



ROD

a celebration
with food



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Dear Roddy,

4.7.2020

Although we can't all be in Italy together, at least we can be together in Eatily.

Buon compleanno e buon appetito!

Love,

Charles, Gaby, & Ella

George & Steph

Paul

Evan

Alex & Cara

Josephine & Sam

Michael

Henry

Harri & Sian

Mac & Holly

Tracey

Rob

Marita & Will

What's in this cookbook?

Morning

One One One One Banana Pancakes - Harri

Chaby's Pancakes - Gaby, Charles, & Ella

All Other Times

Postino Pizza, A Treatise on Dough - Alex & Cara

Crostini al pecorino con diffusione nera e avocado - Henry

Baked Orzo Puttanesca - Henry

The Best Entrée on Earth - Mac

Pastastic Pasta Sauce - Sian

Pasta al pomodoro -Evan

Fennel and Lemon Baked Salmon - Josephine & Sam

Delicious Tortured Baby Cow - Mac

Risotto - Michael

Super Green Pasta - Tracey

Negroni - Rob

Other Assorted Goods

Sourdough - George

BBQ a la Americana - Paul

Rhubarb and Ginger Jam - Tracey

A Big Jar of Pickled Cucumbers - Will

Morning,

Darling.

(Before Noon)

'One One One One Banana Pancakes'

Harri

Ingredients

1 Cup of self raising flour

1 Cup of milk

1 Egg

1 Banana

*Serves one
hungry boy or
two half
hungry boys*

Method

1. Put the flour, egg and milk in a bowl. Whisk it.
2. Chop the banana into slices or chunks, it doesn't really matter, and add it to your mixture.
3. Pour mixture into warmed (but not hot) pan, and tilt the pan to spread the mixture evenly across the surface.
4. Flip the pancake when the pancake is ready to be flipped. You'll know when to do this, when you see it.
5. Serve immediately, and slather with your favorite topping. I like Maple syrup, but really, add whatever you want / whatever you have.

