


CHRISTMAS RECIPES

EATING FOR EYE HEALTH



Macular
Disease
Foundation
AUSTRALIA



**EATING IS
A NECESSITY.
BUT COOKING
IS AN ART.**

CHEF JIKU



SERVES 4

ALL-THE-TRIMMINGS TRAYBAKE

1 tbsp olive oil
3 tbsp caramelised onion chutney
1kg small potatoes halved
4 parsnips cut into chunky pieces
4 carrots cut into chunky pieces
200g sprouts trimmed and halved
2 small red onions cut into wedges
12 cocktail sausages wrapped in bacon
2 bay leaves
4 rosemary sprigs ripped

Heat oven to 200°C/180°C fan forced/gas mark 6. Mix the oil and chutney together and season well. Divide everything except the sausages and herbs between two large roasting tins, pour over the oil and chutney mixture and toss together. Put both trays in the oven for 25 mins.

Add the sausages and herbs to the trays and bake, stirring halfway through, for 30-35 mins more or until the vegetables are soft and the sausages are cooked through. If one tray is browning more than the other, swap them round.



BEETROOT CURED SALMON WITH CUCUMBER AND APPLE SALAD

SERVES 10

250g cooked and peeled beetroot

175g coarse sea salt

110g caster sugar

3 tsp caraway seeds crushed

3 tsp white peppercorns, crushed

1kg salmon fillet skin on

Lavosh and micro rocket, to serve

CUCUMBER AND APPLE SALAD

2 green apples, cut into batons

1 small red onion sliced into rings

1 telegraph cucumber thinly sliced

2 tbs apple cider vinegar

1 tbs extra virgin olive oil

2 tsp horseradish paste

1 tsp caster sugar

1/4 bunch dill fronds picked

To make the curing mixture, whiz the beetroot, salt, sugar, caraway seeds and pepper in a food processor until smooth.

Spread half the curing mixture over the base of a glass or ceramic dish large enough to hold salmon. Add the salmon, skin-side down, and cover with remaining curing mixture. Cover with plastic wrap, then rest a smaller tray or chopping board on top of the salmon and weigh down with a few cans. Chill for 2 days to cure.

For the salad, place all ingredients in a bowl and toss to combine.

When ready to serve, remove salmon from dish, rinse under cold water and pat dry with paper towel. Using a sharp knife, thinly slice salmon on an angle, using the knife to release salmon from the skin.

Arrange salmon on a platter and serve with salad, lavosh and micro rocket.



SERVES 4

BARBECUED PRAWNS WITH CHARRED KALE AND AVOCADO

1 garlic bulb, cloves peeled
5 long red chillies seeds removed, roughly
chopped
200ml extra virgin olive oil
16 extra large green prawns
25g flat-leaf parsley leaves finely chopped
1 large bunch (about 500g) kale leaves
Finely grated zest and juice of 1 lemon

AVOCADO PUREE

2 avocados flesh scooped
80ml buttermilk
Juice of 1/2 lemon

Preheat oven to 180°C. Place the garlic, chilli and oil in a small ovenproof saucepan or frypan and season generously with freshly cracked black pepper. Cover pan with foil and place in oven for 1.5 hours. Cool completely, then place in a small food processor. Place avocado, buttermilk and lemon juice in a food processor and whiz until smooth. Season and set aside.

Preheat the barbecue to high. Using a sharp knife, butterfly the prawns by cutting lengthways along the belly and through the head until they open out flat. Remove vein and discard. Divide the garlic paste into 2 portions. Combine 1 portion with parsley in a bowl. Toss kale leaves with remaining 1 portion in a separate bowl. Brush flesh side of prawns with parsley mixture and season well. Grill prawns, flesh-side down, for 1-2 mins until red and charred. Turn and cook for a further 1 minute or until just cooked. Remove prawns from grill and sprinkle with lemon zest and squeeze over the lemon juice. Grill kale for 4-5 mins until charred and wilted. Season.



