

SPRING  
EDITION

# A harvest of **sunshine!**

*Create magic with*  
**simple  
Spring  
ingredients**



**mitsubishi  
electric**

# Welcome

Dust off the frost, fire up the BBQ and treat yourself to a new party dress. Spring is not just that time of year when your garden comes back to life, it's also when we breathe in the warm, floral air and remember that there's nothing quite like a dinner party.

The rules for Spring entertaining are really quite simple. Keep it ingredients focussed - you don't need fancy equipment or endless hours in the kitchen to create some magic. And, some of these recipes don't just get made in advance, they can be made in batches, meaning you're always ready when friends drop around. Think sweet, salty, smokey, spicy, North African-inspired nuts, that are more than just a snack, they set the scene for a great get together.

From there, it's all a matter of choosing recipes that everyone will love, and that means you will have less time in the kitchen. After all, the real key ingredient for any party or family meal is that everyone is at the table sharing in the fun. So, this Spring, cook for the love of it, party with endless laughs, and dance like there's nobody watching. Well, there's always somebody watching.

**From all of us at  
Mitsubishi Electric Australia.**

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# Tunisian Chicken Kabobs with Ginger-Lime Sauce

Preparation time: 10 minutes // Cooking time: 10 minutes  
Serves: 6 // Difficulty: ★★☆☆☆

- 600g chicken thigh fillet, diced
- 2 tsp harissa paste
- 4 cloves garlic, minced
- 4cm piece turmeric, minced
- 10cm piece ginger, minced
- 1 tsp ground cinnamon
- 1 tsp toasted cumin seeds, cracked
- 2 Tbsp mustard seed oil
- sea salt flakes and freshly-ground black pepper
- ¼ cup honey
- finely grated zest and juice of 4 limes
- ½ cup date vinegar
- ½ tsp ground bay leaf
- 1 Tbsp coriander leaf, finely chopped

**1 Toss** the chicken thigh in the harissa, garlic, turmeric, half the ginger, spices and oil, season with salt and pepper, then thread onto twelve skewers. Cook on a hot barbecue grill for 10 minutes, turning regularly, until firm. Brush with honey, cook briefly, then set aside to rest.

**2 Meanwhile,** combine the remaining ginger in a bowl with the zest, juice, vinegar, bay leaf and coriander leaf, then season with salt. Serve with the skewers.





snacks

# Harissa-Spiked Nuts

Preparation time: 5 minutes // Cooking time: 25 minutes  
Makes: 500g // Difficulty: ★★☆☆☆

- 1 tsp caraway seeds
- 1 tsp coriander seeds
- 1 tsp cumin seeds
- 2 tsp dried rose petals
- 1 tsp dried mint
- 1 Tbsp smoked paprika
- 2 tsp mild paprika
- ½ tsp ground chilli
- 2 tsp garlic powder
- 2 tsp fine salt
- ¾ cup honey
- 2 Tbsp extra virgin olive oil
- 2 tsp apple cider vinegar
- 350g mixed nuts
- 150g mixed seeds

**1 Preheat** oven to 180°C. Arrange the caraway, coriander and cumin seeds on a tray and bake for 3 minutes, until lightly toasted. Transfer to a spice grinder with the rose petals, mint, paprikas, chilli, garlic and salt, then grind to a fine powder.

**2 Warm** the honey, oil and vinegar in a small saucepan set over a moderate heat until runny, then pour over the nuts and seeds in a large bowl and mix well. Bake for 15 minutes, mixing regularly. Scatter the spices over, mix well, then bake for a further 10 minutes, stirring regularly. Cool, mixing from time to time to prevent clumping.

# Roasted Eggplant Garlic Dip

Preparation time: 5 minutes // Cooking time: 1 hour  
Makes: 600g // Difficulty: ★★☆☆☆

- 4 medium eggplant
- 4 brown onions
- 2 heads garlic
- 4 limes, halved
- 2 tsp ground coriander seed
- 1 tsp ground cumin seed
- ½ cup tahini
- ½ cup extra virgin olive oil
- 1 Tbsp sesame oil
- sea salt flakes and freshly-ground black pepper
- chopped coriander leaves and toasted sesame seeds, to garnish

**1 Preheat** oven to 180°C. Arrange the eggplants on a tray and bake for 1 hour, until very soft. Halve and scoop out the flesh, crush and place in a sieve to remove the excess water.

