



RECIPES FROM THE ROAD

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INTRODUCTION

We have been lucky enough to spend most of our twenties living and travelling all over the globe and, of course, eating our way from continent to continent. We have developed a love of cooking and wanted to put together a collection of our favourite dishes from around the world. These are recipes that we have found and tinkered with, have been given to us, or we completely made up ourselves. Sharing food with our friends and family is one of our greatest pleasures, and we wanted this collection to be a reminder of all our special memories.

In the words of Emily's favourite band, The Highwomen:

"I want a house with a crowded table, and a place by the fire for everyone, let us take on the world while we're young and able, and bring us back together when the day is done."

We hope these recipes give you as much enjoyment as they have given us.

- Andrew and Emily

2020



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BREAKFAST



HUEVOS RANCHEROS

Serves 4

Ingredients:

- 2 medium tomatoes, diced
- 1/2 white onion, diced
- 1/4 cup fresh coriander, chopped
- 1 Tbsp green habanero salsa
- Salt and pepper, to taste
- 8 eggs
- 1 avocado, sliced
- 1 can refried beans
- Extra fresh coriander, to serve

For the Corn Tortillas:

- 1 cup corn masa flour (*note: **NOT** the same as regular corn flour*)
- 3/4 cup water



Method:

1. In a medium bowl, mix the 1 cup corn masa flour with the 3/4 cup water, stir until combined and it resembles the consistency of dough. Roll the dough into balls the size of golf balls, it should make about 10 dough balls.
2. Heat a cast iron skillet, or heavy frying pan to a high heat. Press the dough balls, one at a time, into discs using a taco press (or a pot), use two sheets of plastic to prevent the dough sticking to the taco press.
3. Once the skillet is hot, dry fry the taco discs for about 1 to 2 minutes each side. Flip back and forth and press down on the taco with your fingers in order to help it to 'puff' slightly. Once done, put the tacos in a baking dish and cover with a tea towel to keep them warm and help them to soften (*if making in advance, then heat them up in the oven on low heat wrapped in a wet paper towel*).
4. In a small bowl, mix together the diced tomato, diced onion, chopped coriander, (1 Tbsp) green habanero salsa and some salt and pepper. Then, in a small saucepan heat up the can of refried beans.
5. Fry the eggs to your preference.
6. Plate up the huevos rancheros by placing 2 or 3 tacos on a plate, with a portion of the refried beans, a portion of the tomato salsa mix, two eggs, some sliced avocado, salt and pepper and garnished with a bit of fresh coriander. Then serve.

INSPIRED BY OUR TIME IN MEXICO



CHILAQUILES

Serves 4

Ingredients:

- 8 mini flour tortillas, each cut into 6 wedges
- Vegetable oil
- Salt
- 80g feta cheese, crumbled
- 1 cup fresh coriander, chopped
- 4 fresh radish, thinly sliced
- 4 eggs

For the Sauce:

- 2 Tbsp paprika
- 1 tsp chipotle chilli flakes
- 1/2 tsp cayenne pepper
- 2 tsp garlic powder
- 1 1/2 tsp onion powder
- 1 tsp dried oregano
- 1 tsp cumin powder
- 1/2 tsp salt
- 2 Tbsp vegetable oil
- 2 Tbsp all-purpose flour
- 2 cups chicken stock



Method:

1. In a small bowl mix together all the sauce ingredients **except** the oil, flour and stock, set aside. Heat the (2 Tbsp) vegetable oil in a small saucepan over medium-high heat. Add the (2 Tbsp) flour and whisk together for one minute. Stir in your pre-mixed spice bowl and cook for another minute. Then gradually add in the stock, whisking constantly to remove lumps. Reduce the heat and simmer for 5 to 7 minutes until you feel it thickening, then set aside.
2. Coat a large frying pan generously with vegetable oil (1/8 inch), and heat on medium high to high. When the oil is quite hot, add the tortilla wedges and fry until golden brown. They cook really quickly so I recommend doing this in manageable batches. Once done, remove the tortillas to a paper towel lined plate to soak up excess oil and sprinkle a little salt on the tortillas.
3. Fry the 4 eggs on the hot frying pan to your preference, remove from the pan and set aside (covered with a clean tea towel to keep them warm).
4. Turn down the heat on the large frying pan to low medium, once cooled then transfer the sauce from the small saucepan to the warm frying pan. Add the fried tortilla wedges to the sauce and gently turn them with a spatula until they are well coated with the sauce.
5. Separate the tortilla/sauce mixture into 4 portions and place onto the plates, top each portion with about 20g crumbled feta, 1 sliced radish and about 1/4 cup fresh coriander. Add a fried egg on the side and serve immediately.

INSPIRED BY OUR TIME IN MEXICO

DUTCH BABY BANANA PANCAKE

Serves 2 (or 4 as a light breakfast)

Ingredients:

- 1 large ripe banana, mashed
- 3 large eggs
- 2 tsp white sugar
- 150ml milk
- 100g all-purpose flour
- 1 1/2 tsp vanilla essence
- Big pinch of salt
- 1/4 tsp cinnamon
- 25g butter

To serve:

- 1 cup frozen blueberries, defrosted
- Maple syrup
- Icing sugar



Method:

1. Preheat the oven to 200 degrees celsius and immediately put your large cast iron frying pan (or heavy frying pan) into the oven to heat up.
2. Whisk the (3 large) eggs with the (2 tsp) sugar until light and frothy. Then whisk in the (150ml) milk, (100g) flour, mashed banana, (1 1/2 tsp) vanilla, a big pinch of salt and (1/4 tsp) cinnamon until you have a smooth batter.
3. Remove the pan from the oven and add the (25g) butter to the hot pan and swirl to cover the bottom and sides. Then pour the batter into the hot pan, gently swirl and return the pan to the oven.
4. Bake until puffed and golden brown, about 12 - 14 minutes.
5. Serve dusted with icing sugar, some blueberries and a dash of maple syrup.

INSPIRED BY OUR TIME IN THE USA



BACON NAAN ROLL

Serves 6

Ingredients:

- 24 rashers streaky bacon
- 1 small tub of cream cheese
- Large handful of fresh coriander, chopped

For the Naan:

- 1 tsp dried yeast
- 125ml warm water
- 1 tsp runny honey
- 50g butter, melted
- 2 cups white bread flour, plus extra for dusting
- 1/2 Tbsp salt
- 3 heaped Tbsp natural yoghurt

For the Chilli Jam:

- 8 mixed chillies, finely chopped
- 1 large brown onion, finely chopped
- 5 garlic cloves, finely chopped
- 10 medium tomatoes, roughly chopped
- 500g soft brown sugar
- 160ml red wine vinegar
- Salt, to taste

(Note: this chilli jam recipe makes enough for you to keep a couple of extra jars of it in the fridge)



Method:

1. Make the chilli jam in advance. First put the chillies, onion, garlic and tomatoes in a large pot and season well with some salt. Stir to combine, then cook on a medium heat for 4 - 5 minutes, until fragrant. Add the (500g) soft brown sugar and (160ml) red wine vinegar, stirring well. Bring to the boil, then reduce to a simmer for an 1 hour, stirring occasionally, until reduced to a jammy consistency.

2. When the jam has cooled a bit, transfer it to some sterilised jars and seal. The jam keeps (chilled) for 1 month.

3. Make the naan. Combine the (1 tsp) honey and (125ml) warm water in a small bowl, then sprinkle the (1 tsp) yeast over the top. Set aside for 10 minutes, or until the yeast activates.

4. In a large bowl combine the (2 cups) flour and (1/2 Tbsp) salt and make a well in the middle.

5. Pour 1 Tbsp of the melted butter into the well, followed by the (3 heaped Tbsp) yoghurt and the yeast/honey/water mixture, then mix the ingredients together with a fork, gradually incorporating the flour from the sides until it starts to form a rough dough. Then bring it together with your hands, it should be soft and sticky.

6. Move the dough onto a flour-dusted surface and knead it for around 5 minutes, or until smooth, then place into a lightly floured bowl. Cover the dough with a clean tea towel and leave in a warm place for 1 hour 30 minutes, or until doubled in size.

7. Once the dough has risen, return it to a floured surface and divide into 6 balls. Roll each dough ball into an oval shape, roughly 2mm thick.

8. Heat a large non-stick frying pan over a high heat, and dry fry each naan bread for 5 - 6 minutes, or until cooked through, turning halfway. They should be nice and brown in patches.

Brush each cooked naan bread with a little of the remaining melted butter and a small pinch of salt. Keep warm in the oven while you make the remaining breads.

9. Fry or bake the bacon until a bit crispy. Once done, place on a paper towel lined plate to soak up excess oil.

10. Assemble the bacon naan rolls by first spreading about 1 Tbsp cream cheese over one half of the naan, followed by about 1 Tbsp of chilli jam on the other half of the naan. Top the cream cheese side with 4 rashers of bacon and about 1 Tbsp of chopped coriander. Then fold the naan over to form a semi circle, cut in half and serve immediately. Repeat this process for the remaining naans.

INSPIRED BY OUR TIME IN ENGLAND

QUICK CHEESY OMELETTE

Serves 1

Ingredients:

- 2 eggs
- 1 tsp vegetable oil
- 2 slices of cheese (about 25g)
- Salt and pepper, to taste
- 1 tsp fresh parsley, chopped



Method:

1. Heat the (1 tsp) vegetable in a non-stick frying pan to medium heat, spread the oil around the pan with a paper towel
2. Crack the eggs into a small bowl with a pinch of salt and beat with a fork until they are really fluffy (at least a few minutes).
3. Add 1 slice of cheese to the pan and fry until completely melted and it starts to brown (the oil will separate out). Remove it from the pan (it may need a bit of scraping) then set aside, this is your cheese crust.
4. Twist some black pepper directly onto the pan and pour the beaten eggs over it, swirl the eggs around the pan and beat into them a little, then sprinkle the remaining cheese over the omelette. It will only take about 15 seconds to cook, so you need to be quick. Fold the just cooked egg over a couple of times in a cone formation (like you're folding slices of pizza), then remove immediately.
5. Serve the omelette with the cheese crust on top and sprinkled with the (1 tsp) chopped parsley. Eat immediately while hot.

INSPIRED BY OUR TIME IN FRANCE



CROQUE MONSIEUR

Serves 4

Ingredients:

- 8 thick slices of white bread
- 40g butter, melted
- 2 1/2 cups Gruyère cheese, grated
- 1/2 cup parmesan cheese, grated
- 4 large slices of good quality smoked ham

For the béchamel sauce:

- 2 cups milk
- 1 garlic clove, crushed
- 2 bay leaves
- 1 small brown onion, chopped
- 60g butter
- 1/4 cup all-purpose flour
- 1/2 tsp Dijon mustard
- A dash of mixed spice
- Salt and freshly ground black pepper



Method:

1. First, make the béchamel sauce. Put the (2 cups) milk, crushed garlic, 2 bay leaves and chopped onion in a small saucepan over a low-medium heat and stir together. Heat until nearly boiling, then turn the heat off and leave for 10 mins to infuse. Pass the liquid through a sieve into a bowl and discard the bay leaves, garlic and onion.
2. In the rinsed small saucepan, melt the (60g) butter with the (1/4 cup) flour and cook over a gentle heat until it smells biscuity. Gradually whisk in the warm milk mixture and bring to a gentle boil, stirring regularly, then add the (1/2 tsp) Dijon mustard, a little dash of allspice and some seasoning of salt and freshly ground black pepper. It should be a lovely thick creamy sauce with a deep flavour.
3. Preheat the grill function in the oven to high heat. Brush the slices of bread (only on one side) with the (40g) melted butter. Place them on a baking tray and toast one side under a grill, buttered-side up, until golden. Take them out and change the heating of the oven to 220 degrees celsius on bake.
4. Remove the bread slices from the baking tray and flip them over so that they are now toasted side down. Spread the bread slices with a thin layer of the béchamel sauce, spreading it all the way to the edges.
5. Place 4 of the bread slices, béchamel side up, back on the baking tray, top them with 1 piece of ham each, a handful of grated Gruyère cheese, and a sprinkle of parmesan cheese. Place the remaining slices of bread on top, béchamel side up, then top with the remaining Gruyère and parmesan cheese.
6. Bake for about 5 - 6 minutes, until the cheese is melted, and then turn the oven to grill and cook until the cheese on top is golden, about 2 - 4 minutes.
7. Let them cool slightly then cut each croque monsieur in half and serve immediately.

INSPIRED BY OUR TIME IN FRANCE

RÖSTI

Serves 2

Ingredients:

- 500g potatoes, grated (skin on)
- 1 medium onion, finely sliced
- 50g mushrooms, finely sliced
- 2 cloves garlic, minced
- 1 tsp thyme
- Vegetable oil
- Salt and freshly ground black pepper
- 2 Tbsp all-purpose flour
- 4 eggs (2 beaten and 2 to serve)



Method:

1. Season the grated potatoes with 1 Tbsp salt, then leave to sit for 2 -3 minutes. Then gather the grated potato together and squeeze them out over the sink.
2. Transfer the potato to a microwave safe plate and microwave on high until hot all the way through and softened but still slightly crunchy, about 5 minutes.
3. Heat 1 Tbsp vegetable oil in a large cast iron or nonstick skillet over medium-high heat. Add the onion and mushrooms and cook, stirring and tossing occasionally, until softened and starting to brown, about 8 minutes. Add the garlic and (1 tsp) thyme and cook, stirring frequently, until fragrant, about 30 seconds. Season to taste with a generous sprinkling of salt and pepper, then transfer to a large bowl and wipe out the skillet.
4. Add the potato to the bowl with the onion/mushroom and mix together, let it cool slightly then mix in the 2 beaten eggs and (2 Tbsp) flour.
5. Heat 2 Tbsp vegetable oil in the skillet over medium heat then add the potato mixture and press down into a thick and even disk shape using a rubber spatula. (note that it won't necessarily cover the entire bottom of the pan).
6. Cover the pan and cook, until deep golden brown and crisp on the first side, about 7 minutes. Carefully slide the rösti onto a large, lightly oiled plate. Set another plate on top of it upside down, grip the edges, and invert the whole thing so the rösti is now cooked side up. Heat 2 Tbsp vegetable oil in the skillet and slide the rösti back in. Cover and continue cooking, until deep golden brown and crisp on the second side, about 7 minutes longer.
6. While the rösti is cooking, poach 2 eggs to your preference.
7. Slide the rösti onto a cutting board and cut into two portions. Serve immediately with a poached egg on top.

INSPIRED BY OUR TIME IN SWITZERLAND

GALLO PINTO

Serves 4

Ingredients:

- 2 Tbsp vegetable oil
- 1 red capsicum, roughly chopped
- 1 small red onion, chopped
- 2 cloves garlic, minced
- 1 can black beans, drained
- 1/2 cup water
- 4 Tbsp Worcestershire sauce
- 1 tsp chipotle chilli flakes
- 1/2 tsp ground cumin
- 2 cups cooked white rice (from the night before is ideal)
- 1/4 cup fresh coriander, chopped
- 4 eggs



Method:

1. Heat the (2 Tbsp) vegetable oil in a large skillet over medium-high heat until shimmering. Then sauté the chopped capsicum and onions until the onions are translucent and beginning to brown, about 6 - 8 minutes. Add the minced garlic, (1 tsp) chipotle chilli flakes and (1/2 tsp) ground cumin, and cook for 1 minute, until fragrant.
2. Add the black beans, (1/2 cup) water and 3 Tbsp Worcestershire sauce, stirring to combine. Simmer for 5 minutes, then stir in the cooked rice and cook until heated through and most of the liquid is absorbed, but not dry, about 5 minutes.
3. Stir in the chopped coriander and season with an additional 1 Tbsp Worcestershire sauce. Then fry the eggs to your preference.
4. Serve the gallo pinto warm with a fried egg on the side.

INSPIRED BY OUR TIME IN COSTA RICA



SHAKSHUKA

Serves 4 to 6

Ingredients:

- 2 cans diced tomatoes
- 1 clove of garlic, sliced
- 1/2 brown onion, sliced
- 1/2 tsp ground cumin
- 1/2 tsp ground oregano
- 1 chilli, finely sliced
- Vegetable oil
- 1 link of chorizo, diced (*or 1 tsp of smoked paprika*)
- 8 eggs
- 4 large slices of bread (*we love using sourdough*)
- 1 large handful of fresh parsley, roughly chopped
- 80g feta cheese crumbled



Method:

1. Heat a large cast iron skillet or heavy frying pan to medium heat. Add a splash of vegetable oil and fry the onion until translucent and beginning to brown. Then add the sliced garlic, sliced chilli, (1/2 tsp) cumin, (1/2 tsp) oregano, (*and 1 tsp smoked paprika if not using chorizo*), and fry until fragrant (about a minute).
2. Shift everything to one side of the pan, and add the diced chorizo, frying until crisp on the outside. Turn over the onions every minute or so to prevent the bottom from burning.
3. Use a spatula or spoon to remove chorizo from the pan, set aside in a bowl. Try to leave as much rendered chorizo oil in the pan as possible.
4. Stir the onions back into the chorizo oil.
5. Pour the 2 cans of diced tomatoes into the skillet and simmer for 10-15 minutes.
6. Make 4 evenly spaced “wells” in the sauce. Carefully crack four of the eggs into the sauce, spread evenly around the skillet. Repeat with the remaining 4 eggs. Cover the pan with a lid and reduce the heat to low. Cook to your desired consistency, about 4 minutes for runny.
7. While the eggs are cooking, toast the bread and place each slice on a separate (warmed) plate.
8. Once the eggs are done, garnish the shakshuka with the fried chorizo, crumbled feta and chopped fresh parsley.
9. Using a large serving spoon, place 2 of the eggs over each slice of toast along with a generous dollop of the sauce. Serve immediately.

