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Winter Warmers **FOODBOOK**






PASTA & PIES SLOW COOKING & ONE POTS
WINTER SIDES **BAKING & DESSERTS**

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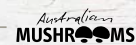


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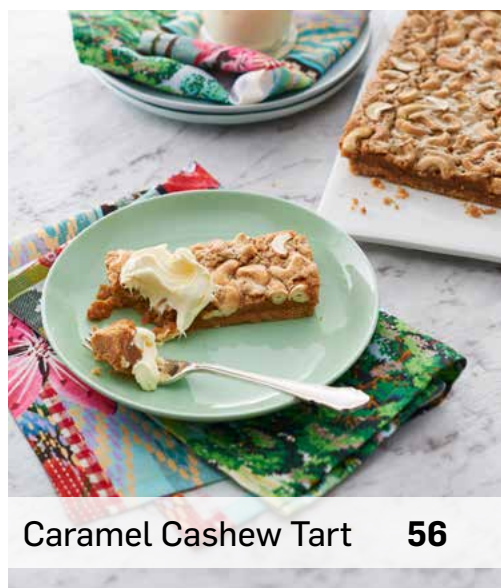
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Australia's Favourite

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Winter
PEARS



Pasta & PIES

From hearty pasta bakes to moreish pot pies, these family favourite dishes are the ultimate winter comfort food.





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Chicken, Bacon & CIDER PIE



PREP: 15 MINS



COOK: 50 MINS



SERVES: 6

Recipe by **Perfect Italiano** perfectitaliano.com.au

INGREDIENTS

CHICKEN, BACON & CIDER PIE

50g Western Star Chef's Choice

Unsalted Butter

300g leeks, cleaned and sliced into
1cm rings

4 rashers bacon, chopped

200ml cider

50g plain flour

300ml whole milk

2 tsp Dijon mustard

400g cooked chicken, torn into
pieces

PIE TOPPING

50g plain flour

60g fresh breadcrumbs

65g Western Star Chef's Choice

Unsalted Butter, cubed and cold

25g Perfect Italiano Grated
Parmesan

2 tbsp parsley, finely chopped

METHOD

CHICKEN, BACON AND CIDER PIE

1. Preheat the oven to 190°C
2. Melt half the butter in a large, deep-sided pan over a medium heat. Add the leeks and cook for 5 minutes or until softened. Add the bacon and continue to cook for 4 minutes or until the bacon begins to turn golden. Add ¼ cup of cider and continue to cook for 3 minutes
3. Meanwhile, melt the remaining butter in a medium saucepan over a medium heat. Once the butter has melted, add the flour and stir continuously for around 1 minute. Remove the pan from the heat.
4. Gradually add the milk in small amounts to the pan. Stir well after each addition to incorporate the liquid into the flour mixture. Add the remaining cider and then stir to combine
5. Return the pan to the heat and bring to the boil, stirring continuously. Once the mixture reaches the boil, reduce the heat to low, and then stir for a further 4 - 5 minutes until a thick sauce forms.
6. Remove the pan from the heat, and then stir through the leeks, bacon, mustard, and cooked chicken. Season with salt and pepper
7. Return the pan to the heat and stir the mixture for 3 - 4 minutes. Transfer into an ovenproof pie dish and set aside

PIE TOPPING

1. To make the pie topping, place the flour, breadcrumbs and butter into a large bowl. Use your fingertips to combine the ingredients, and then stir through the Perfect Italiano Parmesan and parsley. Season with salt and pepper, and then spread across the top of the pie filling
2. Carefully transfer the pie into the oven to cook for 30 minutes or until golden brown



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Mushroom & Lamb

SHANK POT PIES



PREP: 35 MINS



COOK: 3 HRS 15 MINS



SERVES: 4

Recipe by **Australian Mushrooms** australianmushrooms.com.au

INGREDIENTS

¼ cup plain flour
4 large lamb shanks, Frenched
2 tablespoons olive oil
1 brown onion, finely chopped
3 garlic cloves, crushed
2 sticks celery, finely chopped
2 medium carrots, diced
300g small Button or Swiss Brown Mushrooms, quartered
1 tablespoon fresh rosemary leaves, finely chopped
2 tablespoons tomato paste
2 cups beef stock
400g can diced tomatoes
2 sheets frozen butter puff pastry
1 egg, lightly beaten, for brushing

METHOD

1. Preheat oven to 160°C/140°C fan-forced. Place flour into a large snap-lock bag. Season. Add lamb shanks and toss to coat in flour. Shake off excess. Heat 1 tbs oil in a large ovenproof pan over medium-high heat. Brown lamb shanks until golden. Set aside
2. Add remaining 1 tbs oil to the pan. Add onion, garlic, celery, carrots, mushrooms and rosemary. Cook, stirring often, for 3 - 4 minutes until onion softens
3. Stir in tomato paste. Cook for 1 minute. Stir in stock and tomatoes. Cover and bring to the boil. Return lamb shanks to pan. Cover. Bake for 2 - 2 ½ hours until lamb is very tender and sauce has thickened. Set aside to cool slightly
4. Remove lamb shanks to a plate. Remove meat from bones, chop and add to mushroom mixture. Spoon into 4 x 1½ cup capacity greased oven-proof dishes (top 10cm wide)
5. Increase oven to 190°C fan-forced. Place pastry onto a board to defrost. Cut 4 x 11cm rounds from pastry. Top pies with pastry. Press edges with a fork to seal. Brush with egg and cut a small cross into the centre of each
6. Place pies onto a baking tray lined with baking paper. Bake for 25-30 minutes or until pastry is puffed and golden. Serve



