GREAT OUTDOOR COOKING

CADAC
LIVE THE BRAAI LIFE
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Congratulations on choosing this quality CADAC BBQ! You are now on your way to discover the many rewards of enjoying memorable meals in the outdoors and embarking on enticing new taste adventures.

We trust that the selection of delicious recipes featured in this booklet will fire up your enthusiasm for making the most of your Cadac BBQ and enhance your culinary skills in the outdoors!

With the correct use and proper care, your CADAC BBQ will reward you with years of great braais. We have ensured that this BBQ has been manufactured with durability and practicality in mind – from the materials chosen, to the inventive design of the unit you have selected.

A few tips for cooking in the outdoors:

- Make sure all the ingredients for your selected meal are on hand from the outset.
- Light your BBQ and ensure the correct temperature is reached before starting to braai.
- Place the meat, poultry, fish or vegetables on the suggested cooking surface(s) and keep an eye on the progress of your braai by regularly turning the meat and testing the readiness with a braai fork or thermometer.
- Always turn off the gas supply on the main cylinder as well as on the unit.
- Be sure to keep children and pets away from your BBQ while in use, as parts of the BBQ get very hot.
- Never leave your BBQ unattended whilst braaing.

Proper cleaning of your BBQ after use will prolong its life and ensure that you enjoy your next meal adventure. Please refer to the manual on how to clean it.

Store your unit and cylinder/cartridge in a sheltered place and make use of an appropriate CADAC cover.

We wish you many great new taste adventures!

For more info, visit our website on www.cadac.co.za
The recommended cooking surfaces are depicted in each recipe using the icons as shown here:

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Please note that products may vary from depictions above and may vary from region to region.
**BALSAMIC BEEF IN TORTILLA WRAPS**

12 tortilla wraps (available from most local supermarkets)  
600-900g beef fillet or rump, cut into 10cm sections  
1 tablespoon crushed black peppercorns  
2 tablespoons olive oil  
10 sage leaves, torn into small pieces  
2 tablespoons soy sauce  
2 tablespoons balsamic vinegar  
1 tablespoon salt  
Lettuce leaves, sprouts and watercress  
Plus any additional salad ingredients to your liking: (Leaves can be served whole, carrots and cucumbers should be shredded).

Rub crushed peppercorns, sage leaves and some olive oil into the beef. Set aside. Turn the grill onto high heat. Place meat sections on the very hot grill and grill for 5 minutes on each side. Remove and wrap in tin foil.

While the meat is resting, warm the tortilla wraps individually over medium to low heat on a flat pan. Keep them warm in tin foil once they have all been cooked. Unwrap the fillet and slice, against the grain, then cut into thin strips. Toss the meat with soy sauce, vinegar and salt. Wrap the strips of beef and leaves, plus desired ingredients, in tortilla.

Suggestions for other ingredients: Avocado pear, bell peppers, rocket, coriander, mint, re-hydrated mung bean noodles, omelette strips and assorted cheeses. Serves 6.

**FILLET WITH FIERY SAUCE**

1 medium to large beef fillet  
3 tablespoons coarsely ground black pepper  
1 tablespoon coarse sea salt  
2 tablespoons coarsely ground coriander seeds  
1 red chilli, sliced  
4 tablespoons oil  
3 tablespoons soy sauce  
2 tablespoons brandy/dry sherry  
1 teaspoon honey or sugar  
4 tablespoons lemon juice  
1 teaspoon cumin, optional

**Sauce:**

Mix salt, pepper and coriander seeds and coat the length of the fillet evenly.

Combine all sauce ingredients and bring them to the boil in a saucepan then simmer to reduce and thicken the sauce. Reserve the sauce for the final stage.

Grill the fillet over high heat (coal or gas) for 15-25 minutes. Make sure that you rotate the sides to cook the fillet evenly. Remove and let the fillet rest in a covered dish or wrap it up in tin foil for a further 5-10 minutes.