**2 Arrange** the onions and garlic on a second tray and bake for 40 minutes. Set the garlic aside and continue baking the onions for a further 20 minutes. Squeeze out the garlic, then halve the onions and remove the skin. Crush the garlic and onion together then mix with the eggplant.

**3 Grill** the lime halves until lightly blackened, then squeeze onto the eggplant mix. Fold in the spices, tahini and oils. Season with salt and pepper. Garnish with chopped coriander leaves and toasted sesame seeds.



small dishes

# Prawn, Onion and Pea Pilaf

Preparation time: 10 minutes // Cooking time: 45 minutes  
Serves: 6 // Difficulty: ★★☆☆☆

- 4 red onions, diced
- 100g ghee
- 12 cloves garlic, minced
- seeds of 12 cardamom pods
- 12 curry leaves
- 1 tsp cumin seeds
- 2 tsp curry powder
- ½ tsp ground cinnamon
- 1 cup Basmati rice, rinsed
- 2 cups chicken stock
- 2 pinches saffron threads, soaked in 1 Tbsp cold water
- sea salt flakes and freshly-ground black pepper
- 600g King prawns, peeled and de-veined
- 1½ cups frozen peas
- mango chutney, lemon wedges, chopped mint and pappadums, to serve

**1 Preheat** oven to 180°C. Sauté the onions in half the ghee over a moderate heat for 10 minutes, until very soft but not coloured. Add the garlic, cardamom seeds, curry leaves and cumin seeds, then cook for 5 more minutes. Mix in the curry powder and cinnamon, then set aside.

**2 Put** the remaining ghee in the pan and add the rice. Cook for 2 minutes, stirring regularly, then add the stock, onion mix and saffron. Bring to a simmer, season generously with salt and pepper, then transfer to the oven and bake for 15 minutes.

**3 Mix** in the prawns and peas, then bake for 5 more minutes, until the prawns are firm and the peas are tender. Serve with mango chutney, lemon wedges, chopped mint and pappadums.

small dishes

# Flame-Grilled Lamb Cutlets with Turmeric Kasoundi

Preparation time: 10 minutes // Cooking time: 1½ hours  
Serves: 6 + extra kasoundi in jars // Difficulty: ★★☆☆

- 1 Tbsp black mustard seeds
- 2 tsp cumin seeds
- 1 tsp coriander seeds
- 2 Tbsp minced ginger
- 1 Tbsp minced garlic
- 1 Tbsp finely grated turmeric
- 6 long green chillies, seeded and finely sliced
- 2 Tbsp mustard seed oil
- 1kg tomatoes, diced
- ½ cup coconut sugar
- ¼ cup apple cider vinegar
- 1 medium eggplant, diced
- ¼ cup extra virgin olive oil
- sea salt flakes and freshly-ground black pepper
- 12 lamb cutlets, French trimmed
- charred lemon and fresh pita bread, to serve

**1 Combine** the mustard, cumin and coriander seeds with the ginger, garlic, turmeric, chillies and mustard seed oil in a large heavy-based saucepan set over a moderate heat. Cook for 5 minutes, until the chillies begin to soften.

**2 Add** the tomatoes, sugar and vinegar, then cook gently for 1 hour, until thickened. Meanwhile fry the eggplant in half the olive oil until browned, then add to the saucepan. simmer for 15 minutes, then season with salt and pepper.

**3 Drizzle** the lamb cutlets with the remaining oil, season with salt, then cook over a hot barbecue grill for 6 minutes, until medium-rare. Serve with the warm kasoundi, charred lemon and pita bread.





small dishes

# Golden Potato and Sausage Gumbo

Preparation time: 10 minutes // Cooking time: 40 minutes  
Serves: 6 // Difficulty: ★★☆☆☆

- 6 medium potatoes
- 2 tsp ground turmeric
- $\frac{3}{4}$  cup vegetable oil
- sea salt flakes and freshly-ground black pepper
- 1 cup plain flour
- 300g kielbasa sausage, sliced into discs
- 10 cloves garlic, crushed
- 6 bay leaves
- 1 bunch thyme, very finely chopped
- 4 sticks celery (including leaves), diced
- 1 yellow capsicum, diced
- 1 green capsicum, diced
- 1½ Tbsp Cajun seasoning
- 1½ L chicken stock
- 1 bunch parsley, very finely chopped
- white rice, to serve

**1 Preheat** oven to 200°C. Arrange the potatoes on a tray and bake for 1 hour, until very soft. Halve, and scoop out the flesh onto a lined tray. Mix the turmeric with 2 Tbsp oil and drizzle over. Season with salt and pepper, then bake for a further 5 minutes.

