



# AUSTRALIAN DAIRY DISCOVERY

RECIPE BOOK





Australian dairy has a great story to tell, grown from humble beginnings to the vibrant, innovative and successful national industry that we know today. Exported around the world, our dairy products are renowned for their exceptional quality and safety standards, a direct result of the healthy, pasture-based lifestyle enjoyed by our animals.

The Australian dairy industry is committed to providing nutritious food for a healthier world, both now and in the long term. We have made sustainability commitments to our customers, communities, investors and to our own dairy industry people. Our world class food safety system and the traceability of our products from farm to market give our consumers' confidence and peace of mind, while our commitment to animal welfare is supported by continually evolving policy and programs.

Our export markets are an integral part of our supply chain, and as Australia's national service body, Dairy Australia frequently visits international markets to strengthen our long-term relationships and share insights from the Australian dairy industry.

We do this through regular training programs, in-market workshops and publications.

To meet the demands of export markets, the Australian dairy industry supplies premium products tailored specifically to market requirements. In addition to offering our world-class core products, our exports also focus on value-added products and functional ingredients including various milk, cheese, infant formula, yoghurt, butter and protein products.

We're passionate about demonstrating why Australian dairy matters – it matters for health, taste and enjoyment. It's proudly part of our culture, our communities, our history and our future. In this new cookbook, you will find recipes to showcase phenomenal Australian dairy, along with guidelines explaining how to achieve the best results when cooking with dairy foods.

We hope that you enjoy using this cookbook and experience for yourselves the delicious and versatile nature of our premium Australian dairy.

**The team at Dairy Australia**



# CONTENTS

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<b>Milk</b>	<b>4</b>	<b>Butter</b>	<b>30</b>
Common coffee types	5	Types of butter	31
The art of making coffee	5	Cooking with butter	32
Buttermilk fillet of pork with green peppercorn sauce	6	Scallops on buttered parsnip puree with 'caviar'	34
Chai granita on poached apples and heavenly mousse	9	Black bean Benedict	36
Warm turmeric and pear bake with honey custard	11	Orange butter and mango fillet of fish en papillote	39
Cornflake shake	13	Matcha and pistachio shortbread	40
		Spiced churros with white chocolate toffee sauce	43
<b>Yoghurt</b>	<b>14</b>		
Types of yoghurt	15	<b>Cheese</b>	<b>44</b>
Cooking with yoghurt	15	Cooking with cheese	45
Miso and tahini yoghurt swirls on pumpkin squares	16	Serving and presenting	45
Sesame beef avocado and labne bowls	19	Cutting cheese	46
Yoghurt and strawberry dumplings with poppy seed custard	20	Cheese and beverage pairing	47
		Broccoli pizza bases with field mushrooms and blue cheese	48
<b>Cream</b>	<b>22</b>	Italian star bread with mozzarella	50
Cooking with cream	23	Mushroom duo on baked Camembert	53
How to whip cream	23	Parmesan, pear and prosciutto risotto	54
Creamy polenta chips with spicy aioli	24	Cauliflower rice kedgeree	57
Roasted beetroot and sour cream soup	27	Swiss roll with cream cheese and lemon curd	58
Milk and honey panna cotta with blueberries and honeycomb	28	Stand up eggplant cannelloni	61
		<b>Protein</b>	<b>62</b>
		Protein explained	63
		High protein Japanese-style chicken and waffles	64
		Whey protein coffee crème caramel	67

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## MILK

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Ultra-heat treated (UHT) milk or long-life milk contains all the nutritional goodness that you would expect from any Australian dairy product and contains no additives or preservatives. The increased temperature at which long-life milk is treated results in a greater reduction in bacteria and heat-resistant enzymes giving it an extended shelf life.

UHT milk can be used for cooking in the same way you would use fresh milk. The advantage is that, being stored at room temperature, it's ready to use right off your shelf!



# Common coffee types

## Espresso

An espresso, or short black, is a 35ml shot of coffee with a thick golden crema on the top.

## Caffé macchiato

Macchiato means 'marked' or 'stained' and comes short or long. A short macchiato (or espresso macchiato) is literally an espresso coffee 'stained' with a small amount of milk and a tiny dollop of froth. A long macchiato is similar but made using a long black coffee.

## Cappuccino

A cappuccino is a combination of espresso coffee, steamed milk and creamy, dense, meringue-like milk foam. A ring of crema should be evident around the edges of the foam. It is served in a warm cup with a dusting of chocolate powder or nutmeg.

## The nutrient content of milk

Type per 100g	Protein (g)	Fat (g)	Carbohydrate (g)	Energy (kJ)	Calcium (mg)
Regular/full-fat	3.5	3.5	6.3	293	107
UHT/long-life	3.6	3.8	4.6	277	117
Reduced-fat (modified milk)	3.8	1.2	6.1	212	109
Skim	3.7	0.1	5.0	147	121

## Mocha

A mocha is a combination of coffee and chocolate made by mixing two teaspoons of chocolate powder into a shot of espresso coffee and then adding steamed milk and milk foam.

## Caffé Latte

A caffè latte is one shot of espresso topped with steamed milk and 10mm of foam. The foam should be creamy and thick, not frothy. It is served in a glass without a dusting of chocolate.

## Iced coffee

Pour a shot of espresso (sweetened to taste) into a tall glass half-filled with ice, top with a scoop of ice cream and fill with ice-cold milk. Add a swirl of cream if you like, and sprinkle with chocolate powder or cinnamon. As an accompaniment for, or ingredient in, spicy foods such as curries and chilli dishes.

## The art of making coffee

The art of creating the perfect coffee depends on the right combination and consistency of the milk and the quality of the crema (the rich, thick, golden layer on top of an espresso) – an art perfected by the best baristas.

## Froth and bubble

Due to a number of factors, baristas can sometimes experience difficulties frothing milk. Milk is most difficult to froth during autumn and winter months. This may be caused by lipolysis (a breakdown of the milk fat by natural milk enzymes), or the cows may have reached the end of their lactation cycle. During these months talk to suppliers about purchasing modified milks which guarantee frothing all year round.

## Frothing tips

- Use a conical or straight-sided stainless steel jug.
- Make sure the milk is cold.
- Never fill the jug more than half-full to allow the milk to expand as it froths.
- Place the steam wand just under the surface and then turn on steam. As the milk expands always keep the wand just below the milk's surface.
- Don't jiggle the jug. If the wand is correctly positioned the milk should ideally swirl around the jug without you having to move it.
- Be careful not to overheat or boil the milk as it affects the taste. If so, discard and start again.

# Buttermilk fillet of pork with green peppercorn sauce

The buttermilk marinade in this recipe ensures the pork is tender and juicy and the milk makes a beautiful, silky smooth sauce.

## **Serves 2–3**

**Preparation time:** 10 minutes

**Marinating time:** 24 hours

**Cooking time:** 30 minutes

350ml Australian buttermilk

1 tsp mustard e.g. Dijon

½ tsp salt

¼ tsp pepper

400g pork fillet

30ml extra virgin olive oil

15g Australian unsalted butter

20g flour

130ml Australian full cream milk, warmed

60ml vegetable stock

2 tbsp green peppercorns in brine, drained

½ tsp mustard, extra

25g Australian vintage cheddar cheese, grated

Salt, to taste

- 1 Combine buttermilk, mustard, salt and pepper in a bowl, add the pork, cover, chill and marinate for 24 hours.
- 2 Remove the pork from the marinade and pat dry. Heat a cast iron skillet until hot, add the oil and sear the pork on all sides. Place the pan in a 200°C oven and roast for 10–15 minutes or until the internal temperature reaches 65°C for a medium finish. Rest on a cooling rack for 10 minutes before slicing.
- 3 Meanwhile melt butter in a small saucepan on low heat. Add the flour, whisk to a smooth paste and then cook for 2 minutes. Slowly pour in milk, stirring continuously until smooth. Add the stock, peppercorns and extra mustard and simmer, stirring occasionally, until the sauce is thick enough to cover the back of the spoon. Just prior to serving, add cheese and stir until smooth. Season with salt and then serve with pork.

**Tip** If unable to purchase buttermilk, make a quick buttermilk by mixing 300ml of Australian milk with 4 tbsp of lemon juice. Let it sit for 15 minutes to curdle then use as required.







# Chai granita on poached apples and heavenly mousse

Here is a recipe for a light, refreshing, melt in the mouth skim milk granita flavoured with chai spices. It may be served on its own, or layered with fruit, custard or mousse.

## Serves 8

**Preparation time:** 20 minutes

**Cooking time:** 35 minutes

**Freezing time:** 3–4 hours

400ml Australian skim milk

20g caster sugar

1 tsp fresh ginger, grated

8 allspice berries

8 black peppercorns

2 cloves

2 cardamom pods

1 cinnamon stick

½ vanilla bean, split

2 tsp black tea leaves

100g caster sugar, extra

400ml water

4 small apples, peeled and finely diced

2 tbsp honey

2 cinnamon sticks, extra

½ vanilla bean, extra, split

1 egg white

40g caster sugar, extra

90ml Australian thickened cream

½ vanilla bean, extra, split and seeds scraped

¼ teaspoon cinnamon (optional)

1 Heat milk together with sugar, ginger, allspice, peppercorns, cloves, cardamom, cinnamon and vanilla in a small saucepan and simmer for 5–10 minutes. Remove from heat, stir in tea leaves and stand for 5 minutes. Strain through a fine sieve into a shallow bowl and place the bowl into an ice bath to cool. Transfer to freezer and remove every 20 minutes and stir to ensure the liquid crystallises evenly. The granita will be fully frozen in approximately 3 hours.

2 Melt extra 100g sugar in a saucepan to make a caramel. Brush any sugar off the sides of the pan to prevent it from burning. Once dark golden, remove pan from heat and slowly stir in water. Once all the sugar lumps have dissolved, add apple, honey, extra cinnamon and extra vanilla. Cook over a low heat until the apples are just tender. Strain through a sieve and chill apples until required.