INSPIRED BY OUR TIME IN THE MIDDLE EAST

BREAKFAST DIPHAPHATA

Serves 4

Ingredients:

- 1 cup all-purpose flour
- 1 1/2 tsp baking powder
- 1/4 tsp salt
- 1/2 tsp sugar
- 1/4 cup milk
- 1/4 cup spring onions, finely chopped
- Vegetable oil
- 4 eggs
- 8 slices of streaky bacon rashers
- Small tub of cream cheese
- Salt and pepper, to taste
- Some extra spring onion for garnishing, chopped



Method:

1. In a bowl, mix the (1 cup) flour, (1 1/2 tsp) baking powder, (1/4 tsp) salt and (1/2 tsp) sugar until combined. Then add the (1/4 cup) milk and spring onions and start kneading to make a soft dough. If it's a bit too dry then add another tsp of milk.
2. Tip the dough onto your kitchen counter and knead for 2-3 minutes to get a smooth, not sticky, dough. Cut the dough into 4 pieces and roll each piece into a ball. Brush the dough balls with a thin layer of vegetable oil, put them back in the bowl, cover with a clean tea towel and leave to rest for about 20 minutes.
3. While the dough is proving, put the bacon on a baking tray and bake on about 180 degrees celsius until nice and crispy. Once done then chop the bacon into cubes.
4. Preheat a cast iron skillet (or heavy frying pan) to a medium heat and add about 2 tbsp of oil to the skillet or pan.
5. Tip the balls back onto the kitchen counter and flatten them into 1cm thick circles. You want the diameter to be similar to that of an English muffin.
6. When the skillet is hot, add the flattened dough balls and cook for 2 minutes on one side, then flip over and cook for another 2 minutes on the other side. Then repeat this again. They should be well browned on both sides and the bread will puff up while cooking. Once cooked, remove from the skillet and cover with a clean tea towel to keep warm. These are your diphaphata.
7. Add some more vegetable oil to the skillet and fry the eggs to your preference.
8. Cut each diphaphata in half and cover each side with a generous layer of cream cheese. Put a fried egg on one of the diphaphata sides and garnish with a smattering of spring onion, bacon and a couple of twists of black pepper.

INSPIRED BY OUR TIME IN BOTSWANA

STARTERS, SNACKS AND SIDES



SRIRACHA PINEAPPLE WINGS WITH BLUE CHEESE SAUCE

Serves 8 as a starter (or 4 as a main with a side salad)

Ingredients:

- 1kg chicken wings
- 1/2 cup Sriracha hot sauce
- 1/4 cup pineapple juice
- 1/4 cup honey
- 1/4 cup lemon juice
- 1 tsp salt
- 1 tsp pepper

For the Sauce:

- 1/2 cup blue cheese, crumbled
- 1/4 cup sour cream
- 2 Tbsp mayonnaise
- 1/2 Tbsp milk
- 1/2 Tbsp lemon juice
- 1/4 tsp salt
- A few twists of black pepper



Method:

1. In a large bowl mix together the (1/2 cup) Sriracha, (1/4 cup) pineapple juice, (1/4 cup) honey, (1/4 cup) lemon juice, (1 tsp) salt and (1 tsp) pepper, until combined. Remove 1/4 cup of this mixture and put it aside.
2. Add the chicken wings to the mixture and leave to marinate for 2 hours.
3. While the wings are marinating, prepare the blue cheese sauce. Mix all the sauce ingredients together in a bowl, stir well. Then store in the refrigerator until ready to use.
4. Heat the oven to 200 degrees celsius. Pour the wings onto a baking tray, making sure they are arranged in a single layer. Cook for 30 minutes or until they are crispy, we like to switch the oven to grill mode for the last 5 to 10 minutes to make them extra crispy, but keep an eye on them as they may burn easily!
5. Once the wings are done toss them in the 1/4 cup of mixture that you put aside earlier. Serve hot with the blue cheese sauce on the side.

INSPIRED BY OUR TIME IN CANADA



SALMON TARTARE

Serves 4 as a starter

Ingredients:

- 500g sashimi grade salmon (very fresh)
- 1 red chilli, thinly sliced
- 2 spring onions, thinly sliced
- 2.5cm piece of fresh ginger, peeled and finely diced
- 4 slices ciabatta (or sourdough), toasted
- few sprigs of fresh coriander, to serve

For the sauce:

- 2 tsp honey
- 3 Tbsp soy sauce
- Juice of half a lime
- 1 Tbsp sesame oil
- 2 tsp sesame seeds



Method:

1. Finely dice the salmon, removing any dark parts and skin. Place the diced salmon in a medium sized bowl and stand it on ice to keep it chilled.
2. Add the spring onions, chilli and ginger to the salmon and mix well, then refrigerate.
2. Prepare the sauce by mixing all the sauce ingredients together in a small bowl.
3. To serve, press the tuna into a ramekin and turn out onto each plate. Garnish with the coriander and drizzle with 3 tsp of sauce. Serve the toasted bread on the side.

INSPIRED BY OUR TIME IN VANCOUVER, CANADA



WELSH RAREBIT

Serves 6 as a snack (or 2 to 3 as a main)

Ingredients:

- 1 tsp hot English mustard
- 2 Tbsp stout beer
- 100g butter
- 2 tsp Worcestershire sauce
- 3 Tbsp all-purpose flour
- 3/4 cup milk
- 150g cheddar cheese, grated
- Big pinch of salt
- A few twists of black pepper
- 6 slices of bread (*we prefer sourdough*)



Method:

1. Preheat the grill oven to 200 degrees celsius.
2. Mix the (1 tsp) mustard, (2 Tbsp) stout, (100g) butter and (2 tsp) Worcestershire sauce in a small saucepan on low heat. Heat gently until the butter is melted. Add the (3 Tbsp) flour and mix to form a roux, cook for a further 2 minutes.
3. Add the (3/4 cup) milk slowly to the roux, mixing constantly to get rid of any lumps. Keep mixing until the mixture begins to thicken.
4. Add the big pinch of salt, a few twists of black pepper and the (150g) grated cheese to the saucepan and stir to melt, but do not let the mixture boil. Once smooth, taste for seasoning, then take off the heat and allow to cool slightly, making sure it doesn't solidify.
5. Toast the bread on both sides (*we just popped them into the toaster for a bit*) and place them on a baking tray.
6. Spoon the cheese mixture onto the toast and spread right to the edges. Then grill until bubbling and golden, about 5 to 6 minutes.
7. Remove from the oven and let them cool for a few minutes. Cut each slice in half and serve hot, either alone or teamed with chutney and a fresh green salad.

INSPIRED BY OUR TIME IN WALES

BELGIAN PRÉPARÉ

Serves 4 as a snack or starter

Ingredients:

- 300g very fresh sirloin steak, minced
- 1 Tbsp Worcestershire sauce
- 1 Tbsp capers
- 2 medium sized crunchy dill pickles, finely diced
- 2 Tbsp red onion, finely diced
- 2 Tbsp mayonnaise
- 1/2 Tbsp mustard
- 1 tsp Sriracha hot sauce
- 1/2 tsp salt
- 1/2 tsp ground black pepper

To serve:

- 1 fresh baguette, cut into slices
- fresh parsley, chopped



Method:

1. In a blender, briefly blend the minced steak with the (1 Tbsp) Worcestershire sauce and then place in a bowl in the fridge for 10 minutes.
2. In the blender (or food processor), add the (1 Tbsp) capers, diced pickles, (2 Tbsp) diced red onion, (2 Tbsp) mayonnaise, (1/2 Tbsp) mustard, (1 tsp) Sriracha hot sauce, (1/2 tsp) salt and (1/2 tsp) ground black pepper. Pulse a couple of times until it resembles a paste, but there are still some slightly chunky bits.
3. Mix the blended ingredients with the minced steak until fully combined and refrigerate until you want to serve it.
4. When ready to serve, place a large spoonful of préparé on each slice of baguette and garnish with some freshly chopped parsley, serve immediately.

Note: You should eat the préparé within 2 hours of preparing, don't keep it longer than 24 hours. You can also put this on a sandwich for a tasty lunch.

INSPIRED BY OUR TIME IN BELGIUM



VENETIAN CICCHETTI

Serves 5 (or adjust portions to serve as many as you like)

Ingredients:

- Ciabatta baguette, sliced into 20 pieces
- Toppings of your preference, see our top pics here
- Toothpicks

Prosciutto style:

- 5 pieces of prosciutto (parma ham)
- 5 slices mozzarella
- 5 tsp chilli jam

Anchovy style:

- 5 anchovies (white are best)
- 5 generous slices of gorgonzola
- A couple of tsp of pickled onion

Smoked salmon style:

- 4 slices smoked salmon
- 100g cream cheese
- Juice of half a lemon
- 1 Tbsp fresh dill, chopped
- Few twists of black pepper

Goat Cheese Style:

- 5 Tbsp goat cheese
- 1 radish, thinly sliced
- 3 cherry tomatoes, halved
- 5 basil leaves, thinly sliced



Method:

Prosciutto style:

1. Place a slice of the mozzarella onto each of the 4 slices of ciabatta. Top the mozzarella with a tsp of chilli jam and a rolled slice of the prosciutto.
2. You can hold it all together with a toothpick.

Anchovy style:

1. Place a generous slice of the gorgonzola onto each of the 5 slices of ciabatta.
2. Top each slice with an anchovy and a bit of pickled onion.

Smoked Salmon style:

1. Chop the salmon into small pieces and put into a small bowl along with the (100g) cream cheese, (1 Tbsp) fresh dill and juice of half a lemon, season with a few twists of black pepper. Mix it all together until evenly combined.
2. Spoon the salmon mixture onto the 5 slices of ciabatta.

Goat Cheese Style:

1. Spread about 1 Tbsp of goat cheese onto each of the 5 slices of ciabatta. Top each slice with a few slices of radish, sliced basil and half a cherry tomato.
2. You can hold it all together with a toothpick.

BITTERBALLEN

Serves 8 as a snack

Ingredients:

For the bitterballen:

- 60g butter
- 1/2 cup all-purpose flour
- 1 1/2 cups beef stock
- 1 Tbsp fresh parsley, chopped
- 1/2 small brown onion, finely diced
- 250g beef mince
- 1/4 tsp salt
- 1/2 tsp ground black pepper
- 1/4 tsp allspice

For the breading:

- 1/4 cup all-purpose flour
- 2 eggs, beaten
- 2 cups breadcrumbs
- Vegetable oil, for frying



Method:

1. In a medium saucepan melt the (60g) butter over low-medium heat. When the butter has melted completely, add the 1/2 cup of flour, a bit at a time, whisking it, it will turn into a roux. Slowly stir or whisk in the (1 1/2 cups) beef stock. Making sure you stir thoroughly, the broth should all be incorporated into the roux. The gravy should be smooth but still quite thick.
2. Simmer the gravy for a couple of minutes then add the (1 Tbsp) chopped parsley, finely diced onion, and beef mince, stir well. Season with the (1/2 tsp) salt, (1/2 tsp) pepper and (1/4 tsp) allspice. Cook for another 10 minutes and taste for seasoning, adjust as necessary. Transfer the meat mixture to a Tupperware container and refrigerate for several hours until the gravy has solidified. Ideally overnight, but 3 or 4 hours should be fine.
3. Line 2 baking trays with baking paper. In one shallow bowl, add the (1/4 cup) flour, in the second shallow bowl add the 2 beaten eggs and in the third shallow bowl add the (2 cups) breadcrumbs.
4. Shape the meat mixture into 1 inch balls, using a teaspoon as it's easier to get the same quantity of meat each time. Place these meatballs onto one of the prepared baking trays. There should be around 32 meatballs. Roll the balls first through the flour, then the eggs, then finally the breadcrumbs. Place these breaded meatballs on the other prepared baking tray. Once completed, place the baking tray with the meatballs in the fridge until ready to fry.
5. In a medium pot, Dutch oven, skillet or deep fryer, add enough oil (about 3 inches high) and heat it up to high heat. Dip the handle of a wooden spoon or a chopstick into the oil. If the oil starts steadily bubbling, then the oil is hot enough for frying. If the oil bubbles very very vigorously, then the oil is too hot and needs to cool off a touch. If no or very few bubbles pop up, then it's not hot enough. Fry the meatballs in batches until golden brown, it should take about 4 or 5 minutes. Continue until done with all the meatballs.
6. Serve the bitterballen hot with a grainy or spicy mustard.

SOFT PRETZELS

Makes 12 small pretzels

Ingredients:

- 1 1/2 cups warm water
- 1 Tbsp sugar
- 2 1/4 tsp dry yeast
- 1 tsp salt
- 1 Tbsp butter, melted and slightly cool
- 4 cups bread flour, plus more for kneading
- Coarse sea salt, for sprinkling

For the baking soda bath:

- 1/2 cup baking soda
- 2 litres water

Optional sides: mustard, relish, cheese, cured meats



Method:

1. In a large bowl add the (1 1/2 cups) warm water and mix in the (1 Tbsp) sugar until dissolved. Sprinkle the (2 1/4 tsp) dry yeast over the water/sugar mix and leave in a warm place for 10 minutes.
2. Add the (1 Tbsp) melted butter and the (1 tsp) salt to the yeast/water bowl and mix together. Using a wooden spoon slowly add the 4 cups of flour and mix until a thick dough forms.
3. Turn the dough out onto a well floured surface and knead for about 10 minutes, until a smooth dough forms. If the dough is too sticky while kneading then keep adding a bit more flour, but try not to add too much.
4. Shape the dough into a ball, cover with a clean tea towel, and leave to rest for 20 minutes. While the dough is proving, bring the (1/2 cup) baking soda and 2 litres of water to a boil in a large pot. Preheat the oven to 200 degrees celsius and line 2 baking trays with baking paper, lightly spray the baking paper with nonstick spray or grease with butter.
5. Cut the dough into 1/3 cup sections, it should make about 12 sections. Roll the dough into a 50cm rope. Take the ends and draw them together so the dough forms a circle. Twist the ends of the rope together, then bring them towards yourself and fold them down onto the bottom curve. Press down to secure the pretzel shape, use a bit of water to wet the ends and make them stick them onto the dough.
6. Using a slotted spatula, drop each pretzel into the boiling water for 20-30 seconds. Any more than that and your pretzels will have a metallic taste. Lift the pretzel out of the water and allow as much of the excess water to drip off. Then place the pretzel onto the prepared baking tray. Sprinkle each with coarse sea salt. Repeat with the remaining pretzels.
7. Bake for 12 - 15 minutes or until golden brown. Serve warm with some mustard, relish, cheese and cured meats.

INSPIRED BY OUR TIME IN GERMANY

COCONUT SHRIMP CEVICHE

Serves 4 as a starter

Ingredients:

- 250g raw or cooked shrimp (if they are large then cut them into small chunks)
- Juice of 4 limes
- 1/3 cup red onion, finely chopped
- 1 spring onion, finely sliced
- 1/3 cup coconut milk
- 1/2 cup coriander, finely chopped
- Salt and pepper, to taste
- Bag of tortilla chips



Method:

1. If using raw shrimp, add them to a medium sized bowl and cover with the juice of 4 limes and refrigerate for 20 minutes. If using cooked shrimp then just add the shrimp and lime to the next step.
2. Add the rest of the ingredients to the bowl, then let it chill completely in the refrigerator for an hour.
3. When ready to serve, taste and if it is too acidic add 1 to 2 extra Tbsp of coconut milk.
4. Serve the shrimp ceviche in small glasses or bowls with tortilla chips on the side.

