

# Meals to make ends meet.



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Our **inflation-busting** recipe book showcases tasty, wholesome meals whilst **saving you money!**







## Foreword from Bill and Chloe Shorten

Chloe and I believe the basics of everyday life should be affordable and that is why this clever little book is so important.

It is not just petrol prices sky high over the past year, a visit to the supermarket can be a bit of a shock. Whether it's a \$10 lettuce, or a dozen eggs that has doubled in price, everyday families who have not had a proper wage rise in years are now seeing their take home pay strained by the rising cost of everything.

This recipe book shows where we can make the little differences that count at times like this. It holds hints for preparing meals that make our dollar go further while not skipping the nutrition we need.

We also love the idea of meals that bring people together – be it family or friends or neighbours. Something Covid stopped for a while...

We have a combo of dietary preferences and requirements in our household, so concocting dinner at a reasonable price is a challenge.

# Chloe's

## Chickpeas a la Grecque

This is a lovely Greek recipe that can be baked but I like to sauté the chickpeas instead. I serve it in a terracotta dish.

### Ingredients

**3/4 cup** olive oil  
**2 onions** finely chopped  
**1 red capsicum** diced  
**3 cloves garlic** minced  
**1-2 tbsp** oregano  
**500g chickpeas** (from tins)  
**1/2 cup** chicken stock  
**tsp** salt  
**grated feta**  
**parsley** finely chopped

### Method

In a large frying pan heat the olive oil on low to medium heat and cook the onion and capsicum until soft.

Add the garlic, oregano and the chickpeas. Slowly add the stock and all to simmer. Season with salt.

Sometimes I add grated feta and/or chopped parsley to serve.







**Adam Thomson**  
Head Chef, The Salvation Army  
Melbourne Project 614

## About this book

Our cost of living is on the rise. Each grocery shop in 2022 costs \$50 more than those same items did in 2019. And yet, Australians are throwing out on average 1 in 5 bags of groceries from every shop they do. This costs each household an average of \$2,500 per year; an unnecessary expense we can't afford. But, what if we could utilise our leftovers and cook smarter?

This cookbook was produced for that very reason. Beyond these pages is a collection of our favourite home-style, budget-friendly, leftover-utilising recipes from the Project 614 family.

With the rising pressure of day to day life, a little bit of down time with the ones we love is sorely needed. Is there a better place than the dinner table to have that time together to relax, break bread and chat? This is where we can share in hospitality without needing to re-draw on the mortgage to do so.



**Major Brendan Nottle**  
The Salvation Army  
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## Who are project 614?

I have been taken aback by the number of people that are feeling overwhelmed at the moment. The motivation for producing this cookbook is that we needed something that would give people hope during these very difficult times. We can get through this, and we can get through this well.

My hope is that this cookbook will bring you hope during these challenging times. The Salvation Army Melbourne chef, Adam Thomson, has done a wonderful job in creating recipes that are simple, nutritious and cost effective. Our friends at Pressroom Partners are to thank for the fantastic design- It's simple and clear and even a 'cookophobe' such as myself is getting excited about cooking! I really hope the practical tips inspire you to get thinking and chatting with family and friends about other ways that you can make ends meet.



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# Kitchen basics





# Using gelatine

Using gelatine, rather than buying pre-set "just add water" style products, can save you dollars in the long run. Gelatine is affordable and has a long shelf life so it can be kept and used in a myriad of dishes.

Gelatine is used for setting a lot of things, though mainly used with desserts. Natural gelatine is derived from animal product, so just be aware to choose right when making vegetarian or vegan meals.

The conversion rates below for leaves verses powder (I recommend leaves) are based on silver quality gelatine, which is the gelatine you will get from your local supermarket. Use this conversion guide to set your product to varying levels of firmness.



	Firm Jelly	Tender Jelly	Delicate jelly
Liquid	4 cups / 1lt Liquid	4 cups / 1lt Liquid	4 cups / 1lt Liquid
Gelatine	8.5 Gelatine leaves (28gm Powder)	4.5 Gelatine leaves (14gm Powder)	3 Gelatine leaves (9.5gm Powder)

**\*Basic conversion is:** 1 tablespoon of powder = 1 leaf of gelatine. When weighing 3.3gms powder is equivalent to 1 tablespoon.

## DIY jelly with left over fruit juice

If you have excess juice (or fruit that can be juiced), prevent it going into landfill and make a jelly that will be cheaper and healthier than buying jelly crystals.

**How to:** Start by bringing your fruit juice to a near boil, but never boiling.

### For powdered gelatine:

1. Keep a small amount of the fruit juice aside in a heat proof bowl. While the juice is still cool, sprinkle the gelatine powder over the top.
2. Make a water bath and bring to a gentle simmer.
3. Put your bowl in the simmering water bath and gently stir until all the gelatine has dissolved.
4. When the gelatine crystals have dissolved, add this liquid to the rest of your fruit juice and whisk thoroughly.

### For Gelatine leaves:

1. Soak leaves in cold water for 4 minutes, until pliable.
2. When soft, strain the leaves and very gently squeeze out excess water.
3. Immediately add to hot liquid and whisk thoroughly.







# Deconstructing a chicken

**A great way to save money and get good value is by buying a whole chicken from the supermarket and dividing it into pieces.**

## Method

1. Using a sharp knife, take the legs off, right at the point where the thigh joins the body. Cut them again between the thigh and the drumstick.
2. Take off the wings by getting the knife right into the point where it joins the breast. Next, cut the breast away from the carcass, as close to the bone as you can.
3. Keep the carcass and spare bones to make a chicken stock (**page 18**) that can be used in our Simple Soups (**page 44**).
4. Use what you need for your meal and store the remaining in zip lock bags in the freezer.

Alternatively, pull all the meat off the bones, shred and freeze it in zip lock bags. Portion each bag with just enough for a meal and use for savory chicken recipes, such as chicken tacos or creamy chicken pasta.



# Making roux

Traditionally used in French cooking, roux (pronounced 'roo') is a thickening agent that can be used in bechamel, stocks, sauces and even soups. It is a natural, tastier alternative to cornflour or other thickening agents. The beauty of roux is that it can be made with ingredients typically stocked in your pantry, which spares the expense of buying thickening agents.

Make sure you always have one hot and one cold component, for example, hot roux and cold milk.

TIP: If you want to thicken a dish or sauce that is already hot, simply mix soft butter and flour together with a fork and add to your dish. This is called *beurre manie* (pronounced 'bur-man-yay').

## The Golden rule of roux / *beurre manie*

Whatever quantity of liquid you are using, 10% of that weight is how much of both butter and flour you'll need.

**Eg.** 2lt milk = 200gm butter, 200gm flour.  
500ml milk = 50gm butter, 50gm flour.

## Recipe to thicken 1 litre of milk, or sauce

### Ingredients

**100gm** butter  
**100gm** flour

### Method

1. Heat the butter in a saucepan until it's completely melted.
2. Add the flour and mix until it starts to form a ball. Once this ball shape is formed, cook it for 1 more minute. This will 'cook out' the flour taste.

### Notes

If using it for a beef dish you can make a brown roux, by continuing to cook the roux for a few more minutes until it starts to colour. This will add a denser flavour.





# Seasoning

The pairing of salt and pepper as table accessories dates to seventeenth-century French cuisine. Black pepper (distinct from herbs such as *fines herbes*) was considered the only spice that did not overpower the true taste of food.

## Salt

Salt is best used as a flavour enhancer, to highlight the flavours already in the dish, rather than for its own taste.

### When to season with salt?

Always season 3 times when cooking.

1. Your raw ingredients as you start cooking
2. During the cooking process
3. Taste and adjust seasoning at the end.



## Types of salt

Like a more subtle flavour? Then **sea salt** is your best option. This has a softer flavour than your traditional types but still will enhance the flavours without the need for excess use. **Table salt** and **rock salt** are fine for everyday seasoning. If you use a grinder, be careful not to add too much. Better to use a little and add more later, than too over season and ruin your dish.

