

SUMMER  
EDITION



EASY, DELICIOUS  
RECIPES FOR  
YOUR HOLIDAY &  
CHRISTMAS TABLE



SHARE THE LOVE -  
THERE'S 3 FUN  
GIFT IDEAS TO TRY

# HELLO SUMMER!

# SUMMERTIME CHRISTMAS

There's one present you'll never find under the tree. It's not dressed in tinsel, tied in pretty ribbon, or left at the bottom of the chimney by a hardworking man with an exceptional beard. No, the very best gift you can give or receive over summer is time. Time to soak up the blue skies on your favourite beach, in your favourite park, or even while lazily tending the barbecue in your own backyard - don't forget the sunscreen. Time to be with those you love, to try that project you've been putting off, or even just to snooze the afternoon away.

But if there's one thing that makes this gift even better, it's, well, two things. Friends and family of course, that's always number one. But you also have to make time for a little bit of deliciousness that takes the feeling of summer and gives it the taste of summer. Not sure where to start? Well, this book will definitely help. However, experts suggest that a bag of ice-cold cherries, a well-chilled drink and a comfy chair should probably be enough to let you have some high-quality practice!

Have a wonderful holiday filled with love and laughter.

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

## RECIPES

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## COCKTAIL PARTY BITES

### INGREDIENTS

- ✦ 24 chicken drumettes
- ✦ sea salt flakes and freshly-ground black pepper
- ✦ ½ cup smoky barbecue sauce
- ✦ ¼ cup lime marmalade
- ✦ 1 Tbsp molasses
- ✦ 150g Greek yoghurt
- ✦ 80g aioli
- ✦ 100g redcurrant sauce

### METHOD

**1 Preheat** oven to 220°C. Use a small sharp knife to cut around the drumette bones at the small end, then season with salt and pepper. Place in a bowl with the barbecue sauce, marmalade and molasses, mix well, then refrigerate for at least four hours.

**2 Arrange** on a lined oven tray and bake for 20 minutes, until lightly-blackened. Meanwhile, stir the yoghurt and aioli together, then marble the redcurrant sauce in. Serve with the chicken drumettes.

# CHICKEN DRUMETTES WITH REDCURRANT YOGHURT

PREP / 5 MINUTES  
COOK / 20 MINUTES  
MAKES / 24

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## COCKTAIL PARTY BITES

### INGREDIENTS

- 1kg cooked tiger prawns, peeled
- 120g pineapple, finely diced
- ½ red onion, finely diced
- 1 orange, peeled and diced
- 100g toasted hazelnuts, chopped
- 2 Tbsp finely chopped parsley
- 1 Tbsp red wine vinaigrette
- 1 tsp sumac
- sea salt flakes and freshly-ground black pepper
- 18 small heirloom tomatoes
- 1 tsp truffle oil

### METHOD

**1 Finely** chop the prawns, then mix with the pineapple, onion, oranges, hazelnuts, parsley, vinaigrette and sumac, then season with salt and pepper.

**2 Use** a sharp knife to cut the tops off the tomatoes, then scoop out seeds with a small spoon. Spoon the prawn mixture into the tomatoes, then pour a drop of truffle oil onto each.

# PRAWN & HAZELNUT TOMATO CUPS

PREP / 10 MINUTES

COOK / NIL

MAKES / 18

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## COCKTAIL PARTY BITES

### INGREDIENTS

- ✦ 300g skinless salmon fillets
- ✦ 1 red onion, shaved
- ✦ ½ cup pomegranate seeds
- ✦ 1 cup pineapple, chopped
- ✦ 1 Lebanese cucumber, deseeded and finely chopped
- ✦ 2 Tbsp Vietnamese salad dressing
- ✦ 1 cup cooked black rice
- ✦ 8 small cos lettuce leaves

### METHOD

**1 Dice** the salmon into ½cm cubes, then mix gently with the onion, pomegranate seeds, pineapple, cucumber and salad dressing. Spoon the rice into lettuce leaves, then top with the salmon mixture.