3 For the mousse, heat the egg white and remaining sugar over a water bath while continuously whisking. Once 50°C has been reached, remove from the heat and use an electric mixer to beat to a stiff meringue. In a separate bowl, beat the cream, vanilla seeds and cinnamon, if desired, to medium peaks, then fold through the meringue.

4 To assemble the dessert, pipe mousse into 8 x 150ml dessert glasses, top with some poached apple and just before serving, finish with a dome of chai granita.

**Tip** Experiment with your own blend of spices to make a chai tea to your liking. If spices are hard to find, a commercial chai tea steeped in skim milk will also work.

MOIST, LIGHT  
AND ABSOLUTELY  
MAGIC SLATHERED  
IN HONEY CUSTARD!





## Warm turmeric and pear bake with honey custard

This gluten-free bake is halfway between a pudding and a cake. Topped with a protein and nutrient-packed custard it is sure to make an impression!

**Serves 6**

**Preparation time:** 20 minutes

**Cooking time:** 45 minutes

- 2 brown pears
- 4 eggs, separated
- 115g honey
- 75g coconut sugar (or brown sugar)
- 1 tsp vanilla extract
- 120g ground almonds
- 50g desiccated coconut
- 50g rice flour
- 1 tsp ground turmeric
- 250ml Australian milk
- 2 eggs, extra, lightly beaten
- 1 tbsp honey, extra
- ½ tsp vanilla extract, extra

**Tip** Custard may also be made in a double boiler (heatproof bowl over a saucepan of simmering water) just don't let the base of the bowl touch the water.

- 1 Thinly slice the pears lengthways (no need to peel or core) and set aside the most attractive pieces for the top of the bake.
- 2 Beat egg yolks, honey, sugar and vanilla in a large bowl for 5 minutes or until thick and light in colour. Set aside. In a separate bowl, beat egg whites until stiff peaks form.
- 3 Combine ground almonds, coconut, rice flour and turmeric. Fold half of the almond mixture and half of the egg whites into the yolk mixture until just combined. Repeat with remaining ingredients. Spoon half the batter into a buttered and lined 30cm x 20 cm baking pan and then top with half of the pear slices in an even layer. Spoon over remaining mixture and finish with a decorative layer of pear slices. Bake in a 160°C oven for 45–50 minutes or until golden brown and cooked through.
- 4 For honey custard, whisk together the extra milk, eggs, honey and vanilla in a microwave safe bowl or jug. Microwave on 50% power for 3–5 minutes, stirring every 30 seconds, or until custard is thick and coats the back of the spoon. Spoon over warm or cool bake to serve.

A COOL NEW WAY  
TO ENJOY YOUR  
CORNFLAKES



# Cornflake shake

**Serves 2**

**Preparation time:** 10 minutes

**Cooking time:** 0 minutes

1 cup cornflakes

1 small banana, chopped

6 medium (125g) strawberries,  
hulled and chopped

1 cup Australian milk

1 teaspoon honey

Honey, cornflakes and fruit,  
extra, to serve

- 1 Combine cornflakes, banana, strawberries, milk and honey in a blender and process until smooth.
- 2 Serve over ice and decorate with drizzles of honey, extra cornflakes and fruit.



## YOGHURT

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Yoghurt is a fermented dairy food made by adding live bacterial cultures to milk. Not only is yoghurt high in protein, it contains a package of essential nutrients including vitamin A, vitamin B12 and riboflavin. While yoghurt can be enjoyed on its own as a snack, it is also an extremely versatile cooking ingredient.



# Types of yoghurt

## Natural yoghurt

Natural yoghurt has a clean, slightly acidic or tart flavour that complements a variety of foods. It has no added flavours or sweeteners, just the pure taste of yoghurt.

## Flavoured yoghurt

Yoghurts are available in a wide range of imaginative flavours including ever popular fruit, vanilla and honey. Most have added sugar or artificial sweeteners to enhance the flavours.

## Stirred yoghurt

Stirred yoghurt is made when fermentation is carried out in bulk and not in individual containers. Once the fermentation reaches the desired level the yoghurt is pumped through a cooler to stop fermentation. Only then is any added fruit or flavouring stirred in.

## Greek and Greek-style yoghurt

Traditional Greek yoghurt is made by straining natural yoghurt to remove its whey, resulting in a thick and luscious product, somewhere between the texture of yoghurt and labne. Greek-style yoghurt is not strained, but thickened through the addition of milk solids (like cream) and stabilisers, which produce a rich, creamy and silky texture.

## Set yoghurt

Set yoghurts are fermented in the containers in which they are sold. They are fairly thick and characteristically have a flat surface with any fruit or flavourings at the base of the container.

## Cooking with yoghurt

Yoghurt's clean, slightly acidic or tart flavour complements a variety of foods, both sweet and savoury, hot or cold. Like cream, yoghurt can curdle if overheated. Simply stir it in just before serving or mix in a little cornflour before adding it to a hot dish. Ideas for cooking with natural yoghurt include:

- As an accompaniment for, or ingredient in, spicy foods such as curries and chilli dishes.
- Combine it with spices such as cumin, coriander or chilli and use as a tenderising marinade for chicken, lamb or fish.
- Mix it into dips, cold sauces and salad dressings.
- Use it as a low-kilojoule alternative to cream, sour cream or mayonnaise.
- Serve it on nachos and baked potatoes.
- Combine it with chopped fresh coriander and sweet chilli sauce for dipping potato wedges.
- Serve it with chargrilled meats, kebabs or souvlaki.
- Combine it with tahini and cumin for a Middle Eastern-style dip or sauce.
- Sprinkle it with sugar and cinnamon and serve with fresh, in season fruit or dried fruit cooked in syrup.
- Drizzle it with honey and eat as-is or with fresh or liqueur-soaked fruit.

## The nutrient content of yoghurt

Type per 100g	Protein (g)	Fat (g)	Carbohydrate (g)	Energy (kJ)	Calcium (mg)
<b>Natural</b>					
Natural regular	6.0	4.4	5.0	367	193
Natural low-fat	6.8	0.3	6.2	249	244
<b>Flavoured</b>					
Vanilla regular	5.1	3.0	10.2	404	177
Vanilla low-fat	6.1	0.5	14.5	382	174

# Miso and tahini yoghurt swirls on pumpkin squares

In this recipe we combine yoghurt with miso and tahini to make an umami mousse with a creamy but firm texture. Piped on top of sweet pumpkin and served on crispy nori, these canapés are a real flavour sensation!

**Makes 20 canapés**

**Preparation time:** 15 minutes

**Cooking time:** 35 minutes

500ml vegetable stock

300g pumpkin, peeled and cut into 3cm squares that are 1cm thick

140g Australian full fat

Greek-style yoghurt

60g tahini

40g white miso paste

1 tbsp chilli oil

1 tbsp black sesame seeds

1 tbsp slivered almonds

1 tsp honey

1 tsp soy sauce

1 tsp water

3 nori sheets

1 tsp toasted sesame seeds

- 1 Bring vegetable stock to a simmer. Blanch the pumpkin in the stock for one minute, drain, then place the pieces on a lined baking tray and cool in the fridge.
- 2 Combine the yoghurt, tahini and miso in a bowl and whisk until a smooth paste forms. Transfer the paste to a piping bag with a large star nozzle.
- 3 Brush the cooled pumpkin squares with chilli oil. Pipe swirls of yoghurt mixture onto the squares and top with black sesame seeds and almonds. Bake in a 210°C oven for 25 minutes or until the swirls are golden and the pumpkin is tender.
- 4 While the squares are baking, mix honey, soy and water and brush the nori sheets with the liquid. Sprinkle with toasted sesame seeds, and then fold each sheet in half. In a large skillet, dry fry on low heat for 2 minutes on each side, while continuously pressing down on the nori to prevent it from puffing up. Remove from the skillet and cut into 3.5cm squares.
- 5 Arrange pumpkin squares on top of the nori crackers and serve warm.

**Tip** Use very cold ingredients to achieve a paste that holds its shape when piped and baked.







## Sesame beef avocado and labne bowls

This is not a traditional poke bowl but it sure is delicious! The recipe has a quick labne trick which reduces the typical labne preparation time from one day to one minute!

**Serves 4**

**Preparation time:** 20 minutes

**Cooking time:** 30 minutes

160ml light soy sauce

80ml mirin

1 tbsp honey

1 tbsp lemon juice

1 tsp sesame oil

400g beef strips

125g Australian light spreadable cream cheese

2 tbsp Australian Greek-style yoghurt

2 cups uncooked rice and quinoa medley mix, cooked according to packet directions and then cooled

1 Lebanese cucumber, sliced

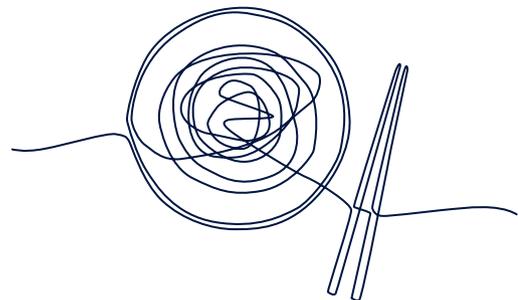
150g green beans, blanched

1 avocado, diced

2 spring onions, thinly sliced  
black sesame seeds, to garnish

- 1 Combine soy sauce, mirin, honey, lemon juice and sesame oil in a bowl. Pour half of the dressing over the beef strips and marinate for 5–10 minutes. Set aside remaining dressing.
- 2 Combine the cream cheese and yoghurt in a bowl to make a quick labne and set aside.
- 3 Spoon rice into serving bowls and top each with cucumber, beans and avocado. Drizzle with reserved dressing.
- 4 Lift meat from marinade and discard marinade. Heat a large non-stick pan and stir-fry meat until browned and cooked through. Spoon meat over bowls and top with labne mixture, spring onions and garnish with black sesame seeds.

