

EAST Prep **BIG** Flavors

FOR PEOPLE WHO LOVE FOOD THAT PACKS A PUNCH



Nagi Maehashi

CREATOR OF RecipeTin Eats



Hi there! I'm Nagi, the voice, cook and photographer behind RecipeTin Eats food blog.

I believe you can make great food even if you're **short on time** and **cost conscious**. And I love food with **BIG BOLD** flavours from all around the world. No one has ever called my cooking subtle. I'm not into fussy or delicate. And if there's any kale in my recipes, it's not because I jammed it in for the extra nutrition.

The recipes on my blog are made with **everyday ingredients** and even if they take time to cook, the active preparation time is fast.

This cookbook contains a selection of recipes from my blog, RecipeTin Eats, that are **FAST** to prepare and are **BIG** on flavour. And a few never-seen-before ones too!

I hope you enjoy this free cook book!

- Nagi

For more recipes, please visit RecipeTin Eats
www.recipeetineats.com

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Filipino Chicken Adobo



The National Dish of the Philippines: The depth and intensity of the flavours with so few ingredients is truly incredible.

- | | |
|--|--|
| 1.5lb/750g chicken thigh fillets, skinless, boneless (4 to 6 pieces) | 3 tbsp cooking oil |
| 6 garlic cloves | 2 brown onions, diced |
| 1/3 cup soy sauce (ordinary) | 1 1/4 cups water |
| 1/3 cup + 2 tbsp white vinegar | 2 tbsp brown sugar |
| 3 dried bay leaves (or 4 fresh) | 1 tbsp whole black pepper |
| | 2 shallots/scallions, sliced on an angle (green part only) |

- 1 Combine the chicken with 3 garlic cloves (minced), soy sauce, vinegar and bay leaves in a bowl. Marinate for at least 20 minutes, up to 24 hours.
- 2 Heat 1 tbsp oil in a fry pan over high heat. Remove chicken from marinade (reserve marinade) and place in the pan. Sear both sides until browned – about 1 minute on each side. Do not cook the chicken all the way through.
- 3 Remove chicken from the fry pan and set aside. Heat the remaining 2 tbsp oil, then add the remaining garlic (minced) and onion and sauté until the onion is golden and translucent (2 minutes).
- 4 Add the reserved marinade, water, sugar and black pepper. Bring it to a simmer then turn the heat down to medium high.
- 5 Simmer for 5 minutes, then add the chicken back in (pour the juices in too), top side down (ie the smooth side should face down). Leave to simmer for 20 – 25 minutes (no need to stir) until the sauce reduces down to a syrup and when you turn the chicken over, the sauce coats the chicken (almost as thick as per the photo – it thickens while resting in the next step).
- 6 Set aside to rest for 5 minutes in the pan, then serve, garnished with shallots/scallions.

Serves 4

Chicken Adobo Fried Rice



The Chicken Adobo sauce makes an incredible fried rice. Toss in whatever veggies you have on hand!

3/4 of the chicken from Filipino Chicken Adobo + ALL the pan sauce (previous page for recipe)
 2 tbsp peanut oil (or other cooking oil)
 2 cloves garlic, minced
 5 cups of diced Asian greens (Chinese broccoli, pak choy,

bok choy), stalks and leaves ²
 2 1/2 to 3 cups leftover cooked rice¹

To Serve

Sliced shallots/scallions (optional garnish)

Chili oil, paste, or fresh chilies

- 1 Dice the chicken into small pieces.
- 2 Heat the oil in a wok or very large fry pan over high heat.
- 3 Add the garlic and cook for 10 to 20 seconds, until the oil is fragrant.
- 4 Add the chicken and diced stalks of the greens and cook for 1 minute.
- 5 Add the rice and the Filipino Chicken Adobo Sauce. Stir quickly to coat the rice in the Sauce and heat through.
- 6 Add the leaves of the greens in at the last minute. Stir through quickly, then remove from heat (they will wilt very quickly).
- 7 Serve, garnished with shallots/scallions (if using), and chili on the side.

Notes

- 1 Fried Rice needs to be made with leftover rice that has been refrigerated at least overnight (12 hours). Otherwise, the rice is too sticky and doesn't break up so all the grains get coated in the sauce.
- 2 Cut the stalks into small dice and roughly shred the leaves. The leaves will shrink a lot during cooking.

Serves 3 - 4

Prosciutto Wrapped Chicken



4 sage leaves, finely sliced
 1/2 cup ricotta
 1 lemon
 1/2 tsp salt
 Pepper

4 large or 8 small slices
 prosciutto
 4 chicken thigh fillets, about
 200g/7oz each
 1 1/2 tbsp olive oil

- 1 Preheat oven to 180C/350F.
- 2 Place sage, ricotta, zest of the lemon, 1 1/2 tbsp lemon juice, salt and pepper in a bowl. Mix until combined, then set aside.
- 3 Place prosciutto on a work surface (if using 2, overlap them slightly), then place a piece of chicken in the middle of each piece.
- 4 Spoon about 1 1/2 tbsp of ricotta in the middle of each chicken and shape into a tube shape with your fingers.
- 5 Roll up the prosciutto and the chicken, ending with the seam side down.
- 6 Heat oil in an oven proof fry pan over medium heat. Add the chicken and gently brown the prosciutto for about 2 minutes.
- 7 Place the fry pan in the oven and bake for 15 minutes, or until the chicken is cooked to your liking.
- 8 Rest for 5 minutes, then slice to serve, garnished with fresh thyme leaves if desired.

Serves 4

A clever combination of just 5 ingredients creates an elegant meal — no need to tie the chicken rolls!

Italian Baked Chicken with Potato & Cherry Tomatoes



4 chicken thigh fillets, skin on and bone in (about 6oz/200g each)

½ tbsp olive oil

1 tin (15oz/400g) crushed tomatoes

1 cup cherry tomatoes

3 medium size potatoes (around 1.5lb/ 750g), peeled and cut into bite size pieces

½ cup mozzarella cheese, grated
Salt and pepper

Italian Dressing

2 tbsp fresh thyme leaves or chopped oregano leaves (or 1 tbsp dried)

1 tbsp chopped rosemary leaves

2 garlic cloves, minced

3 tbsp red wine or white wine vinegar (see notes)

3 tbsp extra virgin olive oil

½ tsp salt

Black pepper

- 1 Preheat oven to 350F/180C.
- 2 Boil or microwave the potatoes until slightly undercooked. Use a fork to rough the potatoes up a bit - this allows the potatoes to absorb more of the dressing flavour - and sprinkle with a pinch of salt and pepper.
- 3 While the potatoes are cooking, season the chicken on both sides with salt and pepper. Heat ½ tbsp olive oil in large oven proof pan over high heat. Add chicken and brown well on both sides - around 3 minutes each side.
- 4 Remove pan from heat, and pour off the excess fat.
- 5 Place potatoes around the chicken and pour over the crushed tomatoes. Season with a pinch of salt and pepper and drizzle the Italian Dressing all over.
- 6 Place cherry tomatoes on top and bake for 20 minutes or until chicken is cooked through.
- 7 Remove from oven and sprinkle on cheese, then bake for a further 5 minutes until the cheese is melted and golden.
- 8 Let stand for 5 to 10 minutes before serving. Garnish with basil leaves if you wish.

