

ARINEX COOKBOOK



NIKKITA'S JAPANESE CURRY

Ingredients

- 1 kg beef chuck, cut into 3cm cubes
- salt and pepper, to season
- 1 tbsp oil
- 75g unsalted butter
- 75g plain flour
- 3 tbsp japanese curry powder (or 2 tbsp curry powder and 1 tbsp garam masala)
- ¼ tsp chilli powder (or to taste)
- 150g shimeji mushrooms, broken into clumps
- 1 large brown onion, thickly sliced
- 3 large carrots, peeled and cut into irregular chunks
- 2 large potatoes, peeled and cut into irregular chunks
- 2 tbsp tomato ketchup
- 1 tbsp Worcestershire sauce
- 1 tbsp soy sauce
- 1 tsp salt
- 1 apple, grated
- Japanese pickles, to serve or simple salad of lettuce, tomato, radish – the point is to add a fresh element as the curry can be heavy. Cooked Japanese rice, to serve.

Method

- Season the beef with salt and pepper.
- Heat the oil in a large saucepan and fry the beef in batches until well browned.
- Return all of the beef to the saucepan and add around 2L of water to completely cover the meat
- Bring to a simmer and simmer for 1 to 1.5 hours, skimming to remove any scum that forms on the surface. When the beef is tender (but not falling apart), add in the potato and carrot and simmer for a further 15 minutes until the vegetables are tender. Remove from the heat and strain off the solids, reserving the stock.
- Heat another large saucepan and add in the butter and flour. Stir with a wooden spoon to combine into a roux and cook until just starting to turn colour.
- Add in the curry powder, garam masala and chilli powder and stir for 1 minute.
- Add in the stock a ladle at a time until a smooth sauce develops. You can add more stock or water if it is too thick.
- Add the shimeji mushrooms, sliced onion, grated apple, and other remaining ingredients and simmer for 10 minutes until the onion is softened, stirring regularly to stop the sauce from sticking to the saucepan.
- Remove from the heat. Stir through the beef, potatoes and carrot, adjust seasoning for saltiness and allow to stand covered for at least 15 minutes before serving.

RHIANNON'S ITALIAN HERB POTATOES

Ingredients

- White washed potatoes (skin on or off depending on your preference)
- Italian mixed herbs
- Oil of preference

Method

- Thinly slice washed white potatoes into a bowl (skin on or off depending on your preference).
- Drizzle preferred type of oil over sliced potatoes.
- Sprinkle Italian herbs over potatoes and oil.
- Mix all ingredients together in the bowl.
- Pan fry potatoes on medium-high heat until golden and crispy.
- Enjoy on the side of any preferred type of meat/protein.

LAUREN'S PULLED PORK

Ingredients

- 1 medium onion
- 1/2 cup tomato sauce
- 1/3 cup cider vinegar
- 1/4 cup packed brown sugar
- 1/4 cup tomato paste
- 2 tbsp sweet paprika
- 2 tbsp Worcestershire sauce
- 2 tbsp yellow mustard
- 1 1/2 tsp salt
- 1 1/4 tsp ground black pepper
- 1.5kg boneless pork shoulder

Method

- Stir onion, tomato sauce, vinegar, brown sugar, tomato paste, Worcestershire sauce, mustard, salt and pepper until combined
- Add pork, coating well with sauce mixture.
- Cook pork on low setting of slow cooker for 8 – 10 hours or until pork is very tender.
- Remove pork, and pull pork into shreds with forks.
- Turn slow cooker onto high, heat sauce until boiling and sauce thickens and reduces.
- Stir pork through sauce.