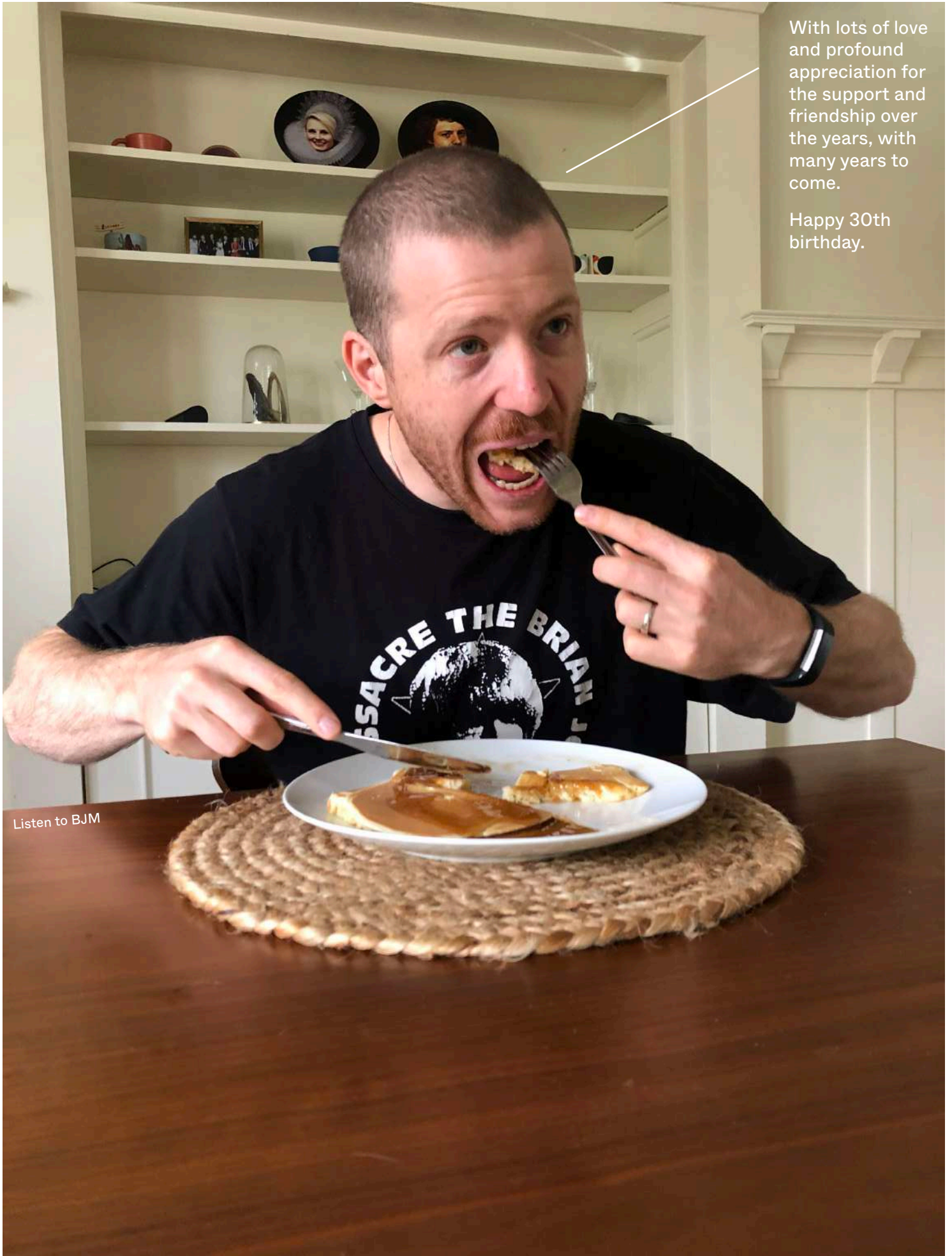
A Note To You, The Pancake Maker

Simplicity is the ultimate sophistication.

Whether you are in company or dining alone, this recipe is a no-brainer. It will allow you to maintain conversation while preparing it, or if you're not feeling very chatty, turn on, tune in and drop out.

What's more, you probably already have the ingredients lying around, and the finished product will impress your mates as much as your dates.

Breakfast isn't meant to be hard. Don't overthink it.



With lots of love and profound appreciation for the support and friendship over the years, with many years to come.

Happy 30th birthday.

Listen to BJM

'Chaby's Pancakes'

Gabrielle, Charles, and Ella

Happy birthday Roderick!

Here is a special recipe we hope we will get to cook and enjoy with you very soon. We had many recipes in mind, but one stood out above all as it is very simple, yet delicious, and features the world's best ingredient... Maple Syrup.

*This pancake recipe was created by a famous Montreal chef. He normally serves it with maple syrup and bacon, but we adapted it to fit our taste. (*Gaby wrote this sentence. I strongly recommend the bacon part. -Charles)*

*We hope you will enjoy it as much as we do!
Much love,
Ella, Gaby, and Charles*



Ingredients

1 cup Milk

1.5 Tbsp White Vinegar (we use Apple Cider Vinegar)

1 Tbsp Melted Butter (we use avocado oil)

1 cup All-Purpose Flour (we like to mix different type of flour, ex. half of buckwheat flour and half wheat flour)

1 Teaspoon Baking Powder

1/2 Teaspoon Baking Soda

2 Tablespoon Sugar (for the fluffiest pancakes, use white sugar, but we like coconut sugar for a healthier version)

1 Egg

Method

1. In a measuring cup, add milk and vinegar - let sit for 15 minutes
2. Mix all dry ingredients
3. Once the milk starts to curdle, add oil and egg
4. Whisk the wet ingredients into the dry mix - to avoid any crumble, make a nest in the dry ingredients, and gradually incorporate the wet mix
5. Cook at medium heat once the pan is hot with butter (or here we used coconut oil) and flip

5.5 Totally optional:
*If you feel like it, you can add blueberries and bananas into the batter once pour in the pan

6. Serve with your favorite condiments: **Maple Syrup**, yogurt, berries, nut butter...



All

Other

Times

Postino Pizza

Recipe of Andrea Cozzolino,
Pizza World Champion 2016



Alex
and Cara

POSTINO PIZZA

On Flour and Gluten

The biggest problem when making pizzas at home is that people often use the wrong flour. Most flours in the supermarket are 'weak' flours with low levels of gluten production.

Generally speaking, the higher the protein content, the stronger the flour. Looking on the back of the packet, per 100g of flour, 9-11g of protein is generally weak flour, 11-15g medium and 15+ is strong flour. Also look for flour that says 'bread improver' on the packet – these flours are generally better for pizza making.

On Yeast

The role of yeast in pizza dough is to increase its volume by producing gas. Tap water contains chlorine, which hinders the yeast's production of these gases. It is therefore better to use bottled water when making dough, or at least allow the tap water to sit for an hour and allow some of the chlorine to evaporate.

On Water and Temperature

Water temperature is also important. A good rule of thumb is the rule of 55: the sum of the ambient temperature, the temperature of the flour (usually the same as the ambient temp) and the temperature of the water should add up to 55. E.g. if the ambient temperature is 20 degrees, ideally the water used would be 15 degrees ($20 + 20 + 15 = 55C$).

On Salt

Salt is also a hindrance to the production of gases in the dough, and must therefore be added as late as possible. The general principle is that it should be added along with the last 10% of the total water used in the final stages of the mixing process. Salt actually helps the formation of gluten and therefore helps 'close' the final dough mixture.



On Fats

The use of fats in pizza dough is widespread, but not essential to dough production (especially at home). It functions to delay the staling of the dough and give it a longer shelf life. The addition of fat (usually in the form of extra virgin olive oil) to the mixture is a question of personal preference – if you decide to include it, make sure to use only a little bit at a time.

'The Dough'

Ingredients

To calculate the ingredients, we start from the number of pizzas we want to make and the weight of the dough: if we want to make four bases of 250g each, we need 1kg of dough. To get 1kg of dough, we need $1000/1.6 = 625\text{g}$ of flour.