Serves 4

Notes

- 1 You can substitute the white wine or red wine vinegar with any other vinegar - ordinary white vinegar, balsamic, sherry vinegar etc. Lemon juice would also be an adequate substitute.
- 2 If you want to marinate the chicken, mix up the dressing and put it in a ziplock bag with the chicken and marinate it for up to 24 hours. Then follow the instructions of the recipe, using the marinade in the ziplock bag.

One Pot Mexican Chicken and Rice



Rub

- 1 tbsp garlic powder
- 1 tbsp paprika
- 1 tbsp cumin powder
- 1¾ tsp salt
- ½ tsp cayenne pepper, optional
- Black pepper

Chicken

- 5 chicken thigh fillets, bone-in and skin on
- 2 tbsp olive oil
- 1 lime (juice only)

Rice

- 1 small onion, peeled and diced

- 1 garlic clove, minced

- 1 red capsicum (bell pepper), sliced

- 1 cup long grain rice

- 1 cup chicken stock/broth (or vegetable stock)

- ¾ cup tomato puree or passata

- 1 cup frozen corn kernels (or canned - drained)

- 1 can (400g/16oz) black beans, drained and rinsed

Garnish

- Lime wedges, coriander/cilantro, sliced jalapeño peppers

- 1 Preheat oven to 180C/350F.
- 2 Combine the Rub ingredients in a small bowl. Place 2 tbsp of the Rub in a small bowl with 1 tbsp olive oil and lime juice. Mix to combine. Slather over chicken.
- 3 Heat 1 tbsp olive oil in a deep skillet over medium high heat. Brown the chicken on each side – 2 minutes on the skin side and 1 ½ minutes on the other side. Remove chicken from the skillet onto a plate. Repeat with remaining chicken.
- 4 In the same skillet, add the onion, garlic and capsicum (bell peppers). Sauté for 2 to 3 minutes until the onion and capsicum start to brown.
- 5 Turn the stove down to medium, then add the rice. Stir to coat the rice grains with the onion mixture and oil.
- 6 Add the chicken stock, tomato puree/passata, corn, beans and remaining Rub. Stir to combine.
- 7 Place chicken back in the skillet on top of the rice, skin side up. It should be partially submerged in the liquid but most of the skin should be above the liquid.
- 8 Bring to simmer, then turn off the stove. Cover the skillet with a lid or foil and place into the oven.
- 9 Bake for 25 minutes, then take off the lid/foil. Return the skillet to the oven, uncovered, for 10 to 15 minutes until only small puddles of liquid remain on the surface of the rice.
- 10 Remove from the oven and allow to rest for 5 to 10 minutes (uncovered). Any remaining liquid will evaporate in this step.
- 11 Squeeze the juice of 1 lime over the chicken and rice. Serve, garnished with coriander/cilantro leaves, extra lime wedges and sliced jalapeños, if desired.

Serves 5

Thai Chilli Basil Chicken Stir Fry



200g/10oz chicken thigh fillet,
cut into bite size pieces (2
small or 1½ normal size)

1 cup basil leaves (loosely
packed), preferably Thai holy
basil but normal basil is fine
too

2 large cloves of garlic,
minced

1 birds eye chilli, deseeded
(or to taste), very finely
chopped

1½ tbsp oil (peanut, vegetable
or canola - for frying)

Sauce

2 tsp oyster sauce

1 tsp light soy sauce

1 tsp soy sauce (normal dark)

1 tsp sugar

2 tbsp water

- 1 Put Sauce ingredients in a small bowl and mix to combine.
- 2 Heat oil in wok or pan over high heat.
- 3 Add garlic and chilli and cook for 10 seconds. Don't inhale - the chilli will make you cough!
- 4 Add chicken and fry until cooked, around 2 minutes.
- 5 Add sauce and cook for 1 minute until the water evaporates to make a thick glossy sauce.
- 6 Remove from heat and immediately add basil leaves, stir until just wilted, then serve immediately with rice.

Serves 1

There's a reason why this stir fry is so popular in Thailand! Toss in some greens to make it a more complete meal.

Spicy Thai Noodles (“Drunken Noodles”)



It's called "Drunken Noodles" because it is said that it must be accompanied with an ice-cold beer....

Noodles

7oz/200g pad thai noodles, dried

Stir Fry

200g/10oz chicken thigh fillet, cut into bite size pieces

1 cup Thai basil leaves (or sub with ordinary basil)

2 shallot/scallion stems, cut into 3cm/2" pieces

3 large cloves of garlic, minced
1½ birds eye chilli, deseeded (or to taste), very finely chopped
2 tbsp peanut oil

Sauce

3 tbsp oyster sauce
1½ tbsp light soy sauce
1½ tbsp normal soy sauce
2 tsp sugar
2 tbsp water

- 1 Pour boiling water over noodles in a large bowl (or pot) and set aside for 5 minutes (or as per packet instructions), and drain when ready.
- 2 Put Sauce ingredients in a small bowl and mix to combine.
- 3 Heat oil in wok or pan over high heat. Add garlic and chilli and cook for 10 seconds. Don't inhale - the chilli will make you cough!
- 4 Add chicken and fry until cooked, around 2 minutes. Add the shallots/scallions and about 1 tbsp of the sauce and stir fry for 30 seconds, just to coat the chicken.
- 5 Add the noodles and sauce and cook for 1 minute until the water evaporates and the sauce has coated the noodles. If your noodles absorbs all the sauce liquid very quickly, this is probably because your noodles were a bit underdone. If this occurs, just add a splash of water (preferably hot) and this not only helps finish cooking the noodles but also revitalises the sauce.
- 6 Remove from heat and immediately add basil leaves, stir until just wilted, then serve immediately

Serves 2-3

Teriyaki Chicken with Homemade Teriyaki Sauce



Making your own Teriyaki sauce is SO easy and the intensity of the flavour is so much better than store bought.

4 tbsp Teriyaki Sauce Marinade
4 chicken thigh fillets, skinless
and boneless (about 5oz/150g
each)
1 tbsp oil

Teriyaki Sauce Marinade

2 tbsp soy sauce
2 tbsp mirin
2 tbsp Japanese cooking wine
(sake)
2 tbsp water

Teriyaki Sauce Marinade ("Marinade")

- 1 Combine the 4 ingredients in a small saucepan.
- 2 Bring to boil over high heat, then turn heat down and simmer until it reduces by half - it should only take 5 minutes or so. The consistency should be like a light syrup.
- 3 Bring to room temperature before using.

Chicken

- 1 Combine the Marinade with the chicken and marinate for at least 20 minutes, preferably overnight.
- 2 Remove chicken from Marinade but do not discard the Marinade liquid.
- 3 Heat oil in fry pan over medium to medium-high heat.
- 4 Place the chicken in the pan and cook the first side for around 3 minutes, checking to ensure the skin isn't cooking too quickly. If it is, remove pan from heat and turn the heat down.
- 5 Turn chicken over and cook the other side. Just before the chicken is finished cooking, add 2 tbsp of water to the pan and swirl around and mix with the marinade that has come off the chicken to make a bit of "sauce".
- 6 Serve with rice.