**Pre-flavoured salts** can be unnecessarily costly. A good trick is to buy sea salt and add your own flavours. A personal favourite is sea salt with lemon zest and thyme, but you could do rosemary & orange, chilli & mint... **any flavours you love.**



## Pepper

When seasoning with pepper, do so in moderation and pick the appropriate type. **White ground pepper** is best for stews and casseroles. **Black ground pepper** is ideal for curries, particularly Indian style ones.



I love using **cracked pepper** but if you're cooking in a pan, for example, cooking a steak, do not add the pepper before you sear off the meat. Add your salt first and then add the pepper after you've finished cooking, as the pepper corns can burn and tarnish the flavour of the dish.



# Herbs

If you are a frequent user of fresh herbs, the most cost effective thing to do is to grow your own. You don't need a lot of space, or even a garden. Herbs can be grown in pots and with regular pruning, they can last a long time.

Just be aware that some herbs, like oregano & mint will take over a pot if they're sharing with other herbs. Big bully herbs such as these may need a pot of their own. The shop assistants at wherever you buy them from should be able to assist with advice to which herbs will grow best in your area.

## What herbs for what meals?

### Parsley

#### Characteristics

Subtle flavour that doesn't stand out. Best used to complement other tastes, rather than being the star of the show.

#### What to add it to

Goes well with chicken or any either creamy or garlic-based dishes. Often added to garlic bread as it can help neutralize garlic breath.



### Rosemary

#### Characteristics

Strong bitey flavour, great to accompany dishes with stronger flavours as otherwise it can overpower too much.

#### What to add it to

Beef and lamb predominately, or tomato-based dishes. Also a little could be added to vanilla desserts.

### Cooking with Herbs

There are two occasions to add herbs.

1. **At the start** of cooking, which really infuses the flavour well, i.e - add basil to your bolognaise before you start to cook it.
2. **At the end** of the cooking time, which adds a nice freshness and makes the herb flavour more pronounced throughout the dish.



## Basil

### Characteristics

Strong intense flavour, can be used in oils and dressings as it's quite floral on its own.

### What to add it to

Beef, lamb or tomato-based dishes. Matches well with strawberry.



## Thyme

### Characteristics

Strong and full of flavour but not too intense. Sometimes has a citrus taste.

### What to add it to

Chicken or fish. Can also be used generously with lamb. Matches quite well with strawberry.



## Sage

### Characteristics

Fantastic in small doses as it can overpower if too much is used.

### What to add it to

Sage loves pork but also goes great with chicken. Matches well with anything buttery.





# Basic chopping techniques

## Chopping fruit

### Stone fruit of fruit with a core (Avocado, nectarine, etc)



1. Using a sharp knife, cut into the fruit's core and run knife around the pit (seed).



2. Using your hands, split open fruit. Remove pit with knife.

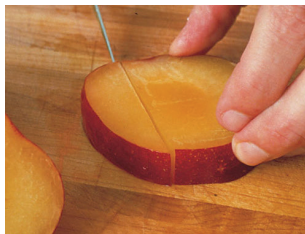


3. Chop into slices of your choosing.

### Softer stone fruits (mango, plum, etc)



1. Make two vertical cuts either side, aiming to avoid hitting the pit.



2. Set aside cheeks and slice as you choose.

### Fruit with rind



1. Chop both ends off and remove skin from top to bottom.



2. Chop around sides to remove skin.



3. Chop into segments of your choosing.



## Chopping tomatoes

When chopping tomatoes into wedges for salad, or even just chopping them up loosely for a soup or braise, it's important to remove the eye. Here's an easy way to do it.



1. Place tomato eye up on board.



2. Place finger on the eye.



3. Cut alongside of finger.



4. Chop along other side of eye.



5. Cut across to remove eye.

## Chopping round vegetables

Round vegetables could be anything from a carrot, cucumber, parsnip all the way to an eggplant or even a butternut pumpkin. A simple two-step process should always be applied, this is both for efficiency and safety.



1. Cut the veg lengthways first. This gives you a flat surface to rest on your chopping board, which will stop roll while cutting. This is a much safer and consistent way to cut.



2. Place veg face down and slice along the length of it. If it's a bigger vegetable you can chop this size into smaller portions again.



# Cooking foundations







# Cooking rice

There's a reason rice is eaten all over the world! Rice is a great source of energy. Add it to some meat or veg to make a meal complete. You can buy rice relatively cheaply and keep it in the pantry for a long time. Rice can be used on it's own as a side to any dish, as well as for stir-fries, oven bakes, fried rice, risotto, paella, curries, soups, sushi and taco bowls, and more. There are countless ways in which you can stretch and use this humble, inexpensive grain.

## **Want nice fluffy rice as a side? Use the stovetop absorption method.**

The absorption method is a simple one-part rice to one and a half parts water ratio. Put your rice and water in a pot and bring to the boil. Once it reaches the boil place a lid on the pot and turn the heat down to minimum. Leave this to softly simmer for 12 minutes, then turn off and leave it to sit for a further 5 minutes. At the end take the lid off and stir with a fork, adding seasoning if you desire.

## **Want a flavoursome rice to really complete your meal? Make oven-baked rice pilaf.**

Oven-baked pilaf requires one part rice to two parts chicken stock. Saute diced onion in a pot, then add your rice and keep cooking for a few minutes. Add the chicken stock and pour the mixture into an oven tray. Add some aromatics (bayleaf, raisins, cloves etc...) cover it with a piece of baking paper and wrap the tray very tightly in foil. Place this in an oven pre-heated to 160°C for about 25 minutes. Once it's done take it out and loosen with a fork. Simple, cost effective and yum!



# Flatbread

Flatbread is a global staple that can be made in a myriad of ways. This almost fail-safe recipe is designed to help you keep that budget in line, using inexpensive, everyday pantry items. Flatbread is a simple recipe you can make and enjoy alongside any leftovers you have in your fridge, to freshen and bulk up last night's meal. The beauty of flatbread is that you can make it in bulk and freeze it, so that you always have it on hand when it's needed.

Prep Time: **15 minutes**

Cook Time: **10 minutes**

## SERVES: 4

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### Ingredients

**2 cups** plain flour  
**Generous pinch** sea salt  
**50gm** butter  
**200ml** milk

### Method

1. Add the salt to the flour in a large mixing bowl. Melt the butter and milk together, then add this mix to your dry ingredients. Mix with a spatula until they are almost all combined and then tip out on the bench.
2. While on the bench, knead together with the base of your palm and continue folding it over as you are kneading until the whole mix is thoroughly combined and looking like dough. (Make sure it all combined, but once it's combined stop. Do not over mix it or it can become too tough). Once you can roll it into a nice smooth dough ball, place it in a bowl and cover with cling film to sit and rest for at least 30-60 minutes.
3. Next, unwrap it and cut it into 8 evenly sized pieces. Roll each piece into a ball shape and then 'squash' it flat with the base of your palm. Once you have flattened it with your palm, pinch it between your thumb and forefinger all over pinching it flatter and flatter as you move around the dough. It should end up about 1mm thick and the size of a small dinner plate.
4. Set aside and make another one, stack them all up with a generous sprinkling of flour in between so they don't stick to each other.
5. Heat a pan on the stove top. Once it is hot place one of your flatbread into the pan (Do not put oil or butter in the pan). After about 30 seconds flip over the flatbread to toast the other side. It should puff up as it is cooking, which indicates that it is cooking all the way through and getting hot air in the middle.
6. Once both sides are nicely coloured and it's cooked through (about a minute on each side) take it out and leave it wrapped in a clean tea towel to keep warm while you cook the others, adding them to your tea towel as you go.