The ingredients are calculated in the following proportions:

Flour 625g Medium to High Strength

Water 60% of flour = 375g

Salt 2.5% of flour = 15g

Yeast 0.2% of flour = 1.2g

Note, If you are having difficulty closing the dough, rather than continue to knead, it is better to stop the mixer for 5-10min, flip the dough, and then resume kneading.

Method

1. Dissolve the yeast into the water.
2. Add the sifted flour. Sifting prevents the formation of clots but more importantly, it allows for the oxygenation of the dough.
3. Mix together either with a mixer or knead by hand until the mixture forms a compact shiny mass. If using a mixer, mix until it detaches completely from the bowl.
4. The salt should be added as late as possible while the mixture is still creamy, with a little bit of water if required.
5. If you decide to add any fats (extra virgin olive oil), this is done slowly and at the end once the dough has already closed.

Rest

There are two options for resting the dough: either leave it to rest at room temperature or put it in the fridge (at 4 degrees).

At room temperature, one can use the dough anywhere from 4hrs up until a maximum of 24hrs. If put in the fridge, the dough can be used anywhere from the 24hr mark up to 3 days.

Once the dough has rested, use it to form individual balls of 250g each and leave them at room temperature for 3hrs.

Stretching and Cooking

Stretch the individual balls into pizza bases. If the mixture has rested correctly, it will stretch easily and not tear. Note that if the gluten hasn't relaxed sufficiently, the mixture will be too elastic and resist the stretching. It is important while stretching to distribute the gases that have formed without letting them escape. Use the flat parts of your fingers to press the gases out of the middle of the base into the crust if possible.

Once the pizza has been topped with your favourite ingredients, it's ready for cooking. Best results are achieved when cooked for less than 2min in an oven at around 450 degrees Celsius. Obviously, this is rarely possible at home. If at home, the pizzas can be cooked in a pan as close to 300 degrees as your oven will get for about 8-10min.

Buona Pizza
Buona Pizza
Buona Pizza



Crostini al pecorino con diffusione nera e avocado

This dish reminds me of home when i am far away. I also love Vegemite

Henry

(see 'SOURDOUGH' recipe)

Ingredients

Bread, of your choosing

Butter, French preferably

Pecorino Romano, thinly sliced

Avocado, sliced

Vegemite



Method

Toast bread in a toaster until lightly toasted

Spread butter gently over toast, taking care not to leave divots in the toasted slices

Spread vegemite on the butter. It is best to use a ratio of 3 parts vegemite to 4 parts butter, though this can be varied based on taste

Place Pecorino slices lengthwise on toasted bread, covering completely

Place slices of avocado on top of Pecorino slices

Eat at your leisure.



Ingredients

60ml olive oil

1 onion, peeled and finely chopped (150g)

6 garlic cloves, peeled and crushed

½ tsp chilli flakes

3 anchovy fillets, drained and roughly chopped

2 tbsp capers

1½ preserved lemons, flesh discarded and skin thinly sliced into strips (12g net weight)

70g pitted kalamata olives, roughly torn in half

2 x 160g tins good-quality tuna in olive oil, drained and roughly flaked

1 tbsp tomato paste

1 tin chopped tomatoes

250g orzo

Salt and black pepper

1-2 plum tomatoes (180g), cut into ½cm-thick rounds

40g parmesan, finely grated

1.5 tbsp basil leaves, roughly torn

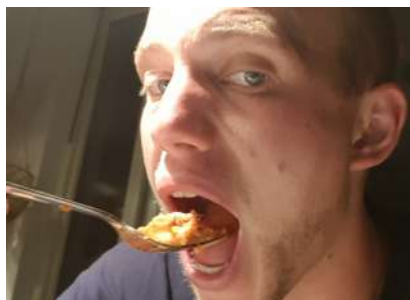
Step 2 - Turn up the oven to 230C (210C fan)/450F/ gas 8. Lift the lid off the pan, then haphazardly top the mixture with the sliced tomatoes, sprinkle over the cheese and return to the oven, uncovered, for 10-12 minutes, or until bubbling and lightly browned. Remove, leave to rest for about 10 minutes, then top with the remaining olives and preserved lemon, the basil and the remaining tablespoon of oil, and serve straight from the pot.

Method

Step 1 - Heat the oven to 220C (200C fan)/425F/ gas 7. Put three tablespoons of oil into a large, ovenproof saute pan for which you have a lid, and heat on a medium-high flame. Add the onion and cook, stirring occasionally, for about eight minutes, or until softened and browned. Add the garlic, chilli and anchovies, cook for a minute more, until fragrant, then stir in the capers, half the lemon, 45g of the olives, tuna, tomato paste, tinned tomatoes, orzo, 450ml water, a teaspoon of salt and a generous grind of pepper. Bring to a simmer, then cover and transfer to the oven for 20 minutes, or until the orzo is cooked through.

Baked Orzo Puttanesca

Henry



This dish reminds me of late summer evenings in the countryside with friends and wine. I also love olives.