ELAINE'S PRAWN SAGANAKI (GREEK BAKED PRAWNS WITH TOMATO & FETA)

Ingredients

- 400g peeled prawns
- Olive oil for cooking
- 2 cloves garlic, chopped
- 1 red or brown onion, sliced
- 2 tbsp tomato paste
- ½ cup white wine
- 400g can chopped tomatoes
- 200g Feta cheese
- 2 tbsp chopped parsley
- Crusty bread, mashed potato or buttered rice to serve
- Green salad to serve

Method

- Preheat oven to 180 degrees. Heat non-stick frying pan over medium heat and spray with olive oil. Cook onion until soft, and add in garlic until aromatic.
- Add in tomato paste and cook for 1 minute. Add wine, and simmer for 2 minutes or reduced by half. Add the can of chopped tomatoes and simmer for 10 minutes until mixture is thick.
- Add prawns to pan and stir to coat (they don't need to fully cook as it will go into oven).
- Pour mixture into ovenproof dish and top with crumbled feta. Bake for 10 mins or until cooked through. Top with parsley.
- Serve with crusty bread, mashed potato or buttered rice and a green tangy salad.

Note: can substitute with cubed chicken breast if seafood isn't your thing.

SARA'S BAKED EGGS

Ingredients

- 1 small red onion - diced small
- 70g bacon
- 1 can crushed tomatoes
- 4 eggs
- Pita or crusty bread, to serve
- Feta for fun!

Method

- Preheat oven to 180C/350F.
- Place bacon, onion, tinned tomatoes – bake for 15-18 mins or until bubbling.
- Add salt and pepper for taste.
- Crack 4 eggs on the top.
- Place back in oven until all egg is cooked – 8-12 minutes.
- Remove from the oven and serve immediately, feta for fun on top!
- Serve with crusty bread, or pita bread.

STEPH'S ONE-PAN CHORIZO RISONI RISOTTO

Ingredients

- 2 mild chorizos
- 1 brown onion
- 2 cloves of garlic
- 1 bunch thyme
- 2 cups risoni
- 1 cube vegetable stock
- 1 bag baby spinach leaves
- ½ lemon
- 1 punnet of cherry tomatoes
- 1 cup of shredded cheddar cheese
- 1 pinch of chilli flakes

Method

- Roughly chop the mild chorizo. Finely chop the brown onion. Cut the cherry tomatoes in half. Finely chop the garlic (or use a garlic press). Zest the lemon (see ingredients list) to get a pinch. Pick the thyme leaves.
- Heat a small drizzle of olive oil in a large frying pan over a medium-high heat. Add the chorizo and cook, stirring, until golden, 5-6 minutes. Add the onion and cherry tomatoes and cook, stirring, until softened, 4 minutes. Add the garlic, thyme, lemon zest and a pinch of chilli flakes and cook until fragrant, 1 minute.
- Add the risoni to the pan and stir to combine. Add the water and crumbled vegetable stock. Bring to the boil, then reduce the heat to medium-low and simmer, stirring occasionally, until the risoni is 'al dente' and all the water has been absorbed, 15-18 minutes. TIP: Add a dash more water if your risoni looks dry.
- While the risoni is cooking, slice the lemon into wedges.
- When the risoni is ready and the liquid has been absorbed, stir through the shredded cheddar cheese and baby spinach leaves. Cook until the spinach has wilted, 1-2 minutes.
- Divide the chorizo, cherry tomato and spinach risoni risotto between bowls. Serve with the lemon wedges.

HANNAH'S CREAMY FETTUCCHINE

Ingredients

- 500g Fettuccine
- 300ml thickened cream
- 300g ham
- 2 large stalks of basil
- 230g artichoke hearts
- 100g finely grated parmesan cheese
- 25g minced garlic
- Plenty of olive oil

Method

- Cook pasta until al dente.
- Slice ham and artichoke hearts, and deleaf basil.
- Lightly fry ham in a good helping of olive oil.
- Once ham begins to brown, add artichoke hearts with some of the marinade to the pan.
- Once artichokes are soft, add in basil and garlic, with more of the marinade from artichokes.
- Once the basil has wilted, and the garlic is cooked, add in cream.
- Mix the sauce in the pan to ensure all the flavours spread into the cream.
- Add the sauce to the pasta.
- Pour in all of the parmesan cheese with the pasta pot on low heat.
- Mix sauce and cheese through pasta.
- Serve.