# Making stock

Stock is the base of not only soups, but also many sauces that you'll use in the kitchen. What is great about stock is, it's made from what you normally dispose of. Save all those chicken carcasses and beef bones, use them with your onion tops and carrot peelings to make a beautifully flavoured base for your next soup or risotto. That's all there is to it; stock is simply a liquid that you make from simmering bones and vegetable off-cuts in water to extract the flavour. Once the bones and veggies have been taken out and the liquid strained, the remaining flavoured liquid is your stock. You'll then use this to make soup, sauces, jus, essence, broth, volute, consommé, pho and many delicious dishes in the kitchen.

## A rough guide to stock cooking times

Type of bones	Small batch	Large Batch
<b>Fish</b>	15 minutes	25 minutes
<b>Chicken</b>	2 hours	4 hours
<b>Lamb</b>	4 hours	6 hours
<b>Pork</b>	4 hours	6 hours
<b>Beef</b>	6 hours	8 hours

## Turning stock into soup

Use the following recipe to transform your stock into a simple soup.

1. Sauté off your base ingredients in a little bit of oil or butter (either a mire-poix or some diced onion and garlic).
2. Add main meat ingredient and its friends (could be pumpkin, could be carrots or it could be a whole range of meat or vegetables).
3. Add Stock (chicken stock is most commonly used for soup but for a intense soup, like minestrone or French onion use beef stock).
4. Simmer till soft enough to blend.
5. Blend, or leave broth style.



## Types of stock

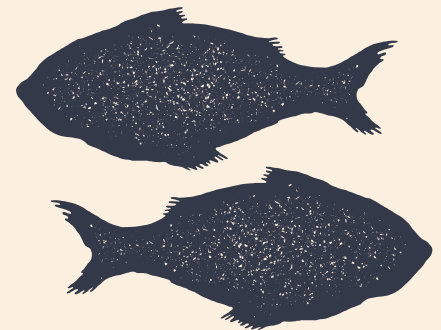
### Chicken

I often do this one at home, if we've bought a whole cooked chicken from the supermarket, once we've used all the meat, we'll make stock with the carcass. Or even freeze it until we have two or three and do a big batch. This is made by simmering chicken bones with veggie off-cuts for a few hours. If you don't have a lot of veggie scraps around do this with just chicken bones and a couple of whole onions (skin on and all), cut into two or three.



### Fish

Fish stock cooks very quickly and has a subtle flavour, so you want to add subtle flavours to it too. Things like shallots or even just herb stalks are great for this.







## Beef

Best done with cooked bones, this stock can take some stronger flavours, so you could add herbs like rosemary or basil and off-cuts of root veg like potatoes and beetroot. You can sauté off some tomato paste with the bones as this adds a delicious density of flavour to the mix. Golden shallots are great with this too, as their sweetness counteracts the strong meaty flavours.



## Lamb or pork

These stocks can handle some stronger flavours, and both work great with white or brown stock (see sidebar).

## Veggies

You can put most veggie scraps into a stock however there are a few to avoid. Anything from the Brassica family can make stock bitter, so broccoli, kale, cabbage, Asian greens etc... are to be avoided if possible. With starchy veg like potato, pumpkin & squash, you could add some peel, but not too much of the actual vegetable itself. With a darker stock, like a brown beef stock, you could add darker flavours like beetroot peel or tomato paste, however these would over-power something like a white chicken stock. Also, best to avoid radishes & capsicum/peppers as they'll make your stock cloudy.



## Getting your stock going

**There are two different varieties of stock, a brown stock and a white stock.**

For a **brown stock** all you need to do is brown off your bones in the oven first. This can be done at about 180°C-200°C and the cooking times will vary depending on your bones. Keep an eye on them and you should be able to see once they have a nice colour.

A **white stock** has a base made from uncooked bones.

Whether you're making white or brown stock, the technique is basically the same. Put your bones into the pot with some stray veggies or veggie off-cuts and cover generously with water. Bring this right up to the boil then turn it down to a very slow simmer and let it simmer away for the right amount of time depending on the type of stock it is (refer to table on **page 18**).

Freeze home-made stock in appropriately sized plastic containers so you can pull out one or two tubs for your soup or sauce as needed. You can also freeze stock in ice cube trays and just pop one or two out to add as a flavour bomb to your dishes as you're cooking.







# Savory mince

This savory mince is not necessarily a recipe on its own, but a base from which many recipes can be built. Make it in bulk and portion it into containers or zip lock bags, to freeze and defrost as needed.

Prep Time: **5 minutes**  
Cook Time: **15 minutes**

**SERVES: 5**

## Ingredients

**1** brown onion  
**2** garlic cloves  
**1kg** beef mince  
**½ cup** beef stock  
**1 tbsp** tomato paste

## Method

1. Peel and dice the onion and garlic.
2. Sauté the onion and garlic in a hot pan with a drizzle of olive oil. Once the onion becomes translucent add the tomato paste and cook for a further 30 seconds.
3. Add the mince to the pan and keep it on a high heat, stirring continually until all the meat has browned. At this point add the stock and turn it down to a low simmer for 10 minutes.
4. Once this is done, turn it off and portion it up for either freezing or turning into other creative dishes. You can get 5 single serve meals out of this amount, or more depending on what else you add to it.

**From this base you can create 100's of recipes.**

### Basic savory mince

Sauté carrot, celery, peas, corn and cabbage with the savoury mince and some beef stock.

### Bolognese

Add crushed tomatoes, beef stock and Italian herbs then simmer for 1 hour or so before use.

### Taco mince

Just reheat with some corn kernels, kidney beans and spices.

### Stroganoff mince

Sauté some mushrooms, add savory mince, beef stock and sour cream.

### Con carne

Re-heat in a pan with beef stock, kidney beans and chilli.

### Asian beef

Sauté in pan with ginger, kecap manis, chilli flakes and spring onions.

# Chicken mix

This is a clever way to stretch out a cooked chook from the supermarket over 5 or 6 meals, meaning that each dish can only cost a few dollars depending on what you add to it.

Prep Time: **15 minutes**

Cook Time: **5 minutes**

**SERVES: 5**

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## Ingredients

**1** brown onion  
**2** cloves garlic  
**1** whole cooked chicken  
**1** bunch thyme  
**Pinch** sea salt  
Olive oil

## Method

1. Using a cooked (and still warm) chicken, start by pulling off the legs. Remove all the meat from the legs, keeping the bones and excess skin aside for stock. Shred the meat until it's in thin strands. Do the same the wings and breasts. This should be easy to do if the meat is still warm. Pull any remaining meat off the carcass and set aside. Keep the carcass and bones to make a stock (**page 18**). Peel and dice the onion and garlic. Also set these offcuts aside for stock.
2. Sauté the onion and garlic in a hot pan with a drizzle of olive oil. Once the onion becomes translucent add the chicken, thyme and salt. Fry for a minute until the flavors are all infused.
3. Turn the heat off and allow the chicken mix to cool enough to portion into containers or zip lock bags. Freeze or turn these pieces into other creative dishes. You can get 4-5 single serve meals out of this amount of meat, or more depending on what else you add to it. Using the bones and chicken carcass for stock will get you additional meals.

**Note:** To make a stock, check the recipe on **page 18**.





**From this base you can create 100's of recipes.**

**Chilli chicken**

Sauté in a pan with salt, dried chilli and lime.

**Creamy chicken**

Sauté mushrooms and add chicken mix and thickened cream.

**Pasta base**

Re-heat in pan with crushed tomato and fresh herbs.

**Pizza topper**

Toss in bbq sauce, tandoori coating or varied spices before adding to pizza.

**Stir fry**

Defrost and toss through stir fry with desired veg, noodles and sauce.