**Tip** Labne, labna or labneh is a Middle Eastern yoghurt preparation where the whey is removed by straining the yoghurt overnight. The resulting labne is a velvety spread with yoghurt flavour.



# Yoghurt and strawberry dumplings with poppy seed custard

Sweet yoghurt dumplings with a surprise strawberry centre are lovely with this custard. They may be served individually plated, or passed around at a party with a bowl of poppy seed custard.

## Makes 12

**Preparation time:** 25 minutes

**Resting time:** 1 hour

**Cooking time:** 20 minutes

60g Australian unsalted butter, softened  
20g caster sugar  
1 egg  
250g Australian full fat Greek-style yoghurt  
120g semolina  
90g plain flour  
170ml Australian full cream milk  
½ vanilla bean, split and seeds scraped  
2 egg yolks  
30g caster sugar, extra  
3 tsp poppy seeds  
30g Australian full fat Greek-style yoghurt, extra  
10g Australian unsalted butter, extra  
40g bread crumbs  
50g desiccated coconut, toasted  
20g brown sugar  
12 small strawberries

- 1 In a large bowl cream together the butter and caster sugar until light and fluffy and then mix in egg and yoghurt. Add semolina and flour and mix to form a pliable but very wet dough. Chill for 30–60 minutes.
- 2 Slowly bring the milk and vanilla seeds to the boil in a saucepan. Meanwhile, in a bowl, whisk together the egg yolks and extra 30g caster sugar. Slowly, whisking continuously, pour the hot milk into the egg mixture. Return to the saucepan, add the poppy seeds and gently cook, stirring frequently, until the custard thickens. Remove from the heat and cool to room temperature. Stir through the extra yoghurt. Chill until required.
- 3 Melt the extra butter in a frypan and cook the bread crumbs for 3–4 minutes or until golden. Cool for 5 minutes and then mix together with the coconut and brown sugar. Set aside.
- 4 Bring a large pot of salted water to the boil. Divide the dough into 12 pieces, and then fully enclose each strawberry within a piece of dough, shaping round dumplings. Carefully drop them into the hot water and gently simmer for 10 minutes or until they float to the surface. Remove with a slotted spoon and then roll in the crumb mixture. Serve immediately with poppy seed custard.

**Tip** To prevent the dough from sticking, wet your hands with cold water before shaping each dumpling.



## CREAM

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Cream is the fat component of milk, separated using centrifugal force in large vats.

Fresh cream adds richness to soups, dressings, sauces and cakes. It is also the perfect accompaniment to so many desserts.



# Cooking with cream

Cream is categorised according to its milk fat content and comes in two forms: pure and treated. The milk fat content in cream helps guide you in the kitchen.

## Thick double or rich creams

- 45% or greater milk fat.
- Serve a dollop on the side of a dessert or dish because not only is it lovely to eat but it looks good and holds its shape well.
- Use it as an accompaniment to desserts, puddings and soups.
- Stir it into hot dishes for added richness.

## Lite creams

- 18% milk fat.
- a lighter milk fat content which often has the title of 'lite', and is often a thickened or sour cream variety.
- Pour over desserts or into sauces, soups and drinks.

## The nutrient content of cream

Type per 100g	Protein (g)	Fat (g)	Carbohydrate (g)	Energy (kJ)	Calcium (mg)
Pure	2.3	35.9	1.8	1397	61
Reduced-fat	2.8	26.6	3.7	1085	91
Thickened	2.3	36.8	3.1	1461	62
UHT thickened	2.3	37.2	3.4	1470	72
Rich or double	1.7	49.4	1.7	1882	60
Whipped aerosol	0.9	7.6	1.3	317	28
Sour cream	2.4	39.1	2.5	1534	69

## Pure, whipping or sour creams

- 35% milk fat.
- Add it to sauces, soups, vegetable gratins, quiches and custards. To avoid it separating, choose a cream thickened with vegetable gum because it is more heat stable, and if cooking with it only ever reduces its volume by one third.
- Pour pure cream over desserts, use in reduction or pasta sauces – or added to milk based cocktails like a pina colada.
- Substitute sour cream for milk and butter in scones.
- Perfect for whipping, making it ideal for cake fillings, mousses, ice creams and cheesecakes.

## How to whip cream

Cream with a milk fat content of 35% is ideal for whipping, and indeed it should double in volume with whipping. Lower-fat creams are not as stable and may not whip at all, or will lose volume on standing. Creams with more than 45% milk fat don't increase as much in volume and easily over- whip to produce an undesirable buttery texture.

## Temperature

For the best results have cream between 4–7°C in a chilled bowl with a cold whisk or beater for whipping. The whipping ability of long-life cream is diminished as it is a homogenised product; however, if it is well chilled it can be whipped. Generally reduced-fat long-life cream will not whip at all.

## Sugar and flavourings

When sugar is added to the cream, the volume and the stiffness of the whip is reduced and the whipping time increased. Therefore they should be added once the cream is whipped. Fold through lightly as too much handling will knock air from the cream and reduce its volume.

Cream reaches its optimum whipping consistency 72 hours after production as it thickens with age.

# Creamy polenta chips with spicy aioli

These are a wonderful cheese-flavoured chip, great for serving with drinks! Cooking the polenta in cream ensures the finished chips are crispy on the outside and creamy on the inside. Perfect!

## **Serves 4**

**Preparation time:** 20 minutes

**Resting time:** 80 minutes

**Cooking time:** 10 minutes

300ml water

280ml Australian thickened cream

150g finely ground cornmeal

$\frac{3}{4}$  tsp salt

70g Australian parmesan cheese, grated

2 egg yolks

1 tbsp white vinegar

1 tsp sriracha sauce

1 clove garlic, minced

180ml vegetable oil

100g breadcrumbs

2 tbsp finely chopped parsley

1 egg, beaten

Vegetable oil, extra, for deep frying

- 1 Line a 20cm x 20cm square or rectangular dish with cling wrap. In a medium saucepan, bring water and cream to the boil. Reduce to medium heat and rain in cornmeal and salt, stirring continuously. Continue to cook, stirring continuously, for 3–4 minutes or until the polenta starts forming one big clump. Remove from heat and stir through parmesan cheese. Spread the polenta into the dish, pressing down to 2cm thickness. Smooth the surface, cover and chill for 1 hour to set.
- 2 To make aioli, place yolks, vinegar, sriracha and garlic into a tall jug. Mix with a stick blender. Slowly, in a steady stream, pour in oil while continuing to blend until thick and fully emulsified. Cover and chill immediately.
- 3 Cut the chilled polenta into 2cm wide chips that are 8–10cm long. Combine the breadcrumbs and parsley in a shallow dish. Dip each chip into the egg, followed by a coating of the breadcrumb mix. Chill the coated chips for at least 10 minutes.
- 4 In a deep fryer or saucepan, heat extra vegetable oil to 180°C. Fry the chips for 2–3 minutes until golden brown. Drain on paper towel before serving with the aioli.

**Tip** All crumbed foods benefit from resting in the refrigerator for at least 10 minutes before frying to help prevent crumbs falling off during cooking. The crumbed chips may be made ahead and frozen, and then thawed and fried as required.







## Roasted beetroot and sour cream soup

This is a silky smooth soup that is equally delicious served warm or chilled.

**Serves 5**

**Preparation time:** 15 minutes

**Cooking time:** 45 minutes

500g raw beetroot, cut into 2–3cm pieces

25ml extra virgin olive oil

1½ tsp smoked paprika

30g Australian unsalted butter

1 leek, sliced

1 clove garlic, minced

1 carrot, grated

1 apple, grated

1 litre vegetable stock

3 bay leaves

2 tsp sugar

½ tsp salt

¼ tsp pepper

300g Australian sour cream

Dill sprigs, to garnish

- 1 Toss beetroot in oil and smoked paprika, arrange on a large baking tray and then roast in a 220°C oven for 30 minutes or until tender.
- 2 In a large pot, melt butter and sauté leek until soft. Add garlic and fry for a minute before stirring in carrot, apple and the roasted beetroot. Cook for 2–3 minutes or until fragrant. Pour in vegetable stock; add bay leaves, sugar, salt and pepper. Bring to the boil then reduce the heat and simmer for 20 minutes.
- 3 Take off the heat, remove bay leaves and then add 200g sour cream. Blend with a stick blender until very smooth and creamy. Adjust seasoning if necessary.
- 4 Serve in bowls with a dollop of the remaining sour cream and a few sprigs of dill to garnish.

# Milk and honey panna cotta with blueberries and honeycomb

The heavenly combination of milk and honey in this classic Italian dessert is hard to beat, and yet simple to make!

## Serves 6

**Preparation time:** 30 minutes

**Cooking time:** 10 minutes

400ml Australian cream

350ml Australian milk

1 tbsp caster sugar

1½ tbsp honey

½ vanilla bean, split and seeds scraped

1 strip lemon rind

4 gelatine sheets

2 tbsp lemon juice

2 tbsp brown sugar

125g blueberries

1 cup chopped honeycomb

½ cup flaked almonds, toasted

- 1 Gently warm the cream, milk, sugar, honey, vanilla bean and seeds and lemon rind in a medium saucepan, stirring until the sugar has dissolved. Bring to a gentle simmer and remove from heat.
- 2 Soak gelatine leaves in cold water for 5 minutes or until softened. Drain the leaves and squeeze out excess water, drop them into the hot cream mixture and stir until dissolved. Cool for 10 minutes then strain through a fine sieve. Pour the mixture into 6 x 200 ml glasses and refrigerate for at least 2–3 hours or overnight.
- 3 Bring the lemon juice and brown sugar to the boil in a small frypan and bubble for 30 seconds or until syrupy. Add the blueberries and heat through, tossing until the blueberries look plump and juicy without bursting. Tip into a bowl and cool for 5–10 minutes before serving.
- 4 To serve, top each panna cotta with syrupy blueberries and sprinkle over honeycomb and almonds.