COLD TURKEY SALAD WITH MANGO AND HONEY DRESSING

2 tbsp seasoned rice vinegar

1 tbsp caster sugar

1 garlic clove crushed

1 small red chilli seeds removed finely chopped

500g leftover turkey (preferably breast meat) sliced

100g baby spinach leaves

50g mixed Asian herbs (such as coriander, mint, Thai basil)

1 large ripe mango peeled sliced

Black sesame seeds, to sprinkle



DRESSING

5 tbsp (100ml) honey

60ml rice vinegar (or substitute apple cider vinegar)

100ml peanut oil

2 tsp sesame oil

Mix together the rice vinegar, sugar, garlic and chilli, and stir until the sugar has dissolved. Pour over the sliced turkey and set aside.



To make the dressing, place the honey and vinegar in a food processor and process to combine. With the motor running, slowly add the peanut and sesame oils until a thickish dressing forms.

Place a pile of spinach on each plate and top with a handful of herbs, followed by some turkey. Lay slices of mango on top, drizzle with the dressing and sprinkle with the black sesame seeds.



CHARGRILLED PUMPKIN SALAD

SERVES 8

500g roma tomatoes
6 garlic cloves
4 tbsp olive oil
1 tsp sumac
1 tbsp ground coriander
2 tsp ground cumin
2 tsp ground cinnamon
1 tsp chilli flakes
1 tsp salt
2 garlic cloves
1.2kg Kent pumpkin
250g Greek-style yoghurt
10g chopped coriander
1 tbsp lemon juice
225g baby spinach
2 tbsp pepitas

Preheat oven to 180°C and a chargrill pan or barbecue on medium-high heat. Line 2 baking trays with baking paper. Cut roma tomatoes into quarters and place onto a tray with 4 of the whole garlic cloves. Drizzle with 1 tbsp olive oil, sprinkle with 1 tsp sumac and season to taste. Roast for 20-25 mins or until starting to colour. Meanwhile, combine 1 tbsp ground coriander, 2 tsp each ground cumin and ground cinnamon, 1 tsp chilli flakes, 1 tsp salt and 2 crushed garlic cloves in a bowl. Cut pumpkin into 16 wedges. Place on a tray and sprinkle all over with spice mixture. Drizzle with 2 tbsp olive oil. Chargrill pumpkin for 5-6 mins each side or until charred and tender. Cool. Combine the Greek-style yoghurt with the chopped coriander and 1 tbsp each lemon juice and olive oil and season to taste. Squeeze roasted garlic from the skins and stir into yoghurt dressing. Combine pumpkin, tomato and 225g baby spinach on a serving platter. Top with yoghurt dressing and 2 tbsp pepitas. Serve.



BEETROOT, WATERCRESS AND GOAT'S CHEESE SALAD

450g can baby beetroot drained

2 tsp maple syrup

2 cups watercress sprigs

35g baby rocket

50g goat's cheese

50g hazelnuts, halved and toasted



DRESSING

2 tbsp olive oil

1 tbsp red wine vinegar

1 tsp wholegrain mustard

1 garlic clove crushed

1 tsp honey

Preheat oven to 200°C/180°C fan-forced. Line a large baking tray with baking paper. Pat beetroot dry with paper towel. Place beetroot on prepared tray. Drizzle with maple syrup. Season with salt and pepper. Toss to coat. Cover with foil. Bake for 12 to 15 minutes or until heated through.

To make dressing: Place all ingredients in a bowl. Whisk to combine. Season.

Place warm beetroot, watercress, rocket, cheese, hazelnuts and dressing in a large bowl. Toss gently to combine. Serve.





BEETROOT AND YOGHURT DIP WITH PITA CRISPS

SERVES 10

2 wholemeal pita bread pockets
Olive oil cooking spray
1 tsp sesame seeds
440g can baby beetroot drained
1/2 small red onion chopped
75g sultanas
2 tsp white wine vinegar
60g Greek yoghurt

Preheat oven to 200°C/180°C fan-forced. Spray 1 side of each pita bread with oil. Sprinkle with sesame seeds. Season with pepper. Cut each pita bread into 8 triangles. Place, in a single layer, on 2 baking trays. Bake for 8 to 10 mins or until crisp. Transfer to a wire rack to cool.

Meanwhile, process beetroot, onion, sultanas and vinegar until almost smooth. Transfer to a bowl. Add yoghurt. Stir to combine. Serve with pita crisps.