INSPIRED BY OUR TIME IN BELIZE



CALAMARI FROM THE KALAHARI

Serves 4 as a snack or starter

Ingredients:

- 3 large frozen calamari tube steaks, defrosted
- 1/2 red onion, diced
- 2 tomatoes, diced
- 1/2 chilli, finely sliced
- 1 Tbsp olive oil
- 1/2 Tbsp vinegar
- Salt and pepper, to taste
- Toasted bread

For the sauce:

- 1/3 cup olive oil
- 1 clove of garlic, minced
- 1 1/2 tsp paprika
- 1/2 tsp chilli flakes
- 1/4 tsp salt
- 1 Tbsp vinegar
- 1 Tbsp honey



Method:

1. In a small bowl add the diced onion, diced tomatoes, sliced chilli, (1 Tbsp) olive oil and (1/2 Tbsp) vinegar, and mix until combined. Season with a bit of salt and pepper and set aside.
2. Prepare the sauce. In a small microwave safe bowl, heat the honey then add the rest of the sauce ingredients to the bowl and mix until combined. It helps to transfer it to a small jar, secure the lid, and give it a good shake.
3. Prepare the calamari tube steaks by cutting them into thick 'rings'. Season the calamari with salt and pepper.
4. Heat a cast iron skillet (or heavy frying pan) to high heat. Place the calamari on the dry skillet and grill for 2 - 3 minutes, flipping them around occasionally. Then add a bit of water, cover and cook for another 3 minutes.
5. In a medium bowl toss the hot calamari and the prepared sauce.
6. Serve the calamari immediately with the tomato/onion 'salsa' on the side in a small bowl and some toasted bread.

INSPIRED BY OUR TIME IN NAMIBIA

PERI PERI PRAWNS

Serves 4 as a starter

Ingredients:

- 500g king prawns
(with head and shell on)
- 1/2 red capsicum
- 3 big cloves of garlic,
roughly sliced
- 2 tsp salt
- 2 tsp peri peri seasoning
- 1/4 cup olive oil
- Juice of half a lemon
- 2 tsp sugar
- 30g butter
- Vegetable oil



Method:

1. Char the outside of the red capsicum on the flame of a gas stove or barbeque. Once charred all over, peel off the skin. Chop the 1/2 capsicum roughly.
2. In a blender (or large bowl and stick blender), mix the capsicum, sliced garlic, (2 tsp) salt, (2 tsp) peri peri seasoning, (1/4 cup) olive oil, juice of half a lemon and (2 tsp) sugar, and blend until smooth.
3. Add the blended ingredients, and the (30g) butter, to a small saucepan on low heat, and bring to a gentle simmer.
4. Heat a large cast iron skillet, or heavy frying pan, to high heat and add 2 Tbsp of vegetable oil. Fry the prawns until crispy on one side, about 2 minutes, then flip and fry the other sides until crispy, about another 2 minutes. You may need to do this in batches.
5. In a large bowl, toss the prawns in half the sauce, then add them to a warmed, shallow, serving bowl.
6. Serve the prawns with the remaining sauce on the side for dipping (remember to de-vein as you peel and eat!).

INSPIRED BY OUR TIME IN MOZAMBIQUE



PEANUT BUTTER GREENS (MURIWO UNE DOVI)

Serves 4 as a side

Ingredients:

- 1 big bunch of kale (or spinach), roughly chopped including the ribs
- 1 medium brown onion, diced
- 2 garlic cloves, minced
- 2 medium tomatoes, roughly chopped
- 1/2 cup water
- 2 Tbsp crunchy peanut butter
- 4 tsp boiling water
- 1/2 tsp chilli flakes
- Salt, to taste
- Vegetable oil



Method:

1. In a large saucepan, on medium-high heat, fry the diced onion in about 1 Tbsp of vegetable oil, until the onion is translucent and beginning to brown, then add the minced garlic and fry for another minute.
2. Add the (1/2 cup) water, chopped tomatoes, and a little bit of salt to the saucepan. Bring to a boil, then reduce to medium-low heat. Add the chopped kale on top, cover and cook for 5 minutes. Mix everything together (the kale would have reduced by this point) then cover and cook for a further 10 minutes or until the kale is tender.
3. In a small bowl mix the (2 Tbsp) peanut butter with about 4 tsp of boiling water to make a sauce. When the greens are cooked, add the peanut sauce and stir constantly until the greens are coated in the peanut sauce. Season with a bit of salt and (1/2 tsp) chilli flakes.
4. Serve warm on the side of anything else you are cooking up at the time.

INSPIRED BY OUR TIME IN ZIMBABWE



MEALIE BREAD WITH GOAT CHEESE

Serves 4 as a snack or side

Ingredients:

- 1 3/4 cup canned corn kernels
- 1/2 cup milk
- 2 eggs, beaten
- 2 Tbsp butter, melted
- 1 cup white bread flour
- 2 tsp baking powder
- 2 Tbsp sugar
- 1/2 tsp salt

To serve:

- 100g goat cheese
- 100g butter



Method:

1. Preheat the oven to 180 degrees celsius and grease a loaf pan (or small baking dish).
2. In a blender add 1 cup of the corn, the (1/2 cup) milk, 2 beaten eggs, and (2 Tbsp) melted butter, and pulse blend until a coarse mixture forms. Add the remaining 3/4 cup of corn and pulse the mixture one or two more times. Leave many kernels whole.
3. Next, in a large bowl, mix together the (1 cup) flour, (2 tsp) baking powder, (2 Tbsp) sugar, and (1/2 tsp) salt.
4. Add the corn/egg mixture to the dry ingredients and, using a spoon, combine until a thick mixture forms. Add the mixture to the greased loaf pan (or dish) and bake for 40 - 45 minutes, or until a toothpick inserted in the centre comes out clean.
5. Let the bread cool slightly before slicing, then serve with some butter and slices of goat cheese.

INSPIRED BY OUR TIME IN SWAZILAND



SALADS AND SOUPS



SMOKED MACKEREL SALAD

Serves 3

Ingredients:

- 1/2 cup bulgur wheat
- Vegetable oil
- 1 cup boiling water
- 1 cup fresh parsley, finely chopped
- 2 medium tomatoes, cut into 1/2 cm pieces
- 1/2 cucumber, cut into 1/2 cm pieces
- 1/2 red onion, chopped
- 2 radish, finely sliced
- 2 Tbsp lemon juice
- 1/2 tsp salt
- 1/4 tsp pepper
- 3 smoked mackerel fillets
(or any smoked fish fillets)
- 90g feta, crumbled

For the dressing:

- 100g greek yoghurt
- 1 Tbsp tahini paste
- 1 Tbsp lemon juice
- 1 Tbsp water



Method:

1. Stir together the (1/2 cup) bulgar and 1 Tbsp vegetable oil in a heatproof bowl. Pour the (1 cup) boiling water over, then cover the bowl and let it stand for 15 minutes.
2. Heat up the smoked mackerel (skin down) on the stove in a covered pan on low heat, should take about 15 minutes.
3. Prepare the dressing. Add all the dressing ingredients to a bowl and whisk with a pinch of salt. Make sure it is thick and rich, adding a bit of extra water if it is stiff. Set aside.
4. Once the bulgar is done then mix in the cucumber, tomato, parsley, radish, red onion, (2 Tbsp) lemon juice, (1/2 tsp) salt and (1/4 tsp) pepper, until evenly combined.
5. Serve the mackerel on a bed of the bulgar salad, topped with about 30g of crumbled feta and the yogurt dressing on the side.

INSPIRED BY OUR TIME IN SCOTLAND

PICKLED VEG SALAD BOWL

Serves 2

Ingredients:

- 1 cup cooked brown rice
- 2 chicken thighs
- 2 Tbsp vegetable oil
- 1 Tbsp water
- 1 tsp soy sauce
- 1 tsp sweet chilli sauce
- 1 tsp lemon juice
- 1 clove garlic, minced
- A few twists of black pepper
- Pickled red cabbage, carrot, beetroot and red onion
- 1/2 fresh avocado, sliced
- Handful of fresh coriander, roughly chopped
- 1 tsp sesame seeds
- 2 tsp sesame oil
- 2 lemon wedges

For the sauce:

- 1/3 cup mayonnaise

Method:

Pickling:

1. Make the pickles at least 5 hours in advance of when you want to serve the salad. Prepare the clean pickling jars by rinsing in boiling water. Thinly slice as much red cabbage, red onion, carrot and beetroot as you want to pickle. Keeping them separate.
2. In a saucepan add the (1 cup) vinegar, (1 cup) water, (1 1/3 Tbsp) salt and (1 1/3 Tbsp) sugar. Bring to the boil, making sure that the salt and sugar is completely dissolved. Boil for a few minutes and then remove from the heat.
3. Stuff separate pickling jars with the red cabbage, red onion, carrot and beetroot. Add the (1 Tbsp) mustard seeds and (2) garlic cloves to each jar (*we like seasoning with mustard seeds and garlic, but you can use anything you like, i.e. sliced chilli goes well with the carrots*).
4. Pour the hot pickling liquid into each jar, making sure that they are filled to the brim and all the veg is covered. Let the jars cool down a little bit and then seal with the lids. These pickles will last stored in the fridge for about a month.

- 2 Tbsp Sriracha chili sauce
- 1 Tbsp lemon juice
- 1 garlic clove, finely minced
- Pinch of salt

For the pickles:

- 1 cup vinegar (*we like to use a mix of white and apple cider vinegar*)
 - 1 cup water
 - 1 1/3 Tbsp salt
 - 1 1/3 Tbsp sugar
 - 1 Tbsp mustard seeds
 - 2 cloves garlic, left whole
 - Veg for pickling (*we like red cabbage, carrot, red onion and beetroot, but you can do anything you like*)
- (*Note: just keep doubling this pickling recipe for as much pickling you want to do*)



Salad:

1. In a bowl, marinate the chicken thighs with the (1 Tbsp) water, (1 tsp) soy sauce, (1 tsp) sweet chilli, (1 tsp) lemon juice, minced garlic and a few twists of black pepper. Leave to marinate for 20 minutes.
2. Heat a pan to medium heat and add the (2 Tbsp) vegetable oil. Fry the chicken thighs until cooked through and brown and crispy. Once done, roughly slice each chicken thigh.
3. Prepare the sauce in a small bowl by mixing together the (1/3 cup) mayonnaise, (2 Tbsp) Sriracha, (1 Tbsp) lemon juice, minced garlic clove, and a pinch of salt. Once combined then set aside.
4. Assemble the salad in individual bowls. Start with a layer of brown rice, then arrange the pickled red cabbage, red onion, carrot, beetroot, fresh avocado and sliced chicken thigh around the bowl, then drizzle with about 1 tsp of sesame oil. Garnish with the fresh coriander, sesame seeds, and a lemon wedge, serving the Sriarcha mayo sauce on the side.

INSPIRED BY OUR TIME IN GISBORNE, NEW ZEALAND

VIGARON SALAD

Serves 4

Ingredients:

- 2 large sweet potatoes, peeled and roughly chopped
- 2 garlic cloves, peeled
- 1/2 large green cabbage, finely sliced
(or a whole small green cabbage)
- 2 tomatoes, diced
- 1/2 brown onion, finely diced
- Juice of 4 limes
- 1 fresh green chilli, finely diced
- Salt
- 600g pork belly
- Vegetable oil



Method:

1. Preheat the oven to 130 degrees celsius. Season the pork belly with some salt then lay them on a roasting rack over a baking tray and bake for 1 hour.
2. While the pork belly is roasting, place the roughly chopped sweet potato and 2 garlic cloves in a medium saucepan. Cover with boiling water and bring to the boil then lower to medium heat. Add 1/2 tsp of salt, cover and cook until the sweet potato is soft and can be pierced easily with a fork. Once done, remove from the heat, drain and let it cool.
3. While the sweet potato is cooking, in a large bowl, mix the sliced cabbage, tomato and onion. Season with 1/2 tsp salt, juice of 4 limes and 1 Tbsp vegetable oil, then set aside.
4. Once the pork belly has baked for an hour, remove it from the oven and slice into bite sized chunks. Heat 600ml of vegetable oil in a small saucepan on medium to high heat. Dip the handle of a wooden spoon or a chopstick into the oil. If the oil starts steadily bubbling, then the oil is hot enough for frying. If the oil bubbles very very vigorously, then the oil is too hot and needs to cool off a touch. If no or very few bubbles pop up, then it's not hot enough. Deep fry the pork belly in small batches for 30 seconds to a minute (until it is golden brown). Place on a paper towel lined plate to soak up excess oil.
5. To serve, place a portion of the sweet potato on each plate. Cover the sweet potato with a portion of the cabbage salad and top with a portion of the pork belly. Add a 1/4 Tbsp of the diced fresh chilli on top if you like spice, then serve immediately.

INSPIRED BY OUR TIME IN NICARAGUA

GREEN MANGO SALAD

Serves 2 as a light meal

Ingredients:

- 1 green mango (unripened mango), julienned
 - 1 small carrot, julienned
 - 100g fresh shrimp (or frozen that has been defrosted in the fridge)
 - Salt and pepper, to taste
 - 3 Tbsp roasted cashews
 - 2 Tbsp basil, sliced
- For the Khmer dressing:*
- 2 Tbsp soft brown sugar
 - 1/2 Tbsp fish sauce
 - 1 Tbsp lime juice
 - 2 Tbsp water
 - Pinch of salt and pepper



Method:

1. Prepare the Khmer dressing in a small saucepan on medium heat by cooking the (2 Tbsp) brown sugar and (2 Tbsp) water until they get to a boil and the sugar dissolves. Take off the heat and mix in the (1/2 Tbsp) fish sauce, (1 Tbsp) lime juice and a pinch of salt and pepper. Then set aside.
2. Season the shrimp with a bit of salt and pepper and 2 tsp of the Khmer dressing, then fry them on medium heat until cooked (a few minutes). Take off the heat and set aside.
3. Assemble the salad in a medium sized bowl by combining the julienned mango, julienned carrot, cooked shrimp, and 2 Tbsp of the Khmer dressing. Toss until everything is combined.
4. Separate into two bowls or onto plates, and garnish with the cashews and sliced basil. Drizzle 1 tsp of the Khmer sauce on each salad, then serve.

INSPIRED BY OUR TIME IN CAMBODIA

FRENCH ONION SOUP

Serves 4 as a light meal

Ingredients:

- 4 large onions (or 1kg), sliced 3mm thick
- 60g butter
- Salt and pepper, to taste
- 80ml dry sherry
- 1 litre chicken stock
- 2 sprigs thyme
- 1 bay leaf
- 1 tsp fish sauce
- 1 tsp cider vinegar
- 1 garlic clove
- 100g Gruyère cheese, grated
- 4 slices of white bread
- Freshly chopped parsley, for garnish



Method:

1. In a skillet or saucepan, melt the (60g) butter over medium-high heat until foaming. Add the sliced onions and cook, stirring occasionally, until softened (about 8 minutes). Lower the heat to medium-low and cook, stirring frequently, until the onions are very sweet and a rich golden-brown colour (about 1 to 2 hours). If the onions are starting to burn then add 1 Tbsp water, scrape up browned bits, and continue cooking. Season with salt and pepper.
2. Add the (80ml) sherry and bring to a simmer, scraping up any more browned bits. Cook for about 3 minutes then add the (1 litre) stock, thyme, and bay leaf, then simmer for 20 minutes.
3. Add the (1 tsp) fish sauce and (1 tsp) cider vinegar. Season with salt and pepper, then discard the thyme sprigs and bay leaf.
4. Preheat the oven to grill on high heat. Toast the 4 slices of white bread, then butter them and rub them with the garlic clove until fragrant. Place the 4 slices of toast over the skillet with the soup. Sprinkle the grated cheese on top of the toasts, then put the skillet in the oven. Grill until the cheese is melted and browned in spots.
5. Spoon a portion of the onion soup and a slice of toasted cheesy bread into each serving bowl. Garnish with fresh parsley and serve.

INSPIRED BY OUR TIME IN FRANCE

ROAST CARROT SOUP

Serves 5

Ingredients:

- 1kg carrots
- 3 Tbsp vegetable oil
- 1 1/2 tsp salt
- 1 medium yellow onion, chopped
- 2 cloves garlic, minced
- 1/2 tsp ground coriander
- 1/4 tsp ground cumin
- 4 cups vegetable stock
- 2 cups water
- 2 Tbsp butter
- 1 1/2 tsp lemon juice
- Freshly ground black pepper, to taste
- Handful of fresh coriander
- Toasted sourdough bread, to serve



Method:

1. Preheat the oven to 200 degrees Celsius. Peel the carrots and then cut them on the diagonal so each piece is about 1 cm thick at the widest part.
2. Place the carrots on a baking tray. Add 2 Tbsp of the vegetable oil and a tsp of the salt. Toss until the carrots are lightly coated in oil and seasonings. Arrange them in a single layer. Roast the carrots until they're caramelised on the edges and easily pierced through by a fork (about 25 to 40 minutes).
3. Once the carrots are done roasting, in a pot, warm the remaining 1 Tbsp vegetable oil over medium heat. Add the onion and 1/2 tsp of salt. Cook, stirring occasionally, until the onion is softened, turning translucent and beginning to brown, about 5 to 7 minutes.
4. Add the garlic, (1/2 tsp) coriander and (1/4 tsp) cumin. Cook until fragrant while stirring constantly, about 30 seconds to 1 minute. Pour in the (4 cups) vegetable stock and (2 cups) water, while scraping up any browned bits on the bottom.
5. Add the roasted carrots to the pot. Bring the mixture to a boil over high heat, then reduce the heat to maintain a gentle simmer. Cook for 15 minutes, to give the flavors time to meld.
6. Once the soup is done cooking, remove the pot from the heat and let it cool for a few minutes. Then, either carefully transfer the hot soup to a blender, or use a stick blender in the pot.
7. Add the (2 Tbsp) butter, (1 1/2 tsp) lemon juice, and several twists of black pepper, then blend until completely smooth. Add additional salt and pepper if necessary, to taste.
8. Garnish with the fresh coriander and serve with toasted sourdough bread.

