

Prawns with Kimchi and Apple Slaw

Entrée (4 serve)

Ingredients

- 12 prawns
- 1/2c kimchi – can use store bought or homemade recipe below.
- 1 green apple
- ½ bunch mint, coriander, and basil
- 2 tsp mayonnaise
- Olive oil
- Salt
- Pepper
- Lime - to garnish

Method:

1. Marinate the prawns with olive oil, salt, and pepper. Keep aside.
2. Slice the green apple into julienne and mix with kimchi and herbs. Mix in the mayonnaise and make a slaw.
3. Cook the prawns on the grill.

To serve

Place the slaw on the plate and arrange the cooked prawns on top. Garnish with kimchi and a lime wedge.

Cabbage Kim Chi – make your own!

Ingredients

- 1 Chinese cabbage
- 100g or 1/3c fine salt
- 55g or 1/2c caster (superfine) sugar
- 25g or 2 tbsp tapioca flour
- 3 tbsp fish sauce
- 50g or 1/3c chilli powder
- 12 garlic cloves
- ½ onion
- 25g or 3 tbsp ginger peeled and sliced.
- 6 spring onions (scallions)
- ½ large leek, sliced thinly

Method

1. Cut the cabbage in half and wash in cold water, drain well. Rub the salt into the leaves and place the cabbage in a bowl. Cover with plastic wrap and set aside for 4 hours, at room temp.
2. Rinse the cabbage under cold running water, squeezing the leaves dry with your hands. * You may choose to chop the cabbage at this point for more convenient serving, however the traditional method would be to leave as whole leaves for a crunchier kimchi that lasts longer.

3. Place 185 ml water, sugar and tapioca flour in small saucepan and bring to a simmer over medium heat, cook for 3-4 minutes until the mixture has thickened. Remove from heat and cool.
4. Combine the fish sauce and chilli powder in a bowl and whisk until incorporated. Add to the tapioca mixture and mix until well combined and then add the finely chopped garlic, onion, ginger and mix well.
5. In a large bowl combine the cabbage, leeks, and the shallots together. With gloves on, use your hands to rub the tapioca mixture through the cabbage ensuring it goes in between the leaves using up all the tapioca mixture. Wrap it well with cling film so that no air can escape at all and leave in a cool place for 3 days. It is then ready to be eaten.

Miso Glazed Eggplant with Fig, Asparagus and Orange Salad

Mains (4 serve)

Ingredients:

- 4 Japanese eggplants
- 200g firm tofu
- 1/3c mirin
- 2 Tbsp miso
- 1 Orange – cut into segments.
- 2 figs – cut into quarters.
- 16 asparagus spears, woody ends trimmed.
- 2 tbsp olive oil
- Salt
- Pepper

Method:

1. Mix the mirin and miso in a small bowl to make a mixture and keep aside.
2. Cut the tofu into 4 even slices lengthways and marinate with the miso paste and sear it on the grill.
3. Blanch the asparagus until tender.
4. Cut each eggplant in half lengthways. Score the flesh of the eggplant and sear it on a hot pan until it gets colour.
5. Glaze the eggplant and tofu with the miso mixture. Cook the eggplant and tofu in the oven for 10 minutes at 180C.

To serve

Place the tofu on the plate with the eggplant on top. Arrange the orange, figs, and asparagus next to the eggplant. Serve with a drizzle of olive oil.

Date and Ginger Pudding

Dessert (4 Serves)

Ingredients

- ½ cup pitted dates
- ½ fresh red apple
- 100ml water
- ½ cup plain flour
- 2 tsp margarine
- 1 medium eggs
- ¼ teaspoon bicarb soda
- ½ teaspoons baking powder
- ½ teaspoon vanilla essence
- ¼ teaspoons ground ginger

Method

1. Preheat the oven to 180°C
2. Remove seeds from dates, peel the apples and chop into chunks roughly 1cm or ½ inch.
3. Place the dates and chopped apple into a large pot, with water.
4. Bring to the boil, stirring occasionally. Once boiling, keep on the heat for 3 minutes, then remove from heat.
5. Add the margarine and stir in until it is melted.
6. Stir the bicarb soda into the dates. It will froth up and become a little creamier. Set aside.
7. Pour date mixture into food processor and blitz for 60 seconds or until all combined.
8. Combine the flour, baking powder, ground ginger, eggs, and vanilla essence. Add the date mixture to these ingredients, stir until combined.
9. Grease the sides of 4 ramekins with margarine. Pour the batter into the mould.
10. Bake for 50 minutes or until a skewer comes out clean.

Sauce

Ingredients

- ½ cup kombucha
- 2 teaspoon honey
- ¼ teaspoon lemon myrtle
- 3 tbsp light coconut cream

Method

1. Bring the Kombucha, honey, and Lemon myrtle to boil, reduce the heat to medium and cook to a dark caramel.
2. Add the coconut cream being careful as it may spit and continue stirring until it returns a boil. Reduce it into thick caramel consistency.
3. Serve - Pour the Kombucha sauce on top of pudding and garnish with some sliced dates and lemon balm.