**‘The Best Entrée on
Earth – Don’t Argue
With Me About This’**

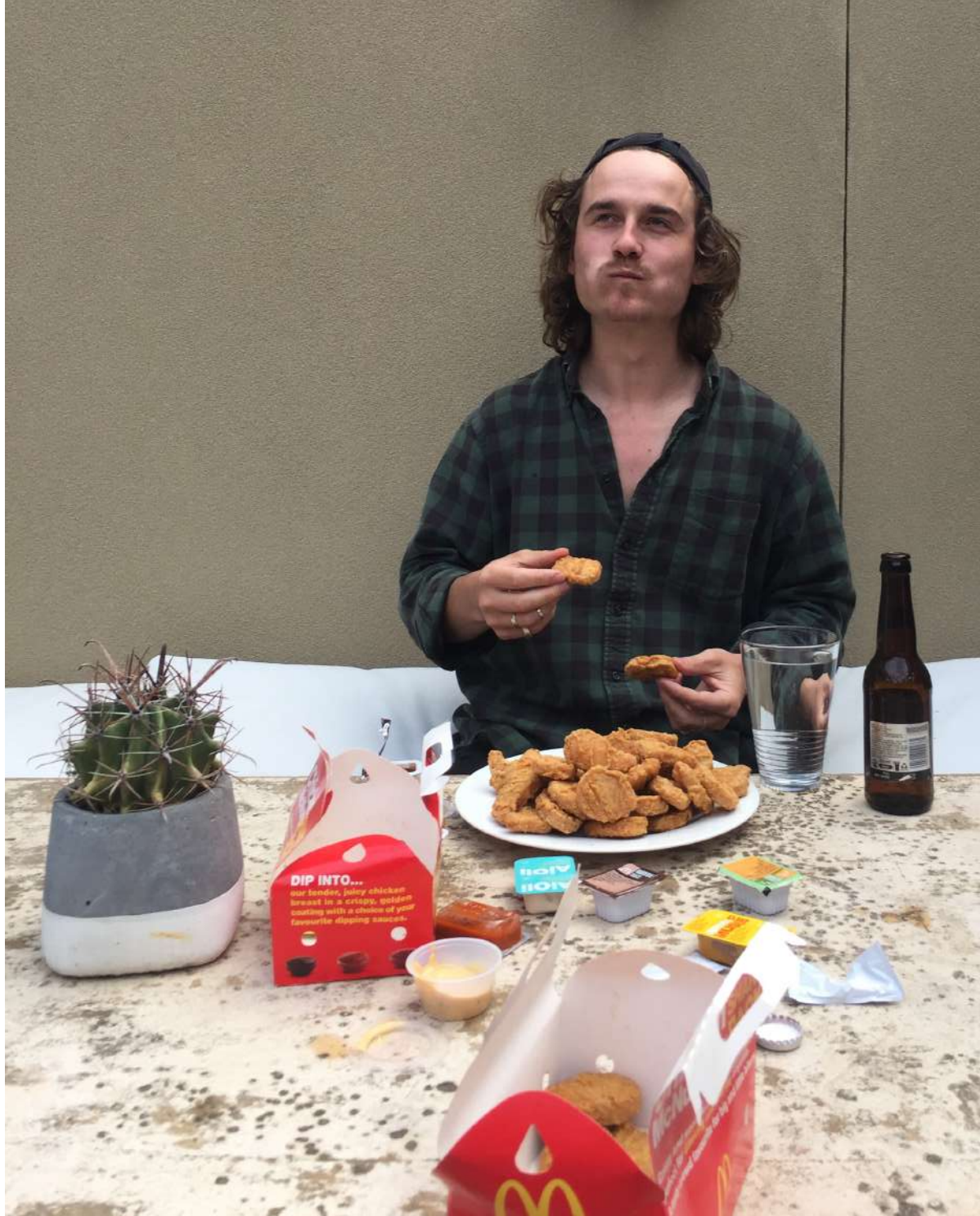
Mac

Ingredients

Dozen Bruny
Island Oysters

Bollinger –
Maybe two

Cigarettes
(Optional)



Method

1. Go to South Melbourne Market.
2. Buy a dozen Bruny Island Oysters.
3. Buy a bottle of Bollinger.
4. Buy a lemon.
5. Cut the lemon up.
6. Put the oysters on a plate with the lemon.
7. Pop the Bollinger.
8. Eat them.
9. Wash them down with Bollinger.
10. (Optional) Cigarette.

'Pastastic Pasta Sauce'

A Note to Roderick

This dish eventuated late one Saturday evening back in April. Harri and I were feeling naughty and were about to order a KFC family meal, when we got ahold of ourselves and decided to "be healthy."

A little put out that I now had to make dinner using the very limited range of ingredients in the house, I set to work on what I hoped would be an edible pasta sauce.

I am pleased to report that the meal was very well received. Harri paused after his first bite and gave me "the eyes." I knew then and there the recipe had to be recorded - those eyes only come out on very special flavour occasions.