INSPIRED BY OUR TIME IN ENGLAND

GARLIC LOVERS TOMATO SOUP

Serves 4

Ingredients:

- 1 head of garlic (about 80g), peeled
- 1 large onion, copped
- 1 dried bay leaf
- 1/2 tsp dried oregano
- 2 cans diced tomatoes
- 1 can tomato puree (or passata)
- 1/2 tsp salt
- 1/2 tsp freshly ground black pepper
- 1 Tbsp brown sugar
- 1 cup dried red lentils
- 1 cup water
- 30g butter
- Olive oil
- Fresh bread, for serving
- Cheese, for serving



Method:

1. Preheat the oven to 80 degrees celsius.
2. Reserve 1 garlic clove, peel and place the rest in a small oven proof dish and submerge them in olive oil. Put this dish in the oven for 2 to 3 hours, until soft and golden brown throughout.
3. While the garlic is cooking in the oven, prepare the soup. Slice the reserved garlic clove then, in a large saucepan, heat 2 Tbsp of olive oil on medium heat. Fry the onion until translucent, about 5 minutes. Add the (1/2 tsp) oregano, bay leaf and sliced garlic and cook for a minute, until fragrant.
4. Add the diced tomatoes and passata to the saucepan, then mix in the (1/2 tsp) salt, (1/2 tsp) freshly ground black pepper and 1 Tbsp brown sugar. Cover and simmer on low heat for an hour, stirring every so often to prevent burning.
5. Add the (1 cup) dried red lentils and (1 cup) water to the saucepan, cover and simmer on low heat for 10 minutes. Using a stick blender, blend until smooth. Then simmer for a further 20 minutes, stirring every so often to prevent burning.
6. Reserving 4 of the roasted garlic cloves and most of the oil, add the rest of the cloves and 1 Tbsp of the 'garlic oil' to the soup and blend again until smooth. Then stir through the (30g) butter.
7. Spoon the soup into bowls and garnish with the remaining garlic cloves. Serve hot with toasted bread or a cheese toastie on the side.

INSPIRED BY OUR TIME IN SAN FRANCISCO, USA

SOPA DE LIMA

Serves 4

Ingredients:

- 1 large chicken breast (*however, it is better if you can use the leftover chicken carcass from a roast*)
- 1 large onion
- Complete zest of 1 lime
- 3 dried bay leaves
- 3 whole cloves
- 1 cinnamon stick
- 15 whole black peppercorns
- 1 tsp oregano
- 1 litre chicken stock
- 1 large tomato
- 1 green capsicum
- 4 large garlic cloves
- 1 red chilli
- 6 Tbsp (90ml) vegetable oil, divided
- 250ml water
- Juice of 3 limes
- 25g butter
- Bag of tortilla chips
- 1 extra lime, cut into wedges



Method:

1. First make the broth. Split the onion in half from pole to pole and set one half aside. Place the other half into a large saucepan with the chicken breasts and 1 Tbsp of vegetable oil. Lightly brown the onion and chicken on medium heat for a few minutes. Then add the lime zest, 3 bay leaves, 3 cloves, cinnamon stick, 15 peppercorns, and the (1 tsp) oregano. Add the (1 litre) chicken stock then heat over medium heat until gently simmering. Simmer, turning chicken occasionally, for about 30 minutes, then remove from the heat.

(Note: if using a chicken carcass then tear off all the pieces of chicken you can find and discard, then add the carcass to the broth after you've added the chicken stock.)

2. Meanwhile, for the Sofrito: Individually, using tongs, roast the garlic cloves, tomato, capsicum and red chilli over the direct heat of a gas flame, turning, until they are charred on all surfaces, then set aside and peel off any charred parts.

3. Finely chop the garlic, tomato, capsicum and red chilli, as well as the remaining onion half. Heat 2 Tbsp vegetable oil in a large saucepan over medium heat and cook these ingredients with a pinch of salt. Stir frequently, until the sofrito is completely softened but not browned, about 10 minutes.

4. Remove the chicken from broth and shred, discarding any bones and skin. Strain the broth through a sieve into the saucepan with the sofrito. Then add the shredded chicken into the sofrito saucepan and simmer for 5 minutes. Add the juice of 3 limes, 25g butter, 250ml of water and season with salt, to taste. Simmer for a further 5 minutes.

5. Divide the soup evenly between the serving bowls and add a small handful of tortilla chips. Serve immediately with a lime wedge on the side.

SPICY BLACK BEAN SOUP

Serves 6

Ingredients:

- 2 Tbsp olive oil
- 2 medium onions, diced
- 3 celery ribs, finely chopped
- 1 large carrot, peeled and sliced into thin rounds
- 6 garlic cloves, minced
- 4 1/2 tsp ground cumin
- 1/2 tsp chilli flakes
- 4 cans black beans, rinsed and drained
- 4 cups vegetable stock
- 1/4 cup fresh coriander, chopped
- 2 tsp red wine vinegar
- Salt and freshly ground black pepper, to taste
- *Optional garnishes: diced avocado, thinly sliced chilli, thinly sliced radishes, tortilla chips*



Method:

1. Heat the (2 Tbsp) olive oil in a large Dutch oven or saucepan over medium heat until shimmering. Add the onions, celery and carrot and a light sprinkle of salt. Cook, stirring occasionally, until the vegetables are soft, about 10 to 15 minutes.
2. Stir in the garlic, (4 1/2 tsp) cumin and (1/2 tsp) chilli flakes and cook until fragrant, about 30 seconds. Pour in the beans and vegetable stock and bring to a simmer over medium-high heat. Cook, reducing heat as necessary to maintain a gentle simmer, until the beans are very tender, about 45 minutes.
3. Transfer about 4 cups of the soup to a blender, and blend until smooth. Or, use a stick blender to blend a portion of the soup.
4. Return the pureed soup to the pot, stir in the chopped coriander, (2 tsp) red wine vinegar, about a cup of water and some salt and pepper, to taste. Cook for a further 10 minutes.
5. Serve in bowls with some diced avocado, sliced chilli, and sliced radish on top, alongside some tortilla chips.

INSPIRED BY OUR TIME IN CUBA

LAKSA

Serves 4

Ingredients:

- 4 chicken thighs (*chicken breasts are for frat boys with six packs and no good stories*)
- 3 Tbsp madras curry powder (or any mild curry powder)
- 1 shallot, finely chopped
- 3 garlic cloves, minced
- 1 thumb size piece of fresh ginger, finely chopped
- 1 small red chilli, thinly sliced
- 1 cup chicken stock
- 1 can coconut milk
- 2 Tbsp soy sauce
- 1 Tbsp fish sauce
- 1 lime, halved (with one half cut into wedges)
- Salt, to taste
- Vegetable oil
- 1 green capsicum, thinly sliced
- 150g sugar snap peas, rinsed
- 1 cup mung beans, rinsed
- Large handful of fresh coriander, separated into larger leaves and stalks



Method:

1. Start by heating 2 Tbsp vegetable oil in a large frying pan at high heat. Fry the chicken thighs flat side down, sprinkled with 1/2 tsp salt, for 4 - 5 minutes until browned and can be easily lifted off the pan. Then flip and sprinkle with 2 Tbsp madras curry powder. Fry for another 4 - 5 minutes, until browned.
2. Once cooked, remove the chicken thighs from the pan and add another Tbsp of oil to the pan. Add the finely chopped shallot and fry for about 3 minutes, then add the minced garlic, chopped ginger, sliced chilli and remaining 1 Tbsp madras curry powder. Fry for about a minute until nice and fragrant.
3. Add the (1 cup) chicken stock to the pan and bring to a simmer. Then add the 1 can of coconut milk and bring to a simmer once more, then leave to simmer for 5 more minutes.
4. Chop the coriander stalks and add them to the pan along with the (1 Tbsp) fish sauce, (2 Tbsp) soy sauce, the juice of half a lime and 1 cup of water.
5. Cook the rice noodles according to the packet instructions.
6. In four serving bowls add a portion of the sliced capsicum, sugar snap peas and mung beans to each bowl. Once the noodles are cooked, drain, and add a portion to each of the serving bowls.
7. Thinly slice the chicken thighs. Then pour a portion of the 'broth' into each serving bowl. Add a portion of the sliced chicken on top and garnish with the fresh coriander leaves and a wedge of lime, then serve.

INSPIRED BY OUR TIME IN SINGAPORE

MAINS



BANH MI

Serves 4

Ingredients:

- 500g pork shoulder
- 1 Tbsp brown sugar
- 2 cloves of garlic, chopped
- Thumb size of fresh ginger, finely chopped
- 1 Tbsp red onion, chopped
- 1 tsp onion powder
- 1 stalk dried lemongrass, finely chopped
- 1/4 tsp white pepper
- 1 1/2 tsp soy sauce
- 1 1/2 Tbsp fish sauce
- 1 Tbsp vegetable oil

To serve:

- 8 slices of deli turkey
- 100g pâté
- 1 cup pickled carrot, julienned
- 1 cup pickled cucumber, julienned
- 1 red chilli thinly sliced
- Large handful of fresh coriander
- 2 Tbsp sweet chilli sauce
- 1 Tbsp hot water
- 8 Tbsp mayonnaise
- 4 small baguette shaped white rolls, freshly baked



Method:

1. Cut the pork shoulder steak into pieces about 3 to 4 inches big, then set aside.
2. In a large bowl, add the (1 Tbsp) sugar, chopped garlic, chopped ginger, chopped red onion and chopped lemongrass and mix together. Add the (1 tsp) onion powder, (1/4 tsp) pepper, (1 1/2 tsp) soy sauce, (1 1/2 Tbsp) fish sauce, and (1 Tbsp) vegetable oil and combine well.
3. Add the pork, and turn to coat well. Cover and set aside at room temperature to marinate for 1 hour. Or, refrigerate up to 24 hours, letting the meat sit out at room temperature for 45 minutes to remove some of the chill before grilling.
4. Preheat a grill to medium-high. Grill the pork for 2 minutes on each side (should be well browned), then lower the heat, cover and cook for a further 10 - 12 minutes, flipping occasionally. Nick with a knife to test that is cooked. Then transfer to a plate, loosely cover with foil or an inverted bowl for 10 minutes before slicing.
5. Heat the baguettes in the oven on a low heat until nice and warm. In a small bowl mix the 2 Tbsp sweet chilli sauce with 1 Tbsp hot water.
6. Assemble the banh mi sandwich, first with a layer of the pâté, then 2 slices of the turkey, then a portion of the pickled carrot and cucumber, topped with a generous amount of fresh coriander. Then add a portion of the sliced pork, topped with a few slices of chilli and drizzled with a bit of the sweet chilli/water mix. On the other side of the baguette, spread about 2 Tbsp of mayonnaise. Fold together, cut in half, then serve.

INSPIRED BY OUR TIME IN VIETNAM

CAU LAU

Serves 4

Ingredients:

For the Pork:

- 1 large shallot, finely chopped
- 1 dried lemongrass stalk, finely chopped
- 4 large garlic cloves, finely chopped
- 2 Tbsp soy sauce
- 1 Tbsp fish sauce
- 1 Tbsp hot chilli paste (such as sambal oelek or gochujang)
- 1 1/2 tsp salt
- 2 tsp sugar
- 1 tsp five-spice powder
- 250g boneless pork shoulder
- 250g skin-on pork belly

- 2 Tbsp vegetable oil
- 3 cups hot water

For the dish:

- 400g dried wide wheat noodles (or *Cao Lau* noodles if you can find them)
- 1 Tbsp vegetable oil
- 2 cups mung bean sprouts
- 1 red chilli, sliced
- 1 lime, cut into wedges
- A handful of pork rind chips
- 2 cups mixed fresh herbs (such as mint, coriander, basil and watercress)



Method:

1. In a large bowl, combine the chopped shallots, chopped lemongrass, chopped garlic, (2 Tbsp) soy sauce, (1 Tbsp) fish sauce, (1 Tbsp) chilli paste, (1 1/2 tsp) salt, (2 tsp) sugar, and (1 tsp) five-spice powder. Add the pork shoulder and pork belly and toss to coat. Cover and chill for at least 3 hours.
2. Remove the pork from the marinade, scraping any excess marinade back into the bowl, then set the marinade aside. Heat the (2 Tbsp) vegetable oil in a large Dutch oven or large saucepan over medium-high heat. Cook the pork, turning occasionally, until browned all over (about 10 - 15 minutes).
3. Add the reserved marinade and the (3 cups) hot water and bring to a boil. Reduce heat, and simmer, partially covered, turning pork occasionally, until fork-tender but not falling apart (about 1–1½ hours). Then take it off the heat and let the pork cool in the liquid.
4. Cook the noodles according to package directions. Once cooked transfer noodles to a colander then transfer to a large bowl. Toss with 1 Tbsp vegetable oil, then set aside.
5. Remove the pork from the braising liquid and slice into 1cm thick slices. Bring the braising liquid to a boil (it will be concentrated) and add 1 cup of water. The flavor should still be intense and slightly salty (adjust with more water if needed). Simmer for 2 minutes, then remove from heat and add the sliced pork back into the pot.
6. Divide the noodles among the bowls. Place a portion of bean sprouts on top of the noodles. Remove the pork from the cooking liquid and place a portion on top of the noodles, then ladle a few tbsps of the braising liquid over.
7. Serve with the sliced chilli, lime wedges, a few pork rind chips, and a handful of the mixed herbs.

INSPIRED BY OUR TIME IN VIETNAM

MASSAMAN CURRY

Serves 4

Ingredients:

- 500g rump steak, trim the fat and cut into large cubes
- 2 Tbsp all-purpose flour
- 2 Tbsp vegetable oil
- 1 brown onion, diced
- 4 Tbsp thai red curry paste
(or massaman curry paste)
- 2 Tbsp crunchy peanut butter
- Thumb size piece of ginger, finely diced
- 1/2 tsp salt
- 1 can coconut milk
- 1 1/2 cups beef stock
- 8 baby potatoes, quartered or halved
(depending on size)
- 2 halves of one lime (one half intact, the other half cut into 4 wedges)
- 1/4 cup peanuts, roughly chopped
- 1 spring onion, finely chopped
- handful of fresh coriander
- 3 cups white rice, cooked



Method:

1. Preheat the oven to 140 degrees celsius.
2. In a medium bowl, toss the trimmed and cubed steak in the (2 Tbsp) flour. Then fry them in a large frying pan (capable of going in the oven) in the (2 Tbsp) vegetable oil on high heat, without stirring, for 4 - 5 minutes, to develop a nice browned crust on the bottom.
3. Add the diced onion to the steak, mix and fry until the onion is translucent and starting to brown (if things are starting to burn then add a couple of teaspoons of the coconut milk to calm things down). Then add the (4 Tbsp) curry paste, (2 Tbsp) crunchy peanut butter, diced ginger and (1/2 tsp) salt, and stir through for 2 minutes.
4. Add the (1 can) coconut milk and stir to combine, then add the (1 1/2 cups) beef stock and continue to stir to combine. Bring the contents of the frying pan to a simmer then place the pan in the oven. Leave in the oven for an hour.
5. Remove the pan from the oven and add the potatoes. Place back in the oven and cook for a further 1 - 2 hours, or until the beef is fork tender.
6. Prepare the white rice, cooked in your usual way.
7. Remove the massaman curry from the oven and squeeze the juice of half the lime over it, garnish with the chopped spring onion, fresh coriander and roughly chopped peanuts. Serve while hot with the white rice and a wedge of lime.

PAD THAI

Serves 1

Ingredients:

- 1 chicken thigh, cut into small cubes
- 2 cloves of garlic, minced
- 1/4 of a red chilli, sliced
- Thumbnail size piece fresh ginger, grated
- 1 egg
- 1 cup bean sprouts (mung beans)
- 1 small handful carrot, julienned
- 1 Tbsp soy sauce
- 70g pad thai rice noodles
- Vegetable oil

For the sauce:

- 1/4 cup chicken stock
- 1 Tbsp vinegar
- 1 Tbsp lime juice
- 1 Tbsp brown sugar
- 1 Tbsp sweet thai chilli sauce
- 1 Tbsp fish sauce
- 1/2 Tbsp soy sauce
- Pinch of white pepper

For the garnish:

- Small handful spring onion, chopped
- Small handful fresh coriander, chopped
- Small handful peanuts, chopped
- 1 wedge of lime



Method:

1. Start by preparing the pad thai sauce, mix all the sauce ingredients together in a small bowl then put aside. It needs to taste sweet at first, followed by sour and then salty, adjust if needed.
2. Marinate the cubed chicken in the (1 Tbsp) soy sauce and get all the ingredients ready to go (they need to be ready as the cooking process is very fast). Preheat a large wok over very high heat. While this is heating up cook the (70g) rice noodles in hot water until al dente, drain and put aside.
3. In the very hot wok, fry the marinated chicken in a bit of vegetable oil. Once browning and almost cooked add the garlic, chilli, ginger and carrot with a little bit (1 Tbsp) of the pad thai sauce. Stir fry until fragrant (about a minute).
4. Push everything in the wok to the side and add the egg, scramble it and break it apart. Once cooked, combine with everything else in the wok.
5. Add the al dente rice noodles and the remaining pad thai sauce to the wok. Keep mixing until the sauce has evaporated and been absorbed (about 2 minutes). Add the bean sprouts to the wok and mix them in quickly, remove the wok from the heat and plate the pad thai.
6. Serve the pad thai immediately garnished with the chopped fresh coriander, chopped spring onion, and chopped peanuts on top and a wedge of lime on the side.