Serves 4

Chinese Crispy Shredded Chicken



3 - 4 lb / 1.5 - 2 kg whole chicken, skin on
 2½ cups Chinese cooking wine (or sherry)
 ¾ cup brown sugar
 ¼ cup black vinegar (or malt vinegar, or white vinegar)

1¼ cups light soy sauce (or sub with ¾ cup ordinary soy sauce + ½ cup water + 1 tsp salt)
 3 tbsp coarsely chopped ginger
 4 garlic cloves, crushed
 3 tbsp cooking oil

- 1 Slow Cooker - Place all ingredients except the oil in slow cooker. Cook on high for 8 hours.
- 2 Stove - Place all ingredients except the oil in a pot in which the chicken fits quite snugly but not too tightly. Put lid on and bring to boil over high heat. Turn heat down to low and let it simmer for 1½ to 2 hours, until the meat is very tender and falling off the bone.
- 3 Remove chicken from braising liquid (keep the liquid to use as sauce). Shred with your hands or two forks, including the skin.
- 4 Heat 1 tbsp of oil over high heat in a large heavy based fry pan. Add chicken (enough to cover the pan without crowding it) and drizzle over braising liquid.
- 5 Cook until the underside is browned and crispy (about 1½ minutes), then remove from the pan. Don't flip the chicken. Repeat with remaining chicken.
- 6 Serve with rice, on rice stick noodles or on a salad with the remaining braising liquid on the side. It is also great in fried rice.

To Store

1. This freezes really well, before or after browning the chicken. Just divide into freezer bags, label then freeze. If you froze it before browning the chicken, then brown it after thawing.

It takes less than 5 minutes to prepare this. Freeze serving size portions in zip lock bags for quick meals!

Shredded Chinese Chicken Noodle Stir Fry



Ridiculously fast. Packed full of flavour.

5 oz / 150g dried rice stick noodles
2 tbsp oil
2 garlic cloves, smashed
1 cup Crispy Chinese Shredded Chicken (previous page)
½ cup Crispy Chinese
½ to ¾ cup Shredded Chicken braising liquid (Note 1)

1 tbsp Sriracha sauce (or any hot sauce or chili paste) (optional)
3 cups (tightly packed) Chinese broccoli, leaves separated from stems (cut stems vertically into thin sticks)
Sliced shallots/scallions (optional garnish)

- 1 Cook / soak rice stick noodles according to packet instructions. Drain and set aside.
- 2 Heat oil in wok or large fry pan over high heat.
- 3 Add garlic and stir fry for 30 seconds to flavour the oil. Remove and discard garlic.
- 4 Add the Chinese broccoli stems and Shredded Chicken and stir fry for 1½ minutes.
- 5 Add the noodles, braising liquid and Sriracha (if using) and stir fry, tossing the noodles rapidly to coat with the sauce for about 1 minute. The sugar in the braising liquid should make the noodles char a bit.
- 6 Add the Chinese broccoli leaves and toss to mix in with the noodles, then remove from heat. The Chinese broccoli leaves will continue to cook from the residual heat.
- 7 Serve immediately, garnished with shallots/scallions, if using.

Serves 2

Notes

- 1 The braising liquid from the Crispy Chinese Chicken is used as the sauce for this stir fry. Refer to the previous page for the recipe.

One Pot Chinese Chicken Rice



Chicken and Marinade

3 chicken thigh fillets (about 400g/13 oz), cut into 2 or 3 pieces

2 tbsp soy sauce

2½ tbsp Chinese cooking wine (or dry sherry)

¼ tsp sesame oil (optional)

1 garlic clove, minced

Rice

1 cup uncooked long grain rice (note 1)

1 carrot, diced

1 small brown onion, diced

1 garlic clove, minced

2 tsp ginger, finely chopped

1 birds eye chilli, finely chopped

½ cup frozen peas

½ cup frozen or canned corn

1 - 2 tbsp peanut oil

1¾ cups chicken broth/stock

Garnish

2 shallots/scallions, finely sliced on the diagonal

Coriander / cilantro leaves

- 1 Combine chicken with Marinade and set aside while you prepare the remaining ingredients.
- 2 Heat 1 tbsp oil in a frypan (around 22cm / 9" in diameter, preferably with a lid) over high heat.
- 3 Remove chicken from Marinade (but keep the Marinade) and sear each side until browned. Do not cook the chicken through - it will finish cooking with the rice. Remove chicken from the pan and set aside.
- 4 If there is still oil in the pan (from both the oil you added in step 2 plus from the chicken) you don't need to add any more oil. But if the pan is looking dry, add 1 tbsp of oil to the pan and return to high heat.
- 5 Add onion, garlic, ginger and chilli and sauté for 1 minute. Then add the carrots and sauté for a further 1 minute.
- 6 Add the rice and Marinade and stir to coat the grains - around 10 seconds.
- 7 Add the chicken stock, peas and corn. Bring to simmer, then turn down heat to medium low.
- 8 Place the chicken pieces on top of the rice.
- 9 Cover and cook for 15 to 20 minutes until all the water is absorbed.
- 10 Let stand for 5 to 10 minutes before serving, garnished with the shallots and coriander leaves.

Serves 3-4

Notes

- 1 This is best made with long grain or medium grain rice. The next best substitutes (in order of priority) are jasmine, basmati then short grain rice.

Chicken Shawarma (Middle Eastern Chicken)



2 lb / 1 kg chicken thigh fillets,
skinless and boneless (6 pieces
approximately 5oz/150g each)

Marinade

1 large garlic clove, minced (or 2
small cloves)
1 tbsp ground coriander
1 tbsp ground cumin
1 tbsp ground cardamon
1 tsp ground cayenne pepper
(adjust to taste)
2 tsp smoked paprika
2 tsp salt

Black pepper
2 tbsp lemon juice
3 tbsp olive oil

Yoghurt Sauce

1 cup Greek yoghurt
1 clove garlic, crushed
1 tsp cumin
Squeeze of lemon juice
Salt and pepper

To Serve

6 flatbreads
Lettuce, sliced tomato

- 1 Combine the marinade ingredients in a large ziplock bag (or bowl).
- 2 Add the chicken and use your hands to make sure each piece is coated. If using a ziplock bag, I find it convenient to close the bag then massage the bag to disperse the rub all over each chicken piece.
- 3 Marinate overnight or up to 24 hours.
- 4 Combine the Yoghurt Sauce ingredients in a bowl and mix. Cover and put in the fridge until required (it will last for 3 days in the fridge).
- 5 Heat grill/BBQ (or large heavy based pan on stove) on medium high. You should not need to oil it because the marinade has oil in it and also thigh fillets have fat. But if you are worried then oil your hotplate/grill.
- 6 Place chicken on the grill and cook the first side for 4 to 5 minutes until nicely charred, then turn and cook the other side for 3 to 4 minutes (the 2nd side takes less time).
- 7 Remove chicken from the grill and cover loosely with foil. Set aside to rest for 5 minutes.
- 8 Slice chicken and pile onto platter alongside flatbreads, lettuce, sliced tomato and the Yoghurt Sauce.
- 9 To make a wrap, get a piece of flatbread and top with a bit of salad, Chicken Shawarma and a drizzle of Yoghurt Sauce.

Serves 4-6

I like to lay this out on a platter with flatbreads and veggies so my friends can make their own wraps.

Midweek Paella with Chicken and Chorizo



1 tbsp olive oil

350g/12oz chicken thigh fillets,
cut into 8 pieces

180g/6oz chorizo, the best you
can afford. I like to use a spicy
one.

