



DECEMBER 2023

FROM THE HEART TO THE TABLE

1 FROM MY HEART
3 DELICIOUS SIDE DISHES
1 FESTIVE CLASSIC

FROM:

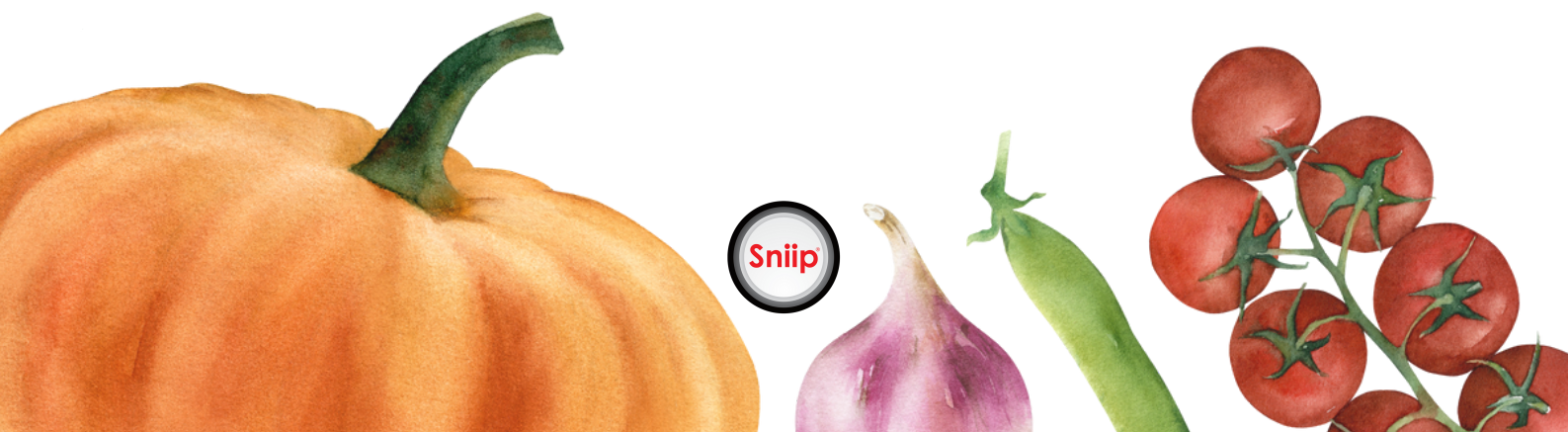
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From me, to you.

PREP TIME:

COOKING TIME:

SERVES:

Description:

Ingredients

Directions

Recipe Notes



Ottolenghi Smacked Cucumber Salad

PREP TIME: 15 MIN COOKING TIME: 30 MIN SERVES: 4 AS A STARTER

Indulge in the vibrant flavours of summer with this festive salad featuring crisp cucumbers, zesty sumac-infused onions, and a refreshing medley of herbs, served atop a bed of creamy yogurt—a perfect addition to your seasonal celebrations.

Ingredients

- 1 small red onion, peeled and thinly sliced
- 1¼ tsp sumac
- 1½ tbsp cider vinegar
- 2 tbsp olive oil
- 1 tsp dried mint
- 5 Lebanese cucumbers (or 2 regular cucumbers)
- 1 lemon, zest finely grated, to get 1 tsp, then juiced, to get 1½ tbsp
- 1 tbsp coriander seeds, toasted and lightly crushed in a pestle and mortar
- 1 garlic clove, peeled and crushed
- 100g red radishes, thinly shaved (use a mandoline, if you have one)
- 2 tbsp mint leaves
- 2 tbsp dill leaves
- 2 tbsp parsley leaves
- 100g Greek yoghurt
- Salt and black pepper

Directions

1. In a medium bowl, combine the onion, sumac, vinegar and an eighth of a teaspoon of salt. Leave to sit for at least 30 minutes, or overnight if you want to get ahead.
2. Place 1 tablespoon of oil in a small saucepan over a high heat until almost smoking. Place the dried mint in a heatproof ramekin and pour over the hot oil, it should sizzle immediately. Leave to cool completely.
3. Trim the ends off the cucumbers, then, using the flat of a large knife, bash the cucumbers repeatedly until they split and break. Scrape away and discard the seedy innards, then use your hands, or a knife, to break the cucumber into random, bite-sized chunks about 3cm in size.
4. Transfer to a bowl with half a teaspoon of salt and leave to sit for 20 minutes, to draw out the moisture. Pour away the liquid, then add the lemon zest and juice, half the coriander seeds, garlic, radishes, herbs, sumac onions, oil, a quarter-teaspoon of salt and a good grind of pepper. Spread a thin layer of yoghurt all over a serving platter. Place the salad on top, sprinkle with the remaining coriander seeds and drizzle over the mint oil.



Recipe Tin Maple Roasted Pumpkin with Chili & Feta

PREP TIME: 10 MIN COOKING TIME: 30 MIN SERVES: 3-6 AS A SIDE

Indulge in a symphony of flavours with this mouthwatering roasted pumpkin medley—tossed in a blend of olive oil, maple syrup, and spices, then crowned with crumbled feta, parsley, and an extra kick of chilli for a vibrant and satisfying dish that's as easy to make as it is to devour!