It is my pleasure to share this recipe with you. I had hoped I could have prepared it for you but until then, I'll just picture you wearing this expression whenever we eat this meal:

[See Cover, Inside Front]

Happy birthday lovely man! I hope you enjoy your day today and that it won't be too long until we're next sitting by the fire, dogs at our feet, sipping wine, and enjoying each other's company.

Lots of love,

Sian xxx

Siân

Ingredients

½ red onion

1.5 dessert spoon ricotta

1.5 dessert spoon of minced garlic

1 dessert spoon cooking chili

Bit of ginge

Big of garlic/cooking herbs

Bit of black pepper

Splash of sweet baby rays

1 can Italian tinned Toms crushed with herbs

1 zucchini

1 carrot

2 rashers of bacon - cooked separately

Cheddar to serve



Method

1. Caramalise red onion
2. Add garlic, chili, ginge, black pepper and herbs and mix
3. Add zucchini and carrot and mix
4. Add tinned toms
5. Add sweet baby rays
6. Mix
7. Once bacon is almost done, chop up and add to sauce
8. Simmer until zucchini and carrot are cooked, stirring occasionally
9. When zucchini and carrot are almost cooked, add ricotta
10. Spoon sauce into a blender and blend sauce while pasta cooks
11. Mix sauce into pasta and serve with cheddar



Pasta al pomodoro

A Note from the Chef

I can't think of a dish that brings me more pleasure than this Italian classic! A few simple ingredients combine to produce something truly delicious.

Rick loves Italian food and I know this would be no exception – even though it's not Vincenzino! I look forward to making it for him soon and reminiscing about our times together in la bella Italia!

Ingredients

Extra virgin olive oil

3-4 cloves of chopped garlic

Two pinches of chilli flakes (it's not supposed to be a chilli sauce but this amount gives a nice background heat)

800g tinned peeled San Marzano tomatoes (sorry, but any old tinned tomatoes will NOT do)

Salt and pepper

400g dried spaghetti (for me it has to be long pasta - anything else just doesn't seem right!)

Grated Parmigiano Reggiano



Evan

Method

1. Pour some oil into a cold saucepan - be generous as it's an integral part of the sauce - and add the garlic and chilli. Turn on a medium heat.

2. As the oil is heating, open the tinned tomatoes and use a sharp knife to slice them a little - this will help them break down quicker and more evenly.

3. Be careful not to brown the garlic at all. Let it sizzle with the chilli for 20 seconds and then add the tomatoes.

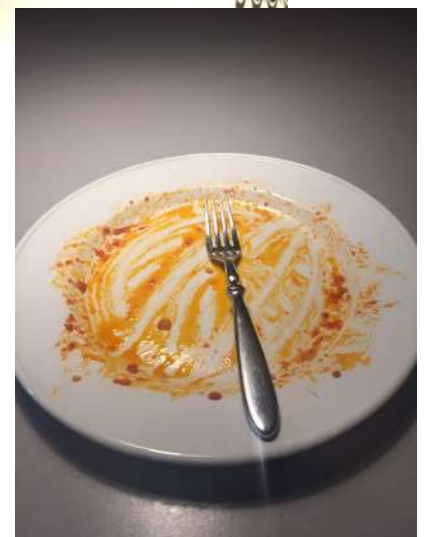
4. Reduce the heat to low and cook down, stirring regularly, until you have a fairly rich, thick sauce which has reduced by roughly two thirds - approx. 25-30 minutes. Season with salt and pepper.

5. When the sauce is nearly ready, add the pasta to a large pot of salted boiling water and cook until it's quite al dente.

6. Use tongs to lift the pasta bit by bit out of the boiling water, shake to drain slightly (a little pasta water will enhance the sauce), add to the sauce and mix well. You may well find you have enough for two and the right pasta/sauce ratio without using all the pasta.

7. Put a quarter of the pasta on each (warm) plate. Sprinkle with a little salt and Parmigiano and use the tongs to slightly mix the cheese into the pasta.

8. Put half the remaining pasta on top of each plate and add more salt and Reggiano to taste. Drizzle with olive oil. You could add basil if you wish but I prefer the simplicity of this dish without.



‘Fennel and Lemon baked Salmon with Dill, Parsley and Green Olive Pasta’

Josephine and Sam

We recently made this for Lachie and Beth – Lachie was ‘into the fennel’ so we thought Rick might be too.

I remember visiting the Darlings in Bordighera when I was about 18 and falling in love with that part of the world. Cooking with Mediterranean ingredients always takes me back there and reminds me of Rick and Luciana and the little bit of Italian heritage I like to claim.

This is my take on ‘Fang’s famous baked Salmon’. Dad’s specialty is wrapping a whole salmon stuffed with lemon in alfoil, which he manages to bake perfectly every time and feed the masses in the MacMillan household.