**Note:** Use the stock to make soups, sauces, risotto, paella and many other great dishes.

# Swap it!

Sometimes you don't have, or can't afford, all the ingredients needed to create the dishes you want to cook for your family. Sometimes, we have to change plans on the fly to get by, other times we can just swap out some ingredients for others to turn what we have into a nutritious meal.



## Not enough mince?

If you're short on mince for a Bolognese or other type of stew, fill it out with some canned lentils. Drain and rinse them thoroughly before adding them to your stew. They'll take on the flavor of the meat and sauce and are packed full of nutrients. A 400gm can of lentil is 5 – 6 times cheaper than 400gms of beef mince.



## Not enough meat?

Bulk out your meals with veg. A lot of us eat too much meat and can easily create the same delicious meal by substituting with veg. It's much healthier for our bodies and for our bank accounts too.



## Not enough of one thing to make a meal?

Stews and braises can be a life saver for those of us who grew up on the western diet of meat and three veg. You can create them with a myriad of different veg and whatever off-cuts of meat you have left around. They can also be filled out with things like canned lentils or chickpeas. Doing a casserole with half chicken, half chickpeas will save you money and provide you with a lot of health benefits you won't get from chicken alone.



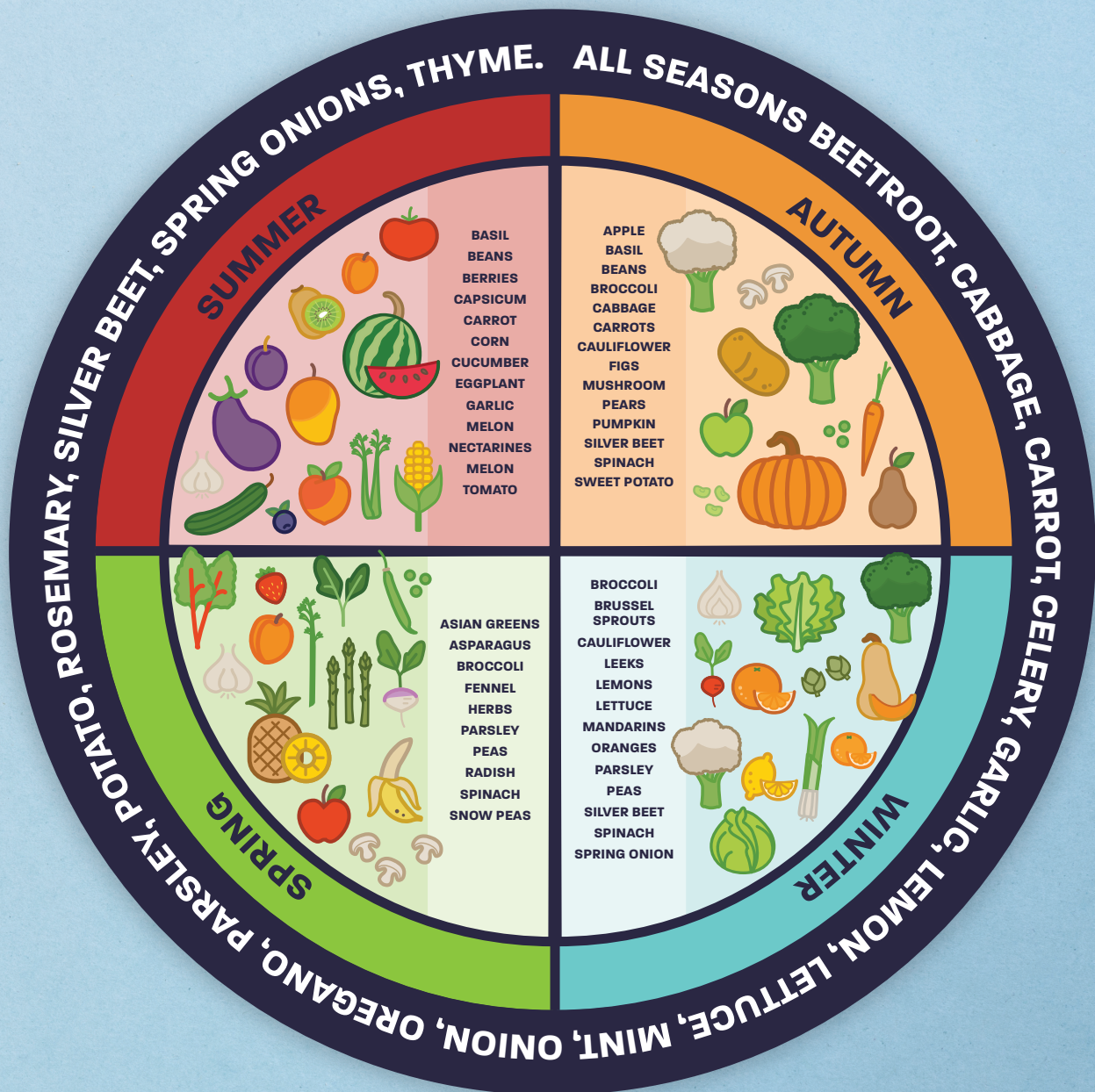
## Embrace the can!

The positives of the foodie movement have also created some unfortunate negatives. For example, the true adage of 'fresh is best' doesn't mean that there's no place for canned goods in your pantry. Things like canned tomatoes are great for creating pasta sauces. And stocking up on affordable things like canned tuna, tomatoes or pulses, during a week when you can afford it (or when they're on sale), enables you to keep serving hearty meals during weeks when the budget is tight.



# Seasonal produce list

Produce is not only fresher and better quality in its correct season, but more cost effective too, it's less expensive. Knowing what produce is in season can be very helpful in planning your family meals. It's also handy to be aware that you can swap the suggested veg in your recipe for a seasonal alternative at a more reasonable price. It will help you create more budget friendly dishes and is better for the environment too. Below is a brief overview of when your favourite everyday produce is in season, which will help keep your grocery bill down.





# Budget breakfast





# Shakshuka eggs

A Saturday morning sensation, this simple and cost-effective meal is easy to make. Upgrade it for meat-lovers by adding grilled bacon, chorizo or black pudding to the tomato mix. Any leftover roasted meat or veg from a dinner the night before can also be added to make it an even heartier breakfast.

Prep Time: **5 minutes**  
Cook Time: **15 minutes**

## SERVES: 4

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### Ingredients

**2 cans** crushed tomatoes  
**4** eggs  
**1 small** brown onion  
**2** cloves garlic  
**1 tsp** cumin powder  
**1 tsp** dried coriander  
**½ tsp** chilli (optional)  
**1 tbsp** oregano  
**1 tbsp** parsley  
Seasoning

### Method

1. Peel and dice the onion and garlic.
2. Add some olive oil to a moderate sized pan and sauté the onion and garlic for a few minutes, until the onion becomes translucent. Next, add the cumin, coriander and chilli and fry for another 30 seconds before adding the crushed tomato.
3. Bring it to a simmer and season with salt and pepper. Once it's simmering, make 4 egg sized wells in the tomato mix and crack an egg into each one.
4. Place a lid on the pan and let it simmer on a medium heat for about 8 minutes, the eggs should look cooked and be firm to touch.
5. Once the eggs are cooked, take it off the heat and garnish with the oregano and parsley.
6. Serve with toast.

# Bubble and squeak

(the legend of leftovers)

This is a great dish to use any leftovers from a roast dinner, or surplus mashed potato. Delicious as a hearty breakfast option and a rustic option for lunch or dinner as well. This recipe uses bacon, but you can make this with any leftover sausages or roast meat you have in your fridge, or of course keep it meat free for a lighter vegetarian option. As for the veg, any leftovers that you would cook with a roast go well in Bubble and Squeak. Cabbage and Brussels sprouts go particularly well in this dish.