**Tip** Gelatine leaves are easier to use than gelatine powder and result in a smoother clearer product with a more neutral flavour, but they do vary in strength depending on brand.





## BUTTER

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Butter is completely natural and delicious and has the unique ability to enhance the flavour, taste and texture of many foods. Making butter is a simple process: first the cream is separated from the milk, and then it is churned until it thickens and salt is added for flavour and preservation. There is no substitute for butter in cooking and the natural flavour of butter is irreplaceable. Whether you're baking a cake or sautéing vegetables, there's a type of butter to enhance every food.



ALWAYS USE CHILLED  
BUTTER FOR MAKING  
PASTRY AND SCONES

# Types of butter

The various types of butters are

- **Salted butter**
- **Reduced salt butter**
- **Unsalted** (or sweet) **butter**
- **Cultured butter** (the cream is treated with cultures, allowed to ferment and then it is churned)

The difference between salted, reduced salt and unsalted (or sweet) butter is the amount of salt added which in turn effects its shelf life and the flavour of the dish in which it is used. Unsalted butter allows more flexibility in adjusting flavour, an important characteristic in baked goods and pastries. Salt does, however, extend the shelf life of butter and acts as a flavour enhancer. This is helpful in savoury dishes and dishes containing chocolate. It's also delicious spread on baked goods and bread!

Cultured butter (or sometimes known as Danish style butter) is more like butter from before the days of pasteurisation when the butter was made from fermented milk. Modern cultured butter is made by adding culture to the cream before it is churned, keeping it at a controlled temperature (usually overnight) while a slightly acidic flavour develops. Consequently, cultured butter adds another element of flavour to a dish and is also nice as a spread.

Australian butter tends to have a naturally yellow colour due to the fact that our dairy herds are mainly pasture fed. Living on grass means the cows ingest more beta carotene, and it is this which gives the butter its beautiful golden colour. Artificial colouring is not used in Australia.

To make the most of Australian butter, it is best kept refrigerated at 4°C, protected from light and sealed in its original container or wrapping until it is used as it readily absorbs odours from other foods.

Butter will keep refrigerated for up to eight weeks, but it is best purchased when required rather than stored.

## The nutrient content of butter

Type per 100g	Protein (g)	Fat (g)	Carbohydrate (g)	Energy (kJ)	Calcium (mg)
Salted	1.1	81.5	0.0	3036	776
Reduced salt	1.1	81.5	0.0	3036	350
Unsalted	1.1	81.5	0.0	3036	10
Salted dairy blend	0.5	82.4	0.6	3068	485
Reduced salt dairy blend	0.6	82.4	0.6	3068	292
Reduced fat and salt dairy blend	4.6	44.3	0.1	1713	365

# Cooking with butter

## Creaming butter and sugar

Use softened but not melted butter and beat until smooth and pale. Add the sugar and continue beating until the sugar has almost dissolved.

## Pastry and scones

By 'rubbing' or 'cutting' butter into flour for pastry, it not only contributes great flavour and colour, but it also 'waterproofs' the flour particles which stops the dough becoming tough and elastic. If the butter is too soft, it will be absorbed by the flour and the crust will be heavy and tough.

## Cake making

Use softened butter for a tender, golden cake. Ensure all your ingredients (including milk and eggs) are at room temperature before beginning as this ensures the finished cakes has an even, fine crumb.

## Sauté with butter

Melt butter on a medium heat and add the ingredients once the butter is hot and frothing for a crisp result. If a higher heat is required, use an equal amount of butter and oil to prevent the butterfat from burning or, alternatively, use clarified butter or ghee which are better suited to high heat.

## Clarified butter

Clarified butter is the butterfat from the butter without the milk solids and water. It is made by melting the butter over a very low heat, e.g. over a water bath. The milk solids will sink to the bottom. When the butter has melted, remove from the heat and stand for 5 minutes without stirring. Skim the foam from the surface and then gently pour the clarified butter into a separate dish, leaving the milk solids behind. Alternatively, the melted butter may be poured through a cheesecloth lined sieve that will catch the milk solids.

Clarified butter has a higher smoke point so it is ideal for sautéing and frying food. It is also lovely on popcorn!

## Butter sauces

### Red or white wine sauce

For the simplest sauce for meat, add wine to pan juices after cooking meat or chicken. Stir over a high heat until reduced to a few tablespoons. Remove from heat and whisk in cold butter to create a rich, glossy sauce.

### Brown butter sauce or beurre noisette

Simply heat butter gently in a saucepan until it is golden and has a nutty aroma and the solids at the bottom of the pan are golden. Remove from heat immediately and, if desired, add a handful of sage leaves, pine nuts or almonds, before using immediately.

### Beurre blanc

A sauce made by whisking very soft butter into a hot reduction of vinegar and/or wine and even some herbs. Serve immediately so that the sauce retains its velvety consistency.

### Hollandaise sauce

Famously used on Eggs Benedict or Florentine, this sauce is made by whisking a mixture of egg yolks and water with melted butter over a bain-marie until thickened and creamy, then seasoning with lemon juice.

### Béarnaise sauce

A sauce similar to hollandaise but it is made by whisking butter into egg yolks and a reduced mixture of wine, tarragon vinegar and shallots, and then seasoning with fresh tarragon. It is typically served on steak or fish.



# Scallops on buttered parsnip puree with 'caviar'

This is an impressive entrée featuring scallops atop a buttery parsnip puree. The 'caviar', made from vinegar of your choice, adds little bursts of acidity that enhance the flavours of the dish.

## Serves 6

**Preparation time:** 15 minutes

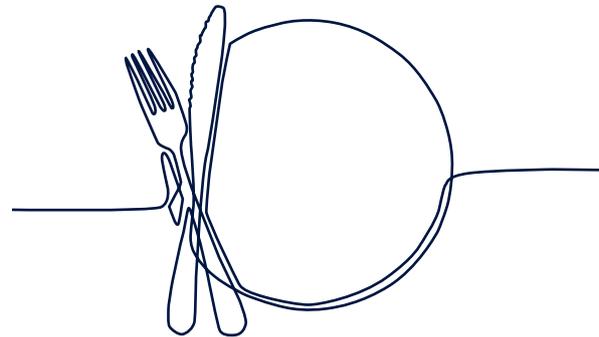
**Cooling time:** 1 hour

**Cooking time:** 15 minutes

1 litre vegetable oil  
80g Australian unsalted butter  
1 parsnip, peeled and diced  
2 cloves garlic, minced  
140ml Australian full cream milk, warmed  
Salt and pepper, to taste  
100ml vinegar (balsamic, red or white)  
3g caster sugar  
1g agar agar  
1 tbsp peanut oil  
18 scallops, outer muscles removed

- 1 Pour vegetable oil into a tall jug and place in the freezer for an hour.
- 2 Heat 40g butter in a small saucepan until it melts and begins to brown and smell nutty. Add parsnip and half of the garlic and fry for 2 minutes before adding the milk. Cook over a low heat until the parsnip is soft. Blend to a puree and season. Keep warm.
- 3 Bring vinegar to the boil. Mix sugar with agar agar and rain into the vinegar. Simmer for 3 minutes, whisking continuously. Remove from the heat and cool to 80°C.
- 4 Use a syringe or pipette to drop tiny droplets of vinegar mixture into the cold oil. The droplets will slowly fall to the bottom of the jug, forming spheres resembling caviar. Strain through a fine sieve (keep the oil, it is still perfectly usable) and rinse the 'caviar' with cold water. Set aside.
- 5 Pat scallops dry with paper towel and season. Add the peanut oil to a hot frypan, sear the scallops for 2 minutes on each side or until caramelised and then remove from pan. Add the remaining butter, melt and then add the remaining garlic and fry for 1 minute. Strain the butter and set aside.
- 6 To serve, spread a tablespoon of parsnip puree on each plate. Top with 3 scallops per plate and spoon 'caviar' onto each scallop. Drizzle with garlic butter and serve immediately.

**Tip** Agar pearls can be made with any liquid. If preferred use white wine instead of the vinegar.





# Black bean Benedict

Eggs Benedict is a classic breakfast dish featuring eggs with silky, buttery hollandaise sauce. This recipe has the added twist of a savoury black bean stew on rice cakes.

**Serves 4**

**Preparation time:** 25 minutes

**Cooking time:** 45 minutes

1 lap cheong sausage, finely chopped  
½ small onion, finely diced  
1 clove garlic, minced  
1½ tsp grated ginger  
2 tbsp fermented black soybeans, soaked in water for 1 hour, then drained and rinsed  
½ red capsicum, diced  
½ green capsicum, diced  
130ml water  
1½ tsp soy sauce  
1 tsp rice wine vinegar  
½ tsp chilli paste (sambal oelek)

1 tsp corn flour dissolved in extra 10ml water  
2 egg yolks  
1 tsp white vinegar  
250g Australian unsalted butter, clarified  
Salt and white pepper, to taste  
Lemon juice, to taste  
300g cooked sushi rice  
2 tbsp white vinegar, extra  
4 eggs  
40g baby spinach, for serving  
Coriander leaves, finely chopped, to garnish

1 Fry sausage in a dry pan until it releases the oil. Add the onion to the pan and cook for 2 minutes before stirring in the garlic, ginger, black beans and capsicum. Pour in 130ml water, the soy, vinegar and chilli paste and simmer for 5–10 minutes or until the liquid has almost completely reduced. Thicken the sauce with the cornflour mixture and keep warm.

**Tip** To help with timing, the black bean stew may be prepared ahead and reheated for service, and the hollandaise sauce keeps for up to 2 hours at 40°C.

2 To make the hollandaise sauce, in a medium bowl, combine yolks and vinegar and whisk over a low heat water bath to ribbon stage. Remove from the heat and gradually pour in all but 2 tablespoons of the clarified butter, whisking continuously. Season with salt, pepper and lemon juice. If the sauce is too thick, use a few drops of warm water to bring back to a pouring consistency. Keep warm.