(Note: Pad Thai is best cooked one serving at a time)

INSPIRED BY OUR TIME IN THAILAND

GINGER FISH CURRY

Serves 4

Ingredients:

- 250g cod fish fillets, cut into 2cm squares
- 1 egg, beaten
- 1/4 cup all-purpose flour
- 1 medium onion (one half diced, the other half sliced)
- 1 tomato, diced
- 1 tomato, halved and sliced
- 1 eggplant, cubed
- 2 thumbs size of ginger, matchstick-ed, divided use
- 3 large cloves of garlic, minced
- Small handful curry leaves
- 2 Tbsp madras curry powder
- 1 Tbsp all-purpose flour
- 1 tsp sugar
- 1 green chilli, sliced (*pith and seeds removed for mild heat, leave if you prefer hot*)
- 1 cup vegetable stock
- 1 lime, halved
- 1 tsp soy sauce
- 1 tsp fish sauce
- Vegetable oil
- Salt and pepper, to taste
- 3 cups brown rice, cooked
- Small handful of fresh coriander, to serve



Method:

1. Heat a large frying pan to medium heat and fry the onion in 2 Tbsp vegetable oil until translucent and starting to brown. Add the curry leaves, the (2 Tbsp) madras curry powder and the (1 Tbsp) flour, continue to cook until fragrant, about a minute.
2. Shift the onion to one side of the pan then add a Tbsp of vegetable oil to the other side of the pan. Add the eggplant to the side with the oil, with the flat side down, to get some browning on the eggplant. Fry for 5 minutes then mix with the onion.
3. Add the sliced chilli, minced garlic, diced/sliced tomatoes, (1 cup) vegetable stock, (1/4 tsp) salt, (1 tsp) sugar and half the ginger to the pan, mix well and bring to a simmer. If it starts to dry out then add a cup of water.
4. Get out two flat bowls, in one add the beaten egg and a pinch of salt, in the other add the (1/4 cup) flour, and a pinch of salt and pepper. Working in batches, toss the fish squares in the bowl with the flour. Working in batches again, toss them in the egg. Then toss them once more in the bowl with the flour (adding a bit more flour if needed).
5. In a large skillet heat about a 1 cm depth of vegetable oil on medium heat. Once hot, shallow fry the fish chunks in batches for about 6 minutes, turning half way through, until golden brown. While frying the fish, prepare the brown rice, cooked in your usual way.
7. Add the juice of half a lime, the (1 tsp) soy sauce, and (1 tsp) fish sauce to the curry, stir to combine. Then stir the remaining ginger through the curry.
8. Serve the curry with a side of the brown rice, wedge of lime and the fried fish 'nuggets' and fresh coriander on top.

INSPIRED BY OUR TIME IN MYANMAR

COCONUT BAKED FISH

Serves 4

Ingredients:

- 4 large fish fillets (solid and not too flaky)
(we used cod)
- 2 Tbsp lemon juice
- 1 medium brown onion, chopped
- 2 Tbsp vegetable oil
- 1 Tbsp garam masala
- 1 tsp turmeric
- 2 tsp fresh ginger, grated
- 2 garlic cloves, minced
- 1 stalk of lemongrass, very thinly sliced
- 400ml can coconut milk
- 1 Tbsp fish sauce
- Juice of 1 lime
- 1 cup fresh coriander, chopped
- 2 medium tomatoes, cored and sliced in whole circles
- Salt and pepper
- Loaf of fresh white bread, thickly sliced and warmed *(we used a tiger loaf)*
- Fresh coriander, to garnish



Method:

1. Preheat the oven to 200 degrees celsius.
2. Rub the fish fillets with some salt and the (2 Tbsp) lemon juice, then set aside.
3. In a medium sized saucepan, heat the (2 Tbsp) vegetable oil and fry the onion until transparent and starting to brown, add the (1 Tbsp) garam masala, (1tsp) turmeric, lemongrass, garlic and ginger and continue to fry until fragrant (about a minute). Take it off the heat.
4. Add the coconut milk, (1 Tbsp) fish sauce, juice of 1 lime, and coriander to the saucepan. Mix well, making sure to scrape up all the bits at the bottom.
5. Place the fish fillets into a large baking dish and cover with the sliced tomatoes. Then pour the coconut mixture over the fish and tomatoes.
6. Bake the fish for 20 minutes.
7. Once the fish is done, serve each fillet in a shallow bowl with a generous amount of the coconut sauce and garnished with a bit of fresh coriander. In Samoa the fish is served with bread fruit, but a slice or two of warmed fresh bread on the side is what we like to do.

INSPIRED BY OUR TIME IN SAMOA

ROTI CANAI

Serves 4

Ingredients:

For the Roti: (or buy frozen roti if you can!)

- 3 cups flour
- 1 tsp sugar
- 1 1/2 tsp salt
- 1/2 cup ghee, liquid (microwave if necessary) *(or melted butter)*
- 1 egg, beaten
- 3/4 cup milk, room temp
- 1/2 cup water, warm
- Extra ghee

For the Curry:

- 500g chicken pieces (drumsticks, wings or bone-in thighs)
- Vegetable oil
- 1 chilli, pith removed and sliced
- 1 large onion (2/3 sliced and 1/3 cut into wedges)
- 3 large garlic cloves, thinly sliced
- 1 fresh tomato, sliced
- Salt and freshly ground black pepper
- 2 Tbsp curry powder
- 1 Tbsp garam masala
- Small handful of curry leaves
- 1 tsp mustard seeds



- 1 can coconut milk
- 1 tsp fish sauce
- 1 tsp soy sauce
- fresh coriander, to garnish

Method:

1. Combine (3 cups) flour, (1 1/2 tsp) salt, (1 tsp) sugar and 1/4 cup of the ghee in a bowl, mix with fingertips. Add the beaten egg, (3/4 cup) milk and (1/2 cup) water, and mix until combined. Turn out onto an oiled bench and knead until smooth, stretchy and you can see the light through the dough when stretched into a “window”. Knead for another 5 minutes, this took us about 20 minutes total.

2. Divide into 8 pieces and roll into balls. Coat each with 1 tsp of the ghee.

3. Cover the balls and rest for at least 4 hours, or refrigerate overnight. If refrigerated, remove at least 2 hours before needed to allow the dough to come to room temperature.

4. Preheat the oven to 150 degrees celsius. Heat a large cast iron skillet (or heavy frying pan capable of going in the oven) to high heat. Add a splash of oil to the pan and fry the chicken pieces skin side down for 5 minutes.

5. Lower the pan to medium heat, push the chicken pieces to one side of the pan and add about 1 Tbsp of oil to the other side. Add the onion to the oil and fry until translucent and browning. Sprinkle 1/2 tsp salt over everything in the pan.

6. Add the (2 Tbsp) curry powder, (1 Tbsp) garam masala, (1 tsp) mustard seeds and the small handful of curry leaves to the onion along with another Tbsp of oil. Fry for a minute until nice and fragrant, then add the sliced fresh tomato, chili and garlic to the onions and fry for another minute.

7. Add 2 Tbsp of the coconut milk to the onions and mix together. Flip the chicken pieces so that they are skin side up and nestle amongst the onions and spices.

8. Add the rest of the coconut milk to the pan along with 1 cup of water and a pinch of salt and 1 tsp freshly ground pepper. Bring to a simmer on the stove then move to the oven.

9. Bake in the oven for 30 minutes, then give it a stir and continue to bake for another 30 minutes. Remove from the oven and mix through (1 tsp) soy sauce and (1 tsp) fish sauce, leave to rest for 15 minutes before serving.

10. While the curry is cooking, grease the bench with ghee, rub one of the balls into a 15cm disc with your palm. Lift the edge of the disc, pull outward, stretching from the center of the disc and stick to the bench. Repeat, going around the disc a couple of times until you have made enough holes to stop you continuing, 60cm if you are me, 1 metre if you are a Malaysian hawker. You can push any especially thick areas with your fingers to thin them out.

(Variation: Add curried mince and onions to the centre of the disc before the next step to create a murtabak.)

11. Drizzle the disc with ghee, grab the top of the disc with both hands and fold the top third to two thirds down the disc, trapping as much air as you can. Fold the bottom edge up to the top edge, again trapping as much air as you can. Fold the sides similarly to create a 20cm square.

12. Heat 1/2 tsp of ghee in a large frying pan, cook until golden brown, checking frequently, about 4min each side. Place in the oven at a low temperature to keep warm.

13. Serve the warm roti canai alongside the chicken curry and some rice (optional), garnished with some fresh coriander.

INSPIRED BY OUR TIME IN MALAYSIA

BIBIMBAP

Serves 4

Ingredients:

- 400g beef mince
- 1 small brown onion
- 4 cloves of garlic, minced
- 1 Tbsp sesame oil
- 1 Tbsp sweet chilli sauce
- 1 Tbsp soy sauce
- 1 Tbsp vinegar
- Vegetable oil
- A few twists of black pepper
- 1 capsicum, finely sliced
- 1 large carrot, julienned
- 2 cups mung beans
- Large handful of coriander, chopped
- 4 eggs
- 3 cups cooked white rice

For the sauce:

- 2 Tbsp gochujang paste
- 1 Tbsp sesame oil
- 1 Tbsp sugar
- 1 Tbsp water
- 1 Tbsp sesame seeds
- 1 tsp vinegar
- 1 tsp minced garlic



Method:

1. In a small bowl prepare the bibimbap sauce by mixing all the sauce ingredients together until combined. Then set aside.
2. Set the white rice to cook to your preference. While the rice is cooking, it is a good time to start on the mince. Heat 2 Tbsp vegetable oil in a large frying pan on medium heat and add the diced onion. Once the onion is translucent and beginning to brown then add the minced garlic and fry for another minute, until fragrant. Add the mince to the pan along with the (1 Tbsp) sesame oil, (1 Tbsp) sweet chilli sauce, (1 Tbsp) soy sauce, (1 Tbsp) vinegar, and a few twists of black pepper. Cook until the mince is starting to get crispy.
3. Push the mince to the side of the pan and add the sliced capsicum and sliced carrot to the other side of the pan, along with a splash of vegetable oil. Cook until warmed through and beginning to soften. Remember to keep turning the mince every so often so as not to let it burn. Once done take off the heat and cover to keep warm.
4. In another frying pan, fry the 4 eggs to your preference.
5. Separate the rice into four portions in 4 different bowls. Top with a portion of the mince, a portion of the carrot/capsicum mix, 1/2 cup mung beans and a portion of the chopped coriander, all in a 'wheel' formation. Add the fried egg in the middle on top of all the other ingredients.
6. Serve immediately drizzled with as much bibimbap sauce as you desire.

(Note: You can use any vegetables you like, it works great with leftover vegees from the night before)

INSPIRED BY OUR TIME IN AUCKLAND, NEW ZEALAND

GYOZA AND PAK CHOY

Serves 2

Ingredients:

- 16 frozen gyoza (any flavour you like)
- 2 bunches of pak choy (or bok choy)
- 1 clove garlic, finely sliced
- Thumb size piece of fresh ginger, finely chopped
- 1 Tbsp soy sauce
- 1 Tbsp sesame oil
- 1/2 tsp white pepper
- 1 tsp sesame seeds
- Handful of coriander, to garnish

For the dipping sauce:

- 2 Tbsp white wine vinegar
- 2 Tbsp sweet thai chilli sauce
- 1 tsp soy sauce
- Pinch of white pepper



Method:

1. Make the dipping sauce in a small bowl by combining all the sauce ingredients and stirring until combined. Separate the sauce into 2 very small bowls to serve with each portion
2. Add 2 Tbsp vegetable oil to a large frying pan and heat on medium heat. Once hot, add the frozen gyoza flat side down in one layer (so each gyoza is touching the oil) and fry for 3 minutes. Then add 1 cm of water to the pan and cover and cook until the water is evaporated (about 6 or 7 minutes). Allow another minute for the bottom of the gyoza to re-crisp and then remove from the heat.
3. While the gyoza are cooking, trim through the root of the pak choy about 2cm from the base, this should allow the pak choy to separate into the large leaves and small heart. In another frying pan, on medium high heat, add 2 Tbsp vegetable oil and fry the garlic and ginger until fragrant (1 minute), then add the pak choy to the pan and cook for about 2 to 3 minutes. Drizzle over the (1 Tbsp) soy sauce and the (1 Tbsp) sesame oil, then sprinkle the (1/2 tsp) white pepper and (1 tsp) sesame seeds over the pak choy. Mix the pak choy lightly and cook until tender (about 2 minutes) then remove from the heat.
4. Serve everything immediately, either on separate plates or to share in the middle of the table, garnished with a bit of fresh coriander.

(Note: this recipe also works with pork buns, just add a bit more water and steam for a bit longer)

INSPIRED BY OUR TIME IN AUCKLAND, NEW ZEALAND

PEANUT PISTON BURGER

Serves 2

Ingredients:

- 250g freshly minced beef (as fresh as possible)
- 1 tomato, thickly sliced
- 1/4 red onion, sliced
- 1/2 cup lettuce, shredded
- 2 tsp chilli jam, heaped
- 2 tsp aioli, heaped
- 2 sesame seed burger buns (large and fresh)
- 1 Tbsp butter, melted
- Vegetable oil

For the satay sauce:

- 2 Tbsp finely chopped onion
- 1 clove garlic, finely chopped
- 1/3 cup crunchy peanut butter
- 1/3 cup hot water
- 2 Tbsp sweet chilli sauce
- 1/2 Tbsp soy sauce
- 1/2 Tbsp lemon juice
- Pinch of salt
- Vegetable oil



Method:

1. Make the satay sauce. Heat a dash of vegetable oil in a small saucepan, then cook the chopped onion and garlic over a low heat until soft. Add the (1/3 cup) crunchy peanut butter and (1/3 cup) hot water and stir until smooth. Remove from the heat and stir in the (2 Tbsp) sweet chilli sauce, (1/2 Tbsp) soy sauce, (1/2 Tbsp) lemon juice and pinch of salt. Set aside.
2. Separate the beef mince into 4 portions and roll into balls. Heat 2 Tbsp vegetable oil in a large skillet to high heat, then also lightly oil the underside of a large saucepan (you will use this for smashing the balls down). Place the mince balls onto the hot skillet and smash them down into patties using the oiled saucepan, press them until they are about 6mm thick. Cook until you see that the meat is fully cooked (about a minute or two) then flip them over and cook for another 30 seconds. Remove the patties from the pan.
3. Once the patties are cooked, cut the sesame burger buns in half and toast them on the pan used for the patties. Once toasted slightly, remove and brush each half with the melted butter.
4. Assemble the burger, by first spreading about 1 heaped tsp chilli jam on the bottom half of the toasted bun. Top with a beef patty, then spread about 1 heaped Tbsp of the satay sauce over the patty, and add another patty on top. Next add a portion of the shredded lettuce, followed by a few slices of tomato and red onion. Add about 1 heaped tsp of aioli to the top side of the bun and stack it on the burger. Serve immediately.