**2 Combine** the flour and remaining oil in a saucepan and set over a moderate heat. Cook for 30 minutes, stirring constantly, until the mixture forms a roux of a deep-brown chocolate colour. This should have the consistency of a soft cookie dough, so feel free to add a little extra flour or oil if required.

**3 Put** the sausage slices in a large saucepan and fry for 5 minutes, until well browned. Add the garlic, bay leaves and thyme and cook for 3 more minutes. Add the vegetables, seasoning and stock, bring to a simmer, then mix in the roux and simmer for 10 minutes. Mix in the parsley and potatoes, then spoon into bowls with rice.



# Skillet Chicken and Orzo Pasta with Garden Greens

Preparation time: 10 minutes // Cooking time: 45 minutes  
Serves: 6 // Difficulty: ★★☆☆☆

- 1 whole chicken, chopped into pieces
- ¼ cup extra virgin olive oil
- sea salt flakes and freshly-ground black pepper
- finely grated zest and juice of 2 lemons
- 6 cloves garlic, minced
- 1 Tbsp honey
- 2 tsp red wine vinegar
- 1 tsp toasted fennel seeds, cracked
- 400g cherry tomatoes
- 2 cups orzo pasta
- 1L chicken stock
- 1 red onion, shaved
- 1 bunch dill, chopped
- 1 bunch Tuscan kale, trimmed
- 2 cups celery leaves
- 2 cups Savoy cabbage, torn
- finely grated Parmesan cheese, to serve

**1 Preheat** oven to 200°C. Toss the chicken pieces in half the oil, season with salt and pepper, and arrange in a roasting pan. Bake for 30 minutes. Mix the zest, juice, garlic, honey, vinegar and fennel seeds, drizzle over, then bake for a further 10 minutes. Put the tomatoes on an oven tray and bake for 25 minutes.

**2 Combine** the orzo and stock in a medium saucepan and set over a moderate heat. Boil for 10 minutes, until al dente, then drain. Mix with the onion and kale.

**3 Fry** the kale, celery leaves and cabbage in the remaining oil until just tender, then season with salt. Serve the chicken with the pasta, tomatoes, greens and Parmesan.

# Spinach and Tarragon Dutch Baby with Hot-Smoked Ocean Trout and Pickled Onions

Preparation time: 5 minutes // Cooking time: 30 minutes  
Serves: 6 // Difficulty: ★★☆☆☆

- 4 eggs
- 2 egg whites
- 4 cloves garlic
- 2 bunches tarragon
- 1 bunch parsley leaves
- 2 cups spinach
- 1¼ cups milk
- 1 cup plain flour
- 2 Tbsp cornflour
- sea salt flakes and freshly-ground black pepper
- 2 Tbsp unsalted butter
- ½ cup pickled onions, sliced
- ¼ cup shaved gherkins
- 1 bunch chives, finely sliced
- 300g hot-smoked ocean trout, flaked
- crème fraiche, trout roe and leaf salad, to serve

**1 Preheat** oven to 225°C. Put a heavy 22cm skillet in the oven. Combine the eggs, egg whites, garlic, tarragon, parsley and spinach in a blender and purée until very smooth and frothy. Add the milk, purée again, then add the flour and purée a third time. Season generously with salt and pepper.

**2 Put** the butter in the skillet, swirl to coat, then pour in the batter and return to the oven. Bake for 25-30 minutes, until puffy and crisp on the edges.

**3 Mix** the onions, gherkins and chives and spoon on top with the hot-smoked ocean trout, then serve with crème fraiche, trout roe and leaf salad.





mains

# Chargrilled Tri-Tip with Silverbeet, Fennel Purée

Preparation time: 10 minutes // Cooking time: 20 minutes  
Serves: 6 // Difficulty: ★★☆☆☆

- 1 head fennel, chopped
- 1 medium potato, peeled and chopped
- 500ml milk
- sea salt flakes and freshly-ground black pepper
- 2 Tbsp unsalted butter
- 4 x 150g tri-tip steaks
- ¼ cup extra virgin olive oil
- 2 bunches silverbeet, trimmed and torn
- 1 Tbsp za-atar
- 2 bunches asparagus, sliced
- 1 bunch chives, finely sliced
- ¼ cup walnuts, toasted and chopped
- 2 tsp nigella seeds

**1 Combine** the fennel, potato and milk in a medium saucepan and set over a moderate heat. Simmer for 20 minutes, until tender. Transfer the fennel and potato to a blender with just enough of the milk to purée until very smooth. Season with salt.