NIKKITA'S TAI-MESHI

Ingredients

- 2 cups rice (short grain best, but any is fine)
- 2 tbs soy sauce
- 1 tbs mirin
- 1 tbs sake
- 1 tbs sugar
- Pinch of salt
- Either 1 whole red snapper (scaled, cleaned and gutted) or 500g firm, thick filleted fish
- 1.5 cups of assorted mushroom (make sure to include Shitake for good umami!)
- Kombu seaweed pieces
- Spring onions and sesame seeds to garnish

Method

- Rinse whole fish, and if needed rub outside with salt to remove “fishy” smell.
- Slice mushrooms roughly (not too small).
- Rinse rice until water runs clear and add to pot with normal amount of water for cooking. Allow to soak in water for 30min (do not cook yet). Add a few small piece of kombu seaweed for seasoning.
- After 30min, add soy sauce, sake, sugar, mirin, mushroom and stir well.
- Place fish on top of rice mixture, and cook rice per normal.
- If using whole fish, remove from rice, debone and add back to rice.
- Serve in small bowls, garnished with spring onions and sesame seeds.

Notes:

- I cook my rice on the stovetop using the absorption method. A rice cooker would also work well.
- Use leftovers to make homemade onigiri!

REB'S BACON, LEEK AND BARLEY SOUP

Ingredients

- 5 rashers of bacon, diced
- 2 cloves of garlic, minced
- 2 leeks, sliced in 1cm rings then cut in half
- 2 celery stalks, thinly sliced
- 2 carrots, diced
- ½ cup of barley
- 1.25 litres chicken stock
- Couple of bay leaves and sprigs of thyme

Method

- In a large pot fry the bacon in a little olive oil for 5-7 minutes; it should cook but not be crispy.
- Add the garlic, leek and celery and cook for another 5 minutes until the vegetables soften.
- Add the barley, chicken stock and herbs and stir through, put the lid on the pot and simmer on a low-ish temperature for one hour.

ALICIA'S SHAKSHUKA (MEDITERRANEAN POACHED EGGS IN TOMATO SAUCE)

Ingredients

- 1 medium onion, diced
- 1 red bell pepper, seeded and diced
- 4 garlic cloves, finely chopped
- 2 tsp paprika
- 1 tsp cumin
- 1/4 tsp chili powder
- 1 800g can whole peeled tomatoes
- 6 large eggs
- salt and pepper, to taste
- 1 small bunch fresh cilantro, chopped
- 1 small bunch fresh parsley, chopped

Method

- Heat olive oil in a large sauté pan on medium heat.
- Add the chopped bell pepper and onion and cook for 5 minutes or until the onion becomes translucent.
- Add garlic and spices and cook an additional minute.
- Pour the can of tomatoes and juice into the pan and break down the tomatoes using a large spoon. Season with salt and pepper and bring the sauce to a simmer.
- Use your large spoon to make small wells in the sauce and crack the eggs into each well. Cover the pan and cook for 5-8 minutes, or until the eggs are done to your liking.
- Garnish with chopped cilantro and parsley.

TASH'S QUICHE (AKA TUPPERWARE IMPOSSIBLE QUICHE RECIPE)

Ingredients

- 3 eggs
- 1 ½ cups milk
- 1 tablespoon oil
- Salt and pepper
- ½ cup self raising flour (works with gluten free too)
- 3 bacon rashers chopped
- 1 onion chopped

Method

- Combine flour, cheese, bacon, onion in a mixing bowl until flour coats all ingredients.
- Mix eggs, milk, oil, salt and pepper in a separate bowl (I use a quick shake - tupperware).
- Pour liquid ingredients into dry ingredients and combine well. Pour mixture into greased oven dish.
- Cook at 200C for approx. 40mins.