CHILLI TUNA SPAGHETTI

250g spaghetti

1 small red onion thinly sliced

2 medium zucchini grated

250g punnet cherry tomatoes halved

2 x 185g cans chilli-flavoured tuna in olive oil drained

900g rocket

25g shaved parmesan to serve

Cook spaghetti according to packet instructions until al dente.

Meanwhile, spray a large non-stick frying pan with olive oil and set over medium heat. Sauté onion and zucchini for 2 mins, or until just softened. Add cherry tomatoes and cook for a further 2–3 mins, or until tomatoes are slightly softened.

Drain spaghetti; add to pan along with the chilli-flavoured tuna and rocket, and toss to wilt. Divide among 4 serving bowls and top with parmesan to serve.



CHRISTMAS-MORNING CASSEROLE

2 tbsp extra-virgin olive oil

120g finely diced pepperoni

230g shiitake mushrooms stems discarded and caps cut into pieces

1 medium onion minced

1 red capsicum cut into pieces

salt to taste

8 large eggs

700ml whole milk

350g day-old brioche cut into cubes of 2-3 cm

1 tbsp Dijon mustard

1 tbsp soy sauce

1/2 tsp pepper

200g ham finely diced

250g shredded aged cheddar cheese

100g finely chopped spring onions plus additional for garnish

Hot sauce, for serving

Grease a baking dish. In a large skillet, heat the olive oil. Add the pepperoni and cook over moderate heat until the fat is rendered, about 3 mins. Add the shiitake and cook until lightly browned and tender, about 5 mins. Add the onion, capsicum and a generous pinch of salt and cook, stirring occasionally, until softened and browned, about 7 mins

In a large bowl, beat the eggs with the milk, mustard, soy sauce, pepper and generous pinch of salt. Add the cooled vegetable mixture, brioche, ham, cheese and the chopped spring onions and mix well. Scrape the mixture into the prepared baking dish, cover with plastic wrap and refrigerate overnight.

Preheat the oven to 180°. Uncover the casserole and bake for about 50 mins.





SERVES 6

SPICY FESTIVE BRAZIL NUTS

300g raw Brazil nuts

Spice mix: ½ tsp each of ground cumin, paprika, curry powder plus ¼ tsp each of sea salt, garlic powder, ground cayenne pepper, turmeric, ground ginger and cinnamon

2 tbsp olive or peanut oil

Heat oven to 160°C /325°F/Gas Mark 3 and line a small biscuit tray with baking paper.

Combine all the spices in a medium bowl; add oil and mix until smooth.

Put the nuts into the bowl and stir until they are evenly coated.

Spread evenly on the prepared pan in a single layer. Bake nuts for 12-15 mins, stirring at the halfway point. Remove from oven and stir once more before letting cool slightly to serve.

Allow them to cool completely if putting into an airtight container.

TOMATO, BASIL AND BOCCONCINI WREATH

500g cherry tomatoes

2 bunches basil, leaves picked, plus extra leaves to garnish

2-3 x 210g tubs cherry bocconcini well drained

60g basil pesto (store bought is fine)

Thread 1 cherry tomato onto a toothpick. Fold a basil leaf in half and thread onto same toothpick, followed by 1 bocconcini ball. Repeat with remaining cherry tomatoes, basil and bocconcini to make about 50 skewers.

To serve, lay large basil leaves in the shape of a wreath on a large serving platter. Arrange skewers on top of basil leaves and drizzle with the basil pesto. Serve skewers immediately.





SERVES 6

PRAWN & MANGO SALAD WRAPS

12 medium -size baby cos lettuce leaves

50g snow pea sprouts

2 mangoes

400g cooked and peeled prawns

120g Thousand Island dressing

cracked black pepper

Arrange 12 medium-size baby cos lettuce leaves on a platter. Trim 50g tub snow pea sprouts and divide among the cos leaves. Remove the cheeks from 2 mangoes and finely slice, arrange over the sprouts with 400g cooked and peeled prawns. Drizzle over the Thousand Island dressing. Season with cracked black pepper to serve.



SERVES 6

SWEET POTATO FRITTERS

1 garlic bulb
100ml extra virgin olive oil
500g sweet potato peeled grated
1 tsp each ground cumin coriander seeds
and dried chilli flakes
100g almond meal
2 eggs
140g tahini
Juice of 1 lemon plus lemon wedges to
serve
2 chorizo skins removed crumbled
Toasted flaked almonds
baby spinach leaves
micro-radish to serve.

