 tsp Dijon mustard
 Finely grated zest of ½ orange
 2 sheets frozen ready-rolled puff pastry, partially thawed
 1 free-range egg, lightly beaten
 Sesame seeds, for sprinkling
 Sea-salt flakes and freshly ground black pepper, to season
 Tomato sauce, caramelised onion relish, to serve

STEP 1 Preheat oven to 200°C fan-forced (220°C conventional). Line 2 oven trays with baking paper.

STEP 2 Put turkey mince, cranberry sauce, shallots, sage, garlic, mustard and orange zest into a large bowl and mix until combined.

STEP 3 Cut pastry sheets in half to create 4 rectangles.

STEP 4 Divide turkey mince mixture into 4 equal portions. Shape 1 portion into a 25cm-long sausage along one long edge of one pastry rectangle. Brush the opposite edge of the pastry with

a little beaten egg then roll up tightly to enclose. Cut into 4 pieces, then place on prepared tray, seam side down.

STEP 5 Repeat Step 4 with remaining pastry and turkey mixture to make 16 rolls.

STEP 6 Brush sausage rolls with a little egg, scatter with sesame seeds and season. Bake for 35 minutes or until pastry is golden. Set aside to cool for 10 minutes on trays before transferring to a platter. Serve with tomato sauce and onion relish on the side.



WHEELBARROW BARBECUE

1 old metal wheelbarrow
 Drill and wide-bore bit
 Old cake cooling racks, about 40 x 22cm (2)
 70cm x 12mm reo bars (2)

STEP 1 Drill 6 holes in bottom of wheelbarrow, not directly above wheel, as airflow for barbecue. Place 1 cake rack in the base of the wheelbarrow.

STEP 2 Drill 2 pairs of opposing holes in top of sides of barrow, about 30cm apart. The holes should be large enough to accommodate bars. Thread reo bars through holes.

STEP 3 Make a fire on the bottom cake rack. Put remaining cake rack on top of the bars for the barbecue cooking surface. Use the wheelbarrow barbie to grill sausages and other meats.



CHILLI CON CARNE

Preparation time 15 mins
Cooking time 1 hour 55 mins
Serves 6

¼ cup extra virgin olive oil
 1 brown onion, finely diced
 2 sticks celery, finely diced
 1 large carrot, finely diced
 4 cloves garlic, finely chopped
 2 tsp ground cumin
 1 tsp ground coriander
 1 tsp ground cinnamon
 1 tsp chilli powder (optional)
 600g beef mince
 2 x 400g cans whole peeled tomatoes
 1 cup beef stock
 400g can four bean mix, drained
 ¼ cup smoky barbecue sauce
 Sea-salt flakes and freshly ground black pepper, to season
 Cooked basmati rice, to serve
 Coriander leaves and sliced red chillies, to garnish
 Plain yoghurt, to serve

STEP 1 Heat half of the oil in a large saucepan over a medium heat. Add onion, celery, carrot, garlic, cumin, coriander, cinnamon and chilli powder, if using. Stir to combine, then cook for 10 minutes or until softened. Transfer to a bowl. Increase heat to high. Put mince and remaining oil in pan and cook, stirring, for 10 minutes or until browned.

STEP 2 Return vegetable mixture to pan. Add tomatoes

and stock, bring to the boil, then reduce heat to low and simmer for 1½ hours or until most of the liquid has evaporated.

STEP 3 Stir in beans and barbecue sauce, then season. Divide rice among serving bowls and top with mince, coriander and chilli. Serve with plain yoghurt on the side.



SIMPLE TOMATO SAUCE

Preparation time 5 mins
Cooking time 30 mins
Makes 500ml

400g can whole peeled tomatoes
½ cup raw sugar
¼ cup cider vinegar
2 tsp Worcestershire sauce
2 tsp smoked paprika
1 tsp ground allspice
Sea-salt flakes and freshly ground white pepper, to season

STEP 1 Combine all ingredients in a medium saucepan over medium heat. Cook, stirring regularly, for 30 minutes or until tomatoes have fully softened and mixture thickens.

STEP 2 Puree with a stick blender, then pass through a fine sieve into sterilised jars.

STEP 3 Store tomato sauce for up to 3 months unopened or for 1 week in the fridge once opened.



SAMBAL CORAL TROUT WITH GREEN SHALLOTS AND YOUNG COCONUT

Preparation time 5 mins
Cooking time 10 mins
Serves 4

1 young coconut
2 Tbsp vegetable oil
2 tsp sesame oil
1 red onion, finely sliced
4cm-piece ginger, cut into matchsticks
4 cloves garlic, sliced
2 Kaffir lime leaves, finely sliced
600g coral trout fillet, skinless and boneless, diced
1 Tbsp sambal oelek paste
1 bunch snake beans, trimmed, cut into 7cm lengths
2 tsp palm sugar, finely grated
6 green shallots, finely sliced diagonally
¼ cup coriander leaves
8 Vietnamese mint leaves, torn
Steamed rice and lime wedges, to serve

STEP 1 Pierce coconut using a sharp tool, such as scissors, to make a hole through coconut husk. Place over a bowl, allowing coconut water to pour from coconut. Reserve water for another use. Open coconut using a hammer and use a large kitchen spoon to remove the soft flesh, then slice into fine strips. Set aside until required.