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Beef Ravioli with Thyme

BURNT BUTTER AND BACON



PREP: 10 MINS



COOK: 20 MINS



SERVES: 2

Recipe by **Western Star** westernstarbutter.com.au

INGREDIENTS

80g Western Star Original Butter

2 cloves garlic, finely chopped

3 rashers middle bacon, chopped

3 sprigs thyme, leaves picked

1 handful baby spinach, washed

375g packet of beef ravioli

½ cup Perfect Italiano Parmesan,
shaved

Salt and pepper, to taste

METHOD

1. Cook the ravioli according to packet instructions. Drain into a colander
2. While the pasta is cooking, add the butter to a large frying pan over a medium heat. When the butter melts and starts to foam, add the bacon and fry until golden brown
3. Add the thyme and garlic and continue to fry for another minute. Turn off the heat and stir through the spinach and pasta. Season with salt and pepper
4. Serve the pasta with Perfect Italiano Parmesan



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Beef STROGANOFF



PREP: 10 MINS



COOK: 25 MINS



SERVES: 4

Recipe by **Western Star** westernstarbutter.com.au

INGREDIENTS

500g porterhouse steak, sliced
into ½ cm thick strips, or beef
stir-fry strips

1 tsp paprika

1 lemon

80g Western Star Original Butter

2 tbsp olive oil

1 red onion, finely sliced

1 clove garlic, finely sliced

400g mushrooms, mixed

100ml brandy (optional)

80ml sour cream

2 tbsp parsley, chopped

400g pappardelle pasta

Salt and pepper, to taste

METHOD

1. In a medium sized bowl add the beef, paprika and lemon zest. Season with salt and pepper and toss to coat well
2. Add 30g of the butter and half the olive oil to a large frying pan over a low heat. Add the onion and fry until softened. Increase the heat to high and add the mushrooms, sautéing until golden brown
3. Add the garlic and continue to cook for a further minute. Transfer to a bowl and set aside
4. Cook the pappardelle according to packet instructions. Drain into a colander, and stir remaining butter through the warm pasta. Cover and set aside until ready to serve
5. Add remaining olive oil to the frying pan over a medium high heat. Add the beef and cook for 1-2 minutes on each side or until just cooked through
6. Add the brandy, the mushroom and onion mixture, and simmer for 1-2 minutes
7. Remove pan from the heat and stir in the sour cream, lemon juice and parsley. Serve with the cooked buttery pappardelle



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Beef & Pea

PASTA BAKE



PREP: 15 MINS



COOK: 50 MINS



SERVES: 6

Recipe by **Perfect Italiano** perfectitaliano.com.au

INGREDIENTS

300g Lean Veal or Beef Mince

olive oil

1 brown onion, chopped

5 cloves of garlic, crushed

fresh parsley

salt and pepper, to taste

500g penne or spiral pasta, cooked

½ cup peas

½ packet Perfect Italiano Perfect Bakes

400g canned tomatoes

4 eggs

METHOD

1. Cook mince in a little oil until brown and remove from pan. Cook onion and garlic in a little oil until lightly browned, then add the cooked mince and parsley
2. Place cooked pasta in a large bowl. Add mince mixture, peas, tomatoes, eggs, and half the Perfect Italiano Perfect Bakes. Stir to combine, then spoon into a large baking dish and press down with the back of the spoon
3. Top with the rest of the Perfect Italiano Perfect Bakes.
4. Cover with foil, then bake for 30 minutes in a 180°C oven. Remove foil and bake for a further 20 minutes until golden and crispy on top

TIPS & HINTS

Add chopped pitted olives and semidried tomatoes for extra flavour



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Fresh Tomato, Basil & RICOTTA BAKED ORECCHIETTE



PREP: 5 MINS



COOK: 30 MINS



SERVES: 4

Recipe by **Perfect Italiano** perfectitaliano.com.au

INGREDIENTS

1 tbsp olive oil
.....
½ brown onion, finely chopped
.....
3 tomatoes, finely chopped
.....
2 garlic cloves, finely chopped
.....
¾ cup crushed tomatoes
.....
1 tbsp balsamic vinegar
.....
400g orecchiette
.....
250g Perfect Italiano Ricotta
.....
1 small bunch basil, torn
.....
¼ cup Perfect Italiano Grated
Parmesan
.....
½ cup Perfect Italiano Perfect Bakes
.....

METHOD

1. Preheat the oven to 200°C
2. Heat the olive oil in a large pot over a medium heat. Once hot, add the onion and chopped tomatoes, and stir for 5 minutes or until the onion begins to soften. Add the garlic and cook for a further 2 minutes.
3. Add the crushed tomatoes and balsamic, and then simmer for 5 - 10 minutes or until the sauce slightly thickens. Season with salt and pepper to taste
4. Meanwhile, cook the orecchiette according to packet instructions and drain
5. Add the pasta to the sauce and stir to coat the pasta evenly. Transfer the pasta into an ovenproof dish, and then add spoonfuls of ricotta into the mixture, along with the parmesan and basil. Gently stir the ingredients through the pasta
6. Sprinkle the Perfect Bakes grated cheese over the pasta, and then transfer into the oven for 20 minutes or until the cheese is bubbling and golden



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12-Minute Spaghetti AND MUSHROOM BOLOGNESE



PREP: 5 MINS



COOK: 12 MINS



SERVES: 4

Recipe by **Australian Mushrooms** australianmushrooms.com.au

INGREDIENTS

400g Cup Mushrooms
1 brown onion
2 garlic cloves
2 tbs olive oil, extra for drizzling
300g pork sausages in natural casing [Cumberland, Italian or pork & fennel]
¼ cup tomato paste
1 cup tomato passata sauce
300g spaghetti
Basil leaves and parmesan to serve

METHOD

1. Heat large non-stick fry pan over high heat. Place mushrooms, onion and garlic in a food processor. Process to form a thick paste. Add mushroom mixture to the hot pan, squeeze sausage meat out of the casings and cook for 6 minutes
2. Add tomato paste to mixture and cook for a further 4 minutes. Reduce heat, add tomato passata and simmer for a further 2 minutes
3. Meanwhile bring a large pot of water to the boil and cook pasta to packet instructions. Strain and set aside
4. Add pasta to sauce and serve with basil leaves and shavings of parmesan



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KNOW YOUR *Cheese*

Cooking great tasting Italian food can be as simple as using the right Perfect Italiano cheese. Each of our recipes uses a different cheese for a more authentic and flavoursome result every time.