Ingredients

- 2 lb / 1 kg pumpkin , peeled, cut into 2.5cm / 1" cubes (whole, unpeeled weight – Note 1)
- 1 red onion , peeled, halved, then cut into 1cm / 0.4" wedges
- 1/2 cup walnuts , roughly chopped (Note 2)
- 3 tbsp olive oil
- 3 tbsp maple syrup or honey (sub brown sugar Note 3),
- 3/4 tsp cooking salt / kosher salt
- 1 – 1 1/2 tsp dried chilli flakes, adjust to taste (Note 4)

Garnishes

- 3/4 cup Danish feta (or Greek feta, or upgrade to goats cheese)
- 1 large red chilli (cayenne pepper), deseeded, finely minced
- 1 tbsp parsley finely chopped

Directions

1. Preheat oven to 200°C (180°C fan-forced).
2. Place the pumpkin, onion and walnuts on a large, paper lined tray. Drizzle with olive oil and maple syrup, then toss to coat (hands really is best). Sprinkle with chilli and salt, toss again, then spread out on a tray. Don't crowd them else they will stew instead of roast!
3. Roast for 30 minutes, or until the pumpkin is lightly browned and cooked through, tossing once at the 20 minute mark.
4. Remove from the oven. Gently toss again, then transfer to a serving platter in a single layer. Crumble over feta, sprinkle with parsley and chilli. Or do the sprinkling on the tray then pile into a bowl. Serve immediately!



Delicious Quick Stuffed Bullhorn Peppers

PREP TIME: 10 MIN COOKING TIME: 15 MIN SERVES: 6 AS A SIDE

Elevate your lunch or dinner with these delectable stuffed peppers, grilled to charred perfection and filled with a flavourful mix of rice, olives, zesty citrus, and creamy mascarpone.

Ingredients

- 6 bullhorn peppers or red capsicums, stems intact
- 2 tbs olive oil
- 1 tbs balsamic vinegar
- 1 bunch oregano, leaves picked, stems reserved, plus extra leaves to serve
- 500g cooked brown rice (we used 90-second microwave rice)
- 1/2 cup (75g) pitted kalamata olives, roughly chopped, plus extra to serve
- Finely grated zest of 1 lemon
- 2 spring onions, thinly sliced
- 1 tsp dried chilli flakes, plus extra to serve
- 1/2 cup (125g) mascarpone

Directions

1. Preheat the oven grill to high.
2. Place the peppers on a baking tray. Season and drizzle with oil and vinegar. Scatter oregano stems over tray and grill, turning halfway, for 10 minutes or until peppers are charred.
3. Combine oregano leaves, rice, olives, zest, onion, chilli and mascarpone in a large bowl. Make an incision along length of peppers and remove seeds and membranes. Fill with rice mixture.
4. Return to grill for a further 5 minutes or until rice mixture is warmed through.
5. Sprinkle with extra oregano, olives and chilli, and serve with golden peppers.



Love & Lemons Gingerbread Cookies

PREP TIME: 20 MIN CHILL TIME: 2 HOURS COOKING TIME: 8 MIN SERVES: 24 COOKIES

Create cherished holiday memories with your family by baking these delightful gingerbread men for Christmas - soft in the middle and irresistibly spiced.

Ingredients

- ½ cup unsalted butter, at room temperature
- ⅔ cup packed dark brown sugar
- ⅓ cup unsulphured blackstrap molasses, we like the Wholesome brand
- 1 large egg yolk
- 1 teaspoon vanilla extract
- 2¼ cups all-purpose flour, spooned and leveled
- 2 teaspoons cinnamon
- 2 teaspoons ground ginger
- 1 teaspoon baking soda
- ½ teaspoon fine sea salt
- ¼ teaspoon ground cloves
- 1 tablespoon almond milk, or any milk

Directions

1. In the bowl of a stand mixer, or using an electric mixer, cream the butter and brown sugar. Add the molasses, egg yolk, and vanilla and mix again.
2. In a medium bowl, whisk together the flour, cinnamon, ginger, baking soda, salt, and cloves. Gradually add the dry ingredients to the wet ingredients, mixing after each addition. Mix in the almond milk.
3. Form the dough into a ball, divide the ball in half, and flatten each half into a 1-inch-thick disk. Wrap in plastic and chill for at least 2 hours.
4. Preheat the oven to 180°C and line two large baking sheets with parchment paper.
5. Roll out the dough on a lightly floured surface until about ¼-inch thick. Use cookie cutters to cut out desired shapes, then transfer the cut-outs to the prepared baking sheets, re-rolling the dough scraps as necessary.
6. Bake, one sheet at a time, for 7 to 9 minutes, or until the edges of the cookies are just set but the middles are still soft. The cookies might seem underdone, but taking them out at this point will ensure that they stay soft once they cool. I typically use a 7cm cookie cutter and bake my cookies for 8 minutes. The exact timing will depend on your oven, the size of your cookie cutters, and how soft or crunchy you like your gingerbread cookies.