Prep Time: **5 minutes**  
Cook Time: **10 minutes**

## SERVES: 4

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### Ingredients

**3 cups** mashed potato  
**2 cups** leftover veg  
**3 rashers** bacon (diced)  
**20gm** butter  
**4** eggs

### Method

1. Use half the butter to fry the bacon pieces until they are nice and crispy. If using leftover meat, simply dice it and fry it off.
2. In a bowl, mix the mashed potato, veg and meat. Mash it together until it's well combined.
3. Heat up the remaining butter in the pan and put your mash mix in, it should fill up your pan like a like solid pancake. Now, turn it down to a low heat, so it can cook all the way through without burning underneath.
4. Let it cook for a few minutes, until it's started to brown underneath. Then, flip it over and cook the other side.
5. If you're unsure if it's cooked in the middle, stick in a skewer or fork and hold it there for a moment, to check if it comes out warm or cold.
6. Cook the eggs to your liking, I'd suggest either fried or poached, and serve the bubble and squeak with an egg on top.











# The breakfast shake

Smoothies are the perfect quick and inexpensive breakfast and a fantastic way to use fruit that is going unused. To keep it simple, you can keep the same base and switch your flavoring ingredient with whatever you have on hand.

Prep Time: **3 minutes**  
Cook Time: **0 minutes**

## SERVES: 1

### Ingredients

**2 cups** milk or milk substitute

**1** banana

**½ cup** oats

**½ cup** flavoring\*

\*optional, see below.

### Method

1. Add milk to your blender.
2. Peel banana and chop into chunks.
3. Add chopped banana and oats to blender with flavouring (if desired) and blend until smooth.
4. Pour into glass and enjoy.

## Get creative with what you add.

### Flavouring

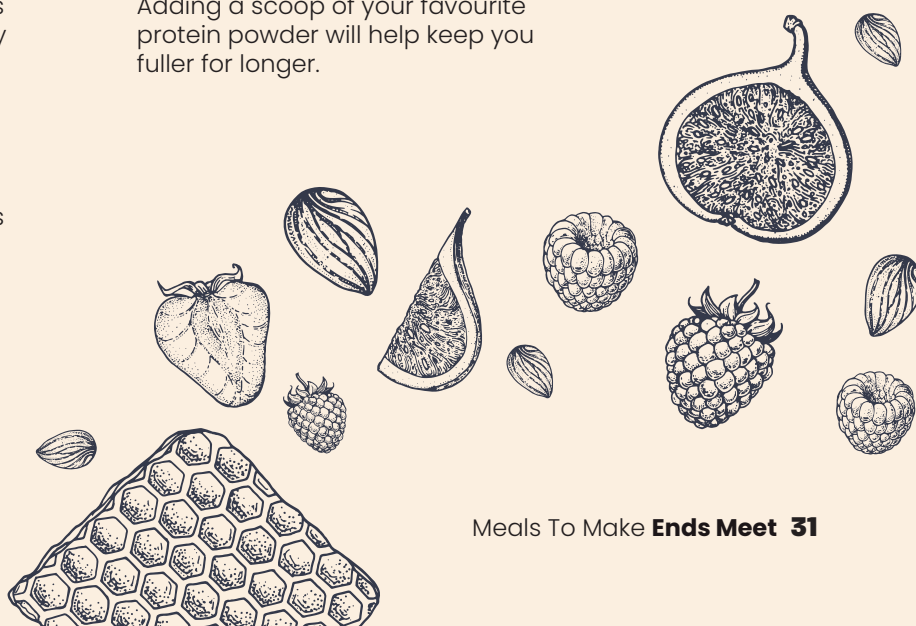
For the flavoring element, you can be as creative as you like, and it is a great way to use up any leftovers you have in the fruit bowl or pantry. Try adding:

- almonds
- salted caramel
- berries
- nuts
- peanut butter
- tinned peaches
- Nutella

Tinker with it depending on what you have available and to suit your taste.

### Protein powder

Adding a scoop of your favourite protein powder will help keep you fuller for longer.



# Resourceful recipes







## Make the switch.

These are some of our resourceful recipes, that can help you save a few pennies on your kitchen budget.

Give yourself the freedom to be creative and take 'risks' with the recipes. If you need to swap the protein for something else, please do. When swapping ingredients in and out, it's good to choose alternatives that are a similar texture and size. Be mindful that you may also need to adjust the cooking time, if some ingredients cook faster than others. Below is a rough guide to give you confidence.



### Meat

Usual	Alternative
Beef	Lamb
Chicken	Turkey
Fish	Shellfish



### Vegetables

Usual	Alternative
Potatoes	Swedes, Turnips, parsnips
Pumpkin	Squash
Peas	Beans, snow peas
Spinach	Roquette

# Tuna oven bake

Tuna oven bake is quick and inexpensive to make and is the perfect dish for a cold winter's night. Get into the habit of keeping the ingredients on hand so that it's always available as a tasty, last minute dinner.

Prep Time: **15 minutes**  
Cook Time: **30 minutes**

## SERVES: 4

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### Ingredients

**425gm** can tuna  
**½ cup** frozen corn  
**½ cup** frozen peas  
**4 cups** cooked rice  
**2 cup** milk  
**50gm** butter  
**50gm** flour  
**½ cup** shredded cheese  
**½ cup** breadcrumbs

### Method

1. Cook the rice using the methods found on **page 15**.
2. Create your béchamel (white sauce) by melting the butter in a pot and mixing through the flour until it forms a ball. Cook this for another minute, stirring constantly to get rid of the 'floury' taste. Whisk in your milk and stir for 4-5 minutes until it thickens, then take it off the heat and set it aside.
3. Mix your breadcrumbs and cheese together in a bowl.
4. In a small to medium sized casserole dish, add the rice, bechamel, corn, peas and strained tuna. Mix it together until it is combined and spread it flat in the casserole dish. Spread the breadcrumb and cheese mix on top.
5. Cook it in the oven @ 180°C for 20-30 minutes until the top is golden brown. Serve with a nice crusty bread and/or salad.











# Easy chicken dumplings

I've put instructions here for the whole dumpling process, but you could also buy dumpling wrappers relatively cheaply from the supermarket, or even cheaper from your local Asian grocer, and just make the filling.

Prep Time: **15 minutes**  
Cook Time: **12 minutes**

**SERVES: 4 - 6**

## Ingredients

**2 cups** plain flour  
**½ cup** water  
(another ½ cup for cooking)  
**300gm** chicken mince  
**1 tbsp** sweet chilli sauce  
**2 tbsp** coriander  
**½ tsp** crushed ginger  
**Small glass** water  
Salt and pepper

## Method

### Making the dumpling wrappers

1. Slowly add the water to the flour while stirring with a spatula, until all the dry flour is mixed in.
2. Tip mix out on your bench and knead until well combined, then leave it to rest for 15 minutes.
3. After 15 minutes, knead again until it looks completely smooth, now cover and let it rest again, this time for 1 hour.
4. Cut the dough into quarters. Use one quarter at a time, keeping the remaining quarters covered. Cut each quarter into 8 equal pieces and roll into balls. Then roll out flat with a rolling pin, or if you have a pasta maker, use that.
5. Once they're rolled out dust them with flour and roll the next one to stack on top. Repeat until all your dough is in a neat stack of dumpling wrappers.

### Adding the filling

1. Mix chicken mince, sweet chilli, ginger, chopped coriander and seasoning together in a bowl.
2. Lay a dumpling wrapper on your bench near your glass of water. Dip your finger in the water and run around the each of your wrapper to wet it.
3. Place 1 tsp of filling on each dumpling wrapper and fold over, now "crimp" along the join of your dumpling wrapper by pinching with your finger until it is completely joined. Make sure there are no gaps.