# INDIVIDUAL SALMON POKÉ SALADS

PREP / 5 MINUTES  
COOK / 20 MINUTES  
MAKES / 24

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THE MAIN EVENT

INGREDIENTS

- ✦ 250g turkey mince
- ✦ 1 egg
- ✦ 2 tsp Dijon mustard
- ✦ ½ cup breadcrumbs
- ✦ 1½ tsp dried Italian herbs
- ✦ sea salt flakes and freshly-ground black pepper
- ✦ 1 duck breast, halved lengthways
- ✦ 1 boneless butterflied chicken

METHOD

**1 Preheat** oven to 150°C. Combine the turkey mince, egg, mustard, breadcrumbs and herbs in a bowl, season generously, then mix thoroughly until smooth.

**2 Sear** the duck breast in a skillet set over a high heat until browned, then set aside to cool.

**3 Put** the chicken on a workbench and season with salt and pepper. Press the turkey mince on top, then arrange the duck breasts in a line on one side. Roll up, then secure with kitchen string. Refrigerate overnight.

**4 Arrange** in a roasting dish, then bake for 45 minutes. Increase the heat to 220°C, then bake for a further 20 minutes. Rest for 10 minutes, then carve and serve.

EASY  
TURDUCKEN

PREP / 20 MINUTES  
COOK / 1 HOUR  
SERVE / 6-8

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## THE MAIN EVENT

### INGREDIENTS

- ✦ 2 lamb racks
- ✦ 2 tsp celery salt
- ✦ 2 Tbsp extra virgin olive oil
- ✦ 8 medium potatoes, peeled
- ✦ 100g unsalted butter
- ✦ 2 Tbsp plain flour
- ✦ 2 cups milk
- ✦ 100g Swiss cheese, grated
- ✦ 75g Gruyere cheese, grated
- ✦ sea salt flakes and freshly-ground black pepper
- ✦ ½ tsp ground nutmeg
- ✦ steamed asparagus and chopped Brazil nuts, to serve

### METHOD

**1 Preheat** oven to 200°C. Score the lamb racks in fine parallel lines, then sprinkle with celery salt and rub with olive oil. Set aside for 20 minutes.

**2 Cut** the potatoes in ½ cm thick slices, then steam until just tender. Put the flour and butter in a medium saucepan and cook for 3 minutes, until the mixture resembles wet sand. Pour in the milk and simmer until thickened. Remove from the heat, then beat in the cheese. Season with salt and pepper, then mix in the nutmeg.

**3 Layer** the potatoes and cheese sauce into a buttered 2L oven dish, then bake for 1 hour, until bubbling and golden on top.

**4 Meanwhile**, sear the lamb racks in a skillet over a moderate-high heat for 5 minutes, until golden, then bake for 15 minutes, until medium. Rest for 5 minutes, then carve and serve with the potato bake, asparagus and Brazil nuts.

# LAMB RACK WITH FONDUE POTATO CAKE

PREP / 20 MINUTES

COOK / 1 HOUR

SERVE / 6

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## THE MAIN EVENT

### INGREDIENTS

- ✦ 1 cup beef stock
- ✦ 2 Tbsp honey
- ✦ finely grated zest and juice of 2 lemons
- ✦ 1 cup pearl couscous
- ✦ 1 bunch parsley, finely chopped
- ✦ ½ bunch mint, finely chopped
- ✦ ½ bunch coriander, chopped
- ✦ 2 tsp ground sumac
- ✦ 1 tsp ground cumin
- ✦ ½ tsp ground coriander seed
- ✦ sea salt flakes and freshly-ground black pepper
- ✦ 2 Tbsp extra virgin olive oil
- ✦ 600g leg ham, sliced finely
- ✦ pita, hummus, cucumbers, tomatoes, grapefruit, onion and pomegranate seeds, to serve

### METHOD

**1 Combine** the stock, honey, zest and juice in a small saucepan and set over a moderate heat. Boil rapidly for 5 minutes, until reduced by three quarters.