Slice the fillet and arrange it on a platter before pouring the sauce over. You can garnish the fillet with some chilli shreds or rings. Serves 4-6.
**SPICY BEEF BURGER PATTIES**

- 500-600g beef, minced
- 1 egg
- 2 tablespoons flat leaf parsley, roughly crushed
- 1 tablespoon sage
- 1 sprig thyme
- 1 sprig rosemary
- 3 teaspoons salt
- 1 teaspoon ground pepper
- 1 tablespoon ground cumin
- ½ tablespoon ground cloves
- 1 tablespoon coriander seeds
- 1 medium red onion, finely chopped
- 4 tablespoons olive oil
- 4 burger buns

Finely chop all herbs. Mix all the ingredients together except olive oil and the buns. Mix well. Leave to stand or refrigerate overnight.

Place the grilling pan over high heat. Shape the meat mixture into four burger patties. Brush one side of the patties with oil. Place the oiled side down onto the grilling pan and cook over medium heat for 3-5 minutes. Brush with more olive oil before turning over. Cook for another 3-5 minutes. Place the patties in the buns and serve immediately with your choice of condiments or a green salad.

Any other minced meat or fish make excellent substitutes. **Serves 4.**

**BEEF FILLET OR RUMP STIR FRY**

- 400-600g beef fillet or rump steaks
- 6 spring onions
- ½ white onion and ½ red onion
- 1 tablespoon coriander seeds, finely ground
- Salt and pepper to taste
- Oil
- Splash of Soy sauce or oyster sauce, optional

The steaks can be left whole or cut into 1cm thick strips. Rub all dry spices into meat, leave aside for at least 30 minutes. Cut spring onions into 5cm long strips and cut the onions into segments.

Heat the pan until red hot. Add oil and meat immediately and cook for 3 minutes on each side, depending on how you like your meat done. Stir with a spatula from time to time. Add the spring onions around the edge of the meat, and cook further for a minute or two. Turn the heat off. Add more salt and pepper to taste or splash the sauces over the meat. **Serves 4.**
SEARED TUNA ON SALAD NEST

600-800g tuna fillet
Pinch of sugar
4 tablespoons olive oil
Salad leaves
4 tablespoons coriander and/or basil pesto
2 roasted peppers
½ cucumber, sliced diagonally
Juice of a lemon
8 new potatoes, boiled and halved
2 tablespoons soy sauce
Sprouts
Salt & pepper
Avocado pear (optional), stoned and sliced lengthwise

Slice tuna into 2cm thick slices. Rub half of olive oil into tuna. Heat grill until very hot. Place tuna on grill, and cook for 2-3 minutes on each side. Remove tuna and cut into 1cm strips. In a bowl combine the tuna, remaining oil, pesto, lemon juice, soy sauce, salt, pepper and sugar. Toss well.

Arrange salad leaves and the rest of the prepared ingredients on a platter. Place tuna with marinade over the salad and serve at once. It is irresistible with a loaf of the finest! Serves 4-6.

SEAFOOD PAELLA

Assortment of seafood: langoustines, baby octopus, mussels, clams, crab, calamari
Extra virgin olive oil
1-2 cloves garlic, finely chopped
1 medium onion, finely chopped
1 cup sweet peppers (red, green and yellow), chopped to desired size
1-2 tablespoons ground paprika
1 bunch parsley, chopped
2-3 cups long grain or paella rice
Good pinch of saffron, soaked in ½ cup hot water
1½ litre fish stock
1 cup dry white wine

Select the desired amount of seafood of your choice. Clean, rinse and drain thoroughly.

Using a paella pan or large frying pan, gently fry the chopped garlic in 4 tablespoons of oil. Fry all seafood separately, and then put aside.