STEP 2 Heat oils in a wok over a high heat. Add onion, ginger, garlic and lime leaves and cook

for 3 minutes or until very aromatic. Add coral trout and sambal, then cook, stirring, for 2 minutes or until fish begins to change colour.

STEP 3 Add snake beans and palm sugar and cook for a further 1 minute or until fish is cooked through and beans are just tender. Fold in coconut, shallots and herbs. Serve with rice and lime.



NANNA'S OLD-STYLE CHOCOLATE COBBLER

Preparation time 15 mins
Cooking time 40 mins
Serves 8

1 cup self-raising flour
½ cup cocoa powder
2 cups brown sugar
2 Tbsp instant coffee powder
150g unsalted butter, melted
½ cup buttermilk
2 tsp natural vanilla extract
1 cup mixed chocolate chips
¾ cup toasted pecans, chopped
1½ cups boiling water
Vanilla ice-cream and raspberries, to serve

STEP 1 Preheat oven to 160°C fan-forced (180°C conventional). Grease a 2½-litre baking dish.

STEP 2 Sift flour and half the cocoa powder into a large bowl. Add 1 cup of the sugar and the coffee powder. Combine butter, buttermilk and vanilla in a large jug and puree with a stick blender until smooth. Fold into flour mixture.

STEP 3 Spoon into baking dish,

sprinkle over remaining brown sugar and cocoa. Top with choc chips and pecans. Pour over boiling water. Bake 40 minutes, until just set. Serve warm with vanilla ice-cream and raspberries.



PEANUT BUTTER COOKIE ICE-CREAM SANDWICHES

Preparation time 20 mins

plus 20 mins freezing

Cooking time 30 mins

Makes about 20

1L vanilla ice-cream

300g dark chocolate, chopped

200g salted roasted peanuts,

roughly chopped

Sea-salt flakes, to garnish (optional)

PEANUT BUTTER COOKIES

230g plain flour

190g rolled oats

1 tsp baking powder

1 tsp bicarbonate of soda

225ml milk

125g plain yoghurt

260g smooth peanut butter

150g brown sugar

60g unsalted butter, chopped

½ tsp sea-salt flakes

2 extra large free-range eggs

½ cup salted roasted

peanuts, chopped

STEP 1 Preheat oven to 160°C fan-forced (180°C conventional). Line 2 oven trays with baking paper.

STEP 2 To make cookies, put flour, oats, baking powder and bicarb in food processor and process until fine crumbs form. Set aside.

STEP 3 Combine milk and yoghurt in

a medium bowl and set aside. Put peanut butter, sugar, butter and salt in the bowl of an electric mixer and beat on high, using paddle attachment, for 5 minutes or until light and creamy. Add eggs, one at a time, beating well after each addition. Add half of the crumb mixture and beat on low until combined. Gradually pour in milk mixture, beating until combined. Add remaining crumb mixture and beat until combined. Spoon batter into a piping bag fitted with a large plain nozzle.

STEP 4 Pipe dollops of batter the size of a 50 cent piece and 2cm thick onto prepared trays, leaving a 5cm space between each to allow for spreading during cooking. Scatter with nuts. Put in oven and bake for 13-15 minutes or until lightly golden. Remove trays and carefully transfer cookies to a wire rack to cool completely. Re-line trays and repeat with remaining batter and nuts.

STEP 5 To assemble, put a small scoop of ice-cream on flat side of 1 biscuit and top with flat side of a second biscuit. Carefully push biscuits together until ice-cream spreads to biscuit edge. Transfer to another oven tray and repeat with remaining cookies. Put tray in freezer for 20 minutes or until ice-cream is firm.

STEP 6 Meanwhile, put chocolate in a large heatproof bowl set over a saucepan of simmering water. Stir occasionally until chocolate has melted. Remove from heat and set aside for 5 minutes to cool slightly.

STEP 7 Remove cookies from freezer. Roll sides in chopped peanuts to coat exposed ice-cream, then dip one biscuit in chocolate. Sprinkle a little salt on chocolate, if using, and serve.



MULLED CHERRY AND APPLE CIDER

Preparation time: 5 mins

Cooking time: 10 mins

Serves 8

1.5L cherry cider

¼ cup dried cherries

1-2 Tbsp caster sugar

3 slices orange rind

3 rings dried apple

1 vanilla pod, split

2 tea bags Russian caravan

tea or other smoky tea

3 whole cloves

4 whole allspice

1 cinnamon stick

STEP 1 Put all ingredients in a saucepan over low heat. Bring to a gentle simmer and let spices and cider mull for 8-10 minutes.

STEP 2 Strain into glasses, reserving orange rind. To serve, add 1 piece of rind to each glass. ■

COOK'S TIP

• Pagan Cider from the Huon Valley is 40% cherry and 60% dry apple cider.

“Laced with fragrant spices, serve your mulled cider, warm or chilled, in a jug with whole fresh cherries – it’s a hug in a glass!”