3 Form four rice cakes with wet hands and fry them in the reserved 2 tablespoons of clarified butter until crisp and lightly golden on both sides.  
4 Meanwhile, bring a pan of water to a simmer, add the extra vinegar and then poach the eggs.  
5 To serve, place a rice cake on a plate, top with spinach leaves, followed by a layer of black bean stew. Top with a poached egg, then spoon over hollandaise sauce. Garnish with finely chopped coriander leaves.







## Orange butter and mango fillet of fish en papillote

En papillote (or 'wrapped in paper') is a classic form of French cookery. It is a very gentle way of steaming fish in an enclosed pocket, while the butter and juices keep it moist and infuse it with flavour.

### **Serves 4**

**Preparation time:** 25 minutes

**Cooking time:** 15 minutes

100g Australian unsalted butter, softened

1 tsp grated root ginger

½ chilli, finely chopped

5 mint leaves, finely chopped

Finely grated rind of 1 orange

Salt, to taste

1 green mango, finely chopped

1 small red capsicum, finely chopped

½ small onion, finely chopped

½ chilli, extra, thinly sliced

10 mint leaves, extra, thinly sliced

2 tbsp orange juice

1 tbsp lemon juice

4 x 130g skinless white fish fillets

- 1 To make the orange butter, combine the butter with the ginger, chilli, mint, and orange rind and then season. Chill until required.
- 2 To make a salsa, combine the mango, capsicum, onion, extra chilli and mint, and juices and then season. Set aside.
- 3 Cut 4 pieces of baking paper into ovals approximately 40cm x 30cm. Spread some salsa over one half of a piece of paper, place a fish fillet on the salsa and then top with pieces of orange butter. Close the pouch, then starting at one point, tightly fold the edges to form a seal, continuing along the perimeter. Twist the end to prevent it from unfolding. Repeat to make 3 more parcels.
- 4 Bake in a 200°C oven for 10–15 minutes, or until the fish is cooked. Serve the paper parcels unopened.

**Tip** No steam should escape while baking. Brushing the edges of the paper with beaten egg helps to create a tight seal. Adjust the cooking time according to the thickness of the fish fillets.

# Matcha and pistachio shortbread

Beautiful buttery shortbread is prized for its tenderness and flavour. In this recipe we have added a soft green colour and distinctive flavour notes with the addition of matcha and pistachio.

## Makes 16

**Preparation time:** 25 minutes

**Resting time:** 1 hour

**Cooking time:** 45 minutes

125g Australian unsalted butter, softened

70g icing sugar

130g flour

20g corn flour

1½ tsp matcha powder

Pinch salt

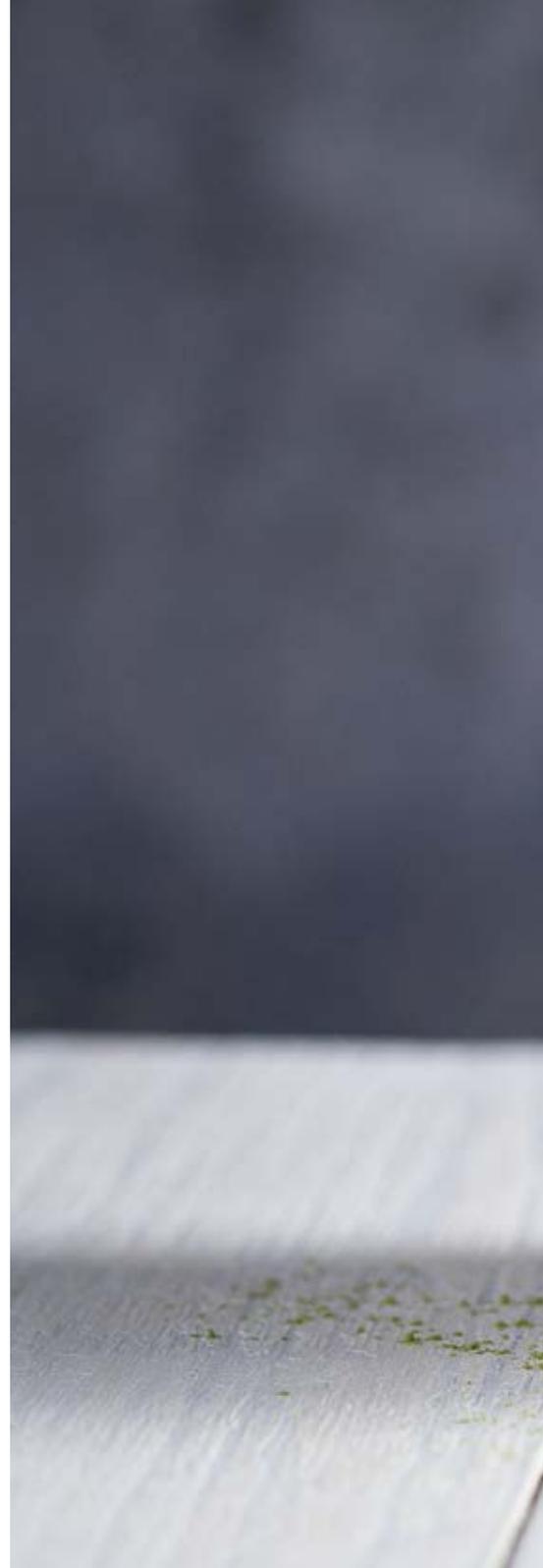
40g raw shelled pistachios, finely chopped

80g white chocolate

Matcha powder, extra, to decorate

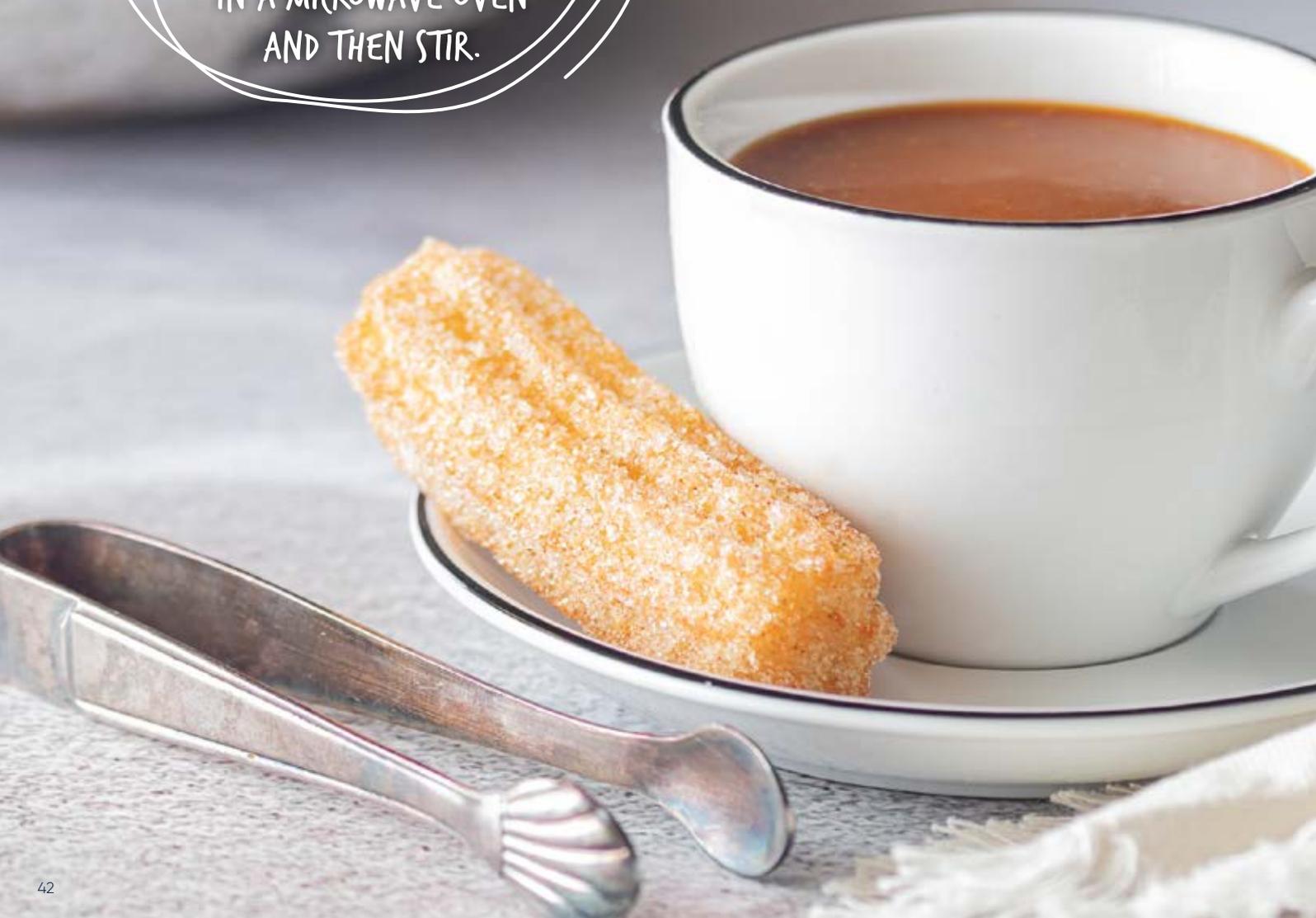
- 1 Cream together the butter and icing sugar until light and fluffy. Sift over the combined flours, matcha powder and salt, and then add the pistachios. Cut with a knife until the ingredients just come together. Press into a buttered and lined 22cm round baking pan and smooth the surface. Chill for 1 hour.
- 2 Bake in a 170°C oven for 25 minutes then remove from oven. Cut into 16 wedges. Insert a small, oven proof, round cookie cutter into the middle and leave in place. Prick each wedge a few times with a fork and then return it to the oven and bake for a further 15 minutes or until the shortbread is cooked through but not browned. Cool on a wire rack before removing from pan.
- 3 Melt the chocolate and then dip the narrow end of the shortbread into the chocolate and sprinkle with matcha powder to decorate. Place on a baking paper lined tray and chill for 15 minutes or until the chocolate has set.