Preheat oven to 200°C. Place garlic on a sheet of foil and drizzle with 20ml oil. Enclose garlic in foil and roast for 1 hour or until very soft. Cool, then squeeze garlic flesh into a bowl, discarding peel. Set aside. Combine sweet potato, spices, almond meal and eggs in a bowl. Season. Heat remaining 80ml oil in a large non-stick frypan. In 2 batches, add 100g sweet potato mixture per fritter to frypan, flattening with a spatula into 10cm rounds. Cook for 2-3 mins each side, turning carefully, until golden, then drain on paper towel. Keep warm. Repeat with remaining mixture (add more oil if necessary).

Place garlic flesh, tahini, lemon and 60ml iced water in a food processor. Whiz until glossy and thick. Season.

Place chorizo in a non-stick frypan. Cook over high heat, stirring, for 8-10 mins until crisp.

Top fritters with chorizo, almonds, baby spinach and micro-radish. Serve with roasted garlic tahini and lemon wedges.



CHRISTMAS BRUNCH PLATTER

SERVES 6

Sliced Turkish bread grilled

HARISSA-SPICED CHICKPEAS

400g can chickpeas rinsed drained

2 tsp olive oil

2 tsp harissa paste

SPANISH BAKED EGGS

2 tsp olive oil

250g chorizo

1/2 red onion finely chopped

2 garlic cloves finely chopped

400g can diced tomatoes

1 tsp smoked paprika

125g can four-bean mix rinsed and
drained

50g baby spinach

4 eggs

HAM-WRAPPED HALOUMI

200g haloumi sliced

100g Serrano ham or prosciutto

For the Harissa-spiced chickpeas, preheat oven to 200°C/180°C fan forced. Grease a baking tray and line with baking paper. Dry chickpeas on paper towel. Place in a large bowl with olive oil, harissa and a good pinch of sea salt. Toss to coat well.

Spread in a single layer on the prepared tray. Roast for 20-25 mins.

For the Spanish baked eggs, heat the oil in a frying pan over medium heat. Finely slice half the chorizo and cook for 5 mins or until golden and crisp.

Transfer to a serving platter.

Finely chop remaining chorizo. Add the onion to the pan and cook for 3-5 mins or until softened. Add the garlic and cook for 1 min. Stir in the tomatoes and smoked paprika and cook for 10-15 mins or until thickened. Stir in beans, spinach and remaining chorizo. Cover and cook for 2 mins or until spinach wilts. Season. Divide the tomato mixture between 2 small ovenproof pans or dishes. Make 2 indents in the mixture in each pan and crack an egg into each indent. Place on a baking tray and cook for 7-10 mins or until the whites are set but the yolk is still runny.

For the ham-wrapped haloumi, wrap ham or prosciutto around the haloumi. Spray a frying pan with oil and cook over medium heat for 1-2 mins each side or until golden.

A close-up photograph of a multi-layered cake, possibly a raspberry almond cake, presented on a white plate. The cake has several layers of golden-brown cake with dark filling. It is garnished with fresh raspberries, sliced almonds, and delicate purple flowers. The background is a soft, out-of-focus white surface.

**PEOPLE WHO
LOVE TO EAT
ARE ALWAYS
THE BEST
PEOPLE**

JULIA CHILD



CARROT AND BEETROOT SALAD WITH ORANGE HARISSA DRESSING

- 1 bunch coloured baby carrots
- 4 small baby beetroots
- 2 medium radishes
- 2 tbsp olive oil
- 1 1/2 tbsp lemon juice
- 1 1/2 tbsp orange juice
- 1 1/2 tsp harissa paste or to taste
- 1/4 tsp paprika
- 1 tbsp orange rind strips
- 5g small mint leaves
- 5g small flat-leaf parsley leaves

SERVES 6

Cut the carrots into thin ribbons using a mandoline or peeler. Cut beetroot and radish into thin rounds.

Whisk olive oil, juices, harissa and paprika in a bowl to make dressing.

Arrange the carrots, beetroot and radish on a serving platter. Drizzle with the dressing, then scatter with orange rind, mint and parsley. Serve.