1 small brown onion, diced

1 small red capsicum / bell
pepper, roughly diced

2 cups (packed) shredded
spinach (optional)

2 garlic cloves, minced

1 can (400g/14oz) crushed
tomato

1½ cups chicken stock/broth

⅓ cup frozen peas

1 tsp paprika

1 cup spanish calasparra rice
(see notes)

1½ tbsp parsley, finely chopped

Salt and pepper

- 1 Cut chorizo into quarters vertically, then slice into 0.5cm / ¼ inch pieces.
- 2 Season chicken with salt and pepper.
- 3 Heat olive oil in pan over high heat. Add chicken and sear each side until golden brown, but not cooked through. Remove chicken from the pan and set aside.
- 4 Place garlic, onion and chorizo in pan. Stir and cook for 1 minute until the chorizo starts to brown.
- 5 Add capsicum, then stir and cook for 1 minute until chorizo is dark golden brown.
- 6 Add rice and stir until coated with the oil.
- 7 Add chicken stock, tinned tomato, spinach, half the peas and paprika. Stir gently to mix, bring to simmer then turn down heat to medium high so it is simmering gently.
- 8 Place the chicken into the pan, mostly submerged.
- 9 Cook, without stirring, for 10 minutes. Then scatter the remaining peas over the top and continuing cooking for a further 5 minutes until most of the liquid is absorbed and the rice is cooked but it should still be slightly firm (al dente).
- 10 Remove from heat and let stand for 5 minutes. Any residual liquid will be absorbed while it is resting.
- 11 Scatter with parsley and serve.

Serves 4-5

Notes

- 1 Spanish calasparra rice is a type of rice that is highly absorbent and is not starchy. If you do not have calasparra rice, the best substitutes (in order of preference) is normal medium grain rice, long grain rice, short grain rice, then lastly, risotto rice. If you are using medium, long grain or short grain rice, add an extra 1 tbsp of rice.

Spanish Chicken Bake



4 chicken thigh fillets, skin on,
bone in (about 8oz/250g each)

8 - 12 baby potatoes, halved

2 chorizo (6 oz/200g total), cut
into 1/3cm / 1/8" slices

2 cloves garlic, minced

1 small red capsicum (bell
pepper), cut into slices

1 small red onion, and sliced

15oz/400g can crushed tomatoes

1 tbsp dried oregano

1/2 to 1 punnet cherry tomatoes
(8oz / 250g)

Rub

2 tbsp lemon juice

1/2 tbsp paprika

1/4 - 1/2 tsp cayenne pepper

1 1/2 tsp salt

Black pepper

Garnish (optional)

Fresh oregano leaves

- 1 Preheat oven to 350F/180C.
- 2 Combine the Rub ingredients in a small bowl. Slather over the chicken.
- 3 Boil or microwave the potatoes until slightly undercooked.
- 4 Heat the oil in a large, deep fry pan over high heat.
- 5 Add the chicken, skin side down, and cook until light brown - about 1 to 1 1/2 minutes. Then turn and cook the other side until a slightly deeper brown - about the same time. Remove into a big bowl.
- 6 Add the chorizo and fry until light brown on each side - about 1 minute (each side). Remove into the same bowl as the chicken.
- 7 If the pan is looking dry (depends on fattiness of chicken and chorizo), add 1 tbsp of olive oil. I did not need this.
- 8 Add the garlic, capsicum (bell pepper) and onion and sauté for 2 minutes until the capsicum is slightly charred. It will be extra charred from the dark brown residue from the chorizo and chicken.
- 9 Add the canned tomatoes and oregano and stir to combine, scraping the bottom of the pan. Then add the potato, chicken, chorizo and cherry tomatoes. Nestle the chicken in so it is half submerged in the tomato.
- 10 Bring to simmer, then cover with a lid (I use a lid from a large pot) or foil and bake for 30 to 40 minutes until the chicken is cooked through and dark brown.
- 11 Serve, garnished with fresh oregano leaves if desired.

Serves 4

Jamie Oliver's Chicken in Milk



The ingredients in this sound like an odd-combination. But this is one of the best roast chickens I have ever had.

3 - 3.5 lb / 1.5 - 1.8 kg whole chicken
 2 tsp salt (plus more to taste)
 Black pepper
 2 tbsp olive oil
 ½ stick cinnamon
 ¼ cup loosely packed fresh

sage leaves
 2 lemons, zest only (avoid grating the pith which is bitter)
 10 cloves of garlic, whole, skin on
 2¼ cups milk (I used low fat)

- 1 Preheat oven to 190C/375F.
- 2 Wash the chicken under water and pat dry with paper towels.
- 3 Sprinkle over the salt and 5 grinds of black pepper and pat all over the chicken, concentrating on the top and sides.
- 4 Heat oil in a heavy based pot over high heat.
- 5 Brown the chicken all over as best you can. I find the easiest way to do this (and minimising skin tearing) is with tongs stuck in the rear of the chicken and a wooden spoon to lift and leverage the chicken. Tilt the chicken as required to brown as much of the skin as you can.
- 6 If you can manage it (or if you have a helper), pour the excess fat out of the pot with the chicken still in it. If you can't, remove the chicken onto a plate, then drain the fat.
- 7 Add the remaining ingredients into the pot (return the chicken to the pot if you removed it).
- 8 Bake covered for 40 minutes, then bake uncovered for 50 minutes (1.5 hrs in total).
- 9 Let stand for 5 minutes or so before removing the chicken from the pot onto a serving plate. Serve the sauce on the side. I prefer not to strain it because I want the bits of curd and garlic on my chicken, as well as bits of sage.

Syrian Chicken with Giant Couscous



2 tbsp olive oil
2 lb / 1 kg chicken thigh fillets,
bone in and skin on (4 to 5 pieces)

Chicken Spices

1 tsp cumin powder
1 tsp cinnamon powder
1 tsp salt
Black pepper

Sauce

1½ tbsp fresh ginger, finely
chopped
3 garlic cloves, minced
1 onion, halved and finely sliced
2 birds eye chilis, finely chopped

¼ cup (combined) mint and
coriander leaves, chopped
2 tbsp lemon juice
14 oz / 400 g can crushed tomato
1 cup chicken stock / broth
⅛ tsp saffron powder
½ tsp cumin powder
3 thyme sprigs or 1 tsp dried
thyme leaves

¼ cup dried currants or sultanas
(optional)

To Serve

8 oz / 250 g giant couscous
Yoghurt (optional)

1. Preheat oven to 180C/350F.
2. Place chicken on a plate or in a large bowl. Sprinkle with Chicken Spices and use your hands to coat the chicken.
3. Heat olive oil in a large, oven proof fry pan over high heat.
4. Add chicken, skin side down, and sear until the skin is nicely browned. Turn chicken over and cook the other side until browned. Remove chicken from pan. Drain pan of excess oil.
5. Add onion, garlic, ginger and chili into the pan. Saute for 2 minutes until the onion is translucent and starting to brown.
6. Add canned tomato, chicken stock/broth, saffron powder, cumin powder and thyme. Bring to simmer, then turn the stove off. Nestle the chicken into the tomato broth, then cover with foil (or lid) and place into the oven. Bake for 25 to 35 minutes.
7. Meanwhile, cook the Giant Couscous according to packet instructions. Usually it just needs to be boiled in salted water for around 4 minutes, then drain it.
8. When the chicken is dark golden brown and cooked, remove from oven. Stir through dried currants (if using), lemon juice and half the mint and coriander. Then sprinkle over remaining mint and coriander.
9. Serve on Giant Couscous with a dollop of yoghurt, if using.

Serves 4-5

I love finding new cuisines that use spices and flavourings that are familiar to me!

Shredded Beef Chili Con Carne (Slow Cooker)



This is "my way" of making Chili Con Carne. I love making it with pulled beef because the sauce "clings" to it so well!