Ingredients

A side of Salmon (enough for a fillet per person)

2 Fennel bulbs

1-2 Lemons

Olive Oil

Honey

Fettucine All'Uovo

Fresh Parsley

Fresh Dill

Green Olives (pitted)

Parmesan

Method

1. Preheat oven to 170C;
2. Cut fennel into slim sections, keeping the ends and fronds to one side;
3. Place fennel sections in baking dish. Warm 1 tbsp honey and 3 tbsp olive oil, combine and coat the fennel, break some dill over the top and lightly salt.
4. Cover with alfoil and place in the oven while preparing the rest of the dish (approx 20 min);
5. Slice one of the lemons (depending on size) into circles and then halves;
6. Line fennel ends and fronds across the base of a baking pan with lemon interspersed. Place salmon on top. This keeps the salmon off the bottom of the pan allowing it to be steamed in the fennel & lemon;
7. Drizzle with olive oil, sprinkle 1 tsp lemon zest, some torn parsley and dill and a squeeze of lemon juice over salmon. Salt lightly;
8. Wrap entire baking dish in alfoil (à la Fang) and place in oven for 25-30 mins. While there, remove alfoil from the fennel and leave it in the oven;
9. Roughly chop herbs and 10 mins before salmon is ready, make pasta;
10. Toss herbs, a handful or two of green olives, a good drizzle of olive, salt, pepper and a squeeze of lemon through the pasta once ready;
11. Top with finely grated parmesan, because how good is parmesan!
12. Remove salmon and fennel from the oven. Either garnish the salmon dish with the additional baked fennel to serve at the table or plate up with pasta.
13. Buon Appetito!

'Delicious Tortured Baby Cow'



Mac

Ingredients

8 bits of veal – Slice those bad boys in half.

Cup of milk.

3 eggs.

Flour.

Panko bread crumbs.

Heaps of thyme.

Good dash of olive oil. Don't be stingy.

Half a kilo of good mushrooms. King brown, pine, oyster and shiitake, whatever. Who cares. Just the good shit.

Good knob of butter. Salted, obviously.

A lemon.

4 or 5 garlic bulbs. Don't be scared.

Parsley.

Salady stuff.

Sourdough.

Method

1. Pound scaloppine with a mallet, or book, or whatever. Will's ego maybe. Something heavy. Make them thin though.
2. Whisk milk and eggs in a large bowl. If you can avoid making a mess, great.
3. Dip scaloppine first in salted flour, then egg mixture, then breadcrumbs. Give em a good shake before putting them on a tray.
4. Oil in the pan. Hot.
5. Add mushrooms. Cook them until they're a bit golden.
6. Add butter, lemon juice, garlic and parsley. Lid off initially. If you've cooked your timing, turn it down, then bang the lid on.
7. Open a long neck.
8. Marvel at the beauty of it.
9. Oil in new pan. Hot.
10. Chuck the scaloppine in. Cook them until they are golden and yum.
11. Spare a moment to think about those delicious little cows who probably didn't have the best life.
12. Make a joke about veal.
13. Plate up man.

Drink Pairing

4 X Long neck of Melbourne Bitter.



Risotto

Michael

Ingredients

Risotto

250 g Risotto rice

1 Onion (small)

2 Cloves of garlic

650 ml Vegetable stock
(simmering)

50 ml Rosé (dry)

1 Lime (Juice and rind)

50 g Parmesan
(grated)

50 g Rocket (chopped)

Extra

200 g Ostsee Salmon
(although salmon from
any sea will do)

1 Lime (juice)

Butter (or oil)

Salt and pepper



Method

1. Finely chop onion and garlic. Separate rind from half a lime and press juice into a separate container. Bring 650mL water to the boil and add vegetable stock for the broth.
2. Add onion and garlic to a hot pan with some oil, add risotto rice after ca. 2-3 minutes. Keep adding broth until creamy - ca. 20 minutes. Add lime juice and Rosé to taste.
3. Stir in parmesan, lime rind and rocket to finish.
4. Cut the salmon fillet into largish cubes. Add butter (or oil) to pan and sear salmon on top/ bottom.
5. Add salt, pepper, lime juice to taste.
6. Add salmon to risotto and serve.
7. Eat and enjoy (beard optional)



'Super Green Pasta'

A Note To You, The Pasta Maker

A simple and healthy weeknight supper favourite here in London.

You could adapt the recipe to include sauteed mushrooms or roasted broccoli stirred through too.

Tracey

Ingredients

2 portions of pasta - I like to use tagliolini

1 courgette cut into half moon shapes - Sometimes I like to use two

2 garlic cloves peeled and roughly chopped

Juice of 1/2 a lemon

200g of fresh spinach - I highly recommend using baby spinach leaves which are much smoother when blended together

125ml of milk - I usually prefer to use a non-dairy milk to keep it vegan, such as almond. Even coconut works (incredibly!).