Heat the pan with 2 more tablespoons of oil. Stir in the onion, sweet peppers, paprika and half of the parsley. Add the rice and fry for a further 5 minutes, stirring constantly. Pour in the saffron solution and wine. Keep turning the rice to prevent burning. Add in the fish stock gradually, as the rice absorbs the liquid. When all the liquid has been absorbed, arrange the seafood on top of the rice and sprinkle the remaining amount of parsley over the dish. Serve immediately. Serves 6-8.
CRUSTY FISH CUTLETS WITH SPICY HERBS

4 fish cutlets, washed and dried with paper towel  2 cloves garlic, sliced
Juice and zest of a lemon  1 green chilli, seeded and chopped
1 teaspoon sugar  1-2 tablespoons oil
2 teaspoons salt

Any white fish cutlet can be used in this recipe: Cod, Whiting, Kingclip...

For a few taste diversions, choose one of the following herbs and add to the seasoning: dill, basil, parsley, rocket, coriander. Ginger can also be added. Marinate the fish in all ingredients listed. Heat and coat the grill with oil. Fry fish for 5 minutes on each side until crusty and golden. Garnish with herb sprigs and serve. Drizzle more oil over before serving.

Note: Use only one herb at a time as some are too strong to be combined. Serves 4.

FUSION KEDGEREE

400-500g prawns  10 spring onions, chopped (reserve half for garnish)
½ tablespoon coarse sea salt  2 teaspoons whole cumin
2 tablespoons butter  1-2 cinnamon sticks, broken into small pieces
3 tablespoons olive oil  1½ cups uncooked rice
1-2 cloves garlic, minced  1 bunch coriander, chopped
2cm ginger root, minced  2 eggs, hard-boiled, chopped or shredded omelette
1 cup white wine  Juice of ½ lime or ¼ lemon (reserve grated zest)
4 cups water  Salt and pepper

This is a truly fusion dish that was originally taken from India. It was then Angloised by adding egg and haddock. We have returned it to its origin somewhat by adding other typical Asian ingredients, and retaining the Indian ones.

Make an incision along the spine of the prawns. Remove veins, sprinkle with coarse sea salt and toss. After 5 to 10 minutes, rinse under cold water until water runs clear. Drain and put aside. Heat 1 tablespoon of each of the butter and oil in a wok. Add garlic and ginger. Fry these for a minute or so to release the flavours before adding the prawns. Add the wine and water, and poach the prawns lightly. Remove the prawns as soon as you see the first bubbles emerging. Reserve the liquid.

Place the wok back over the flame. Heat the remaining butter and oil. Lightly fry half of the spring onions, and add the spices. Finally stir in the rice, making sure that all the rice is coated evenly. Add the reserved stock 1 cup at a time; keep stirring to mix the solids and liquid. Cover and cook over low heat until the rice is fluffy. This should take at least 20-25 minutes. Remove from the heat, using a wooden spoon. Gently stir in the coriander, remaining spring onions, egg, lemon/lime juice and zest. Add salt and pepper to suit your taste. Lastly, arrange the prawns over the rice. Serves 4.
CRUSTY FISH CUTLETS WITH SPICY HERBS
MOROCCAN LAMB

2kg leg of lamb, with the skin and fat trimmed off
2 cloves of garlic, slivered
Half of a pickled lemon, cut into strips
Juice of half a lemon
3 tablespoons sunflower oil
1 tablespoon dried coriander seeds
3 teaspoons ground cinnamon
1 teaspoon ground ginger
½ teaspoon ground cloves
2 tablespoons finely chopped fresh mint
Salt and black pepper
Sprigs of rosemary, optional

Make deep incisions all over the lamb and push garlic slivers, pickled lemon and rosemary sprigs (if using) into the cuts. Combine remaining ingredients and rub half of the mixture onto the lamb. Place lamb in large shallow dish, cover and refrigerate for 12-24 hours.

Preheat the BBQ over medium heat. Place the lamb on the lightly oiled grid. Cover with the lid and roast for half an hour over moderate heat. Spread the remaining mixture over the lamb, cover and continue roasting for a further half an hour, or until the lamb is cooked to your liking. Allow the roast to stand for a minimum of 10 minutes before carving.