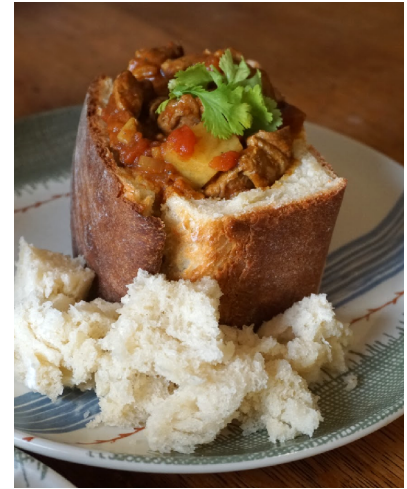
INSPIRED BY OUR TIME IN NEW ZEALAND

BUNNY CHOW

Serves 4

Ingredients:

- 500g lamb shoulder, roughly diced
- 1 large onion, half diced and half sliced
- 1 Tbsp garam masala
- 3 Tbsp curry powder
- 1 tsp ground cumin
- 1 tsp ground coriander
- 1/2 tsp mustard seeds
- 4 cardamom pods, lightly crushed
- 1 cinnamon stick, split into shards
- 1 packed Tbsp curry leaves
- 1 Tbsp tomato paste
- 1 tsp salt
- 4 garlic cloves, thinly sliced
- 1 thumb size piece of ginger, finely sliced
- 1 red chilli, finely sliced
- 1 can diced tomatoes
- 1 cup vegetable stock
- 1/2 cup water
- 2 tsp sugar
- 1 large potato, peeled and cubed
- Vegetable oil
- 1 unsliced loaf of bread



Method:

1. Preheat the oven to 150 degrees celsius. Heat a large cast iron skillet (or heavy frying pan capable of going in the oven) to medium heat. Add 2 Tbsp vegetable oil and the onion to the pan. Fry the onion until translucent and beginning to brown, about 5 minutes.
2. Add the (1 Tbsp) garam masala, (3 Tbsp) curry powder, (1 tsp) ground cumin, (1 tsp) ground coriander, (1/2 tsp) mustard seeds, 4 cardamom pods, cinnamon stick shards, (1 packed Tbsp) curry leaves, and (1 Tbsp) tomato paste to the pan and mix together. Cook for a minute, until fragrant, then push the onion and spices to one side of the pan.
3. Add another 2 Tbsp vegetable oil to the free side of the pan and then add the diced lamb and (1 tsp) salt, making sure the lamb is in one layer with one side down. Fry for about 7 - 10 minutes, or until the one side of the lamb has started to brown. Then push the lamb over to the side with the onion.
4. Add another tsp of vegetable oil to the free side of the pan and fry the garlic, ginger and chilli for a minute, until fragrant. Then combine everything in the pan together and fry for a few minutes.
5. Add the canned tomatoes to the pan along with the (1 cup) vegetable stock, (1/2 cup) water, and (2 tsp) sugar. Mix to combine and then put the pan in the oven at 150 degrees celsius. Leave in the oven for an hour and a half, checking every 20 minutes or so. If the curry is starting to dry out then add 1/2 cup of water to it at a time.
6. Remove the curry from the oven and mix in the cubed potato and 1 cup of water. Return to the oven and cook for another 45 minutes.
7. Warm the loaf of bread in the oven, then remove and cut in quarters. Scoop out the insides of the quarter loaves so that they end up being a 'bread bowl'. Reserve the bread from inside for dipping.
8. Spoon the curry into the bread loaves and serve hot, maybe with some chocolate milk on the side (steri stumpies are a SA tradition).

INSPIRED BY OUR TIME IN KWAZULU-NATAL, SOUTH AFRICA

AUSSIE CHICKEN PARMY

Serves 4

Ingredients:

For the chicken fillets:

- 2 eggs
- 2 garlic cloves, minced
- 2 Tbsp fresh parsley, chopped
- Salt and pepper to season
- 2 large chicken breasts halved horizontally to make 4 fillets
- 3/4 cup breadcrumbs
- 1/3 cup parmesan cheese, grated
- 1 tsp garlic powder
- 1/2 cup vegetable oil, for frying

For the sauce:

- 400g can of passata (tomato puree)
- 1 Tbsp olive oil
- 1 medium brown onion, chopped
- 2 cloves garlic, minced
- 1 tsp dried mixed herbs
- 1 tsp sugar
- Salt and pepper, to taste

For the topping/side:

- 8 thick slices of mozzarella cheese
- 1/2 cup parmesan cheese, grated
- 1/3 cup fresh parsley, chopped
- 250g linguine pasta (or fettuccine or thick slices of bread)



Method:

1. Whisk together the (2) eggs, minced garlic, fresh parsley, and a dash of salt and pepper in a shallow dish. Add the chicken fillets to the egg mixture, rotating to evenly coat each fillet. Cover and allow to marinate for at least 20 minutes.
2. Prepare the sauce. In a medium sized saucepan, heat the (1 Tbsp) olive oil and fry the onion until transparent (about 3 minutes), then add the (1 tsp) mixed herbs and garlic and cook until fragrant (about 30 seconds). Add the tomato puree, (1 tsp) sugar and salt and pepper to taste (about 1/2 tsp of each). Cover with a lid to simmer for about 8 minutes, or until the sauce has thickened slightly. Taste test and adjust salt and pepper, if needed.
3. Preheat the oven to 220 degrees celsius and lightly grease a large baking dish with some olive oil, then set aside. In a shallow bowl, mix the (3/4 cup) breadcrumbs, (1/3 cup) parmesan cheese and (1 tsp) garlic powder. Dip the chicken fillets into the breadcrumb mixture to evenly coat.
4. In a large cast iron skillet (or heavy frying pan), heat the (1/2 cup) vegetable oil over medium-high heat until hot and shimmering. Fry the chicken fillets until golden and crispy, (about 4-5 minutes on each side).
5. Place the fried chicken fillets on the prepared baking dish. Top each fillet with about 1/3 cup of sauce, 2 slices of mozzarella cheese and 2 Tbsp grated parmesan cheese. Bake for 13 - 15 minutes, or until the cheese is bubbling and melted, and the chicken is completely cooked through.
6. While the chicken fillets are baking, cook the (250g) linguine in boiling water in your usual way. Serve each chicken fillet on a bed of linguine (or thick slices of bread) with a sprinkle of fresh parsley.

INSPIRED BY OUR TIME IN AUSTRALIA

HOMEMADE PIZZA

Makes 4 round pizzas to serve 4 people

Ingredients:

For the dough:

- 1 cup warm water
- 1 tsp sugar
- 1 tsp dry yeast
- 2 1/2 cups bread flour, plus extra for kneading
- 1 Tbsp olive oil
- 1/2 tsp salt

For the sauce:

- 1 can diced tomatoes
- 1/2 brown onion, diced
- 2 garlic cloves, minced
- 1 tsp dried oregano
- 1 Tbsp sweet chilli sauce

- 2 tsp soy sauce
- 2 tsp white vinegar (or lemon juice)

- 1/2 tsp salt

- 1 Tbsp olive oil

For the toppings:

- Olive oil
 - 4 white mozzarella balls, sliced (*the mozzarella you buy surrounded in liquid*)
 - Large handful of fresh basil leaves, separated
 - 10 slices parma ham
- (Note: just use whatever toppings you like)



Method:

1. Prepare the dough at least an hour in advance. Place the (1 cup) warm water and (1 tsp) sugar in a medium mixing bowl and stir to dissolve. Sprinkle the (1 tsp) yeast over the top and allow it to stand in a warm place for 10 minutes, or until the yeast activates (*it is very important that you wait until the yeast activates*).

2. Add the (2 1/2 cups) bread flour, (1 Tbsp) olive oil and (1/2 tsp) salt and mix until evenly combined, working to form a soft dough. Knead on a lightly floured surface (add extra flour if needed) to get the gluten working. Once it is nice and smooth, transfer to a lightly oiled bowl, cover with a clean tea towel and leave to rise in a warm place until doubled in size (about an hour).

3. While the dough is rising, prepare the pizza sauce. Heat a small saucepan to medium heat, add the (1 Tbsp) olive oil and fry the diced onion until it is translucent and starting to brown. Then add the minced garlic and (1 tsp) dried oregano, and continue to fry until fragrant (about a minute). Add the can of diced tomatoes, (1 Tbsp) sweet chilli sauce, (2 tsp) soy sauce, (2 tsp) vinegar, and (1/2 tsp) salt, and cook for a further 5 minutes. Reduce the heat to low and simmer for 20 - 25 minutes, stirring occasionally. It should end up as a jammy consistency.

4. Remove the sauce from the heat and let it cool to room temperature. Once cooled, use a stick blender (or regular blender) to blitz the sauce a bit, not too much as you still want it to be a bit chunky, then set it aside.

5. Once the dough has risen, turn it out onto a lightly floured surface, roll into a log shape and cut into 4 even pieces. (*If preparing in advance then wrap each dough ball in plastic wrap and refrigerate until you are ready to use.*)

6. Preheat the oven to 240 degrees celsius. Also preheat a cast iron skillet (or heavy frying pan capable of going in the oven) to high heat.

7. Working with one ball of dough at a time, place on a floured surface. Using your hands to stretch out a pizza base the size of a frying pan, you can also use a rolling pin if you prefer (I use a combination of both).

8. Coat the hot skillet with about 1 Tbsp of olive oil (we use a paper towel to help spread it around). Place the pizza base onto the hot skillet and spread about 2 - 3 Tbsp of the sauce over the base and place slices of mozzarella cheese (equivalent to one ball) onto the base. Then put the skillet in the oven and cook for about 6 - 7 minutes or until the dough is fully cooked (the dough should be golden brown and crispy at the edges).

9. Remove the skillet from the oven and, using a spatula, move the pizza onto a large chopping board. Let the pizza cool for about 2 minutes and then add about 9 or 10 leaves of fresh basil spread evenly over the pizza. You can slice and serve the pizza like this margherita style, or add a layer of parma ham to the margherita pizza. Serve immediately.

10. Repeat steps 7 to 9 for the remaining pizzas.

INSPIRED BY OUR TIME IN CANADA

SMOKED BBQ BRISKET

Serves 6

Ingredients:

- Half Brisket - point or flat end
(the point is fattier, the flat is leaner and more uniform in size)

- 3 cups wood chips or chunks

For the spice rub:

- 2 Tbsp coarse ground black pepper

- 1 tsp ground cumin

- 1 tsp smoked paprika

- 2 tsp salt

For the beetroot slaw:

- 2 beetroot, grated

- 1 granny smith apple, grated

- 1 Tbsp mayonnaise

- Juice of one half lemon

- Salt and pepper, to taste

To Serve:

- Pickles, sliced lengthways

- Large bunch of rocket

- Thick sliced fresh bread

- BBQ sauce



Method:

1. In a small bowl, mix together all the spice rub ingredients. Then rub into the brisket exterior and refrigerate overnight. Soak the wood chips in water for 20 minutes. Drain the wood chips and place in four separate small aluminium trays, (or makeshift foil versions).

2. Choose your BBQ type and proceed with either 2a or 2b.

2.a. Charcoal BBQ: Build a small charcoal fire (about the same size as the brisket) against one side of the grates. Place one wood chip tray on the coals, and the brisket on the opposite side of the BBQ. Smoke for 2 hours, replacing the wood chips when you notice the smoke production dropping off.

Cooking notes: You are aiming for thin blue, not dark thick, smoke so give the fire as much air as your vents will allow. The temperature near the brisket should be 140-180°C. If it exceeds this, take the lid off and let it cool down, maybe spread the fire out a little before replacing the lid. The vents can also be used to control the temperature too but make sure you don't choke off the flow enough for the smoke to go dark and thick.

2.b. Gas BBQ: Must have a hood. Put one gas burner on low and put a foil packet under the grill surface, on top of the heat diffusing grates. Clean and oil the grill. Put the brisket on the top warming tray directly above the wood chips or somewhere away from the direct burner heat where it will see a lot of smoke. Smoke for 2 hours, replacing the wood chips when you notice the smoke production drop off.

Cooking Notes: Again the temperature near the brisket should be 140-180°C, this can easily be controlled with the gas setting. Gas BBQ's are inherently less sealed than a charcoal BBQ, but this doesn't mean you can't impart lots of smoke flavour through indirect cooking. It may take some experimentation with the position of the foil packet, and if there is a breeze try to use it to your advantage to flow the smoke over the meat.

3. At this stage the brisket should have a dark red, charred exterior. Remove from the BBQ and wrap tightly in foil. Put in a 125°C oven set on bake for 5-7 hours until fork tender. Once done, remove the brisket from the oven and loosen the foil to allow the steam to escape, then let it rest for 30 minutes.

4. In a large bowl combine all the beetroot slaw ingredients and toss. Carve the brisket into thin slices across the grain. Serve with bread, BBQ sauce, pickles, rocket and beetroot slaw.

INSPIRED BY OUR TIME IN THE SOUTHERN STATES OF THE USA

CHICKEN ENCHILADAS

Serves 4

Ingredients:

- 2 Tbsp vegetable oil
- 500g chicken thighs (or breast), diced
- 1 small brown onion, chopped
- 1 large green capsicum, diced
- 1/2 chilli, thinly sliced (seeds and pith removed)
- 1 can black beans, drained and rinsed
- Salt and pepper, to taste
- 8 large flour tortillas
- 3 cups mild cheese, grated
- 1 cup fresh coriander, chopped
- 1 cup sour cream

For the Sauce:

- 2 Tbsp paprika
- 1 tsp chipotle chilli flakes
- 1/2 tsp cayenne pepper
- 2 tsp garlic powder
- 1 1/2 tsp onion powder
- 1 tsp dried oregano
- 1 tsp cumin powder
- 1/2 tsp salt

- 2 Tbsp vegetable oil
- 2 Tbsp all-purpose flour
- 2 cups chicken stock

For the Side Salad:

- 2 avocados, cubed
- 2 tomatoes, cubed
- 1 Tbsp of fresh coriander, chopped
- 1 Tbsp lemon juice
- Salt and pepper, to taste



Method:

1. In a small bowl mix together all the sauce ingredients **except** the oil, flour and stock, set aside. Heat the (2 Tbsp) vegetable oil in a small saucepan over medium-high heat. Add the (2 Tbsp) flour and whisk together for one minute. Stir in your pre-mixed spice bowl and cook for another minute. Then gradually add in the stock, whisking constantly to remove lumps. Reduce the heat and simmer for 5 to 7 minutes until you feel it thickening, then set aside.
2. In a large frying pan, heat the (2 Tbsp) vegetable oil over medium-high heat and sauté the onion for about 3 minutes. Add the diced chicken and season with salt and pepper. Once the chicken pieces are browning, add the capsicum and chilli, then stir in the black beans. Cook until everything is nice and hot (about 10 minutes).
3. Preheat the oven to 180 degrees celsius and grease a large baking dish with high sides.
4. Assemble the enchiladas individually by laying a single tortilla on a flat surface. Spread two tablespoons of sauce over the surface of the tortilla. Add a generous spoonful of the chicken mixture in a line down the center of the tortilla, then sprinkle with 1/3 cup cheese. Roll it up and arrange each rolled tortilla in the baking dish in a 'spooning' fashion.
5. Once the enchiladas are all in the baking dish, pour any remaining sauce on top of the enchiladas and sprinkle on any left over cheese (grate extra if needed).
6. Bake uncovered for 15 minutes, until the enchiladas are cooked through and the tortillas are slightly crispy on the outside.
7. While the enchiladas are cooking, put together your side salad. We like to add a bit of salt to the cubed tomatoes and drain them a little bit first. In a small bowl, add the salted tomatoes, cubed avocado, 1 Tbsp fresh coriander and 1 Tbsp lemon juice. Mix it up with a few twists of black pepper, then set aside.
8. Remove the dish from the oven and serve the enchiladas while they're nice and warm, garnished with the fresh coriander and a side of sour cream and salad.

INSPIRED BY OUR TIME IN MEXICO

TACOS AL PASTOR

Serves 4

Ingredients:

For the Pork:

- 2 Tbsp chipotle chilli flakes (or 1 can of chipotle chillies or 1 whole chipotle chili or 1 whole ancho chili, whatever you can get!)
- 1 tsp red chilli flakes
- 1/2 cup chicken stock
- 2 tsp vegetable oil
- 1 tsp oregano
- 1 tsp ground cumin
- 1 Tbsp achiote paste (or powder)
- 1/4 cup white vinegar

- 3 garlic cloves
- 2 1/2 tsp salt
- 2 tsp sugar
- 800g boneless pork shoulder (partially defrosted or placed in freezer for 60 minutes ahead of time to firm up)

- 8 rashers of streaky bacon

For the Corn Tortillas:

- 2 cups corn masa flour (note: **NOT** the same as regular corn flour)
- 1 1/2 cups water



To Serve:

- 1/2 pineapple, cut into discs
- 1 cup fresh coriander, chopped
- 1 white onion, diced
- handful of pickled cabbage (optional)

Method:

1. Place the (2 Tbsp) chipotle chilli flakes and (1 tsp) red chilli flakes in a small saucepan over medium high heat and dry cook, mixing occasionally until aromatic, about 2 minutes. (Note: if using canned chilies instead of the chipotle then omit this step and just add the canned chilies and red chili flakes to the next step).
2. Reduce the heat to low, then add the (2 tsp) vegetable oil, (1 tsp) cumin, (1 tsp) oregano, (1 Tbsp) achiote and cook, stirring frequently, until aromatic but not browned, about 30 seconds.
3. Add the (1/2 cup) chicken stock and bring the mixture to a boil, then add the (1/4 cup) white vinegar, (2 1/2 tsp) salt and (2 tsp) sugar, stir then remove from heat.
4. Scrape the contents of the small saucepan into a blender (or use a stick blender), along with the 3 cloves of garlic. Blend on high speed until completely smooth, about 1 minute, scraping down sides as necessary. Set the marinade aside to cool to room temperature.
5. Using a very sharp chef's knife or carving knife, slice the 800g pork shoulder as thin as possible against the grain. Transfer to a large bowl and pour over the cooled marinade, toss with hands until every piece of meat is evenly coated in the marinade.
6. Line the bottom of a baking loaf tin with 2 rashers of the bacon. Add a layer of the marinated pork shoulder, then continue layering in bacon and meat until all the meat is used up. Cover tightly with plastic wrap and refrigerate for at least 4 hours and up to 36.
7. Preheat the oven to 130 degrees celsius. Uncover the baking loaf tin and carefully tip the 'meat loaf' onto a foil-lined

rimmed baking tray. If it loses its shape then shape it back together as best you can. Transfer to the oven and cook until the meat is completely tender (it will drip lots of fat), about 4 hours. Top with the pineapple discs for the last 30 minutes of cooking if serving immediately.