**2 Put** the pearl couscous in a medium saucepan with 1½ cups water and set over a moderate heat. Boil until craters appear, then fit the lid and set aside to cool. Mix gently with a fork to break up. Add the herbs and spices, then season with salt and pepper.

**3 Pour** the oil into a skillet set over a high heat, then fry the ham pieces briefly until lightly browned. Add the stock mixture and cook until glazed. Serve with the pita, herb salad, hummus, cucumbers, tomatoes, grapefruit, onion and pomegranate seeds.

# GYRO-STYLE HAM STEAKS

PREP / 15 MINUTES  
COOK / 20 MINUTES  
SERVE / 6

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## DESSERTS

### INGREDIENTS

- 250g mascarpone
- ½ cup icing sugar, sifted
- finely grated zest of 1 orange
- 1 cup thickened cream
- 1 tsp vanilla essence
- 200g coffee biscuits
- 1 cup thick vanilla custard
- 300g cherries, pitted and halved
- 125g dark chocolate, chopped

### METHOD

**1 Whisk** the mascarpone with half the icing sugar and orange zest until fluffy. Whisk the cream, vanilla and remaining icing sugar until stiff peaks form.

**2 Arrange** layers of mascarpone, biscuits, custard and whipped cream in a dish. Scatter with cherries and chocolate.

# CHOCOLATE-CHERRY TRIFLE-MISU

PREP / 5 MINUTES

COOK / NIL

SERVE / 6

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DESSERTS

INGREDIENTS

- ✦ 2 sheets edible confectionery rice paper
- ✦ 3 egg whites
- ✦ ½ tsp cream of tartar
- ✦ 650g caster sugar
- ✦ 1 cup honey
- ✦ ¼ cup glucose syrup
- ✦ 1 Tbsp natural vanilla paste
- ✦ finely grated zest of 4 oranges
- ✦ 2 tsp almond essence
- ✦ 500g almond kernels, toasted

METHOD

- 1 Line** a 20cm x 30cm slice pan with cling film, then place sheet of edible confectionery rice paper. Place the egg whites and cream of tartar into the perfectly clean bowl of an electric mixer and beat on low speed until foamy, then turn off.
- 2 Put** 600g sugar, honey and glucose syrup in a large saucepan with ½ cup cold water. Set over a high heat and brush down the sides of the saucepan with water regularly to prevent sugar crystals forming.
- 3 Use** a sugar thermometer to monitor the temperature of the syrup – it needs to reach 145°C. When it reaches 125°C, begin whipping the egg whites to soft peaks, then add the vanilla and remaining sugar. Continue beating to stiff peaks. Try to time the syrup and whites to finish simultaneously. If the egg whites are ready before the syrup, continue stirring on very low speed.
- 4 Change** to the paddle attachment, then add the syrup to the meringue while beating on medium speed, then increase to high speed. Beat for 6 minutes, until thick, foamy and glossy. Remove from the mixer, then fold in the almond essence, orange zest and almonds.
- 5 Immediately** spoon into the slice pan, lightly sprinkle with cooking oil spray, top with a piece of cling film, then flatten. Remove the cling film and press the second sheet of edible confectionery rice paper on top. Set aside to cool completely. Portion with a lightly oiled knife into 5cm x 2½cm pieces. Store airtight.

TORRONE

PREP / 20 MINUTES  
COOK / 10 MINUTES  
SERVE / 48 PIECES

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DESSERTS

INGREDIENTS

- ✦ 2 punnets raspberries
- ✦ 1 Tbsp caster sugar
- ✦ 2 Tbsp dry sherry
- ✦ 300ml thickened cream
- ✦ 100g icing sugar
- ✦ 2 tsp vanilla paste
- ✦ 4 store-bought individual pavlovas
- ✦ 1½ cups Christmas pudding, crumbled
- ✦ ½ cup crisp meringues, crumbled

METHOD

**1 Combine** ½ punnet raspberries in a small bowl with the caster sugar and sherry, then crush with a fork until a rough sauce forms. Whip the cream, icing sugar and vanilla to soft peaks.

