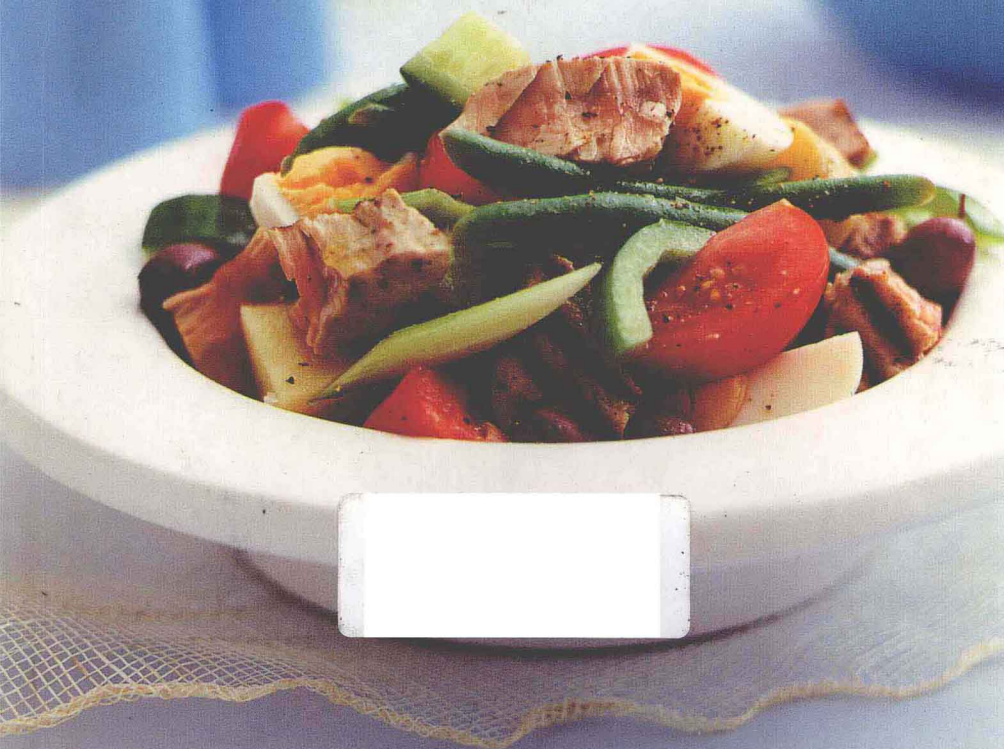


cool

refreshing food and drink ideas for lazy days

food



江苏工业学院图书馆

藏书章



cool food

MURDOCH
BOOKS



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Starters





Beetroot hummus

80 ml ($\frac{1}{3}$ cup) olive oil
1 onion, chopped
450 g tin baby beetroot, drained
220 g (1 cup) ready-made hummus
2 garlic cloves, crushed
1 tablespoon ground cumin
1–2 tablespoons lemon juice

Heat 1 tablespoon oil in a frying pan, add the onion and cook for 3 minutes, or until soft but not brown.

Place the onion, beetroot, hummus, garlic, cumin and lemon juice in a food processor and process the mixture until it is smooth.

Transfer to a serving bowl, season with salt and pepper to taste and drizzle with the remaining olive oil.

Makes 3 cups

Cheese and chilli shapes

155 g (1¼ cups) plain flour
pinch dry hot mustard
90 g butter, roughly chopped
60 g (½ cup) grated vintage Cheddar
cheese
4 red chillies, seeded and sliced
1 egg yolk

Process the flour, mustard and butter until they resemble fine breadcrumbs. Add the cheese and chilli, then the egg yolk and 1 tablespoon water, and process until the mixture comes together. Gather into a ball, cover with plastic wrap and refrigerate for 30 minutes.

Preheat the oven to 190°C (375°F/ Gas 5). On a lightly floured surface, roll out the dough to a 5 mm thickness. Cut into 5 cm rounds.

Place on lightly greased baking trays and bake for 15–20 minutes, or until golden. Cool.

Makes 26





Tzatziki

2 Lebanese cucumbers
400 g Greek-style plain yoghurt
4 garlic cloves, crushed
3 tablespoons finely chopped mint,
plus extra to garnish
1 tablespoon lemon juice

Cut the cucumbers in half lengthways, scoop out the seeds and discard. Leave the skin on and coarsely grate the cucumber into a small colander. Sprinkle with salt and leave over a large bowl for 15 minutes to drain off any bitter juices.

Meanwhile, place the yoghurt, crushed garlic, mint and lemon juice in a bowl, and stir until well combined.

Rinse the cucumber under cold water then, taking small handfuls, squeeze out any excess moisture. Combine the grated cucumber with the yoghurt mixture then season to taste with salt and freshly ground black pepper. Serve immediately or refrigerate until ready to serve, garnished with the extra mint.

Makes 2 cups

Note: Tzatziki is often served as a dip with flatbread or Turkish pide but is also suitable to serve as a sauce to accompany seafood and meat. Tzatziki will keep in an airtight container in the refrigerator for 2–3 days.

Tahini and chilli palmiers

135 g (1/2 cup) tahini
1 red chilli, seeded and finely
chopped
1/2 teaspoon paprika
2 sheets ready-rolled puff pastry,
thawed

Preheat the oven to 200°C (400°F/
Gas 6). Combine the tahini, chilli and
paprika. Spread half the mixture over
each sheet of pastry (to the edges).

Fold the pastry from opposite sides
until the folds meet in the middle.
Then fold one side over the other to
resemble a closed book. Refrigerate
for 5 minutes to firm.

Cut into 1.5 cm slices and place on
baking trays lined with baking paper
(leaving room for spreading).

Bake for 8 minutes, then turn over
and bake for 2 minutes, or until
golden brown.

Makes 36