Perfect Bakes



Three cheeses blended to give pasta bakes, vegetable bakes and lasagne superior flavour and delicious golden crust.

Ricotta



A versatile cheese with a distinct light flavour and smooth creamy texture.

Romano



Great for adding a real flavour boost. The ideal compliment to risottos and soups.

Parmesan



Perfect to add extra bold flavour to pasta and salads.



For more delicious recipe ideas with cheese
visit perfectitaliano.com.au

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the Flavour Maker®

7 Litre Slow Cooker with EasySear® Pan

Sear First Then Slow Cook –
for the Larger Family or Entertaining

Retain Flavour

How do you take food from stovetop to slow cooker without leaving the flavours behind in the pan? Breville's 7 litre *EasySear® pan* is designed to be taken straight from the conventional cooktop to the slow cooker, keeping all the juices created during searing for tastier casseroles and full flavoured meats.

Cook and Serve Bowl

Serve on the table in the premium cast aluminium, non-stick *EasySear® pan*.

Have dinner ready when you get home!

The Auto setting starts high then switches to low automatically, in order to have dinner ready when you come home, and the non-stick pan makes the washing up easy.

Feed the family!

The extra large 7 litre capacity of *the Flavour Maker®* and banquet shaped *EasySear® pan* is ideal for larger family meals.

This recipe uses
**the Breville
Flavour Maker™**
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Slow Cooking **& ONE POTS**

There is nothing more satisfying than the flavourful warmth of a dish that has been slowly bubbling away for hours. These recipes are sure to become your go-to winter favourites.





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Lamb & PEAR TAGINE



PREP: 15 MINS



COOK: 2 HOURS



SERVES: 6

Recipe by **Australian Pears** rediscoverthepear.com.au

INGREDIENTS

1 tablespoon olive oil
2 large onions, peeled and cut into wedges
3 cloves garlic, chopped
1 small mild chilli, chopped
1 tablespoon fresh ginger, grated
1kg lamb rump cut into 4cm dice
1 teaspoon ground coriander
1 teaspoon ground cumin
1 teaspoon ground ginger
1 teaspoon ground cinnamon
Salt to taste
1 teaspoon ground white pepper
1 cup vegetable stock
4 Beurre Bosc Pears, peeled, cored and quartered
½ cup sultanas
Sliced whole almonds
Fresh mint leaves

METHOD

1. Heat the oil in a large deep saucepan over medium heat; add the onion, garlic, chilli and ginger, sauté until soft
2. Add the lamb to the saucepan and seal on all sides, cooking in batches to avoid stewing
3. Then add the seasonings - coriander, cumin, ginger, cinnamon, salt and pepper
4. Pour in the stock and some water if required so that the meat is just covered. Cover the pot with a lid and simmer slowly over low heat for 1 ½ hours or until the meat is tender and mixture stew like
5. Remove the lid and continue to simmer if there appears to be too much liquid
6. Add the pears and sultanas; continue to cook a further 5 minutes, until pears are soft
7. Serve beside cooked chickpeas and garnish with sliced almonds and mint leaves sprinkled over the meat. A bowl of Greek yoghurt is delicious on the side



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Moroccan Inspired Beef Cheeks

WITH PRESERVED LEMON YOGHURT



PREP: 20 MINS



COOK: 4 HOURS 15 MINS



SERVES: 4-6

Recipe by Tom Walton / **Breville** breville.com.au

INGREDIENTS

MOROCCAN INSPIRED BEEF CHEEKS

- 4 tbsp vegetable oil
- 4 beef cheeks, trimmed, each cut into two
- 1 medium eggplant
- Salt
- 1 onion, finely sliced
- 2 cloves garlic, finely chopped
- 3 tbsp chermoula paste
- ½ cup green olives
- ½ cup sultanas
- ½ cup white wine
- 2 cups beef stock

PRESERVED LEMON YOGHURT

- 2 tbsp shredded preserved lemon rind
- 250g Greek style yoghurt
- 1 cup giant couscous
- 1 pomegranate

METHOD

MOROCCAN INSPIRED BEEF CHEEKS

1. For best results, use the Flavour Maker® by Breville
2. Place the EasySear pan from the slow cooker onto a high heat, add the olive oil, then caramelise the beef cheeks until golden brown on both sides, 3-4 minutes. Remove
3. Add the remaining oil and the eggplant and salt, cook until golden (about 4-6 minutes)
4. At this point, add the onion and garlic and cook out for 2-3 minutes. Add the chermoula paste, green olives, sultanas
5. Stir in white wine and stock scraping the bottom of the pan lightly with a wooden spoon to remove any sediment on the bottom of the pan, bring up to the boil
6. Using a tea towel carefully place the EasySear pan back into the slow cooker base and place on the high setting and cook for 4 hours or if you want to put on before work, place on low and cook for 9 hours

PRESERVED LEMON YOGHURT

7. To make the preserved lemon yoghurt, put the preserved lemon and yoghurt into a bowl and mix to combine
8. Cook the giant couscous following the instructions on the packet, drain well
9. Serve the beef cheeks with the couscous, preserved lemon yoghurt and sprinkle the pomegranate seeds over the top

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One-pan Creamy Mushroom Risotto