**Tip** For a stronger matcha flavour, add up to a total of 3 teaspoons of matcha powder to the dough. Use a light touch when making the dough to ensure a light and tender shortbread.





THE SAUCE WILL HARDEN  
AS IT COOLS. TO MAKE  
IT POURABLE AGAIN,  
HEAT IT FOR 20 SECONDS  
IN A MICROWAVE OVEN  
AND THEN STIR.





## Spiced churros with white chocolate toffee sauce

Tender, light and fluffy churros are usually cinnamon spiced but here we've given them a lift with orange and garam masala, two flavours which go beautifully with the white chocolate toffee sauce.

**Serves 16**

**Preparation time:** 15 minutes

**Cooking time:** 20 minutes

1 litre vegetable oil, for deep frying  
250ml water  
60g Australian unsalted butter, chopped  
10g caster sugar  
120g flour  
Pinch salt  
Finely grated rind of ½ orange  
2 eggs  
50g caster sugar, extra  
1 tsp garam masala  
Finely grated rind of ½ orange, extra  
50g caster sugar, extra  
90ml Australian thickened cream  
60g Australian unsalted butter, extra, melted  
70g white chocolate, chopped  
½ tsp salt, extra

- 1 Heat the oil in a medium saucepan to 180°C.
- 2 To make the churro dough, combine the water, butter and sugar in a saucepan and bring to a boil. Stir in flour, salt and orange rind and mix for 2 minutes or until the dough comes away from the side of the pan. Remove from the heat and cool for 3 minutes before beating in the eggs one at a time. Continue beating until the dough is smooth.
- 3 Spoon the dough into a piping bag fitted with a medium star nozzle. Pipe 10cm strips directly into the hot oil, using scissors to cut the dough. Fry for 5 minutes, frequently turning, or until golden. Drain on paper towel.
- 4 On a plate, combine an extra 50g sugar with the garam masala and extra orange rind and toss the warm churros in the mixture. Set churros aside.
- 5 To make the sauce, melt the remaining extra sugar in a small saucepan. As soon as all the sugar is melted and a golden colour develops, remove pan from heat and carefully stir in cream and extra butter. Stir over a low heat until smooth. Add white chocolate and extra salt and then stir until smooth. Serve churros with the warm sauce.

# CHEESE

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Cheese is made from either curds or whey and may be fresh or ripened using one or more of a few naturally occurring agents. The length of time and the environment in which it is ripened are just a few of the factors that determine the finished cheese's flavour, texture and appearance. The cheese world is an exciting one with limitless possibilities!



# Cooking with cheese

Cheese is a most versatile ingredient that adds taste, texture and wonderful culinary memories. Here are some tips for getting the best results when cooking with cheese.

- For sauces, always add cheese once the pan has been removed from the heat and allow it to melt in gently.
- Harder, ripened cheese with lower moisture content (e.g. parmesan) can withstand higher temperatures.
- Soft ripened cheese tend to lose texture and burn at very high temperatures so always add them just before serving, e.g. drape slices of Brie or sprinkle blue cheese over a tart or pizza after it comes out of the oven.
- Consider the age of the cheese you are using, the more mature the cheese, the more flavour it will have. Most cheese contains salt so consider this when seasoning a dish.
- A chilled cheese is easier to grate than one at room temperature.
- Excellent melting cheeses for quiches, pasta bakes and sandwiches include mozzarella, cheddar, and eye cheeses such as Gruyère or raclette. Gruyère and raclette also add a real depth of flavour and sweet nutty character to a dish.
- Firm ricotta, cream cheese and haloumi will all usually hold their shape when baked and can be baked in chunks and then scattered over a salad for something a little different.

## The nutrient content of cheese

Type per 100g	Protein (g)	Fat (g)	Carbohydrate (g)	Energy (kJ)	Calcium (mg)
Blue vein	20.3	32.4	<0.1	1570	510
White mould e.g. Brie, Camembert	18.6	30.3	0.1	1465	464
Cheddar	24.6	32.8	0.5	1663	763
Cream cheese	8.2	31.9	2.5	1384	82
Mozzarella	26.9	23.1	0.22	1300	817
Parmesan	40.6	33.3	<0.1	1949	1121
Ricotta (reduced fat)	10.1	8.7	2.0	551	230

## Serving and presenting

Cheese platters can be served as a pre-dinner snack, prior to dessert, or sometimes to conclude the meal. Whichever way you decide to do it, here are some tips for creating a fabulous cheese platter.

- Select cheese that is ripe and ready to eat. Bring the cheese to room temperature in the hour before service.
- Choose two or three cheeses with different characteristics for a platter to feed a group of more than six, but one superb one is also well received by a smaller group. As a guide, allow an approximate total of 60–80g cheese per person.
- Serve breads and biscuits that are not too strong in flavour, and complement rather than compete with the flavour of the cheese. Try sourdough with aged cheddar, fruit or nut loaf with Brie and washed rind, and a crusty baguette with blue cheese.
- The best accompaniments will complement the cheese, not overpower it. Quince paste, figs, dried fruits, muscatels, ripe pears, crisp apples and nuts are all classic partners. Allow the cheese, not the array of accompaniments, to dominate the plate.

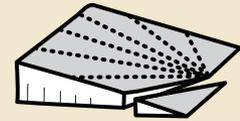
## Cutting cheese

Try to provide a different knife for each cheese to avoid mixing flavours. Bread and butter knives and pate knives are useful alternatives to cheese knives if you don't have enough.

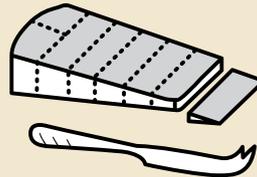
When it comes to cutting cheese, really it is just about making sure everyone has a share of the cheese and no one is left with just the rind!



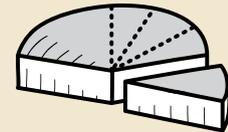
Small rounds



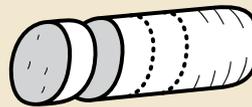
Blue vein – wedges



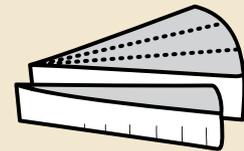
Hard/semi-hard cheeses  
– wedges



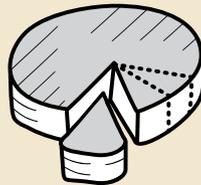
Half moon – wedges



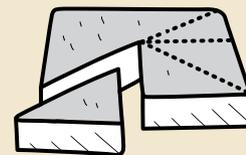
Log – slices



Soft cheese – wedges



Rounds – wedges



Squares

# Cheese and beverage pairing

When pairing cheese with drinks, consider the textures as well as the flavours that might make a good match. While wine is a traditional partner, beer, cider, whisky and even tea can have a welcome place alongside your favourite cheese.

## Fresh unripened cheese

Light, refreshing whites such as young Riesling or Semillon/Sauvignon Blanc blends, sparkling wine, rosé; aromatic styles of beer such as wheat beer; delicate, floral styles of tea such as oolong or jasmine.

## Blue cheese

Sweet wines including fortifieds such as Tawny or Topaque, dessert wines or a sweet Riesling or Gewürztraminer; dark ales such as stout or porter; bold, smokey styles of whisky such as Islay malts; smokey teas such as Lap Sang Sou Chong or good quality Russian caravan tea.

## Stretched curd cheese

Light, refreshing whites such as Semillon/Sauvignon Blanc blends and Pinot Gris/Grigio, Italian varietal reds such as Sangiovese, rosé; light, effervescent styles of beer such as Pilsner.

## Washed rind cheese

Wines including sparkling, aromatic whites such as Pinot Gris/Grigio, medium-bodied reds such as Pinot Noir or Grenache/Shiraz blends, full-bodied whites such as Chardonnay, Italian and Spanish varietal reds such as Tempranillo and Sangiovese; medium-bodied styles of beer such as pale ale and golden ale and most mainstream lagers; lighter styles of whisky such as Speyside malts.

## White mould cheese

Sparkling wine, heavier whites such as Chardonnay or Verdelho, medium-bodied reds such as Pinot Noir and Merlot/Cabernet Sauvignon blends; light, effervescent styles of beer and ciders such as Pilsner and pear cider; lighter styles of whisky such as Lowland and Speyside malts; Darjeeling and other 'afternoon-style' teas.

## Cheddar style cheese

Full-bodied red wines such as Cabernet Sauvignon or Shiraz (or blends), fortified wines such as Tawny or Topaque; heavier styles of beer and cider such as brown ale, amber ale and apple cider; bolder styles of whisky such as Highland malts or Smoky Island malts; robust, earthy teas such as English Breakfast or smokey Lap Sang Sou Chong.

## Semi hard and eye cheese

Aged white wines such as Semillon or Chardonnay; aromatic and malty styles of beer such as brown and amber ales; richly flavoured aged single malt whisky; nutty, savoury green teas, such as Japanese Sencha and Chinese Dragon Well, and black coffee.

## Hard cheese

Sparkling wine, aged whites such as Chardonnay or Riesling, Italian and Spanish varietal reds such as Tempranillo and Sangiovese, fortifieds such as Tawny or Topaque; heavier styles of beer such as brown and amber ales, porter and stout; richly flavoured aged single malt whisky.

## Broccoli pizza bases with field mushrooms and blue cheese

Gluten free pizza never tasted so good! This recipe is a healthy and great-tasting alternative to a traditional pizza base. Make one pizza to serve two, or alternatively, make mini individual pizzas.