**2 Top** the individual pavlovas with cream, pudding and the remaining raspberries, then spoon the sauce around. Scatter with crumbled meringues.

# CHRISTMAS PUDDING PAVLOVA

PREP / 10 MINUTES  
COOK / NIL  
SERVE / 4

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GIFTS TO SHARE

INGREDIENTS

- + 2 Tbsp powdered gelatine
- + 2 cups caster sugar
- + ½ cup pineapple juice
- + 4 Tbsp honey
- + 1 tsp coconut essence
- + 1 tsp vanilla essence
- + pink food colouring
- + ½ cup icing sugar mixture

METHOD

**1 Combine** the gelatine with 160ml cold water, mix well, then set aside for 5 minutes. Transfer into the bowl of an electric mixer.

**2 Pour** the caster sugar, pineapple juice and honey in a small saucepan and set over a high heat. Boil rapidly for 4 minutes, then add to the bowl of the electric mixer and stir to combine. Beat with the whisk attachment for 3 minutes on high speed, add the essences, then beat until completely cool and very fluffy, about 10 minutes.

**3 Place** half the mixture in a bowl and tint with colouring. Spoon into an oiled 24cm square slice pan, flatten, then cover and leave overnight to set. Cut into squares with a lightly oiled knife. Toss in icing sugar.

MARSHMALLOWS

PREP / 10 MINUTES  
COOK / 10 MINUTES  
MAKES / 24







## GIFTS TO SHARE

### INGREDIENTS

- ✦ 100g unsalted butter, at room temperature
- ✦ 1 cup dark brown sugar
- ✦ 1 egg
- ✦ 2 tsp vanilla extract
- ✦ ½ cup molasses
- ✦ 3 cups plain flour
- ✦ 2 tsp baking powder
- ✦ 1 Tbsp ground ginger
- ✦ 2 tsp ground cinnamon
- ✦ 1 tsp ground nutmeg
- ✦ ¼ tsp ground cloves

### METHOD

**1 Preheat** oven to 180°C. Combine the butter and sugar in the bowl of an electric mixer and beat with the paddle attachment on high speed for 5 minutes, until very light. Reduce to medium speed, then beat in the egg, vanilla and molasses until smooth.

**2 Sift** the flour, baking powder and spices together, then fold into the butter mixture gently to make a dough. Press between two sheets of freezer plastic, flattening to 7mm thick. Refrigerate until firm.

**3 Use** an angel cutter to make biscuits, re-rolling and cutting all the trimmings, then arrange on lined trays. Bake for 16-18 minutes, until browned and firm to touch. Cool on wire racks.

# GINGERBREAD ANGELS

PREP / 15 MINUTES  
COOK / 18 MINUTES  
MAKES / 56

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## GIFTS TO SHARE

### INGREDIENTS

- 1kg mixed berries
- seeds of 1 vanilla bean
- 1 cup apple juice
- ¼ tsp citric acid
- 1kg jam-setting sugar

### METHOD

**1 Combine** the berries, vanilla seeds, juice and citric acid in a large saucepan and set over a moderate heat and bring to a simmer. Cook for 15 minutes, stirring regularly.

**2 Add** the jam-setting sugar and whisk well, then boil for 5 minutes. Test for correct setting by placing a teaspoon onto a very cold plate. If it does not set, cook for 3 more minutes.

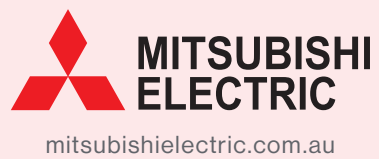
**3 Spoon** into sterilised jars and fit the lids while warm. Place upside down to cool.

# SUMMER BERRY JAM

PREP / 5 MINUTES  
COOK / 25 MINUTES  
MAKES / 1½L

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