TOPPED WITH CRISPY BACON



PREP: 5 MINS



COOK: 40 MINS



SERVES: 4

Recipe by **Australian Mushrooms** australianmushrooms.com.au

INGREDIENTS

1 litre chicken stock
2 bay leaves
1 bunch thyme
4 rashers bacon, sliced
25g butter
1 tbs olive oil
1 brown onion, finely diced
2 Portabella Mushrooms (150g), sliced
100g Swiss Brown Mushrooms, quartered
1 ½ cups Arborio rice
⅓ cup (85ml) white wine
Parmesan to serve

METHOD

1. Place stock, bay leaves, thyme and 250ml water in saucepan over high heat, bring to the boil. Stir to break up thyme. Pour into a bowl and set aside
2. Heat bacon in a non stick fry pan over medium heat and cook for 4 minutes or until golden. Remove with a slotted spoon and set aside
3. Add butter and oil to the pan and stir until the butter melts. Add onion and cook for 3 minutes to soften. Add sliced mushrooms and rice. Cook, stirring for 4 minutes until coated and glossy.
4. Add wine and stir until absorbed. Add stock 1 ½ cups at a time, stirring until absorbed between additions until rice is al dente (this should take about 25 minutes)
5. To finish, stir in remaining butter and divide between bowls. Return bacon to pan to warm through. Toss through with any remaining thyme leaves from stock bowl and scatter over bowls with Parmesan to serve



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Cholent



PREP: 6 HOURS 40 MINS



COOK: 4 HOURS 20 MINS



SERVES: 4-6

Recipe by Monday Morning Cooking Club / **Breville** breville.com.au

INGREDIENTS

½ heaped cup dried lima beans
¼ heaped cup dried red kidney beans
¼ heaped cup pearl barley
2 tablespoons vegetable oil
3 onions, chopped
500g fresh beef brisket or gravy
beef, diced
750g beef short ribs, cut across the
bone into 3 pieces
3 small waxy potatoes, peeled and
quartered
3 teaspoons salt
1 ½ cups boiling water

METHOD

1. For best results, use the Flavour Maker® by Breville
2. Soak the beans and barley together in a medium bowl in plenty of water overnight (or for at least 6 hours). The next day, drain and rinse
3. Place the EasySear pan from the slow cooker onto a high heat, add the oil, then add the onions and cook for 15 minutes or until caramelised, remove from the EasySear pan
4. Add a little more oil if needed then add the beef brisket and cook until browned, remove. Add the short ribs and cook until golden brown, 3-4 minutes or until browned. Remove
5. Place the EasySear pan into the base of the slow cooker. Add the first layer of beef brisket, followed by layers of beans/barley, fried onion, short rib and potatoes, finishing with some potatoes on the top
6. Dissolve the salt in the boiling water and pour into the EasySear pan. It should come to just under the top layer of potatoes
7. Place on the 'high' setting and cook for 4 hours or if you want to put on before work, place on low and cook for 9 hours
8. Allow the cholent to cool for 10 minutes before eating

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One-Pot Chicken & MUSHROOM CASSEROLE



PREP: 20 MINS



COOK: 45 MINS



SERVES: 4

Recipe by **Australian Mushrooms** australianmushrooms.com.au

INGREDIENTS

1 tablespoon plain flour
8 chicken thigh cutlets (bone in)
1 tablespoon olive oil
1 brown onion, finely diced
2 garlic cloves, crushed
2 carrots, peeled, halved lengthways and sliced
2 stalks celery, trimmed and sliced
300g Button Mushrooms or Swiss Brown Mushrooms
1 ½ cups chicken stock
3 sprigs fresh thyme
2 teaspoons cornflour
1 cup frozen green peas
Mashed potatoes, steamed rice or couscous, to serve

METHOD

1. Place flour into a large snap-lock bag. Season. Add chicken and toss to lightly coat in flour
2. Heat oil in large ovenproof pan over a medium-high heat. Brown chicken in 2 batches. Transfer to a plate. Set aside
3. Add onion, garlic, carrots and celery to pan. Cook, stirring often, over medium heat for 4-5 minutes until onion softens. Stir in mushrooms. Cook, stirring occasionally, for 2-3 minutes until slightly softened
4. Stir in stock. Return chicken to pan. Add thyme. Bring to the boil. Reduce heat, cover and simmer, stirring occasionally, for 15 minutes. Uncover and cook for 15 minutes or until chicken is just cooked through.
5. Mix cornflour with 2 tsp water in a cup until smooth. Stir cornflour mixture into chicken mixture. Cook for 1 minute or until thickened. Stir in peas and cook for 2 minutes. Serve with mashed potatoes, rice or couscous



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Split Pea & Smoked Ham Soup

WITH KALE CHIPS



PREP: 20 MINS



COOK: 4 HOURS 25 MINS



SERVES: 4-6

Recipe by Kate Gibbs / **Breville** breville.com.au

INGREDIENTS

500g green split peas, rinsed well

800g smoked ham hocks

1 leek, halved lengthways and roughly chopped

1 brown onion, finely chopped

½ head garlic, halved horizontally

2 tsp grated fresh turmeric or ground dried turmeric

2 carrots, diced

2 celery, chopped

1 tsp chilli powder (optional)

3 cups vegetable stock

Juice of lemon

Small bunch of kale, leaves roughly chopped, stems removed and discarded

1 tablespoon extra virgin olive oil

3 tablespoons crème fraîche

METHOD

1. For best results, use the Flavour Maker® by Breville
2. Place the EasySear pan back into the slow cooker base the hocks, split peas, leek, onion, garlic, turmeric, carrot, celery, chilli powder, stock and 2 litres of water and place on the high setting and cook for 4 hours or if you want to put on before work, place on low and cook for 9 hours
3. Remove hocks from soup carefully using tongs and place them in a large bowl. When they are cool enough to handle, pull the meat the bone in bite-sized shards, discarding excess fat, gristle and bones. Shred meat into large pieces and transfer back into cooker. Add lemon juice to cooker and stir to combine
4. Preheat oven to 180°C. Line a baking tray with baking paper
5. Brush kale leaves with olive oil and transfer to a baking tray in a single layer, spreading the leaves out a little. Sprinkle with a little sea salt. Cook in oven for 25 minutes, checking and turning halfway. Leave to cool
6. Serve the soup in individual bowls, place a small dollop of crème fraîche in each bowl, then scatter over kale chips