NOTE:
Basting during the roasting should be done as quickly as possible to minimise heat loss. For extra flavour and aroma, scatter a few whole cinnamon sticks and bay leaves around the BBQ when cooking the lamb. Serves 6-8.

ROAST FILLET OF LAMB SALAD

600-800g loin fillets of lamb
1 large clove garlic, chopped
A handful of fresh mint, chopped
1-2 teaspoons ground cinnamon
1-2 teaspoons ground cumin
1-2 teaspoons cayenne pepper
1 sprig rosemary, chopped
2 tablespoons lemon juice
Salt and black pepper
4 tablespoons olive oil
Salad leaves

Coat the lamb fillets well with all ingredients except oil and salad leaves. Set aside for at least 10 minutes.

Heat a pan over high heat. Fry the fillets in oil for 4-5 minutes. Remove and rest the meat until ready to use. Slice the fillets into thin strips. Toss with salad leaves. Season with more salt and pepper and add more mint leaves to make a minty salad. Serves 6-8.
**STICKY RIBS**

500g-1kg pork, beef or lamb ribs

1 cup Secret Marinade (refer to recipes under sauces on pg2)

Rosemary or any of the more hardy herbs

Salt and pepper to taste

Marinate the ribs in the sauce for an hour or overnight. Add more salt and pepper if needed. The longer the ribs have been marinated, the better the result.

Pre-heat the grill or a pan on high heat. Place the ribs on the grill and turn heat down to low. Cook with the lid on for 15 minutes, turning once or twice. Uncover the lid, cook until the ribs look crispy and the sauce glistens.

Serves 2-4.

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**MEDITERRANEAN STEW**

1 cup chickpeas

2 chorizo sausages, sliced into 5mm thick rounds

2 cups root vegetables (butternuts, pumpkins...), cubed

1 cup sweet potatoes, cubed

1 cup whole cherry tomatoes

½ cup celery, chopped

½ cup onions, chopped

4 cups stock (meat or vegetable), more if needed

2 cloves garlic, finely chopped

1 teaspoon each of cinnamon, ginger, paprika and tumeric

Olive oil

Salt and pepper

Flat-leafed parsley and lemon zest, quantity to your liking

Soak chickpeas in 3 cups of boiling water overnight. Drain and reserve.

Using a deep frying pan or paella pan, fry the sausage slices in a little oil until crispy. Remove sausage crisps from the pan.

In the same pan, add 2 more tablespoons of oil and fry onions, celery, garlic, and all ground spices. Stir to release the aroma of the spices, add the cubed vegetables one at a time, followed by the chickpeas and cherry tomatoes. Stir slowly to prevent burning and sticking. Pour in the stock and simmer slowly until all ingredients are tender and the stock thickens to a rich creamy sauce. Season with salt and pepper.

Serve with chopped parsley and lemon zest. Add a handful of olives to create a richer Mediterranean colour. Serves 6-8.
PORK FILLETS WITH APPLE STUFFING

2 medium sized pork fillets
250g packet of streaky bacon
1 small cooking apple, peeled and cored
Juice and zest of ½ a lemon
50g chorico sausage slices
⅛ tablespoon honey
1 tablespoon soy sauce
⅛ tablespoon brandy or dry sherry
Salt and black pepper
A handful of sage leaves

Cut the apple into quarters and slice thinly. Toss with lemon juice and zest. Slit the pork fillets lengthwise. Rub honey, soy sauce and brandy or sherry into the fillets. Place half of the apple and chorico slices, plus a few sage leaves into the first fillet. Season with salt and pepper.

Wrap half of the bacon strips around the fillet securing the stuffing. Repeat for the other fillet with the remaining stuffing.

Brown the two fillets evenly for 5 minutes over high heat. Then turn the heat down to medium and cook for a further 8-10 minutes. If you have a lid, turn the heat off and leave the fillets under the lid for a further 10 minutes. Otherwise wrap the fillets in tin foil and let them rest for 10 minutes before serving. Cut the fillet into 2-4cm slices. Any of the Salsas on page 100 and Grilled Polenta on page 10 make excellent companions to this dish. Serves 4-6.