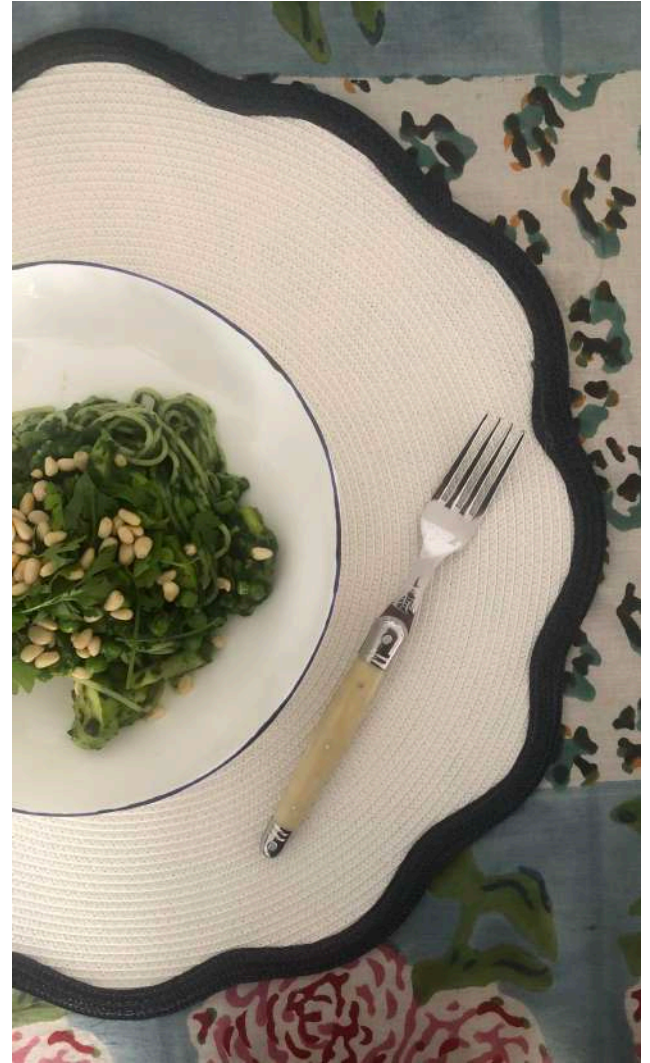
150g of peas, frozen or fresh - Just put as many peas as you like in I think!

1 teaspoon of olive oil

Sea salt and pepper to taste

Method

1. Pre-heat the oven to 180C, fan setting.
2. Place the half moons of courgette onto a baking tray with a generous drizzle of olive oil and salt, cook for 10 minutes.
3. After 10 minutes, add the garlic and roast for another 5-10 minutes until golden, before removing from the oven and leaving to one side.
4. Put the pasta in a pan of boiling water and cook per the instructions (I trust you are well versed on this so won't belabour the pasta-cooking).
5. Place the milk, spinach and salt in a pan over a medium heat and cook until the spinach has wilted.
6. Once wilted, add the roasted garlic and blend using a hand blender (or pour into a normal blender) until smooth.
7. Mix through the courgettes and peas and cook for another 5 minutes.
8. Stir in the lemon juice through the pasta before serving. Season as you like.



Happy birthday and, although this recipe is not quite up to the Scopri standard, hopefully you enjoy it all the same!

**‘I think it’s time
for a drink’**

Negroni



A Note to Roderick

Negroni to be served before, during and after dinner at Gerald's Bar.

[2017]

Rob

Ingredients

1 shot Sweet Vermouth

1 shot Campari

2 shots of Gin

Orange twist to garnish

Method

Pour the gin, vermouth and Campari into a mixing glass or jug with ice. Stir well until the outside of the glass feels cold.

Strain into a tumbler and add 1 large ice sphere or some fresh ice, and garnish with an orange slice, using a blood orange when in season.



Other

Assorted

Goods

'SOUR DOUGH'



Ingredients

George

With Starter

100gms Starter (which should be a 50:50 mix of flour and water)

-230 gms water

-340 gms flour (72% hydrated)

-8 gms Salt

-100 gms pecan nuts

With Instant Yeast

2 teaspoon of instant yeast

-280 gms water

-390 gms flour (72% hydrated)

-8 gms Salt

-100 gms pecan nuts

A Note To You, The Baker

This isn't the best bread recipe it is just mine and designed to get the best loaf for the least effort.

No kneading, no autolyse or any of that fancy stuff.

Method

1. Mix Water, Starter (or instant yeast), and Salt together

2. Add flour and mix till combined. Then add pecans and mix again.

3. Rest covered in the same bowl for at least 3 hours or overnight.

4. Remove from bowl onto lightly floured surface.

5. Pat the dough flat and fold it in half. Repeat at least 6 times.

Pro-tip: wet your hands with water or rub oil on them and the dough won't stick to your hands when working with it.



6. Form the dough into a ball with a tight skin

7. Place into a proving basket dusted with flour. If you don't have a proving basket, you can use a bowl lined with a tea-towel. Ensure you dust with enough flour so it doesn't stick.

8. Prove bread for at least another 3 hours, if you go longer it generally doesn't matter but try to keep it less than 6 hours.

9. Preheat oven to 250 degrees with heavy pot and lid inside for 30 mins.

10. Place bread in pot, score top of bread and cook for 40 mins with lid on. (In the photos I forgot to score this loaf).