Above are the basic ingredients but I like to vary it depending on what I have on hand or what I feel like. Below are some of my other additions:

- Mushroom, grated zucchini and grated potato
- Chicken, asparagus and corn (I swap out the bacon for chicken)
- Tuna, onion and tomato
- Carbonara style quiche - add in cooked spaghetti

SHANNON'S CHICKEN & LEEK PIE

Ingredients

- 2 cup (500ml) chicken stock
- 750g chicken breast fillets
- 60g butter
- 1 (500g) leek, thinly sliced
- 2 (300g) stalks celery, trimmed, finely chopped
- 2 tbsp plain flour
- 2 tsp fresh thyme leaves (plus extra to serve)
- 1/2 cup (125ml) milk
- 1 cup (250ml) pouring cream
- 2 tsp wholegrain mustard
- 2 sheets puff pastry
- 1 egg yolk, beaten lightly

Method

- Bring stock to the boil in a medium saucepan over high heat. Add chicken; return to the boil. Reduce heat and simmer, covered, about 10 minutes or until chicken is cooked. Remove chicken and chop coarsely. Reserve 1 cup of the poaching liquid.
- In a medium saucepan, heat butter; cook leek and celery, stirring, until leek softens. Add flour and thyme; cook, stirring, 1 minute. Gradually stir in reserved poaching liquid, milk and cream; cook, stirring, until mixture boils and thickens. Stir in chicken and mustard; season. Cool.
- Preheat oven to 220°C (200°C fan-forced). Grease a 1-litre (4-cup) pie dish with rim. From one sheet pastry, cut 4 strips slightly wider than dish rim; arrange strips on rim, pressing firmly until rim is covered. Brush with a little egg yolk.
- Spoon filling into dish; roll out remaining pastry sheet slightly to fit pie dish. Place over filling. Press edges to seal; trim. Brush pastry with egg yolk; cut two small slits in top. Bake 25 minutes or until puffed and browned. Sprinkle with extra thyme.

SARAH'S CHICKEN MUSHROOM PIES

Ingredients

- 1 tbsp olive oil
- 750g chicken thigh fillets, trimmed, cut into 3cm pieces
- 4 green onions, chopped
- 2 garlic cloves, crushed
- 200g button mushrooms, sliced
- 2 tbsp plain flour
- 1/2 cup Massel chicken style liquid stock
- Salt and pepper
- 1/3 cup light cooking cream
- 2 sheets frozen shortcrust pastry, partially thawed
- 1 egg, lightly beaten
- 1 sheet frozen puff pastry, partially thawed
- Sesame seeds, to decorate

Method

- Heat oil in a large frying pan over medium-high heat. Add chicken in batches. Cook, stirring for 5 minutes or until browned. Transfer to a bowl. Add bacon to pan.
- Cook, stirring until golden. Add onion, garlic and mushroom. Cook until mushroom is tender.
- Return chicken to pan. Add flour. Cook, stirring for 1 minute. Add stock, salt and pepper. Reduce heat to low. Simmer, covered for 15 minutes or until sauce thickens. Stir in cream. Remove from heat. Cool.
- Preheat oven to 200°C (180°C fan). Grease 4, 7.5cm (base) x 11cm (top) pie tins. Cut shortcrust pastry in half diagonally to form 4 large triangles. Line base and side of 1 pie tin with 1 piece. Trim edge and brush with egg. Repeat with remaining triangles. Spoon chicken mixture into cases.
- Cut puff pastry into 4 squares. Place 1 square over filling. Trim edge. Repeat with remaining puff pastry. Place tins on a baking tray. Brush tops with egg. Sprinkle with sesame seeds. Bake for 30 minutes or until golden and puffed. Serve.