**2 Rub** the steaks with half the oil and season with salt and pepper. Cook on a hot barbecue grill for 8 minutes, turning regularly, until medium-rare. Rest for 3 minutes.

**3 Fry** the silverbeet in a pan set over a high heat in the remaining oil for 2 minutes, until just wilted, then season with salt and pepper and za-atar. Place in a colander to drain then mix with the asparagus, chives and walnuts.

**4 Carve** the steaks and serve on the silverbeet with the fennel purée.

side dishes

# Strawberry, Watercress and Hazelnut Salad

Preparation time: 5 minutes // Cooking time: n/a  
Serves: 6 // Difficulty: ★★☆☆☆

- 500g strawberries, hulled and quartered
- 2 Tbsp icing sugar, sifted
- 2 tsp red wine vinegar
- 4 cups watercress sprigs
- 1 bunch parsley leaves
- 1 cup radicchio, torn
- 1 cup zucchini noodles
- $\frac{3}{4}$  cup toasted hazelnuts
- $\frac{1}{2}$  red onion, shaved
- 2 Tbsp hazelnut oil
- 2 tsp olive tapenade
- 1 tsp sumac
- sea salt flakes and freshly-ground black pepper

**1 Mix** the strawberries, icing sugar and 2 tsp red wine vinegar in a bowl, then set aside for 5 minutes. Combine the watercress, parsley, radicchio, zucchini, hazelnuts and onion in a large bowl and mix gently. Add the strawberries and mix again.

**2 Whisk** the oil, remaining vinegar, tapenade and sumac in a bowl. Season generously with salt and pepper, then drizzle over the salad.



side dishes

# Israeli Couscous with Pomegranate, Capsicum, Olives and Almonds

Preparation time: 5 minutes // Cooking time: 15 minutes  
Serves: 6 // Difficulty: ★★☆☆☆

- 1½ cups Israeli couscous
- 1¾ cups chicken stock
- ¼ cup extra virgin olive oil
- 2 red capsicums, diced
- 2 long red chillies, seeded and finely sliced
- 1 red onion, diced
- finely grated zest and juice of 2 lemons
- 2 Tbsp pomegranate molasses
- 2 Lebanese cucumbers, diced
- ½ cup green olives, halved
- ¾ cup smoked almonds, chopped
- ½ cup pomegranate seeds
- 1 bunch parsley, chopped
- sea salt flakes and freshly-ground black pepper

**1 Rinse** the couscous thoroughly until the water runs clear, then combine in a medium saucepan with the chicken stock. Set over a low heat and bring gently to a simmer, stirring regularly. Continue cooking until the liquid has almost absorbed, then fit the lid. Cook for 5 more minutes, then turn the heat off and allow to stand for 10 minutes. Stir in 1 Tbsp oil.

**2 Pour** the remaining oil into a pan set over a high heat, then add the capsicums, chillies and onion and cook until just beginning to soften. Set aside, then add the zest, juice and molasses to the pan and allow to cool.

**3 Mix** the couscous, cucumbers, olives, almonds, pomegranate and parsley in a large bowl, then stir in the capsicum mixture. Season with salt and pepper, then serve drizzled with the sauce.

# Fire-Grilled Tomatoes with Rough Herb Sauce, Honey and Burrata

Preparation time: 5 minutes // Cooking time: n/a  
Serves: 6 // Difficulty: ★★☆☆☆

- 750g mixed tomatoes, chopped
- 1 bunch basil leaves
- ½ bunch parsley leaves
- ¼ bunch mint leaves
- 2 Tbsp toasted pine nuts
- 4 cloves garlic, minced
- 1 tsp capers, chopped
- finely grated zest and juice of 1 lime
- ½ cup extra virgin olive oil
- 2 Tbsp Pecorino, finely grated
- sea salt flakes and freshly-ground black pepper
- 1 ball burrata
- 2 Tbsp dark bush honey

**1 Place** the tomatoes in a wire basket and arrange over a fire until lightly blackened. Set aside to cool.

**2 Finely** chop the herbs and put in a bowl. Crush the pine nuts and add to the bowl with the garlic, capers, zest juice, oil and Pecorino. Mix, then season with salt and pepper.