- | | |
|--|--|
| 3 - 4lb / 1.5 - 2 kg beef chuck | 1 tsp cayenne pepper |
| 2 tbs olive oil | 3 tbs cornflour / corn starch mixed with a splash of water |
| 8 cloves garlic, crushed | 2 cans 15oz/400g red kidney beans, drained |
| 2 brown onions, diced | 28oz/800g can crushed tomato |
| 1 large red capsicum (bell pepper), deseeded and diced | ¼ cup tomato paste |
| 1 tbs smoked paprika | 1 cup water or beef stock / broth |
| 1 tbs cumin | 3 tsp salt |
| 1 tbs onion powder | Black pepper |
| 1 tbs garlic powder | |
| 1 tbs oregano | |

- 1 Cut the beef into two equal size pieces so you have two pieces roughly the same size.
- 2 Season the beef with 1 tsp salt and a good grind of black pepper.
- 3 Heat olive oil in a fry pan over high heat. Add the garlic, onion and capsicum (bell peppers) and sauté until caramelised, around 2 to 3 minutes. Transfer into the slow cooker.
- 4 Return fry pan to high heat and add the beef. Sear the beef on all sides until well browned, then transfer to slow cooker.
- 5 Pour the water or stock into the fry pan and bring to simmer, scraping the bottom of the pan to mix the brown bits in. Pour into the slow cooker with the beef.
- 6 Add remaining ingredients into slow cooker then cook on high for 8 hours.
- 7 Remove beef from slow cooker and shred with two forks. Return shredded beef to sauce in slow cooker.
- 8 Adjust seasoning to taste with salt and pepper, then serve.

Serves 12-15 cups

Chili Con Carne Pie with Corn Bread Topping



Corn bread and Chili Con Carne is a combination that was just "meant to be"....

4 cups Shredded Beef Chilli
Con Carne (previous page)
1 tbsp fresh parsley, finely
chopped (optional)

Corn Bread Topping

½ cup melted butter
3 eggs
1 cup milk

½ cup polenta
1½ cups self raising flour (or 3
tsp baking powder plus 1¼
cups + 3 tbsp of plain flour)
½ cup sugar
¼ tsp salt
1 cup canned creamed corn

- 1 Preheat oven to 180C/350F.
- 2 Place 1 cup of Shredded Beef Chili Con Carne into 4 individual pie dishes, or 1 large pie dish.
- 3 Combine Corn Bread Topping dry ingredients in a bowl and given them a quick stir to combine.
- 4 Add Corn Bread Topping wet ingredients and mix to combine until lump free.
- 5 Pour corn bread mixture over filling so it is about 1.5 cm / ½" thick.
- 6 Place pie in the oven and bake for 20 to 30 minutes until golden brown on top. If making one large one, it will take closer to 35 minutes. To test for doneness, insert a skewer in the middle of the corn bread and make sure it comes out clean. If there is batter on the skewer, return to oven.
- 7 Allow to rest for 5 minutes before serving, garnished with fresh parsley.

Serves 4

Slow Cooked Beef Cheeks in Red Wine



3 tbsp olive oil, separated
 1.5kg/3lb beef cheeks, (4 large or 6 small beef cheeks)
 1 onion (white, brown or yellow), roughly diced (about 1 cup)
 1 celery stalk, roughly diced (about 1 cup)
 1 carrot, roughly diced
 4 garlic cloves, minced

6 stems of fresh thyme or 1½ tsp dried thyme leaves
 4 dried bay leaves (or 3 fresh)
 1 cup beef stock
 2 cups red wine (full bodied eg. cabernet sauvignon or merlot)
 3 tsp salt, separated
 Black pepper

- 1 Cut off any large, fatty membrane from the beef cheeks. Pat dry then season each side with 1 tsp of salt and pepper.
- 2 Heat 2 tbsp olive oil in a large heavy based pan over high heat. Sear the beef cheeks on each side until nicely browned. Remove beef cheeks onto a plate.
- 3 Turn down the heat to medium high and heat the remaining 1 tbsp of olive oil. Add garlic, onion and carrots. Sauté for 3 minutes until onion is becoming translucent, then add the celery and sauté for a further 3 minutes.
- 4 Pour the onion mixture into the slow cooker and place the beef cheeks on top.
- 5 Pour the wine into the fry pan and return to heat. Turn the heat up to high, bring to simmer and let it simmer for 1 minute. Scrape the brown bits off the bottom of the pan so it mixes in with the wine.
- 6 Pour the wine into the slow cooker, then all the remaining ingredients (including 2 tsp salt).
- 7 Cook in the slow cooker on Low for 8 hours or High for 6 hours. The beef should be fall apart tender.
- 8 Optional step: Remove thyme and bay leaves, then use a stick blender to puree the braising liquid.
- 9 Transfer the braising liquid to a saucepan and simmer for 10 minutes to darken and thicken (reduce by half). Do a taste test and adjust the seasoning (salt and pepper) to your taste.
- 10 Remove from heat, return beef cheeks to the Sauce. Serve with plenty of creamy mashed potato!

Notes

- 1 Make this on the stove by simmering on low for 2 – 2 ½ hours, or in the oven at 160C/325F for around 3 hours. The pot should be covered.

Serves 6

Beef Cheeks Ragu Pasta



I make a double batch of Beef Cheeks just so I have leftovers to make this pasta. The sauce is GOLD!

350g / 12oz dried spaghetti
 2 cups leftover Slow Cooked Beef Cheeks in Red Wine (previous page), shredded
 1 cup Sauce of Slow Cooked Beef Cheeks in Red Wine
 1 brown onion, diced
 2 garlic cloves, minced
 2 tbsp olive oil

2 cups canned crushed tomato
 3 tbsp tomato paste
 1 to 2 tsp salt
 Black pepper
To Serve
 Freshly grated parmesan cheese
 Parsley, finely chopped

- 1 Bring a large pot of salted water to boil. Add pasta and cook for 6 minutes or until just before al dente (i.e. slightly undercooked, very firm to touch). The pasta will be cooked more in the pasta sauce.
- 2 Meanwhile, heat olive oil in large pan over medium high heat. Add onion and garlic and sauté for 3 minutes.
- 3 Add remaining ingredients. Bring to rapid simmer, stirring occasionally. Adjust seasoning with salt and pepper. If the sauce seems too thick, add a splash of the pasta cooking water.
- 4 Use tongs and transfer the pasta straight from the pot of boiling water into the pan with the ragu sauce. Add ½ cup of pasta cooking water and gently toss the pasta in the sauce for 1 to 2 minutes. The pasta is ready when the spaghetti is al dente (cooked but slightly firm to touch) and the sauce has thickened and is tossed through the pasta.
- 5 Serve immediately, sprinkled with freshly grated parmesan cheese and parsley if desired.

Serves 4

Beef Cheeks Pie



Instant meals — walk in the door, turn on the oven and pop one of these in straight from the freezer.