### Cooking

1. Cook your dumplings as you please. Sear in a hot pan with oil for 2 minutes, then add 1/2 a cup of water, put a lid on and steam for 10 minutes. You could also steam them over water or put them into soups.
2. If you've made a big batch, freeze leftover dumplings for another time. The wrappers freeze well on their own too.



# Jacket potatoes

Jacket potatoes are a great budget saver if you have leftovers in the fridge. Please see the recipes for savoury mince (**page 21**) and chicken mix (**page 22**) to go with this recipe. That said, you can make up the filling with whatever meat and “salad type” ingredients you have on hand. Be creative and aim for zero waste with your leftovers.

Prep Time: **10 minutes**  
Cook Time: **65 minutes**

## SERVES: 4

---

### Ingredients

**4** large potatoes  
**1 cup** shredded cheese  
**2 cups** savoury mince or chicken mix  
**¼** cabbage  
**1** carrot  
**½** red onion  
**1tbsp** mayonnaise  
**4 tbsp** light sour cream

### Method

#### 1. Oven

Coat your potatoes in oil and salt and cook in a 200°C oven for 20 minutes. Then turn it down 160°C for 45 minutes.

#### Microwave them partially

Before coating them in oil and salt, microwave for 10 minutes first to reduce the cooking time to 20 minutes @ 160°C.

#### Airfryer

Microwave them for 10 minutes, then coat them in oil plus salt and put them in the air fryer for 10 minutes.

2. While they're cooking, thinly slice the cabbage, carrot and onion and mix them together. Add the mayonnaise in and mix it together to create your coleslaw.
3. Re-heat your meat option, either in the microwave or in a pan on the stovetop, until it's nice and hot.
4. Cut an 'X' in the hot potatoes and squeeze them to open them up. Load them up with coleslaw, meat, cheese and sour cream.



A top-down view of two jacket potatoes on a white rectangular tray. The potatoes are cut open and filled with a mixture of shredded cheese, onions, and herbs. A sprig of fresh parsley is placed to the right of the potatoes. In the background, there are red tomatoes and a piece of garlic on a wooden surface. A white and red patterned cloth is partially visible under the tray. A red circular tip box is located in the upper right quadrant of the image.

## Tip!

This flexible recipe for jacket potatoes is the perfect way to re-purpose leftovers and create a cost-effective dinner. Please feel free to use any leftovers you have available as your meat filling, that may be diced bacon, Bolognese or stroganoff or any stews or curries. A roasted vegetable braise is a great vegetarian option.





**Tip!**

Level-up your tuna pasta by serving it with home-made garlic bread and a fresh green salad of peppery rocket.



# Tuna pasta

This tuna pasta is a classic meal for fighting the ever-increasing interest rates. Like the tuna oven bake (page 34), it can be made with ingredients that are easy to always keep on hand. Also it can be thrown together in around 10- 15 minutes and can feed a family of four for around \$7.

Prep Time: **5 minutes**  
Cook Time: **10 minutes**

## SERVES: 4

---

### Ingredients

**425gm** can tuna  
**400gm** spaghetti  
**3-4 tsp** capers  
**2 garlic** cloves  
**1** lemon (rind)  
**Dash** olive oil  
Seasoning

### Method

1. Bring a pot of water to boil on the stove and add the pasta. Stir every minute or two so that the pasta doesn't stick together.
2. While the pasta is cooking, squash the garlic cloves with the flat side of a knife to crush them, then chop into small pieces. Chop your capers up too.
3. Using a lemon zester, shave all the rind off your lemon. You can chop it into smaller pieces if needed. Add this to your caper, garlic mix.
4. Once the pasta is cooked, strain and put it back into the pot. While its still hot and steaming, use tongs to stir through the lemon, garlic and caper mix. Add a generous dash of olive oil and your seasoning.
5. Serve as soon as possible.



# Ratatouille

Not only a classic Disney Pixar movie, this simple rustic dish made from classic vegetables can be an absolute flavour bomb when done well. And, like most vegetarian dishes, it'll save you in the waistline and the back pocket as well.

Prep Time: **10 minutes**  
Cook Time: **60 minutes**

## SERVES: 4

---

### Ingredients

**1** eggplant  
**1** zucchini  
**2** large tomatoes  
**400gm** can crushed tomato  
**1 tbsp** basil  
**1 tbsp** oregano  
**1** brown onion  
**1tbsp** tomato paste  
Olive oil  
Sea salt  
Cracked pepper  
**200gm** feta\*

\*optional

### Method

1. Pre-heat the oven to 180°C.
2. Dice the onion into small cubes and set aside.
3. Slice the eggplant, zucchini and tomato from top to bottom so that you end up with discs.
4. Chop up your basil and oregano.
5. Toss the eggplant, zucchini and tomato together in some olive oil then salt then bake in the oven @ 180°C for 20 minutes. The veg should be nice and soft at the end of this time.
6. While the veg is cooking, add a dash of olive oil to a pan and saute your diced onion at a high heat. Once the onion becomes translucent, add the tomato paste and sauté for another minute, before adding the crushed tomato. turn the heat down and let it simmer for 10 minutes.
7. Take the sauce off the heat and mix through the herbs, along with salt and cracked pepper.
8. Assemble the ratatouille in a small casserole dish, starting by going around the outside. Alternate layers between the roasted veg and tomato sauce, until all ingredients are used and the dish is full. Crumble feta over the top.
9. Bake in the oven @ 180°C for 30 minutes and serve with crusty bread.







# 3 simple soups

## Lentil soup

**SERVES: 4**

---

Prep Time: **5 minutes**  
Cook Time: **30 minutes**

### Ingredients

**1** big brown onion  
**2** garlic cloves  
**1lt** chicken stock  
**400gm** tin lentils  
**2 tsp** garam masala  
**1 sprig** oregano

### Method

- 1.** Peel and dice the onion and garlic.
- 2.** Heat a dash of olive oil in a pot, then saute the onion and garlic. Once the onion becomes translucent, rinse and drain your tin of lentils and add them to the pot, along with the garam masala and oregano.
- 3.** Cook the lentils for 2 minutes, then add the chicken stock. Simmer for 30 minutes then blend with a stick blender. Season to taste.

## Spiced chickpea soup

**SERVES: 4**

---

Prep Time: **5 minutes**  
Cook Time: **60 minutes**

### Ingredients

**1** big brown onion  
**2** garlic cloves  
**1lt** chicken stock  
**1 tbsp** tomato paste  
**400gm** chickpeas  
**1 tbsp** paprika  
**1 tsp** rosemary

### Method

- 1.** Peel and dice the onion and garlic.
- 2.** Heat a dash of olive oil in a pot, then saute the onion and garlic. Once the onion becomes translucent, add in the rinsed and drained chickpeas, tomato paste and paprika, sauté these for another 2 minutes.
- 3.** Add the chicken stock and bring it to boil, immediately turning it down low to a very gentle simmer for at least 30 minutes, until chickpeas are nice and tender.
- 4.** Once it's finished cooking, blend it with a stick blender. Season to taste.





## Farmhouse soup

This farmhouse veggie soup uses up leftovers from last night's roast or produce that is on its last legs. You can use any variety of different veg in this recipe, including frozen veggies if you need to free up some freezer space.

**SERVES: 4**

---

Prep Time: **5 minutes**  
Cook Time: **30 minutes**

### Ingredients

- 1 big brown onion
- 2 garlic cloves
- 1lt chicken stock
- 2 cups of any leftover veg

### Method

1. Peel and dice the onion and garlic.
2. Heat a dash of olive oil in a pot, then saute the onion and garlic. When the onion becomes translucent, add any uncooked veg, saute for a minute or two and add the stock. If you are using cooked veg then add the stock at the same time.
3. Simmer gently for 30–60 minutes. Once it's finished cooking, you can eat it as it is or use a stick blender to make it smooth.
4. Taste and season accordingly.