### Serves 2

**Preparation time:** 30 minutes

**Cooking time:** 20 minutes

1 medium (240g) broccoli, roughly chopped including stalk  
40g Australian parmesan cheese, finely grated  
40g ground almonds  
2 eggs  
4 field mushrooms  
125g cherry tomatoes  
Olive oil spray  
100g tomato paste  
60g Australian mozzarella cheese, grated  
30g rocket leaves  
80g Australian blue cheese, crumbled  
2 slices prosciutto



- 1 To make the base, place the broccoli in a food processor and pulse until you have a fine, rice like texture. You will need 2 cups of broccoli rice. Place broccoli, parmesan cheese, ground almonds and eggs in a bowl and season to taste, mix until well combined. Place mixture onto a baking paper lined tray and form an oval base by flattening the mixture with your hands until 5mm thick.
- 2 Place the mushrooms and tomatoes on a separate tray and spray with oil. Cook both trays in a 200°C oven for 10–12 minutes or until base is slightly golden and firm and mushrooms are tender. Set aside for 5 minutes, then turn the base upside down onto a tray and peel off the baking paper.
- 3 Spread base with tomato paste and top with roasted mushrooms, tomatoes, and mozzarella cheese. Bake for a further 8–10 minutes or until cheese has melted.
- 4 Top with rocket, blue cheese and prosciutto before cutting into wedges and serving warm.

**Tip** Top these versatile bases with a range of your favourite pizza toppings.





# Italian star bread with mozzarella

This is an impressive centrepiece that may look tricky to make, but all you need is a bit of twisting action for the magic to happen! It combines popular Italian flavours with stretchy mozzarella and sprightly parmesan cheese in a bread that all your guests will love.

## Serves 8

**Preparation time:** 45 minutes

**Resting time:** 1 hour

**Cooking time:** 30 minutes

2 tsp caster sugar

1 tsp dried yeast

240ml Australian full cream milk,  
room temperature

500g flour

1½ tsp salt

60g Australian unsalted butter, softened

1 egg, lightly beaten

1 small bunch basil

40g Australian parmesan cheese,  
grated

40g salted and roasted macadamia  
or cashew nuts

1 clove garlic

70ml extra virgin olive oil

125g tomato paste

1 tbsp dried Italian herbs

¾ tsp salt

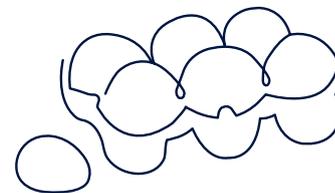
¼ tsp pepper

10ml extra virgin olive oil, extra

160g Australian mozzarella cheese,  
finely grated

1 egg, lightly beaten

- 1 In a large mixing bowl, dissolve sugar and yeast in warm milk and stand aside for 10 minutes or until slightly frothy.
- 2 Sift in flour and salt, and then add butter and the egg. Mix together with your hands and then knead for 5 minutes to make a smooth, springy dough. Cover the bowl with a clean towel and let the dough rest in a warm place for 1 hour or until it has doubled in size.
- 3 Make a pesto by processing the basil, parmesan, nuts, garlic and olive oil in a food processor until a coarse paste is formed. It should have a spreadable, not runny, consistency. Add a little extra oil if the mixture is too stiff. Set aside.
- 4 Combine the tomato paste with the herbs, salt, pepper and extra olive oil. Set aside.
- 5 Knock down the dough then divide it into four equal pieces and shape them into smooth balls. Roll each piece out into a 30cm circle. Place one circle onto a baking paper lined tray. Spread with half the tomato paste mix and then sprinkle with half of the mozzarella. Cover with another dough circle then spread evenly with the pesto. Repeat with another layer of dough and the remaining tomato paste mixture and mozzarella, then top with the last layer of dough. Press down slightly to stick the layers together.
- 6 To shape the star, place a small glass into the centre of the bread, then using a sharp knife, cut 16 evenly spaced cuts from the glass to the edge. Hold two strips, one in each hand, and twist them away from each other twice. Press the ends firmly together to seal and fold the seam down onto the paper. Repeat with the rest of the strips until you have a star with 8 points. Remove the glass. Brush the bread with egg and bake in a 200°C oven for 25–30 minutes until golden brown. Serve warm.



**Tip** While working on each round of dough, cover the remaining dough with a clean towel to prevent it from drying out.







## Mushroom duo on baked Camembert

A ripe Camembert often has elements of mushroom flavours which are highlighted in this entrée recipe. Serve it straight from the oven for maximum Camembert creaminess!

**Serves 4**

**Preparation time:** 20 minutes

**Cooking time:** 30 minutes

200g wheel Australian Camembert

1 small clove garlic, thinly sliced

200ml vegetable oil, for deep frying

40g enoki mushrooms

30g Australian salted butter

150g shimeji mushrooms

1 tbsp honey

1 tbsp balsamic vinegar

2 sprigs of thyme

20g toasted hazelnuts, skinned and roughly chopped, to garnish

Crackers or toasted bread for serving

- 1 Cut the surface of the Camembert into a criss-cross pattern and push the garlic slices deep into the cuts. Loosely wrap with aluminium foil then bake in a 200°C oven for 15-20 minutes.
- 2 Heat the oil to 180°C. Deep fry enoki mushrooms for 5 minutes or until they are crisp and a deep golden brown. Lift from oil and drain on paper towels.
- 3 Melt butter in a frypan and fry shimeji mushrooms over a medium heat for 5 minutes. Add the honey, vinegar and leaves from 1 sprig of thyme and cook for another 1-2 minutes or until caramelised.
- 4 Place the baked Camembert on a serving plate and top with shimeji mushroom mixture and then the enoki mushrooms. Garnish with hazelnuts and remaining thyme leaves. Serve immediately with crackers or toasted bread.

**Tip** Shimeji mushrooms may be replaced with shiitake or baby king oyster mushrooms. This recipe is equally delicious with Australian Brie.

# Parmesan, pear and prosciutto risotto

The parmesan takes a star role in this popular combination of parmesan cheese, pears and prosciutto. It gives great flavour and creaminess to the risotto, and crispy crunch on top in the form of cheesy wafers.

## Serves 4–5

**Preparation time:** 20 minutes

**Cooking time:** 35 minutes

20g Australian parmesan cheese, grated

30g Australian unsalted butter

1 small onion, finely chopped

2 small cloves garlic, minced

200g arborio rice

100ml white wine

Finely grated rind and juice of ½ lemon

800ml chicken stock, boiling

1 pear, cut into 1cm pieces

70g Australian parmesan cheese, extra, grated

35g toasted walnuts, roughly chopped

Salt and pepper, to taste

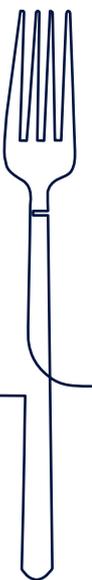
80g prosciutto, roughly torn and fried until crisp, optional

Handful of rocket leaves, to garnish

Chopped pear, extra, to garnish

**Tip** The wine may be replaced with additional stock if desired.

- 1 To make the parmesan wafers place a small round cookie cutter onto a lined baking tray and sprinkle grated parmesan cheese into the cutter to just cover the surface. Repeat to make multiple wafers. Bake in a 200°C oven for 5–10 minutes or until the cheese is melted and starting to colour. Remove and cool on a cooling rack.
- 2 In a large frypan melt butter until light brown. Add the onion and garlic and sweat in the butter over a low heat until soft and translucent. Add rice and stir until all the grains are coated with butter. Continue stirring and add the wine, lemon rind and juice and cook until most of the liquid has been absorbed by the rice.
- 3 Pour in a cup of hot chicken stock, stir and let absorb. Repeat with another cup of stock. Add the pear with a third cup of stock and continue stirring. Allow the liquid to be absorbed before adding the last cup of stock. When the rice is soft and the risotto is still a little runny, add the extra grated parmesan and walnuts and cook for 1 more minute, seasoning to taste. Serve risotto topped with prosciutto, if desired, and garnished with rocket leaves, extra pear and parmesan wafers.









## Cauliflower rice kedgeree

This one-bowl-wonder is even more delicious than a traditional kedgeree! Cauliflower replaces rice in this recipe packed with protein from milk, cheese, eggs and trout, along with plenty of veggies and mouth-watering fragrant spices.

**Serves 4**

**Preparation time:** 30 minutes

**Cooking time:** 20 minutes

1 medium (approx. 1kg) cauliflower, cut into florets

40g Australian butter

1 onion, finely diced

1 red capsicum, diced

2 tsp finely grated ginger

2 garlic cloves, finely chopped

1 tbsp curry powder

1 tsp mustard seeds

10 curry leaves

Salt and pepper, to taste

185ml Australian milk

120g frozen peas, thawed

2 tbsp finely chopped parsley

300g hot-smoked ocean trout or salmon, skin removed, flaked

150g Australian smoked cheddar cheese or vintage cheddar, shaved

2 eggs, soft boiled and peeled

- 1 Process cauliflower in a food processor in two batches until a rice like texture is achieved. Try not to over process or the end result will be mushy.
- 2 Heat the butter in a large deep frypan or wide saucepan over medium heat. Cook onion for 5 minutes until pale golden. Add the capsicum, ginger, garlic, curry powder, mustard seeds and curry leaves, then season and cook for 2 minutes or until fragrant.
- 3 Add the cauliflower rice and cook for 1 minute to toast. Add the milk and cook, stirring often, for 3–5 minutes or until the cauliflower is just tender but not mushy. Stir in the peas, parsley and trout and then cook for a further 1–2 minutes until heated through. Stir through half the cheddar. Quarter the eggs and serve on top of the kedgeree with the remaining shaved cheddar.

# Swiss roll with cream cheese and lemon curd

Inspired by a classic lemon cheesecake, this is a light, creamy and lemony sponge rolled for good looks and simple serving!