- | | |
|--|--|
| 1 sheet ready rolled puff pastry (25cm x 25cm / 10" x 10"), thawed | 2 garlic cloves, minced |
| 1 egg, lightly beaten | 2 carrots, diced roughly to the size of peas (about 1½ cups) |
| Pie Filling | 1 cup frozen green peas |
| 2 cups shredded Slow Cooked Beef Cheeks in Red Wine (page 19) | 1 cup canned crushed tomato |
| 1½ cups Slow Cooked Beef Cheeks in Red Wine sauce | 1½ cups sliced mushrooms |
| 2 tbsp olive oil | 3 tbsp tomato paste |
| 1 brown onion, diced | 1 cup water |
| | 1 tsp thyme (dried) |
| | 1 tsp oregano (dried) |
| | 1 tsp salt, plus more to taste |
| | Black pepper |

- 1 Preheat the oven to 180C/350F.
- 2 You will need 4 x 1⅓ cup capacity ramekins.
- 3 Place 1 ramekin on the puff pastry and use it as a guide to cut rounds out of the puff pastry. Cut 4 rounds.
- 4 Heat oil in large heavy based pan over medium high heat.
- 5 Add onion and garlic, and sauté for 2 minutes.
- 6 Add carrots and sauté for 1 minute. Then add mushrooms and sauté for another minute.
- 7 Add remaining Pie Filling ingredients. Let simmer for 3 minutes to bring the flavours together.
- 8 Divide the Pie Filling between the 4 ramekins. Top with puff pastry rounds and cut a small slash in each (steam vents).
- 9 Brush with egg, then place into the oven to bake for 20 to 25 minutes until the pastry is dark golden and puffed.
- 10 Remove from oven, let stand for 5 minutes before serving.

Serves 4

Middle Eastern Lamb Lentil Rice Pilaf



A complete meal in one pot. I love pilafs!

- | | |
|------------------------------------|--------------------------------|
| 400g / 13 oz mince/ground lamb | 2½ tsp cumin powder |
| 1 brown onion, diced | ½ tsp cinnamon powder |
| 6 cups (loosely packed) spinach | ½ tsp chilli powder (optional) |
| 2 garlic cloves, minced | 1½ tsp salt |
| 2 tbsp olive oil | ½ tsp ground black pepper |
| 1 tin lentils, drained (400g/14oz) | 1 tsp sugar |
| 1 cup basmati or long grain rice | To Serve |
| 1½ cups water | 3 tomatoes, sliced thickly |
| Spice Mix | Fried Asian Shallots (Note 1) |
| 2 tsp coriander powder | Parsley leaves (optional) |

- 1 Heat oil in a large pot over medium high heat.
- 2 Add garlic and onion, sauté for 2 to 3 minutes.
- 3 Turn up heat to high and add lamb. Use spatula to break mince up and cook until browned.
- 4 Add Spice Mix and cook for 30 seconds until spices are fragrant and mixed through the mince.
- 5 Add rice, water and lentils and stir. Bring to simmer, then put lid on and turn down heat to medium low.
- 6 Cook for 10 to 12 minutes until water is absorbed.
- 7 Remove pot from heat, take lid off and quickly spread the spinach on top of the rice, then put the lid back on.
- 8 Rest rice for 10 minutes. Remove lid, stir through spinach and fluff up the rice.
- 9 Serve, topped with Fried Asian Shallots and parsley if desired. Serve the sliced tomatoes on the side.

Serves 4-5

Notes

- 1 Fried Asian Crunchy Shallots (Scallions) are slices of shallots that have been deep fried and seasoned. They are readily available in the Asian section of most large grocery stores and are only a couple of dollars.

Lamb Koftas



This regularly features at my get togethers. Great to make ahead, the men BBQ while the girls chat, and it smells INCREDIBLE!

Koftas

1 lb / 500 g ground / minced lamb
 1 onion, grated
 ¼ cup breadcrumbs
 2 cloves garlic, minced
 1 tsp ground cumin seeds
 1 tsp ground coriander
 1 tsp paprika
 ½ tsp ground cinnamon
 1 tsp cayenne pepper
 2 tbsp chopped fresh coriander
 2 tsp salt

Freshly ground black pepper

Yoghurt Sauce

1 cup Greek yoghurt
 1 clove garlic, crushed
 1 tsp cumin
 Squeeze of lemon juice
 Salt and pepper

To Serve (optional)

4 flatbreads (Lebanese or pita bread)
 Shredded cabbage, carrot, mint leaves

- 1 Combine the yoghurt sauce ingredients and leave in fridge for the flavor to develop (overnight if possible).
- 2 Combine the kofta ingredients and mix well with your hands.
- 3 With damp hands, divide the meat into 8 equal pieces and push and shape the meat onto 8 skewers. If using wooden skewers, make sure they've been soaked in water before using (so they don't burn when cooking). Refrigerate for at least 30 minutes.
- 4 Grill the koftas on the outdoor barbecue until nicely browned on both sides, then remove to rest for a few minutes (approximately 8 to 10 minutes).
- 5 To serve, get a flatbread, place some Salad on it and a Kofta, then drizzle over Yoghurt Sauce. Or serve on a platter and let your friends do their own.

Makes 8 skewers

Pork Ribs with Chipotle Barbecue Sauce (One Pan)



Rub

1½ tbsp sweet paprika
1 tbsp salt
1½ tbsp garlic powder
½ tbsp black pepper
1 tbsp onion powder
½ tbsp cayenne pepper
½ tbsp dried thyme
½ tbsp dried oregano

Ribs

5 lb / 2.5 kg American style pork ribs, cut into individual ribs
1 bottle dark beer (12oz / 375ml. Stout, porter or a dark ale)

Chipotle BBQ Sauce ("Sauce")

14oz / 400g can crushed tomato
3.5 oz / 100g can Chipotle in Adobo Sauce, chipotle and sauce (1/2 a standard can)
1 large brown onion, diced
2 garlic cloves, minced
1 tbsp tomato paste

2 tbsp brown sugar
¼ cup white wine vinegar
⅓ cup Worcestershire sauce
2 tbsp Tabasco sauce, or other hot sauce. Adjust to taste.
½ tbsp salt
Black pepper

- 1 Combine the Rub ingredients in a bowl. Pat the ribs dry, then rub with the Rub. Refrigerate, covered, for at least 2 hours.
- 2 Preheat oven to 160C/325F. Take ribs out of the fridge, place in a large baking dish in a single layer (squished is ok, they will shrink slightly).
- 3 Pour beer into the baking dish and cover with a lid. Place in the oven and cook for 1 hour. Meanwhile, make the Sauce (step 7).
- 4 Take out of the oven and remove lid. Pour the sauce over the ribs, then return to the oven (uncovered). Bake for 45 minutes to 1 hour 15 minutes, turning once or twice, until the ribs are cooked to your liking. The meat should be very tender and the sauce should be thick and "jam-like". If the pan starts looking dry, add a splash of water.
- 5 To finish the ribs off, grill/broil for 5 to 10 minutes to get a nice browned finish on top (this is an optional step).
- 6 Serve, garnished with fresh coriander/cilantro leaves and wedges of lime.
- 7 **Sauce:** Blend or process the canned tomato, Chipotle in Adobo Sauce, onion and garlic in a food processor. Stir through remaining ingredients. Set aside until required.