# Odds & ends





# Basic fried rice

Quick and cost effective, this easy meal lets you use any veg remaining in the fridge or freezer, and is a speedy weeknight staple. Use this recipe as your 'go-to guide' and add any veg you have on hand to create your own masterpiece. Just make sure that whatever ingredients you use are cut into small or thin pieces, so that they cook quickly. Fried rice is best made with cold rice from the night before- leave it unwrapped in the fridge, so that it really dries out, and it will fry up beautifully.

Prep Time: **10 minutes**

Cook Time: **5 minutes**

## SERVES: 4

---

### Ingredients

**4 cups** cooked rice  
**200gm** peas  
**200gm** corn  
**300gm** bacon, beef, pork  
or chicken  
**20ml** sweet soy (kecap manis)  
**4** eggs  
**10ml** fish sauce  
**2** small chilli's\*  
**½** brown onion  
**2** carrots  
**½** bunch spring onion  
Oil

\*optional

### Method

1. If you're not using leftover rice, you'll need to cook the rice as per recipe (**page 15**) and let it cool down completely.
2. Finely dice the onion and set it aside. Chop carrots and spring onion into small pieces and add to a bowl with the peas and corn, with finely sliced chilli (optional). Dice or slice meat into small strips and set aside.
3. Heat oil in pan or wok and fry onion until it's translucent. Add meat and eggs, stir ingredients through evenly as they cook. Once meat is coloured and egg no longer runny, add rice and veg.
4. Stir as the veg cook through. Add soy and fish sauce for final 30 seconds before removing from heat.
5. Eat immediately.



# Building a stir-fry

A stir fry can take many shapes and forms, but the basics generally remain the same. Below is a simple formula, but please be creative and use any suitable meat & veg that you have on hand. It's a great recipe for using the last of veg in the fridge or rice leftover from the night before.

Prep Time: **15 minutes**  
Cook Time: **10 minutes**

## Tip!

### A couple of tips before we start

- Slice all your meat and veg before you get started.
- Make sure the meat you use is sliced as thinly as possible.
- Cut all your veg into pieces of equivalent size to your meat.
- Use a wok if you have one, or a deep sided pan.
- Always make sure your wok is super-hot between each cooking cycle.
- If using noodles, pre-soak in hot water before you begin frying
- If using rice, cold rice works best.

### The building process

1. Sauté your meat in a hot pan until it's nicely browned then remove and set aside. Meat could be: thinly sliced beef, chicken, pork, prawns or any shellfish, firm tofu.
2. Re-heat pan and sauté all the veg for 1-2 minutes until it's colored. Remove and set aside. Broccoli, mushrooms, carrot, snow peas, baby corn, Asian greens, peppers are great for a vitamin rich and tasty stirfry.
3. Sauté aromatics (sliced onion, garlic, ginger) in a hot pan.
4. Create sauce by adding ingredients to pan (sweet chilli, soy sauce, kecap manis, squeeze of lime) with your aromatics.
5. Add the starchy 'body' elements (hokkien noodles, vermicelli, rice) of your stir-fry.
6. Return meat and veg to pan and stir through thoroughly.











# Toasties

Toasted sandwiches are often relegated to the realm of 'uni student food' or written off as a boring non-meal. We say it's time for a revamp! Toasties can be an inexpensive and creative way to use up leftovers, require minimum brain power to make and- best of all- are delicious! Let go of any attachment to the standard ham, cheese and tomato. The ingredients you can use in a toastie are only limited by your imagination. Below are some of our favourite savoury and sweet flavour suggestions. Be inspired by whatever leftovers and low-cost ingredients you have on hand and you may just invent a new favourite.

Prep Time: **5 minutes**  
Cook Time: **5-7 minutes**

## Suggested combinations

- Savoury mince (**page 21**) and tasty cheese
- Chicken Mix (**page 22**) and cheese
- Sharp tasty cheese and basil pesto
- Sliced Ham, English mustard and cheese
- Cream cheese and green capsicum
- Spinach, canned tuna, capers and mayo
- Sliced Ham, thinly sliced apple and Dijon mustard
- Leftover lamb and kasundi/relish
- Salami, smashed olives and feta
- Marinated veg and cheese
- Fried bacon, tomato paste, canned corn & tasty cheese
- Leftover sausages, fried egg, tomato sauce or chutney and cheese
- Leftover roast beef and feta or halloumi

## Sweet flavours

- Peanut butter and strawberry jam
- Nutella and sliced banana
- Chocolate and marshmallow
- Nutella, strawberry jam and desiccated coconut



# Creating sweets





# Scones

The legend goes that a baker once had some cream on the verge of turning sour and, in an effort to use it up before it turned, mixed it through flour and baked it to see what would happen. And just like that, scones were born. We don't know if we believe the legend, but scones are a good way to use up cream that is approaching its Use By date. Scones are a star sweet for being both easy and inexpensive to make, and a crowd pleaser to boot!

Prep Time: **10 minutes**  
Cook Time: **20 minutes**

## SERVES: 6

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### Ingredients

#### Scones

**3 cups** self-raising flour  
**¾ cup** thickened cream  
**¾ cup** water  
**200gm** jam

#### Cream

**1 cups** thickened cream  
**2 tsp** icing sugar  
**Splash** vanilla

### Method

1. Sift the flour into a large bowl. Pour the cream and water into the flour and gently fold the mix until it's just combined (at all points while making scones, try to never over-handle the mix as that will stiffen the mixture). Tip the mix out onto a bench that has been covered with additional flour and flatten gently with your hands, until it's all about 4cm thick. Cut with knife into appropriately sized squares and then mould into 'scone shaped' rounds.
2. Lay them on a tray with baking paper beneath them, then bake at 190°C–200°C for 15–20 minutes.
3. Whip the cream with the icing sugar and vanilla until it has soft peaks.
4. Once cooked through, allow scones to cool slightly. They're best eaten warm, but not so hot that the cream will melt off them.
5. Cut scones in half and top with a spread of jam and dollop of cream to serve.



# Apple crumble

This recipe can be re-purposed to use a variety of fruit. While this recipe uses apples (a crisp, sweet apple like Granny Smith is best) it's also fantastic with berries or stone fruit.

Prep Time: **10 minutes**  
Cook Time: **30-35 minutes**

## SERVES: 4

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### Ingredients

**1kg** apples  
**½ cup** brown sugar  
**½ cup** flour  
**½ cup** sugar  
**½ cup** oats  
**½ cup** cornflakes  
**100gm** butter

### Method

1. Dice the apple, cutting as close to the core as possible to avoid waste. Place apple on baking tray.
2. Sprinkle brown sugar onto apple and toss around until all are covered. Bake in oven at 160°C for 10-15 minutes. The apple should start to soften by the end of this time.
3. Put the flour, sugar and oats together in a bowl. Crush cornflakes and add them to this mix. Soften the butter just enough to rub it through the flour mix with your fingertips, until it resembles breadcrumbs.
4. Top cooked apple with the crumble mix. Cook in the oven for a further 15-20 minutes, or until it turns golden brown.
5. Let your crumble sit for a minute or two and serve hot with ice-cream, cream or custard.











# Bread and butter pudding

Bread and butter pudding is a great way to put old bread to use for a delicious purpose. This classic, penny-pinching recipe uses raisin bread, but white bread and sultanas works just as well, as do any aging hot cross buns or scones you have on hand. You don't need to spend good money, to get a good dessert.