SAUSAGES STUFFED WITH SEASONAL FRUITS

4-8 banger sized sausages (large)
4-8 pieces streaky bacon
Any seasonal fruits such as green mangos, apricots,
pineapples or pears
Alternatively, dried fruits such as mangos, dates
or prunes

Make an incision down the length of the sausages. Take care not to cut all the way through.

Cut the fruit into smaller pieces or strips. Fill the sausages with fruit pieces and finish off by wrapping the bacon strips around the sausages. Toothpicks can be used to secure the bacon.

Heat the grill over medium heat. When hot, place the sausages onto the grill. Turn the sausages over occasionally to get an even golden grilled look. 15-20 minutes is sufficient for the bangers to cook through.

You can use cocktail sausages for a starter or a pre-meal nibble. This will take approximately 12 minutes. Serves 4.
ROAST CHICKEN WITH VEGETABLES

1 whole chicken, no more than 1.5kg
1 pinch of sugar
2 tablespoons salt
1 teaspoon coarsely ground black pepper
2 tablespoons lemon juice, optional
1 tablespoon each: thyme, rosemary, sage, finely chopped
1 cup of water for gravy
1kg pumpkin, cut into 2cm thick pieces
Sprinkle of cinnamon
1kg potatoes, sliced into 1cm thick discs
Salt and pepper to taste
1 tablespoon oil

Wash and dry the chicken. Mix half of the salt and pepper and all of the sugar, lemon juice and chopped herbs together. Rub this mixture into the skin and cavity of the chicken. Set aside for as long as possible. Toss the pumpkin with some of the remaining salt and cinnamon. Season the potatoes with the balance of the salt and pepper.

Heat up the roasting dish on high heat for about 5 minutes. Brush the surface with oil. Place the chicken breast-side down in the centre of the dish. Add the potatoes on the edge around the chicken. Cover with the lid. Turn the heat down to medium and roast for 20 minutes. Turn the chicken breast-side up and place the pumpkin pieces among the potatoes. Carry on roasting for another 40 minutes, or until the liquid runs clear when inserting a skewer into the thickest part of the breast. Turn the vegetables from time to time to prevent the pumpkin from burning.

Lift the chicken and vegetables out of the dish while you make the gravy. Pour the cup of water into the roasting dish. Scrape the pan a little to lift all the meats’ juices from the pan. Reduce until liquid has halved. Strain and serve with the chicken.

NB: Other vegetables such as zucchini and carrots can be added in towards the end. Serves 4-6.

3 CUP CHICKEN

1 kg chicken portions (thighs or drum sticks)
½ tablespoon oil
5 large garlic cloves, minced
2 spring onions, cut into 5cm lengths
1 chinese tea cup (75ml) soy sauce
1 chinese tea cup (75ml) brandy
1 chinese tea cup (75ml) sugar (preferably brown)
50ml water (more if needed)

Heat Skottel with mid to high flame. Add enough oil to grease the surface. Brown chicken portions evenly. Add all remaining ingredients, except the spring onions. Bring to boil rapidly, cover with the Dome and simmer over medium heat for 30 minutes.

Stir occasionally during simmering, adding more water if necessary. When chicken is cooked, remove the pieces and place on a serving platter.

Turn up heat and bring the sauce to boil rapidly until the sauce has thickened to resemble a light caramel. Stir in spring-onions, remove from heat and pour over chicken. Serve hot.
**CHICKEN TAGINE**

400g chicken thigh or breast, cut into cubes  thick slices of lemon, salted on both sides and leave for at least 30 minutes to 1 hour
1 clove garlic, minced  
1 tablespoon harrissa paste  
1 bunch flat-leaf parsley, roughly chop the stalks and finely chop the leaves  
1 teaspoon cumin seeds, whole or ground  
1 teaspoon fennel seeds, whole or ground  
1 stick cinnamon  
Preserved lemon, if available, otherwise use 2

Combine chicken, garlic, parsley stalks and harrisa paste, mix well and put aside. Heat pan, add oil, cumin seeds and cinnamon stick. When the seeds start popping, add the chicken. Turn the chicken over once or twice before adding water. Cover and cook for 5 minutes or until the chicken is 70% cooked.