Serves 6 - 10

Zuppa Toscana (Italian Sausage Soup – Olive Garden)



1lb/500g Italian sausages (spicy)

1/3 cup bacon, diced

1 brown onion (large), peeled and diced

4 - 6 garlic cloves, minced

1lb/500g potatoes, peeled and cut into 1 1/2 cm / 3/5" cubes

4 cups / 32 oz / 1 litre chicken broth / stock

2 tbsp flour

1 cup cream (not whipped)

2 cups kale leaves, torn into bite size pieces

Salt and pepper, to taste

Cayenne pepper, to taste

- 1 Remove the sausage from the casings.
- 2 Heat a large heavy based pot over high heat. Add the sausage meat into the pan and cook, breaking up the meat into largish chunks, until nicely browned (around 3 minutes). Remove sausage from the pot into a bowl.
- 3 Add the bacon and fry until browned. Reserve 2 tablespoons for garnish, then transfer the rest into the bowl with the sausage meat.
- 4 Turn the stove down to medium high. If the pan is looking dry (depends on fattiness of sausages and bacon), add a bit of oil and return to the stove. Add the onion and garlic and cook until the onion is translucent and garlic is fragrant - around 2 minutes.
- 5 Return the sausage meat and bacon into the pot. Add the potatoes and chicken broth / stock. Bring to a simmer then lower stove to low (so it bubbles gently) and cook for at least 1 hour, preferably 1 1/2 hours. Stir occasionally.
- 6 Mix together the flour with 2 tbsp of cream in a bowl until a "slurry" forms, then add the rest of the cream and stir until combined.
- 7 Stir cream mixture into the soup and let it simmer for a further 15 minutes or until the soup is thickened. Stir through the kale a couple of minutes before the soup is ready to come off the stove.
- 8 Add salt, pepper and cayenne pepper to taste.
- 9 Remove from stove. Serve, garnished with reserved bacon.

Serves 4

*This is one of the most intensely flavoured soups I have ever had. Thanks
Lisa from Portland, Oregon!*



Pork Carnitas (Mexican Pulled Pork) are great to have on hand for stand-by meals. It takes minutes to prepare, then just set and forget.

I keep servings size portions in ziplock bags in my freezer. I use Pork Carnitas for so many things – sandwiches, tacos, soups, enchiladas and burritos. I even throw it into fried rice!

This section includes some of my favourite ways to use Pork Carnitas.

Pork Carnitas (Mexican Pulled Pork)



I am rarely without stashes of Pork Carnitas in my freezer.

5 lb / 2.5 kg pork shoulder,
skinless, bone-in
1 onion, coarsely chopped
1 jalapeno, seeded and ribs
removed, chopped
2 tbsp salt
1 tsp black pepper

4 cloves garlic, minced
2 oranges, juice only

Rub

1 tbsp dried oregano
2 tsp ground cumin
1 tbsp olive oil

- 1 Rinse and dry the pork shoulder, rub in salt and pepper.
- 2 Combine the Rub ingredients then rub all over the pork.
- 3 Place the pork in a slow cooker (fat cap up), top with the onion, jalapeño, minced garlic and orange juice.
- 4 Cook on low for 8 to 10 hours or on high for 6 hours.
- 5 The meat should be tender and falling off the bone. Remove from the slow cooker then shred the pork using two forks.
- 6 Skim off the fat from the juices in the slow cooker and discard. Transfer liquid to saucepan and simmer until reduced to 1 ½ cups.
- 7 To Freeze: Pour the juices over the pulled pork and store in zip lock bags or airtight containers.
- 8 To Serve: Heat 1 tbsp of oil in a large non stick pan over high heat. Place shredded pork into the pan and press down and cook until the bottom side is golden brown and crusty.
- 9 Pour over the juices and serve immediately (if you are using defrosted carnitas, this is not applicable as the juices are already on the meat).

Serves 10-12

Notes

- 1 To make this in the oven, add 1 cup of water to the braising liquid. Place in 325F/160C oven for 2 hours, covered, then roast for a further 1 to 1.5 hours uncovered. Add more water if the liquid dries out too much. You should end up with 1½ to 2 cups of liquid when it finishes cooking. **28**

Homemade Enchilada Sauce



Many of the Pork Carnitas recipes in this section call for Enchilada Sauce. Homemade truly is so much better than store bought and it's really fast and easy. So I thought I'd slot this recipe in!

- | | |
|--|--|
| ¼ cup vegetable oil | 1½ tsp dried oregano |
| ¼ cup all-purpose flour | 1 tsp cumin |
| 1 (28oz/800g) can crushed tomatoes or 1 bottle (24oz/680g) passata | 1 tsp garlic powder |
| 1 cup water | 1 tsp onion powder |
| 1 tsp salt | 1 tbsp brown sugar |
| ½ tsp chili powder (or more if you like it hot!) | Salt and pepper to taste |
| | Optional: cayenne pepper, ground chipotle, paprika |

- 1 Heat oil in a saucepan over medium heat.
- 2 Add flour and whisk until well combined, about 1 minute.
- 3 Add remaining ingredients except salt and pepper, whisk, bring to boil, then reduce to simmer.
- 4 Simmer for 10 minutes or so, until thickened, whisking occasionally.
- 5 Season with salt and pepper.
- 6 This can be stored for up to 2 weeks in the refrigerator. It also freezes well.

Serves 3 - 4

A homemade Enchilada Sauce is honestly gold. GOLD! Not even the ones from gourmet stores compare.

Pork Carnitas Enchiladas



2 cups (packed) Pork Carnitas	2 cups shredded cheese (any good melting cheese)
1 tbsp olive oil	8 tortillas
1 cup tinned black beans or red kidney beans, drained	3 cups (750ml/25oz) enchilada sauce
1 can (15oz / 400g) corn kernels, drained	

- 1 Preheat oven to 300F/180C.
- 2 Heat 1 tbsp olive oil in a pan over high heat. Add the pork carnitas and cook until the bottom is nicely browned - about 1½ minutes. Do not turn, just make the bottom crispy (to keep the pulled pork as moist as possible), then remove the pulled pork into a bowl. It does not matter if the top isn't heated through, it will heat in the oven.
- 3 Add the corn, black beans, ½ cup enchilada sauce and ½ cup cheese into the bowl and mix to combine.
- 4 Spread ½ cup of Enchilada Sauce on the bottom to the baking dish.
- 5 Place ½ packed cup of filling (from step 3) into a tortilla and roll up and place in the baking dish. Repeat with remaining tortillas.
- 6 Pour over the Enchilada Sauce, and bake for 10 minutes.
- 7 Remove from oven and scatter the cheese on, then bake for a further 10 to 15 minutes until the cheese is bubbling and golden.
- 8 Let stand for 5 minutes before serving.

Serves 3 - 4

Notes

- 1 If you are substituting the Pork Carnitas with another meat that is not seasoned, add 1 tsp salt (check for seasoning by tasting it), black pepper, 1 tsp cumin, ½ tsp paprika, ½ tsp onion powder and ½ tsp garlic powder to the Enchilada filling mix.

This is a throw together meal that is brilliant for busy weeknights!

Pork Carnitas Quesadillas with Caramelised Onions



Do you know anyone who DOESN'T love quesadillas?