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Sticky Chicken & NOODLES



PREP: 25 MINS



COOK: 25 MIN



SERVES: 4

Recipe by **Everyday Delicious Kitchen** everydaydelicious.com.au

INGREDIENTS

2 tablespoons oyster sauce
1 tablespoon VEGEMITE
1 tablespoon kecap manis
5cm piece root ginger, peeled & grated
600g chicken tenderloins
1 tablespoon oil
1 tablespoon soy sauce
1 tablespoon mirin
1 tablespoon sesame oil
½ teaspoon caster sugar
270g soba noodles, cooked as per packet directions
1 bunch broccolini, cut diagonally into 3-4cm pieces and steamed until tender
150g snow peas, blanched
1 large red chilli, finely sliced
2 tablespoons toasted sesame seeds

METHOD

1. COMBINE the oyster sauce, VEGEMITE, kecap manis and ginger then add the chicken and stir to coat. Place the chicken on a baking paper lined tray and bake in a very hot oven on 220°C, turning once, for 15-20 minutes or until cooked
2. COMBINE the oil, soy sauce, mirin, sesame oil and sugar. Toss through the noodles, vegetables, chilli and sesame seeds and serve immediately with chicken



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Chicken & Tomato PILAF



PREP: 20 MINS



COOK: 50 MIN



SERVES: 4-6

Recipe by **Everyday Delicious Kitchen** everydaydelicious.com.au

INGREDIENTS

2 tablespoons oil
1kg chicken thighs
20g butter
1 small onion, finely chopped
2 sprigs thyme
1 tablespoon VEGEMITE
1 teaspoon tomato paste
Finely grated rind of 1 lemon
1 ¼ cups basmati rice
400ml tomato passata
Salt and freshly ground black pepper
½ teaspoon smoked paprika, for sprinkling optional
¼ cup chopped parsley

METHOD

1. HEAT half of the oil in a large non-stick sauté pan over a moderately high heat and cook the chicken for 5 minutes on each side or until golden. Remove and set aside
2. ADD the remaining oil and the butter and melt over a moderate heat, add the onion and thyme and cook for 3-4 minutes or until onion begins to soften. Add the VEGEMITE, tomato paste and lemon rind and stir for another minute. Add the rice and passata and stir to combine then press the chicken down into the rice, pouring in any juices that have collected. Season, cover and cook over a very low heat for 30 minutes
3. FLUFF up rice with a fork then sprinkle with smoked paprika and parsley. Serve immediately



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SLOW COOKING *Tips*

A dish that cooks itself may seem too good to be true, but with a slow cooker it is a simple reality.

Fill it correctly



Don't over fill your slow cooker, it should be one-half to two-thirds full. If it's too full, it will take too long to start simmering. If it's not full enough, you risk overcooking.

Keep it thrifty



This long, moist cooking method is ideal for inexpensive cuts of meat, since it provides plenty of time for tendering.

Leave it alone



Don't lift the lid, unless you want to extend the cooking time by 20 min. To check the progress, spin or tap the lid until the condensation falls off.

Customise it



If you want to thicken the juices or concentrate flavours, remove the lid and cook on HIGH for the last 30 min. You may need to add a small amount of cornflour mixed with water.

Stick to the recipe



Slow cookers work by simmering food at a low, even temperature, so adhere to the recipe. Most recipes have sauces and spices added for flavouring, but you will notice very little water or stock are added.

Whole herbs & spices



It is best to use fresh or whole herbs and spices in the slow cooker due to the long cooking time. Ground spices and herbs tend to lose their flavour.



For more slow cooking tips and recipe ideas
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Australian
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Winter **SIDES**

The perfect winter dish is not complete without a perfect winter side.





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Pear & PARSNIP MASH



PREP: 10 MINS



COOK: 20 MINS



SERVES: 6

Recipe by **Australian Pears** rediscoverthepear.com.au

INGREDIENTS

4 Packham Pears
4 parsnips
2 cloves garlic
A pinch of ground nutmeg
6 sage leaves
1 fresh bay leaf
Salt and pepper to taste
2 cups milk
1 cup water
¼ cup cream

METHOD

1. Peel and core the pears, cut into quarters. Peel the parsnips and roughly chop
2. Place into a saucepan with the garlic, nutmeg, sage and bay leaves
3. Season to taste then add the milk and water, gently simmer uncovered till the parsnips and pears are soft
4. Remove from the heat and mash, adding in the cream
5. The mash can be left rough or blended to make a soft puree
6. Delicious served with duck or any game meat of your choice



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Honey Glazed ROAST CARROTS



PREP: 10 MINS



COOK: 30 MINS



SERVES: 4

Recipe by **Western Star** westernstarbutter.com.au

INGREDIENTS

2 bunches dutch baby carrots,
washed

2 tbsp olive oil

2 garlic cloves, finely chopped

2 tbsp honey

4 sage leaves

40g Western Star Original Butter,
chopped

½ cup watercress

METHOD

1. Preheat the oven to 200°C
2. Trim the carrot tops, leaving 1-2cm of stem. Peel the carrots and slice any larger carrots in half lengthwise so that they are roughly the same size
3. Place the carrots in a large baking dish, and toss with the olive oil, honey, garlic and sage. Season with salt and pepper
4. Transfer the carrots into the oven for 25-30 minutes or until they have caramelised. Remove from the oven, and toss the carrots through the butter
5. Transfer to a serving platter, scatter over the watercress before serving



