

## Fleurieu Recipes

Fleurieu Recipes: Cooking with your local area and health in mind

### Pumpkin & Almond Loaf

MAKES 12 SLICES

#### Ingredients:

3 tablespoons local Fleurieu olive oil(3/4 cup roast pumpkin puree(1/2 cup local honey(3 tablespoons firmly packed brown sugar(2 free range eggs, lightly beaten(1 cup wholemeal or soya or rice or buckwheat flour or fine ground oatbran(1/2 cup plain flour(1/2 teaspoon baking powder(1/2 teaspoon ground allspice(1/2 teaspoon ground cinnamon(1/2 teaspoon ground nutmeg(1/4 teaspoon ground cloves(1/4 teaspoon salt(2 tablespoons chopped Willunga almonds

#### Directions:

Preheat the oven to 350 F or 180 C ?. Lightly coat an 8-by-4-inch loaf pan with oil or butter.

In a large bowl beat together the olive oil, pumpkin puree, honey, brown sugar and eggs until well blended.

In a small bowl, whisk together the flours, baking powder, allspice, cinnamon, nutmeg, cloves and salt. Add the flour mixture to the pumpkin mixture and beat until well blended.

Pour the batter into the prepared pan. Sprinkle the almonds evenly over the top and press down gently to lodge the nuts into the batter. Bake until a toothpick inserted into the centre of the loaf comes out clean, about 50 to 55 minutes. Let cool in the pan on a wire rack for 10 minutes. Turn the loaf out of the pan onto the rack and let cool completely. Cut into 12 slices to serve.

SERVES 4

Ingredients:

500gms free range chicken(2 cups coleslaw, without dressing (see coleslaw recipe below)(1/2 cup reduced-fat coleslaw dressing (see recipe below)(4 wholemeal tortillas, each 8 inches in diameter(1 onion(1 clove garlic(2 tablespoons of olive oil

Directions:

Season the chicken with salt and ground black pepper. Saute onion and garlic in a skillet in olive oil then add the chicken until cooked.

In a small bowl, add the cooked chicken, coleslaw and dressing. Stir to mix evenly. Cover and refrigerate for at least 25 minutes. To serve, top each tortilla with the chicken mixture. Fold both sides of each tortilla up over the filling, and then roll to close. Serve immediately.

Coleslaw Ingredients:

1/2 cabbage finely shredded(1 carrot grated(4 green shallots, diagonally thinly sliced

Dressing Ingredients:

1/2 cup plain low fat Paris Creek yogurt(1 tbsp. Dijon mustard(1 tbsp. cider vinegar(1 tbsp. lemon juice(1 tbsp. olive oil(1 tsp. sugar (1/4 tsp. salt(1/4 tsp. pepper

Combine all ingredients in a bowl. Stir with wire whisk until blended. Cover and chill. Serve over coleslaw. Yield 1 cup.

Calories 17 (53% fat), fat 1 g, fiber 0 g, iron 0.1 mg, calcium 15 mg, protein 0.6 g, carb. 1.3 g, chol. 0 mg, sodium 72 mg.

## Broccoli Cheese Bake

SERVES 6

### Ingredients:

4 cups chopped fresh broccoli(1/2 cup finely chopped onion(2 tablespoons water(4 medium free range eggs(1 cup low-fat Alexandrina, Fleurieu or Paris Creek milk(1 cup shredded low-fat cheddar cheese(1/2 teaspoon ground black pepper

### Directions:

Preheat the oven to 350 F or 180 C. Lightly grease a baking dish.

In a skillet, combine the broccoli, onion and water. Saute over medium-high heat until the vegetables are tender, about 5 to 8 minutes. Keep adding water to prevent the vegetables from drying out, but use as little water as possible. Drain and set aside when the broccoli is done.

In a bowl, combine the eggs, milk and 3/4 cup cheese. Add in the broccoli mixture and pepper. Stir to mix well.

Transfer the mixture into the prepared baking dish. Set the baking dish into a large pan filled with about 1 inch of water. Bake uncovered until a knife inserted in the center comes out clean, about 45 minutes. Remove from the oven and top with the remaining 1/4 cup shredded cheese. Let stand about 10 minutes before serving.

## Ham, Spinach and Cheese Savoury Pancakes

A pancake or crepe is light and paper-thin, rolled up and filled with fruits or jams or meats, cheeses and vegetables.

SERVES 4

Ingredients:

Pancake filling:

2 cups steamed spinach or silverbeet(8 ounces or 250gms extra-lean ham, thinly sliced(2 cups shredded reduced-fat Alexandrina or Paris Creek tasty or fetta cheese(Pinch of salt(Pinch of black pepper

Pancake mix:

2 cups plain or buckwheat flour(2 tablespoons fine ground oatbran(2 1/3 cup water

Directions:

Preheat the oven to 350 F or 180C. Lightly grease a baking dish.

In a steamer, bring 1 inch of water to a boil. Add the spinach or silverbeet. Cover and steam until tender-crisp, about 2 to 3 minutes.

Combine all ingredients for the pancake mix. The mix needs to be half way between thick and runny, so that they will be thin enough to roll when cooked. Cook on a hot greased skillet. Do not over cook. Allow to cool.

Place 2 slices of ham, 2 tablespoons of spinach or silverbeet, 2 tablespoons cheese on each crepe and season with salt and black pepper. Roll up and place seam-side down on a greased baking dish. Bake until the cheese melts, about 3 to 5 minutes. Serve immediately.

## OTHER RECIPES

Around the World In 80 Dishes &ndash; Free video clips on cooking 80 international dishes.

<http://video.epicurious.com/index.jsp>

Cooking With Kids Made Easy

<http://www.kidspot.com.au/baby-kids-children-family-easy-food-recipes.asp>