Prep Time: **10 minutes**  
Cook Time: **35 minutes**

## SERVES: 4

---

### Ingredients

**1 loaf** raisin bread  
**200gm** butter  
**100gm** jam  
**2 cups** milk  
**3** eggs  
**½ cup** sugar

### Method

1. Put all the bread and crusts though a food processor until it's the consistency of breadcrumbs. Grease a baking tray extra generously and fill it almost to the top with your breadcrumbs.
2. Mix the eggs, milk, sugar and melted butter in a bowl. Pour this mix onto the breadcrumbs, adding more milk if it's too dry. Once it's a 'wet pudding' consistency, dollop the jam on top and stir through.
3. Bake your pudding at 160°C for 25-35 minutes, keep an eye on it throughout this time. Serve it hot, with cream or ice-cream on the side.



# Rice pudding

Instead of throwing leftover rice away, use it to make this classic, no-waste treat. Use whatever jam or marmalade you have in the pantry and feel free to replace the sultanas with berries, instead.

Prep Time: **5 minutes**  
Cook Time: **25 minutes**

## SERVES: 4

---

### Ingredients

**1 ½ cups** cooked rice  
**2 cups** milk  
**1 pinch** salt  
**2 tbsp** jam  
**½ cup** sultanas  
**1** egg  
**½ cup** sugar  
**1 tbsp** butter  
**Splash** vanilla essence

### Method

1. In a saucepan, over medium heat, mix the cooked rice with 1 1/2 cups of milk, and salt. Stir for about 20 minutes, until thick and creamy.
2. Stir in the remaining milk, sultanas, jam, egg and sugar. Cook, stirring continuously, for another 3 minutes.
3. Remove from the heat and stir through butter and vanilla. Best eaten fresh and warm.







## Tip!

### Citrus granita

To make a citrus flavoured granita, simply add 1 cup of lemon or lime juice, along with some zest for extra punch.





# Granita

A fantastic dessert in the warmer months, the cheap and cheerful granita is also the perfect way to finish off any Italian inspired meal. Granita can be done with a lot of different types of fruit and can be kept in the freezer as needed. It's another perfect recipe to use up fruit that might otherwise go bad.

Prep Time: **20 minutes**  
Freeze Time: **4-5 hours**

**SERVES: 4**

## Ingredients

**¾ cup** sugar  
**¾ cup** water  
**4 cups** fruit  
**2** limes or **1** lemon

## Method

1. In a small pot on the stovetop, stir the sugar and water together on a medium heat, until the sugar has dissolved. Then, turn the heat down and simmer for 3-5 minutes.
2. Meanwhile, blend your fruit and lime or lemon juice in a food processor, until liquefied. Add the sugar syrup to this fruit mix once it is ready.
3. Pour the mixture into a small baking pan (aim for it to be approx 3cm high) and put it in the freezer for one hour.
4. Scrape the top layer with a fork so that it is nice and fluffy, then put it straight back in the freezer for another hour. Repeat scraping every hour until the entire frozen mixture becomes loose clumps of ice, and it's ready to eat.
5. Serve topped with a fine slice of the fruit you made it from, or a mint leaf.

## Get creative with what you add.

### Flavours

Fruits you could blend up to make granita:

- watermelon
- strawberries
- peaches
- blueberries
- nectarines
- kiwi fruit
- dragon fruit
- raspberries
- rockmelon
- mango
- honeydew
- pineapple





# Pumpkin pie

This is a great dessert to make with leftover mashed or roasted pumpkin. If you don't have any cooked pumpkin on hand, a quick way to do so is by putting pumpkin pieces and a little water in the microwave, wrapped with cling film to steam. Once the pumpkin is cooked through and soft, mash it to a very smooth consistency.

Prep Time: **30 minutes**

Cook Time: **55 minutes**

**SERVES: 4 - 6**

---

## Ingredients

**Sheet** shortcrust pastry  
**2 cups** mashed pumpkin  
**2/3 cup** brown sugar  
**Pinch** salt  
**3 tsp** mixed spice (or  
cinnamon, ginger & cloves)  
**1 1/3 cups** cream  
**3** eggs

## Method

1. Layer your pie dish with shortcrust pastry, and cut off any excess unwanted pastry hanging over the edge (see recipe for excess pastry on **page 64**).
2. Pierce the pie base multiple times with a fork and cover with baking paper. Place a small, oven proof plate on top of the baking paper, to stop the pastry from rising as it bakes. Put it in a hot oven at 180°C for 10 minutes.
3. Finally place the empty, weighted pie base into a hot oven at 180°C for 10 minutes to blind bake it.
4. To make the filling: Place mashed pumpkin in a pot with sugar, salt and mixed spice. Cook over low heat for approx 3 mins, to rid of any excess moisture. Take it off the stovetop and stir through cream.
5. Let the mix cool for approx. 10 minutes and slowly mix through the eggs. Add one at a time, stirring in between.
6. Pour the mix into the pie case and bake at 160°C for 45 minutes. The centre should have a slight jiggle to it when it comes out of the oven.
7. Let it set in the fridge for at least 1 hour before serving with whipped cream.







# Pastry off-cuts?

(What you can do so they aren't wasted)

Sometimes when making desserts, you have a nice rectangle of pastry that doesn't fit neatly into a round pie tin and needs cutting, or half a roll of puff pastry that has defrosted. Don't throw this excess pastry in the bin. It is helpful to have some recipes up your sleeve to make those pastry off-cuts into delicious treats. Some of these can be made and frozen, to pull out when guests come round. Here are some creative ideas, to encourage you to up-cycle those extra pastry offcuts into wonderful snacks.



## Pinwheels

Pinwheels are the perfect way to re-purpose pastry. They can be filled with your topping of choice. For a sweet option try apple puree with cinnamon or Nutella and jam. Delicious savoury combos are tomato paste, bacon and cheese or olives and marinated capsicum.

To make pinwheels, consolidate your pastry into one, long and rectangular piece and add your toppings. Roll the longest side of the rectangle in, as tight as you can. Slice the roll into pieces approx. 1cm wide. Place on a baking tray and put in a 200°C oven for 5-10 minutes. Take them out once they start to colour.



## Twists

These are a great treat, especially if there are kids running around the house. Fill them with a topping of choice: baked apple, Nutella or jam for the sweet tooths or vegemite and cheese, tomato and basil or pesto and feta for the savoury lovers.

To make your twists, consolidate your pastry so into two long rectangles, roughly the same size. Add your toppings to one and place the other on top. Cut into strips, about 2-3cm wide, and twist them around. Place on baking tray and cook in the oven at 200°C. Remove when crispy.





### **Mini pie base**

Pastry scraps from larger pies can be used to make mini tarts. Cut the pieces down and place them in a mini muffin tray, to bake quickly in a hot oven. Once cooked and cooled, fill puff or sweet pastry with whipped cream and fruit, flavoured custard, cream cheese and berries, or even berries on their own.

For savoury options, use this method to make parties pies, quiches or sausage rolls.



### **Danishes**

Cut the leftover puff pastry scraps into little rounds or squares and place some fruit on the middle. Baked apple, peach, nectarine or berries all work well. Brush the edges of your pastry shape with some milk and bake in a hot oven at 180°C, until the edges are golden brown. If you have lots of pastry, you can wrap your fruit up like a parcel before brushing with milk and baking.



### **Savory puffs**

Savoury puffs are another great option. Cut pastry squares, place your filling in the middle, brush the edges with milk, then fold over. Press along the edge to join securely and bake at 180°C for approx. 10 minutes. If you have leftover curry from a previous meal, fill it with this and make curry puffs, but any casserole or leftovers can become a delicious filling in these sumptuous snacks.



# Glossary of terms included in recipes

<b>tsp</b>	Teaspoon
<b>tbsp</b>	Tablespoon
<b>lt</b>	Litre of liquid
<b>pkt</b>	Packet
<b>Translucent</b>	Slightly see through
<b>Béchamel</b>	White sauce (made with milk)
<b>Rosette</b>	Piping in circular motion
<b>Sauté</b>	To quickly fry in a hot pan
<b>mire-poix</b>	Equal parts diced onion, carrot and celery

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