8. While the pork is cooking, prepare the corn tortillas. In a large bowl, mix 2 cups corn masa flour with 1 1/2 cups of water, stir until combined and it resembles the consistency of dough. Roll the dough into balls the size of golf balls, it should make about 20 dough balls.

9. Heat a cast iron skillet, or heavy frying pan to a high heat. Press the dough balls, one at a time, into discs using a taco press (or a pot), use two sheets of plastic to prevent the dough sticking to the taco press.

10. Once the skillet is hot, dry fry the taco discs for about 1 to 2 minutes each side. Flip back and forth and press down on the taco with your fingers in order to help it to 'puff' slightly. Once done, put the tacos in a baking dish and cover with a tea towel to keep them warm and help them to soften (if making in advance, then heat them up in the oven on low heat wrapped in a wet paper towel).

11. Remove the pork from the oven and allow to rest for 20 minutes before thinly carving, or allow to cool and refrigerate up to overnight. (If refrigerating, carve while cold, and reheat in a layer in the oven on a lined baking sheet, topped with pineapple. Use the grill/broil setting for the last 5 minutes to crisp up the pork and pineapple (watch carefully)).

12. Serve family style with corn tortillas, diced white onion, fresh coriander, pineapple and pickled cabbage.

INSPIRED BY OUR TIME IN MEXICO

FRIED CHICKEN BALEADAS

Serves 4

Ingredients:

For the Flour Tortillas:

- 2 cups all-purpose flour
- 2 tsp baking powder
- 1/2 tsp salt
- 1/2 cup water
- 2 Tbsp vegetable oil

For the Baleadas:

- 1/4 cup sour cream
- 1/4 cup milk
- 4 boneless, skinless chicken thighs

- 1 cup buttermilk
- 1 1/2 cups all-purpose flour
- 1 1/2 tsp baking powder
- Salt and pepper
- 1 litre vegetable oil
- 1 can refried beans
- 200g Queso Duro (or Feta), crumbled
- 1/2 cup pickled red onion, sliced
- Handful of fresh coriander, chopped



Method:

For the Flour Tortillas:

1. In a large bowl, mix together the (2 cups) flour, (2 tsp) baking powder and (1/2 tsp) salt, then add the (1/2 cup) water and (2 Tbsp) vegetable oil. Mix with a spoon until it comes together as a dough, adding a splash more water, if needed.
2. Tip the dough onto the clean kitchen counter and knead for 5-10 minutes, until you have a soft and smooth, but not sticky dough. Cut the dough into 4 equal portions, rolling each into a ball. Brush a thin layer of vegetable oil over each dough ball and pop them back into the bowl, cover with a tea towel and leave to prove for 30 minutes.
3. When you are ready to cook the tortillas, heat a dry cast iron skillet (or heavy frying pan) over high heat. Transfer the dough balls onto the clean kitchen counter. Using a rolling pin, roll each dough ball into a half cm thick circular shape.
4. Place the rolled dough onto the preheated and dry skillet (or frying pan) and cook for about 1 minute on each side, until golden in spots and slightly puffy. As you're cooking the tortillas keep them in the oven on low heat covered with a damp clean tea towel to keep them warm and prevent them from drying out. Or if making the tortillas in advance then just heat them up in the oven on low heat covered in a damp clean tea towel.

For the Baleadas:

1. Mix the (1/4 cup) milk with the (1/4 cup) sour cream, so that the sour cream is pour-able, then set aside. Beat the chicken thighs to make them thin, then season generously with salt and pepper.
2. Pour the (1 cup) buttermilk into a medium sized bowl. In a separate medium sized bowl, add the (1 1/2 cups) flour, (1 1/2 tsp) baking powder, 1 tsp salt and 1 Tbsp ground pepper.

3. Transfer the chicken to the bowl with the buttermilk and turn to coat. Working with one piece at a time, remove the chicken from the buttermilk, allowing excess to drip off. Then add the chicken to the bowl with the flour and turn, lifting the flour on top of it and pressing it down firmly until a thick, shaggy layer of flour has stuck to the chicken. Transfer to a plate and repeat with the remaining chicken pieces.
4. Heat the oil in a wok, deep cast iron skillet, or Dutch oven on medium to high heat. Dip the handle of a wooden spoon or a chopstick into the oil. If the oil starts steadily bubbling, then the oil is hot enough for frying. If the oil bubbles very very vigorously, then the oil is too hot and needs to cool off a touch. If no or very few bubbles pop up, then it's not hot enough.
5. Carefully lower the chicken pieces into the hot oil with tongs. Cook without moving until well browned on the first side, about 2 minutes. Flip the chicken and cook until the second side is browned, another 2 - 3 minutes, or until the chicken is fully cooked. Transfer to a paper towel-lined plate.
6. Roughly chop each chicken thigh into small strips. Then heat up the (1 can) refried beans in a small saucepan.
7. Put a warm tortilla on a plate and spread about a 1/4 cup of the refried beans onto it. Sprinkle with about 3 Tbsp of crumbled feta and drizzle with about 2 Tbsp of the sour cream mixture. Add a portion of the fried chicken to one half of the baleada, followed by about 2 Tbsp of pickled red onion and a dash of the fresh coriander. Fold the baleada in half and serve warm.

INSPIRED BY OUR TIME IN HONDURAS

JERK CHICKEN WITH RICE AND BEANS

Serves 6

Ingredients:

For the Jerk Chicken:

- 3 chillies, pith removed and sliced
- 3 spring onions, roughly chopped
- 1 (2 inch) knob fresh ginger, roughly chopped
- 4 garlic cloves
- 2 Tbsp freshly picked thyme leaves
- 1 Tbsp ground allspice
- 1 tsp freshly grated nutmeg
- 2 Tbsp dark brown sugar
- 1/4 cup soy sauce
- Zest from 4 limes

Method:

1. Combine the sliced chillies, chopped spring onions, chopped ginger, 4 garlic cloves, (2 Tbsp) thyme, (1 Tbsp) allspice, (1 tsp) nutmeg, (2 Tbsp) dark brown sugar, (1/4 cup) soy sauce, lime zest and juice, (1/4 cup) olive oil, 2 tsp black pepper, and 1 Tbsp salt in a blender or food processor. Blend until a rough purée is formed, about 1 minute.

2. Split the chicken, start by using poultry scissors to remove the backbone by cutting along both edges of the spine. Next, flip the bird over and flatten it slightly by pressing down. Cut the bird in half along the center of the breastbone with a sharp knife.

3. Rub the marinade over each chicken side, until thoroughly coated, and put them in a plastic bag. Pour any remaining marinade into the plastic bag, carefully mix, and close. Refrigerate the chicken for at least 3 hours and up to 1 day.

4. Place the bay leaves in a tupperware and fill with water, then refrigerate for at least 3 hours and up to 1 day.

5. Prepare the rice and beans. In a large saucepan, heat 1 Tbsp vegetable oil over a moderately high heat. Add the onions and fry for about 5 minutes, until translucent and beginning to brown. Add the beans and the (3 cups) water and bring to a boil. Stir in the spring onion, garlic, (1 tsp) allspice, thyme, chilli, ginger, 2 tsp salt and 1/2 tsp pepper. Stir in the coconut milk and bring to a simmer.

6. Stir in the rice, cover and simmer over low heat until the rice is tender and the liquid is absorbed, about 30 minutes. Remove from the heat and let steam for 10 minutes. Using a fork, fluff the rice and beans and season with salt.

- Juice from 4 limes
- 1/4 cup olive oil
- Salt and freshly ground black pepper
- 1 large whole chicken, back removed, split in half along breastbone
- 3 dozen dried bay leaves (about 2 loosely packed cups)

For the Rice and Beans:

- 2 cans red kidney beans
- 3 cups water
- 1 small onion, finely chopped
- 1 spring onion, finely chopped
- 3 garlic cloves, minced
- 1 tsp ground allspice



- 5 thyme sprigs
- 1 small red chilli, sliced
- 1 tsp grated fresh ginger
- Salt and pepper
- 1 can coconut milk
- 2 cups long-grain white rice
- 1 Tbsp vegetable oil

7. Light a charcoal barbeque and pile the coals against one wall (alternatively, set the leftmost burners of a gas grill to medium-high heat). Once all the coals are burning, set the cooking grate in place, cover and allow to preheat for 5 mins.

8. Remove the chicken from the bags, allow the excess marinade to drip off, and transfer to a large baking tray.

9. Drain the bay leaves and spread two thirds of the bay leaves evenly over the cooler side of the grill in a pattern just large enough to fit the chicken. Lay the chicken sides over the bay leaves skin side up with the legs pointed towards the hotter side of the grill, immediately cover and cook for 20 minutes.

10. Open the lid and move the chicken to the hot side of the grill with the skin side down. Allow the chicken to sear for 2 - 3 minutes until evenly brown and crispy. Toss the remaining bay leaves directly onto the hot coals, flip the chicken over (skin side up) and allow to sear for a further 2 - 3 minutes.

11. Keep flipping the chicken every few minutes for a further 10 minutes. Everyone's barbeque is different, so what you are trying to do is to keep the chicken crispy without burning it. If things are starting to burn then move the chicken to the cooler side of the grill.

12. The chicken is done when the juices run clear when you cut into the thickest part of the thigh (or when a meat thermometer reads 75 degrees celsius when inserted into the thickest part of the thigh). Once done, transfer the chicken to a large platter and allow to rest for 5 minutes.

13. Chop the chicken into large pieces and serve hot alongside the rice and beans (make sure this is also served hot).

INSPIRED BY OUR TIME IN PANAMA

TURKISH PIDE

Serves 4

Ingredients:

- 350g lamb mince
- 1 capsicum, finely diced
- 200g feta cheese, crumbled
- 1 small brown onion, finely diced
- 4 garlic cloves, minced
- 1/2 cup fresh parsley, chopped
- 1 tsp smoked paprika
- 1 tsp ground allspice
- 1/2 tsp ground cumin
- 1/2 tsp ground cinnamon
- 1/2 tsp cayenne pepper
- 1 tsp salt
- 4 Tbsp tomato paste
- 2 Tbsp olive oil
- 1 egg, beaten

For the Dough:

- 1 cup warm water
- 1 tsp sugar
- 1 tsp dry yeast
- 2 1/2 cups bread flour, plus extra for kneading
- 1 Tbsp olive oil
- 1/2 tsp salt

For the Side Salad:

- 2 tomatoes, chopped
- Handful of parsley, chopped
- 1/2 red onion, chopped
- 2 handfuls of salad leaves
- 1 tsp lemon juice
- Salt and pepper, to taste



Method:

1. Prepare the dough at least an hour in advance. Place the (1 cup) warm water and (1 tsp) sugar in a medium mixing bowl and stir to dissolve. Sprinkle the (1 tsp) yeast over the top and allow it to stand in a warm place for 10 minutes, or until the yeast activates.
2. Add the (2 1/2 cups) flour, (1 Tbsp) oil and (1/2 tsp) salt and mix until evenly combined, working to form a soft dough. Knead on a lightly floured surface (add extra flour if needed) to get the gluten working. Once it is nice and smooth, transfer to a lightly oiled bowl, cover with a clean tea towel and leave to rise in a warm place until doubled in size (about an hour).
3. While the dough is rising, prepare the meat mixture. In a large bowl add the mince, capsicum, feta cheese, chopped onion, garlic, and parsley. Mix well, then add the (1 tsp) smoked paprika, (1 tsp) ground allspice, (1/2 tsp) ground cumin, (1/2 tsp) ground cinnamon, (1/2 tsp) cayenne pepper, (1 tsp) salt, (4 Tbsp) tomato paste and (2 Tbsp) olive oil. Mix thoroughly until well combined.
4. Once the dough has risen, turn it out onto a lightly floured surface, roll into a log shape and cut into 4 even pieces. *(If you are preparing the dough in advance then at this point wrap each dough ball in plastic wrap and store in the fridge until you are ready to use.)*

5. Prepare two large baking trays lined with baking paper (you'll be using these to bake the Pide in two batches). Preheat the oven to 240 degrees celsius.
6. Working with one ball of dough at a time, place on a floured surface. Using a rolling pin, roll the dough out into as thin as you can into an oval disk.
7. Assemble the Pide. Place one oval dough disk on one of the prepared baking trays. Reshape as needed. Spoon a 1/4 of the meat mixture onto the dough and spread it evenly, leaving 2cm at the edges as a border with no filling. Fold in the sides to act as a border to keep the filling intact and squeeze the oval dough at each end to make it pointy. Repeat this process on the other prepared baking tray.
8. Brush the edges of the dough with some of the beaten egg, then bake in the oven for about 13 - 15 minutes, or until the dough and meat are fully cooked (the dough should be golden brown and crispy at the edges and the meat should be a bit crispy).
9. While the Pide is cooking, prepare the side salad by combining all the ingredients in a medium sized bowl.
10. Let the Pide cool slightly, then cut into slices and serve with a portion of the side salad.

INSPIRED BY OUR TIME IN TURKEY

PORK KNUCKLE

Serves 2 to 3 (depending on the size of the knuckle)

Ingredients:

- 1 large pork knuckle (fresh, uncured, unsmoked)
- 1 tsp black whole peppercorns
- 4 bay leaves
- 1 onion, peeled and quartered
- 1/2 tsp cloves
- Salt

To Serve:

- Fresh bread
- Horseradish
- Dijon mustard
- Pickled vegetables
- Sauerkraut



Method:

1. In a big pot, add the pork knuckle, quartered onion, (1 tsp) peppercorns, 4 bay leaves, (1/2 tsp) cloves and 3 tsp salt. Cover everything in boiling water, bring the pot to a boil and then bring it down to a very gentle simmer (as low as your stove can go). Leave covered and slightly simmering for 90 minutes.
2. After 90 minutes use some tongs to remove the pork knuckle from the water and use a sharp knife to score the skin in a diamond pattern.
3. Preheat the oven to 200 degrees celsius and rub the pork knuckle with about 2 tsp of salt. Place the pork knuckle on a rack in a roasting pan and bake for about 45 minutes in the middle of the oven.
4. After 45 minutes, flip the pork hock over and turn the oven down to 180 degrees celsius. Cook for another 30 minutes. Then to crisp up the skin, turn on the broiler for another 5 - 10 minutes (you may need to flip the pork knuckle again depending on which side has the most skin). Keep an eye on it because the skin can get burned pretty quickly! The skin will now be bubbly and crispy.
5. Remove the pork knuckle from the oven, cover in foil and leave to rest for about 10 minutes. Then serve alongside freshly sliced bread, pickled vegetables, sauerkraut, horseradish and dijon mustard.

INSPIRED BY OUR TIME IN THE CZECH REPUBLIC

SCALLOP PASTA

Serves 2

Ingredients:

- 8 fresh scallops
- 250g pappardelle pasta (or fettuccine)
- Olive oil
- 2 Tbsp butter, divided
- 1 large shallot, minced
- 4 medium garlic cloves, thinly sliced
- 1/2 tsp chilli flakes
- 1/4 tsp thyme
- 1/2 cup white wine Sauv Blanc
- 1/2 cup chicken stock
- Zest of 1/2 lemon, finely sliced or grated
- Juice of 1/2 lemon
- Salt and pepper
- 2 Tbsp fresh basil, chopped
- 2 slices prosciutto
- Grated parmesan cheese, to serve



Method:

1. Pat the scallops dry with a paper towel, then season them heavily with salt.
2. Cook the pasta to the packet directions. Hold off on dropping the pasta until you have flipped the scallops (see below). Remember to save a 1/2 cup of the pasta water once cooked.
3. Preheat a large cast iron skillet (or heavy frying pan) over medium-high heat. Add 1 Tbsp olive oil and 1 Tbsp of the butter. When the butter melts into the oil, then add the scallops. Sear the scallops for 2 to 3 minutes on each side until super golden brown, then remove from the pan and keep warm in the oven on low heat.
4. Add an additional drizzle of olive oil to the skillet and add the garlic, shallot, (1/2 tsp) chilli flakes, (1/4 tsp) thyme, and salt and pepper. Sauté for 1 to 2 minutes, stirring constantly.
5. Add the (1/2 cup) wine to the pan and scrape up any pan drippings. Reduce the wine for 1 minute, then add the (1/2 cup) chicken stock. Continue to cook for about 2 minutes. Add the lemon juice and the lemon zest.
6. Add the cooked pasta, 1/2 cup of the pasta water and 1 Tbsp butter, then cook for about a minute, or until a thick sauce forms. Stir to combine.
7. Plate up the pasta, then add the scallops on top as well as the basil, grated parmesan (to taste) and the prosciutto (torn into chunks). Serve immediately.