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Cheesy POTATO BAKE



PREP: 10 MINS



COOK: 60 MINS



SERVES: 4

Recipe by **Perfect Italiano** perfectitaliano.com.au

INGREDIENTS

40g butter

8 potatoes, thickly sliced

2 cloves of garlic, finely sliced

300mL cream

300mL milk

½ packet Perfect Italiano

Perfect Bakes

Fresh thyme

Salt and black pepper, to taste

METHOD

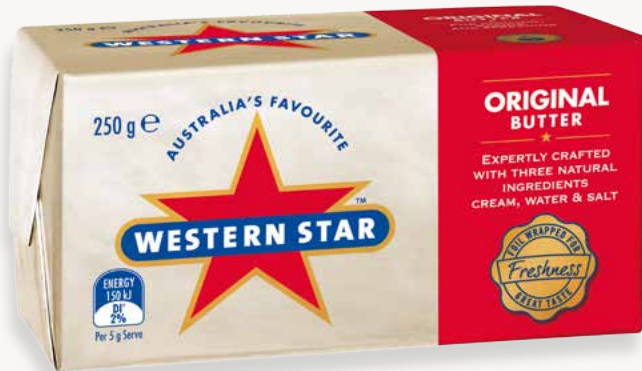
1. Preheat oven to 200°C
2. Grease baking dish with butter
3. Slice potatoes into finger width slices and finely slice the garlic. Layer potato and garlic in baking dish
4. Mix cream, milk, thyme and Perfect Italiano Perfect Bakes in a bowl, season with salt and pepper then pour over potatoes
5. Bake in oven for 1 hour until potatoes are tender and cheese is melted golden brown



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Unsalted Butter



A great regular unsalted butter that is ideal for sweet cooking and baking needs. Expertly crafted with two natural ingredients cream and water.

Salt Reduced Butter*



Ideal for those who love the flavour of butter but prefer less salt in their diet. Expertly crafted with three natural ingredients cream, water and salt.

¹ Awarded Champion Butter at 2016 Australian Grand Dairy Awards.

* Salt Reduced - contains 45% less sodium than Western Star Original Butter, which contains 640 mg of sodium per 100 g.



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Baking & **DESSERTS**

Oozing chocolate pudding, sweet seasonal fruit and spice infused baked goods make for the perfect winter warmer desserts.





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Packham Pear and Cinnamon Strudel

WITH VANILLA BEAN ICE CREAM



PREP: 15 MINS



COOK: 50 MINS



SERVES: 4

Recipe by **Australian Pears** rediscoverthepear.com.au

INGREDIENTS

4 soft Packham Pears peeled,
cored and diced
2 tablespoons butter
Juice and zest of ½ a lemon
1 tbsp water
1 tbsp soft brown sugar
½ cup flaked almonds, lightly
toasted
½ cup dates, roughly chopped
1 tablespoon soft brown sugar
1 teaspoon cinnamon
¼ teaspoon nutmeg
4 sheets filo pastry
2 tablespoons butter, melted
Good quality vanilla bean ice cream
to serve
Salt and pepper

METHOD

1. Preheat the oven to 180°C
2. To prepare the filling, place a large saucepan over a medium high heat and add 2 tablespoons of butter. Add the pears, water, lemon juice and zest and sugar to the saucepan cook stirring occasionally until just soft and caramelised - this will take 5-7 minutes
3. Remove the pears and any caramel from the saucepan and place in a large ceramic bowl. Add the almonds, dates, cinnamon and nutmeg and stir until combined. Set aside until required
4. Meanwhile, lightly grease a flat baking tray and place down one sheet of filo pastry. Brush with the melted butter, then place another sheet on top. Repeat with the remaining 2 sheets of pastry
5. Leaving approximately 4cm on all edges of the pastry, lay the pear mixture along the length of the pastry sheets. Fold over the sides and edges and roll the pastry until you reach the end. Brush over the remaining melted butter
6. Place the tray into the pre heated oven and cook for 45 minutes or until heated through and lightly golden. Slice and serve warm with lots of ice cream



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Banana, Raspberry & COCONUT BREAD



PREP: 15 MINS



COOK: 60 MINS



MAKES: 1 LOAF

Recipe by **Western Star** westernstarbutter.com.au

INGREDIENTS

285g plain flour

1 tsp bi carb soda

110g Western Star Unsalted Butter,
plus extra for greasing

225g caster sugar

2 eggs

4 ripe bananas, mashed

85ml buttermilk

1 tsp vanilla extract

1 cup raspberries

½ cup shredded coconut

METHOD

1. Preheat the oven to 180°C. Grease and line a 20cm loaf tin. Set aside
2. Sift the flour and bi carb soda into a large bowl. Set aside
3. In the bowl of an electric mixer, cream the butter and sugar together until light and fluffy. Add the eggs, banana, buttermilk and vanilla, and mix well
4. Gently fold in the flour and bi carb, followed by the coconut and raspberries. Mix until just combined. Transfer into the oven, and cook the bread for 1 hour or until golden and risen
5. Remove from the oven and allow to stand for 10 minutes, before turning out onto a wire rack to cool
6. Serve the bread warm or at room temperature

TIPS & HINTS

This loaf is also delicious slightly toasted and spread with extra butter. Yum!



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Chocolate Self Saucing PUDDING



PREP: 10 MINS



COOK: 15 MINS



SERVES: 4

Recipe by **Western Star** westernstarbutter.com.au

INGREDIENTS

1 cup self raising flour, sifted

2 tablespoons cocoa powder, sifted

1 cup brown sugar

½ cup milk

1 egg, lightly beaten

75g Western Star Chef's Choice
Premium Cultured Unsalted Butter,
melted and cooled

¼ cup sifted cocoa powder, extra

1 ¼ cups boiling water

Icing sugar, for dusting

Thick cream or ice cream, for
serving

METHOD

1. Combine flour, cocoa and 1/3 cup brown sugar in a bowl
2. Combine milk, egg and butter and add to dry ingredients. Stir with a wooden spoon until thick and smooth. Pour mixture into a buttered 1.5L capacity microwave safe dish
3. Combine remaining brown sugar and cocoa and sprinkle evenly over cake mixture. Pour boiling water evenly over brown sugar mixture
4. Cook at 500w/50% capacity for 13 minutes. Cover loosely and stand for 10 minutes before dusting with icing sugar and serving with cream or ice cream

TIPS & HINTS

Standing time is necessary when cooking in a microwave, as the food continues to further cook on standing. The centre of the pudding might appear undercooked when removed from oven. Don't be tempted to cook further; the pudding will cook through upon standing.