Add the remaining ingredients except the parsley leaves, stir a few times, cover and cook for a further 2-5 minutes. Transfer to a serving dish. Sprinkle the chopped parsley leaves over the dish. Season with salt and pepper and serve immediately. *Serves 4.*

**SIMMERED CHICKEN IN GREEN COCONUT CURRY**

1 tablespoon soy sauce  
⅛ teaspoon sugar  
½ teaspoon salt  
⅛ tablespoon corn starch  
2 tablespoons water  
400g chicken breasts, sliced thinly  
2 tablespoons oil  
½ tablespoon green curry paste  
2 cups assorted vegetables, shredded or sliced  
1 clove garlic, minced  
1 tin 400ml coconut milk  
1-2 tablespoons fish sauce  
Handful of basil or coriander leaves

Combine the chicken with the first 5 ingredients, mix thoroughly and set aside for at least half an hour. Heat the wok, add oil, garlic and green curry paste, then the chicken. Cook for 2-3 minutes until the chicken has browned evenly. Stir occasionally.

Add coconut milk and fish sauce. Turn the heat down, and simmer for another 3-4 minutes until the chicken is tender and the sauce has reduced. The shredded vegetables should be added half way during simmering.

Garnish with basil or coriander leaves. Serve with hot crusty bread or any accompaniment of your choice. *Serves 4.*
ROSEMARY POTATOES AND NEW SEASON PORCINI

1½ cups new potatoes 2 fresh rosemary sprigs
1 cup fresh porcini mushrooms or 50g dried porcini 1-2 teaspoons coarse sea salt, crushed
2 teaspoons olive oil Black peppercorns, crushed
1 clove garlic, roughly chopped Pecorino or parmesan cheese, shaved for sprinkling

Cut the potatoes and porcini mushrooms into 1cm thick slices. With the back of a knife, pound the rosemary sprigs to release the flavour. Heat the grill pan and add garlic and half of the oil. Fry the porcini over high heat for 5 minutes. Reserve onto a plate.

Add the remaining oil and rosemary to the heated pan. Fry the potato slices until soft, turning only once. This will take roughly 15 minutes over a medium flame.

Return the mushrooms to the potatoes. Season with sea salt and crushed black peppercorns. Scatter cheese shavings over and serve.

For a stronger flavour, use dried porcini or similar Italian products. Simply re-hydrate by soaking the dried mushrooms in boiling water for 30 minutes. Serves 4.

FETTUCCINI / NOODLE STIR FRY

250g fettuccini or other types of noodles Cooking oil
3-4 cups of the following vegetables, cut to 2 tablespoons oyster sauce
bite sizes: broccoli, carrots, mushrooms, 1 tablespoon tamari or light soy sauce
mange touts, green beans ½ tablespoon sesame oil
2 sprigs spring onion, chopped Salt and pepper to taste
2 cloves garlic, finely chopped 1½ tablespoons corn starch dissolved in a little
1-2 red or green chillies, sliced diagonally water
3 slices fresh root ginger, shredded Chilli oil, optional

Bring some water to the boil in a suitable sized pot. Gently simmer the noodles until they are a little under-cooked. Drain, toss in a little oil and keep aside.