INSPIRED BY OUR TIME IN ITALY

CAKES AND DESSERTS



APPLE STRUDEL

Serves 8 to 10

Ingredients:

- 10 x (about 23 x 23 cm or 9 x 9 inch) sheets of filo pastry
- 5 granny smith apples
- 1/3 cup raisins
- 2 Tbsp water
- 1/4 tsp vanilla essence
- 1/3 cup plus 2 tsp white sugar, divided
- 3 Tbsp all-purpose flour
- 1/4 tsp ground cinnamon
- 2 Tbsp butter, melted
- 2 Tbsp sunflower oil (or canola)
- 1/4 cup toasted hazelnuts, finely chopped
- 2 tsp icing sugar



Method:

1. Preheat the oven to 180 degrees celsius. Peel, core and cut the apples into 2cm pieces.
2. Place the raisins, (2 Tbsp) water and (1/4 tsp) vanilla essence in a large microwave safe bowl, then microwave, uncovered, on high for 1 1/2 minutes. Remove and let it stand for 5 minutes, then drain. Add the apples, 1/3 cup sugar, (3 Tbsp) flour and (1/4 tsp) cinnamon, and toss to combine.
3. In a small bowl, mix the (2 Tbsp) melted butter and (2 Tbsp) sunflower oil. Remove 2 tsp of the mixture and set aside for brushing the top.
4. Place two sheets of filo pastry on a large piece of baking paper so that they overlap to measure 23 x 40cm (9 x 14) inches and brush lightly with some of the butter mixture. Layer with the additional filo sheets, brushing each layer with some of the butter mixture.
5. Sprinkle the (1/4 cup) chopped hazelnuts over the filo, then spoon the apple mixture onto the filo in a central line (lengthways), leaving a 2.5cm pastry border at both ends. Fold the short sides onto the apples, then fold one of the long sides over the filling and continue to roll up (with the help of the baking paper) so that the 'seam' is at the bottom.
6. Transfer the baking paper and strudel to a baking tray, brush with the reserved butter mixture and sprinkle with the (2 tsp) sugar. With a sharp knife, cut diagonal slits on top of the strudel.
7. Bake until golden brown, about 35 - 40 minutes. Allow to cool for 10 minutes then sprinkle with the (2 tsp) icing sugar. Serve with some ice cream or whipped cream.

INSPIRED BY OUR TIME IN AUSTRIA

BAILEYS CHEESECAKE

Serves 10

Ingredients:

For the Base:

- 300g Digestives biscuits, crushed
- 150g butter, melted
- 1/4 cup cocoa powder
- 2 Tbsp sugar

For the Cheesecake Filling:

- 600g cream cheese
- 3/4 cup icing sugar
- 300ml double cream
- 125ml Baileys Original

For Decoration:

- 60g dark chocolate



Method:

1. Prepare a 20cm (8 inch) deep springform baking tin by lining the bottom with baking paper.
2. Mix the (300g) crushed Digestives, (150g) melted butter, (1/4 cup) cocoa powder and (2 Tbsp) sugar, until combined. Press the biscuit mixture down firmly into the bottom of the lined springform baking tin, and leave to set in the fridge whilst you do the rest.
3. In a large bowl, add the (600g) cream cheese and (3/4 cup) icing sugar and beat with an electric beater until smooth. Add the (125ml) Baileys, and beat again until thick and combined.
4. In a medium bowl, whisk the (300ml) double cream until it forms soft peaks. Then fold the whipped cream into the cream cheese mixture.
5. Add the cream cheese mixture onto the biscuit base and smooth it over. Chill in the fridge for 5 to 6 hours, or preferably overnight.
6. Carefully remove the cheesecake from the springform pan. Melt the (60g) dark chocolate and drizzle it over the cheesecake, then serve.

INSPIRED BY OUR TIME IN IRELAND

TRES LECHES CAKE

Serves 10

Ingredients:

- 1 cup all-purpose flour
- 1 1/2 tsp baking powder
- 1/4 tsp salt
- 5 large eggs, separated
- 1 cup white sugar, divided
- 1/3 cup whole milk
- 1 tsp vanilla essence
- 1 can evaporated milk
- 1 can sweetened condensed milk
- 1/4 cup whole milk

For the whipped topping:

- 300ml whipping cream
- 2 Tbsp white sugar
- 1/2 tsp vanilla essence
- ground cinnamon, for topping
- fresh strawberries, sliced



Method:

1. Preheat the oven to 180 degrees celsius. Grease a round baking tin.
2. In a medium sized bowl combine the (1 cup) flour, (1 1/2 tsp) baking powder, and (1/4 tsp) salt. Separate the 5 eggs with the yolks into one bowl and the whites into another bowl.
3. Add 3/4 cup sugar to the bowl with the egg yolks and mix with an electric beater on high speed until the yolks are pale yellow. Then add the (1/3 cup) milk and (1 tsp) vanilla essence and stir to combine. Pour the egg yolk mixture over the flour mixture and stir gently just until combined.
4. Use an electric beater to beat the egg whites on high speed. Gradually add the remaining 1/4 cup of sugar as you mix and continue beating until stiff peaks. Fold the egg whites into the batter gently, just until combined. Then pour the batter into the prepared tin.
5. Bake for 20 - 30 minutes, or until a toothpick inserted in the center of the cake comes out clean. Remove from the oven and allow the cake to cool completely, leave it inside the cake tin.
6. Combine the evaporated milk, sweetened condensed milk, and (1/4 cup) whole milk in a medium sized bowl. Once the cake has cooled use a fork to poke holes all over the top of the cake, also run a knife around the edge of the cake to pull it away from the side of the tin.
7. Slowly pour the milk mixture over the top of the cake in the cake tin, making sure to pour near the edges and all around. Refrigerate the cake for at least 1 hour or overnight, to allow it to soak up the milk.
8. In the meantime, whip the 300ml whipping cream, (2 Tbsp) sugar and (1/2 tsp) vanilla essence until stiff peaks form. Smooth over the top of the cake and sprinkle cinnamon on top. Serve with some sliced strawberries.

INSPIRED BY OUR TIME IN GUATEMALA

SPICY MANGO

Serves 2

Ingredients:

- 1 mango, thinly sliced
- Pinch of chilli powder
- Juice of 1 lime

Method:

1. Arrange the thinly sliced mango on a plate. Sprinkle the pinch of chilli powder over the sliced mango along with the lime juice.
2. Serve immediately.

INSPIRED BY OUR TIME IN CENTRAL AMERICA



WHOLE ORANGE CAKE

Serves 8

Ingredients:

- 3 eggs
- 1 1/8 cups sugar
- 1 3/4 cups all purpose flour
- 2 1/2 tsp baking powder
- 100g butter, softened
- 1/3 cup plain Greek yogurt
- 1 large orange (about 300g), washed and cut into pieces (with the rind, but remove the seeds)

For the glaze:

- juice of one large orange
- 1/3 cup sugar



Method:

1. Preheat the oven to 175 degrees Celsius.
2. Prepare a 20cm springform baking tin by lining with baking paper and oiling the sides.
3. Place the (1 1/8 cups) sugar and (3) eggs in a large bowl and whisk (or use an electric beater) until light and fluffy.
4. In another bowl mix the (1 3/4 cups) flour with the (2 1/2 tsp) baking powder then add to the sugar/egg mixture a little at a time along with the (100g) softened butter. Continue to whisk (or use an electric beater) until completely blended, then stir in the (1/3 cup) yogurt.
5. Blend the whole orange until it is almost pureed (should still be slightly chunky). Add this orange to the cake mixture and stir until evenly combined, then put the batter into the prepared tin.
6. Bake for 40-50 minutes (depending on your oven), but test with a cake tester or skewer to make sure the orange cake is done before removing from the oven. Allow to cool for about 15 minutes, leaving it in the springform pan.
7. In a small saucepan, reprepare the orange glaze by melting the (1/3 cup) sugar in the juice of one orange and allow it to simmer for a few minutes, just until the liquid has a syrupy consistency. Spoon and brush over the top of the cake and allow to cool (about a 1/2 hour).
8. Remove the cake from the springform pan and serve.

INSPIRED BY OUR TIME IN KWAZULU-NATAL, SOUTH AFRICA

MILK TART

Serves 6 (makes 1 tart)

Ingredients:

For the pastry base:

- 1 1/2 cups all-purpose flour
- 1 1/2 tsp baking powder
- Pinch of salt
- 1/3 cup white sugar
- 90g butter, softened
- 1 egg

For the custard filling:

- 3 cups milk
- 2 eggs
- 1 1/2 Tbsp corn flour
- 2 Tbsp all-purpose flour
- 2/3 cup white sugar
- Pinch of salt
- 2 Tbsp all-purpose flour
- 1/2 tsp vanilla essence
- 1 Tbsp butter

For serving:

- Ground cinnamon



Method:

1. Cream the (90g) butter and (1/3 cup) white sugar together with a beater until pale and fluffy, about 3 minutes. Add the egg and beat until thoroughly incorporated. Add the (1 1/2 cups) flour, (1 1/2 tsp) baking powder and pinch of salt to the butter/sugar/egg mixture and mix by hand until just combined.
2. Grease a 25cm/10inch tart plate and, using your hands, press the dough into it, covering the base and up the sides. Make sure that it isn't too thick and then dock with a fork. Place in the freezer for 30 minutes.
3. Preheat the oven to 200 degrees celsius and when ready, bake the base for 15 minutes or until golden and cooked through. (Note: you don't need to weigh this down if you are using the freezing method in step 2).
4. In a large bowl, beat the 2 eggs well, then add the (2/3 cup) white sugar, (1 1/2 Tbsp) corn flour, (2 Tbsp) all-purpose flour and pinch of salt, and mix well.
5. Bring the (3 cups) milk to a gentle boil in a large pot, stirring regularly. Then pour the milk slowly into the egg/sugar/flour mixture, whisking constantly.
6. Return to the stove and stir regularly for 7 - 10 minutes on medium heat until the mixture thickens. Add the (1 Tbsp) butter and (1/2 tsp) vanilla essence and mix through, then pour into the cooked shell.
7. Allow to cool to room temperature before putting it in the fridge to set completely. Then sprinkle with ground cinnamon and serve.

INSPIRED BY OUR TIME IN SOUTH AFRICA

MANGO STICKY RICE

Serves 4

Ingredients:

- 1 cup Thai sweet sticky rice (or glutinous rice or rice pudding rice)
- 1 can full-fat coconut milk
- 1/2 cup sugar, divided
- Salt
- 2 tsp corn flour
- 2 mangoes, peeled, pitted, and sliced
- Sesame seeds, for garnish



Method:

1. Cook 1 cup of rice according to the packet instructions.
2. In a small saucepan, bring half the coconut milk to a simmer over medium heat, stirring frequently. Whisk in 1/4 cup plus 2 Tbsps sugar and a large pinch of salt until dissolved. The coconut milk should taste salty-sweet. Remove from the heat.
3. Transfer the cooked rice to a large bowl and pour the coconut milk mixture on top (it will look like too much liquid). Stir well to combine, cover, and let stand until liquid is absorbed, about 20 minutes.
4. Meanwhile, in a small saucepan add the remaining coconut milk and bring to a simmer over medium heat, stirring frequently. In a small bowl, combine the corn flour with a couple of tsps of the hot coconut milk and stir to form a slurry. Whisk the corn flour slurry into the coconut milk and simmer until thickened, about 3 minutes. Whisk in the remaining 2 Tbsps sugar and a large pinch of salt until dissolved. Keep this coconut cream warm.
5. Mound the coconut rice onto plates and arrange the sliced mango alongside. Drizzle the coconut cream over the rice and garnish with toasted sesame seeds. Serve immediately.

INSPIRED BY OUR TIME IN THAILAND



HALF-BAKED CHOCOLATE ICE CREAM SOUFFLE

Serves 6

Ingredients:

- 125g 70-80% dark chocolate, broken into pieces
- 4 eggs, separated (*yolks in a glass or metal bowl and whites in a mixing bowl*)
- 1/4 cup sugar
- 3 Tbsp milk
- 1/4 tsp salt
- 1/2 cup heavy cream
- 1/3 cup icing sugar
- 1 tsp lemon juice (*or white vinegar*)
- Fresh berries, to serve



Method:

1. Preheat the oven to 200°C fan bake and line a loaf tin with baking paper. Grease the baking paper with butter or cooking spray.
2. Make the base; beat the egg yolks in the glass or metal bowl, slowly adding the (1/4 cup) sugar, then (3 Tbsp) milk. Place over a pot of simmering water, to create a double boiler, whisking constantly. If using an electric mixer instead of a whisk, scrape with a silicone spatula to make sure the mixture up the sides of the bowl don't cook. The "zabaglione" is done when it has thickened to the consistency of a thin custard (the mixture should mark the surface for a few seconds when drizzled from the whisk)
3. Take off the pot, still whisking for a minute to make sure the residual heat in the bowl doesn't overcook the mixture at the edges. Add the broken pieces of dark chocolate and stir until melted. Stir in the (1/2 cup) cream and (1/4 tsp) salt.
4. Using a whisk or electric mixer, start beating the egg whites, add the (1/3 cup) icing sugar and (1 tsp) lemon juice (*or white vinegar*). Continue beating until the whites form stiff peaks.
5. Mix 1/3 of the whites into the chocolate mixture to loosen it up, then gently fold the remaining egg whites in with a silicone spatula until no streaks remain.
6. Pour the mixture into the lined loaf tin. Bake for 10 minutes at 200°C.
7. Remove from the oven and let it cool for 30 minutes. It will sink significantly, but this is fine. Cover with foil or cling film and freeze for at least 6 hours before serving.
8. When ready to serve, turn out onto a platter and cut into slices. Serve with fresh berries.

INSPIRED BY OUR TIME IN NEW ZEALAND

CHOCOLATE BANANA CAKE

Serves 8 to 10

Ingredients:

- 1 3/4 cups all-purpose flour
- 3/4 cup cocoa powder
- 1 3/4 cups white sugar
- 1 1/2 tsp baking powder
- 1 1/2 tsp baking soda
- 1/2 tsp salt
- 2 eggs
- 3 large overripe bananas, mashed
- 1 cup water
- 1/2 cup milk
- 1/2 cup vegetable oil (*e.g.* sunflower oil)
- 1 1/2 tsp vanilla essence

For the icing:

- 100g butter, softened
- 1 cup icing sugar
- 1/4 cup cocoa powder
- 2 Tbsp milk



Method:

1. Preheat the oven to 180 degrees Celsius. Prepare a 20cm springform baking tin by lining with baking paper and oiling the sides.
2. In a large bowl, whisk together the (1 3/4 cup) flour, (3/4 cup) cocoa powder, (1 1/2 tsp) baking powder, (1 1/2 tsp) baking soda, (1/2 tsp) salt, and (1 3/4 cups) sugar.
3. In another large bowl, whisk the (2) eggs, then stir in the mashed bananas, (1 cup) water, (1/2 cup) milk, (1/2 cup) vegetable oil, and (1 1/2 tsp) vanilla.
4. Add the wet ingredients to the dry ingredients and stir until combined. Pour the batter into the prepared tin and bake for about 45 to 60 minutes or until a knife inserted into the center of the cake comes out clean. Once done, remove from the oven and springform tin, then let it cool.
5. Once the cake is completely cooled, prepare the buttercream icing. In a bowl mix together the (100g) butter, (1 cup) icing sugar, (1/4 cup) cocoa powder and (2 Tbsp) milk. Give the icing a vigorous mix to make it light and fluffy.
6. Once the cake has cooled then ice it and serve.

INSPIRED BY OUR TIME IN NEW ZEALAND

EASY ICE CREAM

Makes 1 litre

Ingredients:

- 1 tsp instant coffee powder
- 3 Tbsp hot water
- 100g 50% cocoa chocolate, broken into pieces
- 1/2 cup sweetened condensed milk
- 1/2 tsp vanilla extract
- 1/4 tsp salt
- 1/4 tsp chili flakes
- Juice and zest of one lime
- 1 1/2 cups whipping cream



Method:

1. In a medium sized microwave safe bowl, combine (1 tsp) coffee powder and 1 Tbsp hot water in a mixing bowl. Add the (100g) dark chocolate pieces, (1/2 cup) condensed milk, (1/4 tsp) salt and (1/2 tsp) vanilla extract and microwave for 1 minute or until melted, stirring every 20 seconds.
2. Add the remaining 2 Tbsp of hot water, juice and zest of one lime and (1/4 tsp) chili flakes to a small saucepan. Bring to the boil and simmer for 2 minutes. Add to the chocolate mixture.
3. In another bowl, whip the (1 1/2 cups) cream to stiff peaks. Whisk one third of the whipped cream into the chocolate mixture, then fold in the remaining whipped cream until combined.
4. Pour into a plastic or metal container, the flatter the better, and freeze for at least 6 hours or up to 2 weeks.

INSPIRED BY OUR TIME IN NEW ZEALAND