1½ cups shredded Pork Carnitas
 1½ cups shredded mozzarella cheese
 8 tortillas
 ½ cup corn kernels (frozen or canned)
 ½ cup red capsicum (bell pepper), diced
 1 tbsp olive oil

Salt and pepper

Quick Caramelized Onions

1½ tbsp butter
 2 brown onions, finely sliced
 1½ tbsp brown sugar
 1 tbsp balsamic vinegar
 ½ tsp salt
 Black pepper

- 1 **Quick Caramelised Onions:** Melt butter in a fry pan over medium heat. Add onions and cook for 7 minutes, stirring every now and then so they cook evenly. Add remaining Caramelized Onion ingredients and cook for a further 5 minutes, stirring occasionally until sticky and caramelised. Remove from heat and set aside.
- 2 **Brown Pork Carnitas (optional):** Heat ½ tbsp oil in a fry pan over high heat. Add Pork Carnitas and press down lightly with a spatula to help crisp up. When the Pork Carnitas are heated through and the underside is golden brown and crisp (about 1 to ½ minutes), remove from pan (do not flip).
- 3 **Assemble:** Lay out the tortillas. Divide the cheese between the tortillas, scattering evenly across half of each tortilla. Top with pork carnitas, corn, capsicum and Caramelised Onion. Season to taste with pepper and salt. Fold the tortillas in half.
- 4 Heat ½ tbsp olive oil in a large pan over medium high heat. Add as many quesadillas as will fit in the pan. Cook until nicely browned on the underside (about 1½ minutes), then flip over the folded edge. Cook the other side until browned, then remove from pan.
- 5 Serve immediately, garnished with parsley if desired.

Makes 8 (halves), serves 4

Lasagna Enchilada Stack



Italy meets Mexico! And with good reason. This is heavenly. My Italian friend approves!!

- | | |
|--|--|
| 5 - 6 tortillas | 2¼ cups enchilada sauce |
| 2 cups shredded Pork Carnitas | 1 cup grated mozzarella cheese |
| 1 can (400g/15oz) corn | Fresh parsley or coriander, |
| 1 can (400g/15oz) black beans
or red kidney beans | finely chopped (optional - for
garnish) |
| 1 small red capsicum (bell
pepper), diced | |

- 1 Preheat oven to 180C/350F.
- 2 Combine the Pork Carnitas, corn, black beans, capsicum and 1½ cups of enchilada sauce in a bowl. Mix to combine.
- 3 Spread 1 tbsp of enchilada sauce on the base of a baking dish.
- 4 Line the baking dish with tortillas. I find the best way to do this is to cut the tortillas in half, place 2 on the baking dish (with the straight cut side lined to the edge of the baking dish), then cut 1 tortilla into 6 to 8 pieces and use those wedges to fill the gaps.
- 5 Spread half the filling across the tortillas.
- 6 Top with another layer of tortillas, then spread the remaining filling on top.
- 7 Top with a third and final layer of tortillas. Spread remaining enchilada sauce (¾ cup) across the top, then sprinkle with mozzarella cheese.
- 8 Bake for 20 to 25 minutes until the cheese is melted and started to turn golden.
- 9 Let stand for 5 minutes, then garnish with parsley or coriander if desired and serve.

Serves 4-6

Express Taco Soup



The Toppings "make" this soup. It's one the kids LOVE!

2 cups shredded Pork Carnitas
(or shredded chicken)
1 tbsp olive oil
1 brown or white onion, diced
1 red bell pepper (capsicum),
diced
1 can (15oz / 400g) black beans
1 can (15oz / 400g) can corn
2 garlic cloves, minced
2 tsp oregano (dried)
2 tsp cumin
1 tsp paprika

¼ tsp chilli (optional)
24oz / 680g tomato passata* (or
crushed tomatoes)
4 cups chicken broth / stock
Salt and pepper
Toppings (optional)
Corn chips
Sour cream
Grated cheese
Cilantro / coriander leaves
Avocado, diced

* Passata is called tomato sauce in the US

- 1 Heat the oil in a large saucepan over high heat. Add the Pork Carnitas and cook for 1 minute until parts of it are browned, then remove from the saucepan.
- 2 Add garlic and onion, sauté until onion becomes translucent (2 minutes), then add the capsicum and cook for 1 minute.
- 3 Return the pulled pork into the saucepan and add all other ingredients except salt and pepper. Stir to scrape the brown bits from the pulled pork off the bottom of the pan to mix in with the soup flavours.
- 4 Bring to boil then turn down heat slightly and allow to simmer rapidly for 3 minutes so the flavours can come together.
- 5 Do a taste test, then season with salt and pepper.
- 6 Serve with toppings of choice. The more toppings = more delicious!

Serves 4

Mexican Pork Carnitas Sliders



There are NO WORDS to tell you how good these are....I lay out platters of the filling and baskets of rolls when I am feeding a crowd

Caramelized Onions

1½ tbsp butter
2 brown onions, halved and finely sliced
1½ tbsp brown sugar
1 tbsp balsamic vinegar
½ tsp salt
Black pepper

Filling

½ tbsp olive oil

1½ cups shredded Pork Carnitas

½ cup enchilada sauce

To Serve

½ cup grated mozzarella cheese (or any other good melting cheese)

4 soft white bread rolls

Fresh parsley, finely chopped, for garnish (optional)

- 1 Melt butter in a fry pan over medium heat. Add onions and cook for 7 minutes, stirring every now and then so they cook evenly. Add remaining Caramelized Onion ingredients and cook for a further 5 minutes, stirring occasionally until sticky and caramelised. Remove onion from pan and set aside.
- 2 Brown Pork Carnitas: Wipe pan clean and return to stove. Heat ½ tbsp oil over high heat. Add Pork Carnitas and press down lightly with a spatula to help crisp up. When the Pork Carnitas are heated through and the underside is golden brown and crisp (about 1 to ½ minutes), remove from pan (do not flip).
- 3 Place Pork Carnitas and Enchilada Sauce and mix to combine.
- 4 Preheat grill (broiler) on high.
- 5 Split rolls in half. Divide the Filling between them and pile onto the bottom half of the roll. Top with cheese then grill (broil) for 3 minutes until melted.
- 6 Remove from the grill, top with caramelised onion and sprinkle with parsley (if using). Sandwich with the other half of the bread roll and serve immediately.

Serves 4

Taco Stack



Just when you thought tacos couldn't get any better.....

8 small tortillas, corn or flour
(6" / 12 cm rounds)
3 cups shredded Pork Carnitas
1 tbsp olive oil
1½ cups grated cheese

Salsa

1¼ cups corn kernels, fresh or
frozen
1 tbsp olive oil
2 tomatoes, deseeded, diced

2 shallots / scallions, green part
only, sliced
½ lime, juice only
Salt and pepper to taste

Garnish and toppings

Sour cream
Cilantro / coriander
Jalapeños, finely chopped
Avocado, diced

- 1 Preheat oven to 180C/350F. Place the corn tortillas on the oven shelf and bake for 3 to 5 minutes to stiffen, not brown.
- 2 Defrost Pork Carnitas (if frozen), then heat 1 tbsp olive oil in a large fry pan over high heat. Add Pork Carnitas and cook until the underside is golden brown – do not flip. Remove from pan (scrape up all the brown bits) and set aside.
- 3 Place a tortilla on a baking tray. Scatter 1/6 th of the Pork Carnitas on the tortilla and top with some Salsa (reserve some for Topping) then cheese. Place another tortilla on top and repeat twice (so you have 3 layers of meat). Place 4th tortilla on top.
- 4 Repeat with remaining 4 tortillas. Bake for 10 minutes until heated through and cheese is melted. Top with remaining Salsa and Toppings of choice.

Salsa

- 1 Heat 1 tbsp olive oil in a large pan over high heat. Add the corn and sauté for a couple of minutes until charred to your liking. (This step is optional)
- 2 Allow to cool slightly, then toss with remaining ingredients.

Serves 2-4

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I HOPE YOU ENJOYED THIS FREE COOKBOOK!

This is just a small sample of recipes I have shared on my blog.

Please visit me at **RecipeTin Eats** for more recipes!

www.recipetineats.com

- Nagi