## Serves 8

**Preparation time:** 45 minutes

**Resting time:** 1–3 hours

**Cooking time:** 15 minutes

1 egg  
2 egg yolks  
120g caster sugar  
Finely grated rind of 1 lemon  
60ml lemon juice  
60g Australian salted butter, chopped  
200g Australian cream cheese, softened  
40g pure icing sugar  
Finely grated rind of 1 lemon, extra  
80ml Australian thickened cream, whipped to soft peaks  
4 eggs, extra, separated  
Pinch salt  
90g caster sugar, extra  
50g plain flour  
30g corn flour  
50g granulated sugar  
Candied lemon slices, to decorate, optional  
Icing sugar, for dusting, optional

- 1 To make the lemon curd, whisk together the egg, 2 yolks and 120g caster sugar for 1 minute or until combined. Add the lemon rind and juice and then place the bowl onto a water bath and cook, whisking continuously until the mixture thickens. Gradually add the butter, stirring until smooth and combined. Cook for a further 2 minutes to thicken. Chill in an airtight container for at least one hour before using. Use as required.
- 2 Use an electric mixer to beat the cream cheese, icing sugar and extra lemon rind until smooth. Fold through the cream and chill for at least one hour before using. Use as required.
- 3 To make the sponge, whisk 4 egg whites with salt to firm peaks. Whisking continuously, slowly add extra caster sugar and continue whisking for a further 2 minutes or until a stiff meringue forms. Add 4 egg yolks and gently mix for 15 seconds or until just combined. Sift the two flours over the meringue and gently fold through. Spread the mixture into a buttered and lined 38cm x 30cm Swiss roll pan. Bake in a 220°C oven for 8–10 minutes or until lightly golden.
- 4 Sprinkle granulated sugar onto a large sheet of baking paper and then turn the warm sponge out onto the sugar. Remove the lining paper and then trim the away any crisp edges on the cake. Roll up the cake together with the paper it sits on, beginning from a short side. Cool to room temperature on a wire rack.
- 5 To assemble the cake, unroll the sponge and spread evenly with cream cheese filling then lemon curd. Roll it up again, cover with foil and chill for 1 hour to allow the flavours to combine. Decorate with candied lemon slices and a dusting of icing sugar if desired.

This cake will keep, covered and chilled, for up to 3 days.

**Tip** If the sponge cake cracks while rolling, decorate the cake with additional whipped cream and decorate as desired. For a clean cut, trim both ends of the rolled sponge before serving.





## Stand up eggplant cannelloni

This is a gluten free alternative to cannelloni. Fun, and quicker-than-you-might-think to make, it has plenty of Australian cheese to make it rich and creamy.

### **Serves 4**

**Preparation time:** 30 minutes

**Cooking time:** 1 hour

150g spinach leaves, rinsed and shredded

500g Australian ricotta cheese

1 egg, lightly beaten

40g Australian parmesan cheese, finely grated

2 tbsp finely chopped basil

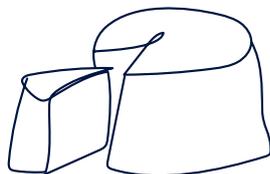
400ml tomato passata or tomato pasta sauce

2 medium eggplant (aubergine)

70g Australian mozzarella cheese, grated

- 1 Place spinach in a microwave safe bowl and cook for 1–2 minutes on High until wilted. Allow to cool and then squeeze with your hands to remove excess moisture.
- 2 Combine the spinach with the ricotta, egg, parmesan and basil and set aside. Pour half of the passata over the base of a 30 x 20cm baking dish.
- 3 Cut each of the eggplants in half lengthwise. Place cut side flat on a board and cut thinly into long strips. Place the scrappy offcuts and short strips in the base of the dish. Lay eggplant strips on the work surface and top with 1 tablespoon of ricotta filling, roll up and place filling side up in a baking dish. Pour over remaining passata. Cover with foil and bake in a 180°C oven for 30 minutes.
- 4 Remove foil, sprinkle with mozzarella and cook for a further 30 minutes or until eggplant is tender and cheese is golden brown.

**Tip** If eggplant slices are uneven it is easier to place the filling on the thicker end and roll up to the thinner end.



## PROTEIN

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Most people know that protein is important for muscle growth. For those following exercise programs it is not so much about eating large quantities of it, but the type and timing of their protein intake. Milk is a great source of both whey and casein protein.



# Protein explained

Protein is an essential nutrient that plays many important roles in the body, such as repairing the body's cells, building and repairing muscles, helping build and maintain bones, and helping control many metabolic processes.

Proteins are made up of chains of smaller chemicals called amino acids. The nutritional value or quality of a protein is judged by how many of the essential amino acids it contains and in what quantity. While plant based foods such as beans, nuts, vegetables and grains contain protein, these are considered incomplete sources as they often do not provide the amounts of essential amino acids the body needs.

## Milk protein

Cow's milk protein has high nutritional quality due to its amino acid composition. Milk, apart from other nutrients, contains about 3.5% protein which is made up of casein protein (80%) and whey protein (20%).

Whey is known as a 'fast protein' because it is quickly broken down into amino acids and absorbed into the bloodstream, making it ideal food to include after an exercise workout. Whey protein has a high concentration of the branched chain amino acid leucine. Leucine has been shown to specifically stimulate building of new muscle protein and consuming dairy protein has been shown to directly stimulate muscle building.

Casein protein on the other hand is digested slowly. While this 'slow' protein doesn't directly promote muscle formation, it can help prevent muscle breakdown which is important in overall muscle growth. Casein is ideal for providing the body with a steady supply of smaller amounts of protein for a longer period of time.

## Using whey protein

To use whey protein, simply add a scoop or two to milk or water, or your favourite smoothie recipe and blend until smooth.

Whey protein powder can be added to other recipes to give them a protein boost – try blending into 'bliss balls' or use it in baking recipes such as protein brownies. Make sure you use a purpose designed recipe for baking with whey protein as it can produce an unusual texture in baked foods if directly substituted for flour.

# High protein Japanese-style chicken and waffles

Whey protein does not always have to be in the form of protein bars or a shake; it can be incorporated into meals. Here it is added to the chicken batter and the waffles to provide a total of 23g of protein per serve (including the protein from the chicken).

## Serves 5

**Preparation time:** 30 minutes

**Resting time:** 1 hour

**Cooking time:** 15 minutes

2 tsp soy sauce  
1½ tsp sake  
1 tsp grated ginger  
4 chicken thigh fillets, each cut into 4 pieces  
30g Australian sour cream  
1 tbsp lemon juice  
2½ tsp soy sauce, extra  
2 tsp tahini  
60g red cabbage, thinly sliced  
60g carrot, cut into thin strips  
50g snow peas, thinly sliced  
50g kohlrabi, cut into thin strips  
140g plain flour  
40g buckwheat flour

40g Australian unflavoured whey protein isolate  
20g caster sugar  
2 tsp baking powder  
¾ tsp salt  
½ tsp ground ginger  
250–280ml Australian full cream milk, warmed  
60g Australian unsalted butter, melted  
2 eggs, separated  
1 litre vegetable oil, for deep frying  
80g potato flour  
15g Australian unflavoured whey protein isolate, extra  
1 tbsp toasted sesame seeds, to garnish  
Mayonnaise, for serving

- 1 Combine soy, sake and grated ginger in a large bowl, add the chicken, cover, chill and marinate for 1-3 hours.
- 2 To make coleslaw, combine the sour cream, lemon juice, extra soy, and tahini in a large bowl. Add the cabbage, carrot, snow peas and kohlrabi and toss to coat. Cover and chill until required.
- 3 Sift together the flours, whey protein, sugar, baking powder, salt and ginger. In a large bowl, whisk milk, butter and the egg yolks until combined. Carefully stir the dry ingredients into the wet ingredients; a few lumps can remain. Beat egg whites to stiff peaks and then fold into the batter.
- 4 Make 5 waffles in a hot waffle maker according to manufacturer's directions. Keep them warm and crisp, without stacking, in a 50°C oven.
- 5 In a deep frypan heat vegetable oil to 180°C. Thoroughly mix potato flour and extra whey protein in a shallow bowl. Remove chicken from the marinade, coat lightly in the potato flour mixture, then fry for 4–5 minutes or until cooked (the internal temperature of the chicken has reached 75°C) and golden brown. Drain on paper towels.
- 6 To serve, spoon some slaw onto each waffle and top with 3 chicken pieces. Garnish with toasted sesame seeds and serve with mayonnaise.





## Whey protein coffee crème caramel

Crème caramel is a classic dessert and coffee a perennial favourite so here they are combined with the addition of whey protein isolate (WPI). Each small serve contains 6g of protein.

### Serves 8

**Preparation time:** 20 minutes

**Resting time:** 4 hours

**Cooking time:** 45 minutes

280g caster sugar

140ml water

400ml Australian full cream milk

60ml espresso coffee, brewed

4 eggs

50g Australian vanilla whey protein isolate

40g caster sugar extra

**Tip** WPI has the tendency to make the surface dry out once cooked. Keep the ramekins covered at all times while cooling to avoid this.

- 1 Lightly butter 8 x 125ml ramekins. Place the sugar and water in a saucepan and cook, stirring occasionally, until sugar has dissolved. Boil, without stirring, until deep golden. Remove from heat and carefully pour into ramekins.
- 2 For the custard, bring milk and coffee to a scalding point. In a separate bowl, whisk eggs with whey protein powder and extra sugar until smooth. Slowly pour the hot milk over the egg mixture while continuously whisking. Strain through a fine sieve into a jug and then pour into ramekins.
- 3 Place a clean tea towel on the bottom of a deep baking tray and arrange the filled ramekins on top. Fill the tray with hot but not boiling water, about halfway up the ramekins. Cover with foil and bake in a 180°C oven for 40–45 minutes or until the custard is just set with a slight wobble in the middle. Remove from the oven and stand in the water bath for 10 minutes. Take the ramekins from the water and allow to cool before chilling for at least 4 hours, better overnight.
- 4 To serve, run a knife around the edge of the ramekins then turn out onto small plates.



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**PADDOCK<sup>2</sup>PIXEL**

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