**3 Arrange** the tomatoes on a platter, then drizzle with the sauce. Place the burrata on top and drizzle with honey.





desserts

# White Chocolate Pannacotta with Figs, Coconut Strings and Carob Syrup

Preparation time: 5 minutes // Cooking time: 10 minutes  
Serves: 6 // Difficulty: ★★☆☆☆

- 250ml milk
- 600ml double cream
- 125g caster sugar
- 50g honey
- seeds of 1 vanilla bean
- 3½ gelatine leaves
- 150g white chocolate, chopped
- ½ cup carob syrup
- 2 figs, halved
- ½ cup young coconut flesh, sliced into strips

**1 Pour** the milk, cream, sugar, honey and vanilla seeds into a saucepan and set over a moderate heat and bring to a bare simmer. Do not allow to boil.

**2 Meanwhile,** soak the gelatine leaves in cold water until softened, then squeeze out and whisk into the hot milk mixture to dissolve. Allow to cool until just hot to touch, then whisk in the chocolate until smooth.

**3 Pour** the mixture into glasses, then refrigerate until set. Pour carob syrup over, then arrange the figs and coconut strips on top.

# Coconut-Ricotta Cannoli

Preparation time: 15 minutes // Cooking time: 20 minutes  
Make: 48 // Difficulty: ★★☆☆☆

- 400g bakers' flour
- ¾ cup caster sugar
- ¼ tsp fine salt
- 75g cold unsalted butter, grated
- 2 eggs
- 2 egg yolks
- 150g dry sherry
- 1 cup coconut milk
- 1 Tbsp cornflour
- 1 tsp vanilla paste
- 1 tsp coconut essence
- finely grated zest of 2 oranges
- 1 cup ricotta
- vegetable oil, for deep frying
- toasted desiccated coconut, for garnish

**1 Combine** the flour, ¼ cup caster sugar, salt and butter in the bowl of an electric mixer, then beat with the dough hook on medium speed for 3 minutes. Whisk one egg, one yolk and sherry together, then add to the mixer on slow speed, mixing until the dough is smooth. Wrap and refrigerate for 2 hours.

**2 Pour** the coconut milk into a saucepan and set over a moderate heat. Whisk the cornflour, vanilla paste, coconut essence, orange zest, remaining egg, remaining yolk and remaining sugar until smooth. Add the milk, stir thoroughly, then return to the saucepan and simmer until thickened. Set aside until completely cooled, then beat in the ricotta.

**3 Roll** out the dough to 3mm thick, then cut 10cm discs. Wrap around metal cannoli tubes, then fry in hot (180°C) vegetable oil until puffy and crisp. Remove from the tubes and drain on kitchen paper.

**4 Pipe** the ricotta mixture into the cannoli shells, then garnish the ends with toasted desiccated coconut.





# *desserts* Vanilla and Marshmallow Unicorn Cupcakes

Preparation time: 15 minutes // Cooking time: 25 minutes  
Serves: 12 // Difficulty: ★★☆☆☆

- 250g plain flour
- 2 tsp baking powder
- 1 tsp bicarbonate of soda
- 400g caster sugar
- 125g unsalted butter, melted
- 50ml vegetable oil
- 6 egg whites, whisked
- 1 Tbsp vanilla extract
- 250ml buttermilk
- 1 tsp cream of tartar
- 1 Tbsp glucose syrup
- 12 ice cream cones
- 100g white chocolate, melted
- ½ cup unicorn sprinkles

**1 Preheat** oven to 180°C. Sift the flour, baking powder and bicarbonate of soda into a bowl, then stir in 200g sugar. Mix in the butter, oil, 3 egg whites, half the vanilla and buttermilk until smooth. Pipe into lined ½ cup moulds, then bake for 15-18 minutes, until golden and just firm to touch. Cool on a wire rack.

**2 Put** the remaining egg whites in the bowl of an electric mixer with the cream of tartar and beat with the whisk attachment on medium speed until very foamy. Meanwhile, combine the remaining caster sugar and glucose syrup in a small saucepan and set over a high heat. Boil until the syrup reaches 119°C, then add to the egg whites in a steady stream while beating. Increase to high speed and beat until cold. Beat in the remaining vanilla.

**3 Trim** the cones to 6cm tall, then brush with melted chocolate and coat with sprinkles. Pipe the meringue onto the cupcakes, then arrange a cone on each.



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