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Caramel Cashew TART



PREP: 30 MINS



COOK: 20 MIN + 30 MIN COOLING TIME



SERVES: 6

Recipe by **Everyday Delicious Kitchen** everydaydelicious.com.au

INGREDIENTS

1 ½ cups sweet biscuit crumbs
1 teaspoon cinnamon
80g butter, melted
½ cup KRAFT Cashew Spread
½ cup brown sugar
¼ cup SR flour
2 tablespoons golden syrup
2 eggs
1 teaspoon vanilla
1 cup toasted (unsalted) cashew nuts
Cream, for serving

METHOD

1. COMBINE the crumbs, cinnamon and butter and press into the base of a greased 35cm x 12cm rectangular fluted tart pan with a removable base. Place on a baking tray
2. WHISK together the cashew spread, sugar, flour, golden syrup, eggs and vanilla and pour over the crumbs. Scatter over the cashew nuts
3. BAKE at a moderately low oven temperature (160°C) for 20 minutes. Cool then chill for at least 30 minutes. Serve sliced, at room temperature with a dollop of cream.



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Banana Muffins

WITH ALMOND CRUMBLE



PREP: 20 MINS



COOK: 45 MIN



SERVES: 12

Recipe by **Everyday Delicious Kitchen** everydaydelicious.com.au

INGREDIENTS

1/3 cup plain flour
2 tablespoons caster sugar
2 tablespoons ground almonds
1/2 cup KRAFT Almond Spread
1 1/2 cups SR flour, sifted
1/2 cup brown sugar
2 teaspoons mixed spice
1 cup mashed banana
(approximately 2)
3/4 cup milk
1/2 cup KRAFT Almond Spread, extra
2 eggs

METHOD

1. COMBINE the flour, caster sugar and almonds in a bowl. Rub in the almond spread until the mixture resembles coarse, lumpy sand. Set aside
2. COMBINE the SR flour, brown sugar and mixed spice in a mixing bowl. Whisk together the banana, milk, extra almond spread and the eggs, pour into the dry ingredients and stir until just combined
3. SPOON into 12 x 1/3 cup capacity paper lined muffin cups. Sprinkle each with crumble mixture. Bake in a moderate oven 180°C for 25 minutes or until cooked and golden. Stand for 10 minutes before removing from pans and cooling completely on a wire rack. Store in an airtight container until required



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Oven Roasted Tandoori Winter Nelis Pears with STAR ANISE & HONEY YOGHURT



PREP: 5 MINS + MARINATING TIME



COOK: 30 MINS



SERVES: 4

Recipe by **Australian Pears** rediscoverthepear.com.au

INGREDIENTS

4 Winter Nelis Pears halved,
peeled and cored.....
2 tablespoons good quality
tandoori paste.....
2 tablespoons coconut oil
.....
4 whole star anise.....
European style yoghurt and honey
to serve.....

METHOD

1. Pre heat the oven to 180°C
2. In a large ceramic bowl, place the tandoori paste and coconut oil and mix well
3. Prick the pear halves all over using a skewer or the tip of a sharp knife and place them into the bowl with the tandoori mixture. Coat the pears well. Cover and allow to 'marinate' for 2 hours or overnight
4. Remove the pears from the bowl and place onto a flat baking tray lined with baking paper. Place one star anise into the centre of each pear half
5. Place into the pre heated oven for 20 - 25 minutes or until just soft. Turn the heat up to 200°C and cook for a further 5 minutes or until slightly golden and aromatic. Remove and allow to cool slightly
6. Serve warm onto 4 large plates topped with lots of European style yoghurt and drizzled with honey



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Cinnamon Scrolls



PREP: 15 MINS



COOK: 1 HOURS 30 MINS



SERVES: 6-8

Recipe by Paulene Christie / **Breville** breville.com.au

INGREDIENTS

CINNAMON SUGAR

2 tbsp melted butter

2 tsp cinnamon sugar

2 tbsp brown sugar

SCROLLS

2 cups self raising flour

½ teaspoon salt

75g butter

½ – 1 cup milk

ICING

½ cup icing sugar

1 teaspoon milk

METHOD

CINNAMON SUGAR

1. In a large bowl, mix cinnamon sugar, brown sugar and butter together

SCROLLS

1. For best results, use the Flavour Maker® by Breville
2. Line the EasySear pan with baking paper
3. Put flour and the salt into a bowl, rub in the butter until the mixture resembles fine breadcrumbs
4. Slowly add the milk and mix with a flat bladed knife until it comes together to form a soft dough (You can do this in a food processor if you have one)
5. Roll out the dough to a 20 x 30cm rectangle
6. Top with the cinnamon sugar filling
7. Roll the dough up to enclose the filling into one big roll. Cut the roll into slices and place on the baking paper in the EasySear pan
8. Turn the setting to High and cook for 90 minutes or until the scrolls are cooked

ICING

1. Mix icing sugar and milk in a medium sized bowl
2. Pour over icing over warm scrolls or alternatively pipe over cooled scrolls

TIPS & HINTS

To make savoury cheesy mite scrolls. Replace cinnamon sugar and icing ingredients with 2 tbsp Vegemite and ½ cup grated cheese

This recipe uses
the Breville
Flavour Maker™
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LEARN MORE



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Winter PEARS

The colder months are the perfect time to be cooking with pears with so many varieties in season. From eating them fresh to poaching and roasting, there is a pear for every occasion.