Heat 2 tablespoons of oil in a pan. Stir in spring onions, garlic, chilli and ginger. After a minute or two, add the vegetables, the harder ones first and then the softer ones. Keep stirring, adding a little water if necessary. When the vegetables are cooked to your liking, pour in all sauces, sesame oil and season to your taste. Finally thicken the sauces by stirring in the corn starch solution. Add a little chilli oil if you desire. Return the cooked noodles into the pan. Toss to combine with the sauce and vegetables. Serve hot or cold. Serves 4-6.
PANCAKES WITH VARIOUS FILLINGS

1 cup self-raising flour
1 tablespoon salt (for savory) or, 2 tablespoons sugar (for sweet)
1 cup milk
1 egg, beaten
1 tablespoon melted butter
Oil for frying

Sift flour, salt or sugar (for savory or sweet base). Add milk and mix until smooth. Finally add beaten egg and melted butter. Heat the pan and coat the surface with oil. Pour enough batter to create a circle with a 10cm diameter or your preferred size. As soon as the batter begins to bubble, flip over and cook until golden. Repeat until all the batter is finished.

Below are some interesting ingredients to add to the batter. Simply select the desired ingredients listed below, add to the basic batter, mix thoroughly. Follow the cooking procedure as given above. Total weight of the ingredients should not exceed 150g per basic mix:
Bacon, onion or chives.
Sweet corn kernels, chilli, coriander and lemon grass or lime zest.
Zucchini, parmesan or pecorino cheese.
Basil, tomatoes and rocket leaves.
Spinach, feta and olives.
Red or yellow peppers, olives, preserved lemons, or ground spices such as turmeric, ginger, cinnamon and paprika.
Preserved ginger and citrus peels.

HERB BREAD OR SCONES

White or whole wheat flour
10ml dry yeast
Butter
2 eggs
Water
Salt
Chopped herbs of your choice

Sift flour and salt. Add the chopped herbs and then rub the butter in until mixture resembles bread crumbs. Beat in the eggs and add a little water to form dough.

**To make bread:** Simply knead dough for 5 minutes and shape in to a loaf shape. Let it rest for 30 minutes or more.

**To make scones:** Divide dough into even small round balls. Press lightly to make a slight flat shape. Also let them rest for 30 minutes or more.

Heat flat surface between low and medium. Brush with oil. Place bread or scones on to surface. Cover with lid and bake bread for 30 minutes and 15 minutes for the scones. Insert a metal cake tester or skewer to check whether bread or scones are cooked.

NOTE: This can be frozen and re-heated.
**CITRUS ANCHOVY RUB**

Zest of 1 lime and lemon  
1 clove garlic, minced  
2 anchovy fillets, mashed  
½ teaspoon coarsely ground salt

Mix all ingredients well in a bowl, or use a pestle and mortar to form a finer paste. This can be kept in the refrigerator for up to 3 weeks!

This is ideal for fish or poultry. Simply rub on meat before cooking.

**POULTRY MARINADE**

1 cup natural yoghurt  
1 medium onion, finely grated  
1 sprig rosemary, chopped  
1 sprig thyme, chopped  
1 bay leaf  
Salt and pepper  
1 tablespoon cayenne pepper or paprika can be added if you desire a spicier marinade

Combine all ingredients and mix well.

Refrigerate and use within 3 days.

**GARLIC OR GINGER VINAIGRETTE**

2-4 cloves garlic or 10cm root ginger, minced or grated  
White or red wine vinegar  
Sugar and salt to taste

Mix all ingredients and use within 1 week, if refrigerated. This is best used for poached or steamed poultry or any seafood. Use it to marinate a mixture of cooked seafood. Also, serve on a bed of chilled salad leaves as a dressing.

**SECRET MARINADE**

1 cup tomato sauce  
1 cup molasses; ½ honey or ¼ cup sugar  
½ cup oil  
2 or more cloves of crushed garlic  
1 tablespoon salt  
½ tablespoon black pepper, crushed  
juice of ½ a lemon  
1 bay leaf  
½ teaspoon cloves or whole if preferred

Mix all ingredients and store in bottle until needed. This can last up to a month in the refrigerator. Soy sauce, hoisin or plum sauce can be added for variation.
POULTRY MARINADE, GARLIC OR GINGER VINAIGRETTE AND SECRET MARINADE