11. Reduce temperature to 220 - 230 degrees and cook for a further 5 - 15 mins with the lid off depending on how dark & crusty a loaf you want.

12. Total cooking time should be at least 45 mins but I am for 55 mins.

13. Let it fully cool before you cut into it. The loaf is still cooking. I know its hard.

DOUGH

BBQ a la Americana

Paul
aka "Grill"

Ingredients

A sampling of proteins and vegetables that become edible when heat is applied from below

Beverage of choice to hold in non-preferred hand to appear busy during the waiting periods

Cheese (to be applied directly to the protein or through grins)

Great friends (even better if they provide access to a grill)

Natural gas (either via a gas line or in a container)

Trappings of Americana (hot sauce, backwards baseball cap, challenged political environment)

Physical presence in the United States of America (optional)

If cooking in c. 2020, please also follow social distancing guidelines

Method

Combine and Assemble

A Note To You

Perfect for a summer lunch followed by croquet & tennis (on St George's Road or otherwise) or carb loading before a poetry recital at your local library.

Recommended digestif is a single malt whisky on your nearest balcony.



'Ligurian Olive Oil and Lemon Cake'

Josephine and Sam

A Note To You, The Baker and The Eater.

This is a light but lush after dinner sweet.

Ingredients

1 cup Quinoa Flour (or any plain will do)

1 cup Almond Meal

3/4 cup Raw Sugar

1 ½ tsp Baking Powder

3/4 cup Olive Oil

3/4 cup Natural Yogurt

2 Eggs

Tbsp Lemon Zest

1/4 cup Lemon Juice

Honey and Fresh Sage or Rosemary to serve, with Yogurt or Sam says, Ice Cream! Walter introduced me to Yogurt Gelato... and that would be the ultimate accompaniment.

Method

1. Prepare a baking pan (round about 20cm across) and preheat oven to 175C;
2. Combine flour, almond meal, sugar and baking powder;
3. Separately combine gently beaten eggs with yogurt and olive oil and mix into dry ingredients;
4. Add zest and juice and mix well;
5. Pour mixture into pan and drizzle with honey and olive oil, a few cracks of Himalayan Salt and finely shredded sage or rosemary before baking;
6. Bake for 50 mins – should be golden on top and moist in the middle.
7. Enjoy!

'Rhubarb and ginger jam'

Tracey



Ingredients

1kg of pink rhubarb
(trimmed)

1kg of jam sugar (with
added pectin)

Zest and juice of one
lemon

50g stem or crystallised
ginger, finely chopped - I
like to double the amount
to 100g as I quite like
ginger

4cm piece of ginger,
peeled

I know you're a consummate jam maker, so look forward to seeing you make this soon so we can enjoy a sweet treat!

Maybe a rhubarb daiquiri is in order.





Method

1. Wash the rhubarb under cold running water and slice into 2cm long pieces. Tip into a large ceramic or plastic bowl and add the jam sugar, lemon zest and juice, and chopped stem ginger.
2. Stir the mixture thoroughly, cover loosely with cling film and leave to one side for about 2 hours to allow the sugar to dissolve into the rhubarb juices. You may need to stir the mixture occasionally to encourage this process along.
3. Pop a saucer in the freezer (I'm sure you're all over how to check if the jam is set). Scoop the fruit and sugary juices into a preserving pan and set over a medium heat. Stir until the sugar has completely dissolved and bring to the boil. Continue to cook at a fairly swift pace until the rhubarb is really tender and the conserve has reached setting point (it should take 10-15 minutes).
4. To test for a set, drop some of the jam onto the cold saucer and leave for 30 seconds, then gently push it with the tip of your finger. If the jam wrinkles, then the setting point has been reached. If not, continue to cook for another couple of minutes and so on.
5. Remove the pan from the heat and leave to one side for 2-3 minutes before pouring into sterilised jars. Seal immediately.

‘A Big Jar of Pickled Cucumbers’

Will &
Marita

Ingredients

2 cucumbers, peeled and thinly sliced

1 large garlic clove, thinly sliced

2 pickling onions, peeled and thinly sliced

1.5 tbsp of pink salt

100ml cider vinegar

50ml rice wine vinegar

50g white sugar

1.5 tsp yellow mustard seeds

0.5 tsp turmeric, ground

2 cups of water

1 tray of Ice Cubes

+

1 litre jar, sterilised

A Note To You.

A pickle will help you through the good times, but a jar of them will get you through the bad times.

Method

Place the cucumber, onion, garlic, salt and ice cubes in a large bowl, toss to combine and stand for 10 minutes.

Drain and remove ice cubes.

Place the vinegars, sugar, mustard seeds, turmeric and water in a saucepan and bring to boil.

Place the cucumber mix into your sterilised* jar.

Pour in the pickling liquid, cover, seal and cool.



**To sterilise glass jars, wash with soapy water, rinse out and place neck-up in a preheated oven for 20 minutes. Remove carefully and fill while still warm.*

Alternatively, use Brennivín.

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'Happy Thirtieth Roddy'