Winter Nelis



Small to medium in size, the sweet flavour of the Winter Nelis makes it perfect for cooking, bottling or simply eating fresh. Available from March to November.

Beurré Bosc



The Beurré Bosc is available from March to November, and is a medium to large pear. Sweet and juicy, it's one of the best all-rounders for cooking and great in salads.

Corella Forelle



The Corella Pear is available from April to the end of October. It is small to medium in size and delicious eaten fresh or in a salad.

Josephine de Malines



The Joséphine Pear is renowned for its rich flavour and is one of the best pears for eating. Medium in size, the Joséphine is available from April to the end of November.

Packham



Known for its delicious rich flavour, the Packham makes a great snack and is perfect for baking, poaching and salads. Available May to January it is medium to large.

Red Anjou



The Red Anjou has a white, fine textured flesh with a mint after taste, making it great for salads. It's medium in size and available from April to November.



For more delicious recipe ideas with pears
visit rediscoverthepear.com.au



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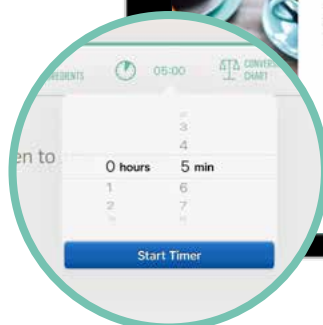
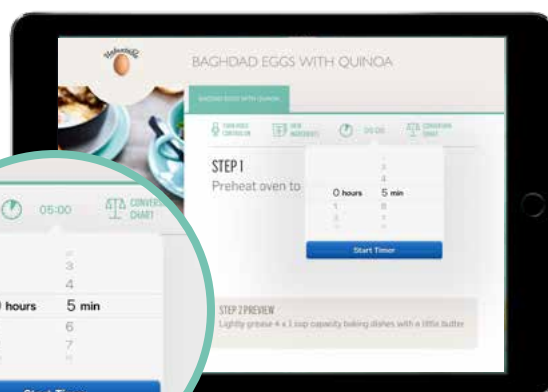
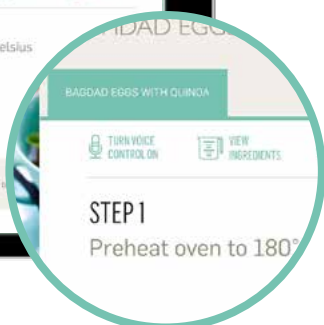
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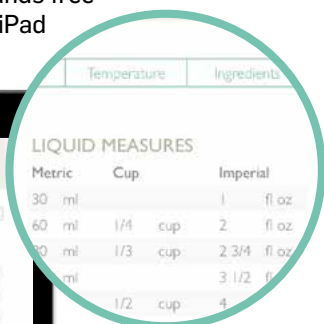
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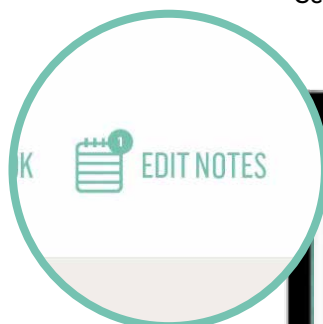
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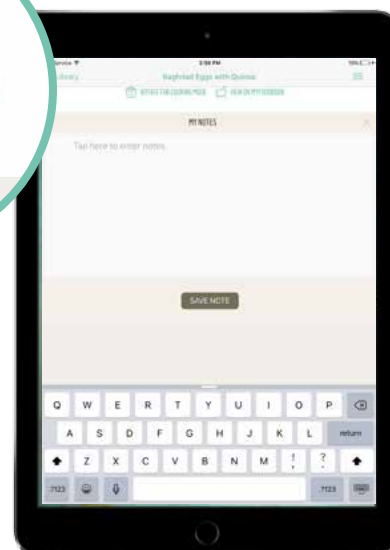
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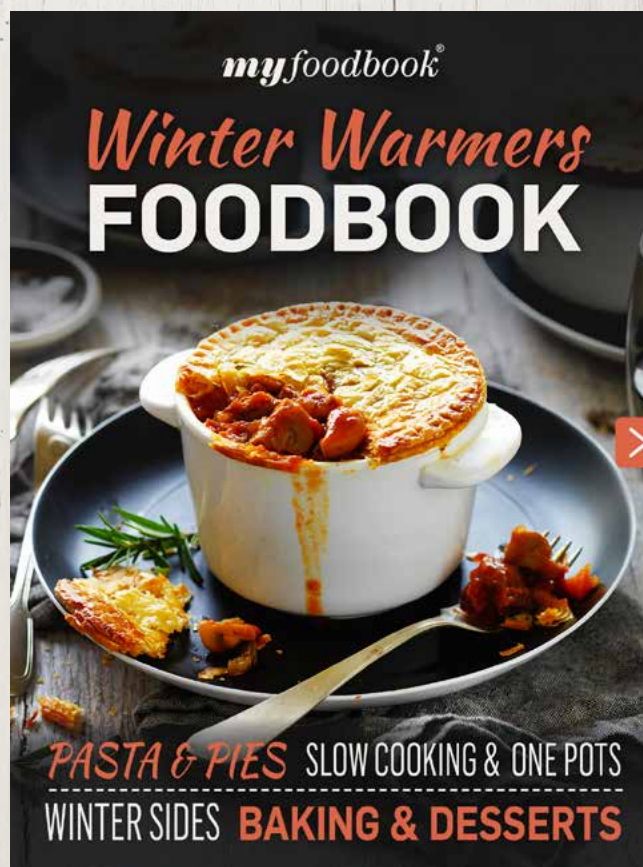
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COLLECTIONS



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