PAULA'S HEALTHY TOASTED MUESLI

Ingredients

- 2 ¼ cups rolled oats
- ½ cup slivered almonds or nuts of choice
- ¼ cup sunflower seeds
- ¼ cup pumpkin seeds
- ¼ tsp cinnamon
- ⅛ tsp ginger
- ⅛ tsp nutmeg
- ⅛ tsp salt
- ¼ cup pure maple syrup
- 1 tsp vanilla
- ¼ cup currants or raisins
- ¼ cup chopped medjool dates or figs
- ¼ cup coconut flakes

Method

- Mix rolled oats, slivered almonds or nuts of choice, sunflower seeds, pumpkin seeds, cinnamon, ginger nutmeg and salt with maple syrup and vanilla.
- Spread the mixture on large paper lined baking tray and cook on 160 /170 degrees for 15 minutes.
- Add raisins and medjool dates or figs and return to the oven for 5 minutes.
- Add coconut flakes and return to oven for 2 -3 minutes (it burns quickly so watch it).
- Cool on tray and place in airtight container. Makes 10 serves of half cup each. Serve with your choice of yoghurt.

LIZZIE'S STICKY DATE PUDDING

Ingredients

pudding:

- 180g dried dates
- 1 cup boiled water
- 1 teaspoon bicarb soda
- 180g self-raising flour
- Pinch of salt
- 1 teaspoon vanilla (extract or essence is fine)
- 150g brown sugar
- 2 eggs
- 75g butter

Sauce:

- 50g butter
- 200g brown sugar

Method

- Chop the dates into smaller pieces and place in a bowl. Add the boiling water and bicarb soda to the dates and leave to soak and soften well.
- Cream the butter, sugar, eggs and vanilla well.
- Sift the flour in a separate bowl and add the sugar. Add the flour mixture to the creamed mixture.
- Add the softened dates mixture (including the liquid) and mix everything together well.
- Spray a deep baking dish lightly - no need for baking paper.
- Transfer mixture to a baking dish (ensuring the dish has enough room for the pudding to rise slightly).
- Bake for 20 minutes or until you poke a knife into the centre and it comes out clean.
- While the pudding is baking, make the sauce.
- Once the pudding is out of the oven, pierce the pudding in several places and pour a bit of the sauce over it. Don't forget to save some sauce to pour over on serving.
- Add all sauce ingredients into a pot and heat to boiling point on a stove.
- Once it has hit boiling point, simmer for 5 minutes until reduced and a bit thicker.
- After you pour a hit of sauce on the pudding and it has soaked into the cake, pour the remaining over the pudding.

Serve with vanilla ice-cream and some more caramel sauce!

LAUREN'S MARS BAR SLICE

Ingredients

- 195g Mars Bar Chopped
- 90g butter melted
- 3 cups rice bubbles
- 200g milk chocolate melted

Method

- Combine Mars Bar and butter together in a large saucepan.
- Stir constantly over low heat, without boiling.
- Stir in rice bubbles, press mixture into prepared tin and spread melted chocolate over the top.
- Leave in fridge to cool and set.

REB'S ZUCCHINI AND WALNUT CAKE

Ingredients

Cake:

- 2 cups plain flour
- 1 tsp baking powder
- 1 tsp ground cinnamon
- ½ tsp bicarb soda
- 1 ½ cups caster sugar
- 100g walnuts, roughly chopped
- 2 ½ cups grated zucchini
- ½ cup coconut flakes (I use flakes, dessicated or shredded - whatever I have)
- 3 eggs
- ¾ cup vegetable oil

Cream Cheese Frosting

- 250g cream cheese, at room temperature
- ¾ cup icing sugar
- 1 tbsp lemon juice

Method

- Preheat oven to 180 degrees or 160 fan forced. Grease and line two 20cm cake pans.
- Sift flour, baking powder, cinnamon and bicarb soda into a large bowl. Stir in the sugar, walnuts, zucchini and coconut. Whisk the eggs and vegetable oil in a separate bowl. Add to the flour mixture and fold until just combined.
- Divide the batter between pans. Bake for 45-50 mins or until a skewer inserted in the centre comes out clean. Cool on wire racks.
- To make the cream cheese icing, beat the cream cheese, icing sugar and lemon juice with electric mixer until smooth. Spread half the frosting over the top of one cake. Place second cake on top and spread with remaining frosting.