TOP READER-15 FAVORITE RECIPES

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VEGAN MUSHROOM WELLINGTON

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Juicy mushrooms take center stage in this vegan mushroom wellington – a fun spin on the classic beef wellington.

SERVINGS: 4

INGREDIENTS

4 large portabello mushrooms stalks, trimmed and cleaned 3 large onions, peeled and chopped 3 tbsp, olive oil 300 g baby spinach (10 1/2 oz) 4 sprigs of thyme leaves 1 vegan puff pastry 1 tbs Dijon mustard salt and pepper, to taste

VEGAN EGG WASH

1 tbsp aquafaba (chickpea water) 1 tbsp almond milk 1 tsp neutral flavored oil 1/2 tsp maple syrup or brown rice syrup

DIRECTIONS

01. Place a large frying pan over a low to medium-low heat. Add the 1/2 tbs of olive oil followed by onion and reduce heat to low. Season with salt and pepper and cook, stirring occasionally, for 15 to 20 minutes, until the onions are golden brown. Keep an eye on the onions to make sure they don't catch.

02. Remove the onions from the pan and return the pan to the heat. Add the baby spinach and cook until wilted. Remove from the baby spinach from the pan and leave to cool.

03. Increase the heat to medium/high and return the pan to the heat. Add the remaining olive oil and place the mushrooms, top side down. Cook until lightly golden (about 5 minutes) before turning over and cooking for a further 5 minutes or until golden. Remove from the heat, and drain on paper towel top side up as they will release a lot of liquid as they cool. Transfer the onions, spinach and mushrooms to the refrigerator and cool completely.

04. Preheat the oven to 200 degrees Celsius (390 Fahrenheit). Place a sheet of baking paper on the baking tray and then place the puff pastry sheet on top. Spread half the caramelised onions over the middle third of the pastry, making sure to leave an extra 2cm (3/4 inch) border at the edge of the pastry. Top with half of the baby spinach. Spread the dijon mustard over the mushrooms and season well with salt and pepper. Place the mushrooms on top of the spinach. Top the mushrooms with thyme and the remaining baby spinach and onions.

VEGAN MUSHROOM WELLINGTON

SERVINGS: 4

PRO TIP

The mushroom wellington is best eaten as soon as it comes out of the oven as the pastry will start to soften as the mushrooms release their juices as they cool.

DIRECTIONS

05. Very carefully roll the pastry over the top of the mushroom mixture until you have a log. Press down to seal the edges. Roll over the log so that the seam is facing the bottom.

06. To make the vegan egg wash whisk all of the ingredients together in a bowl. Very lightly coat with the vegan egg wash. Place the pastry in the freezer for 10 minutes before repeating with another layer of vegan egg wash and freezing the pastry for a further 10 minutes.

07. Place the pastry back on the baking sheet and tray and place in the oven for 30 to 35 minutes, or until golden and flakey.

MUSHROOM, LEMON AND LENTIL SALAD {VEGAN}

MUSHROOM, LEMON AND LENTIL SALAD {VEGAN}

This hearty Vegan Lentil Salad is a nutritional powerhouse packed with French lentils, mushrooms, and lemon. And it comes together fast with just a handful of ingredients which you probably already have in your pantry!

SERVINGS: 2

INGREDIENTS

1/2 cup French Green Lentils 2 cups vegetable stock or water 4 cups mix of button and swiss brown mushrooms, sliced (300g or 10 1/2 oz) 2 tsp olive oil 1/2 shallot or small onion, finely chopped 2 cloves of garlic, finely chopped 1/4 tsp chili flakes, or more to taste 1 1/2 tbsp lemon juice 3 tsp extra virgin olive oil sea salt and pepper, to taste 2 tbsp flat leaf parsley, roughly chopped 1/2 cup rocket (arugula)

PRO TIP

Don't slice the mushrooms too thinly. You want them to have a bit of substance and also you don't want them to dry out when they are cooked over a high heat.

DIRECTIONS

01. Begin by cooking the lentils. Place the lentils and vegetable stock in a saucepan and bring to a boil before reducing to a simmer. Simmer for 25 minutes or until the lentils are tender. Drain and set aside to cool.

02. Place a large]frying pan over a high heat. When the pan has come to heat (don't add oil) add 1/3 of the mushrooms. Leave for 2 minutes before then give the pan a shake to flip them over. The mushrooms should be lightly golden. Cook for a further minute before removing from the pan and repeating with the remaining mushrooms.

03. Reduce the heat to medium low and add 2 tsp of olive oil or vegan butter and add the shallot or onion. Cook until slightly golden on the edges and return the mushrooms to the pan and add the garlic and chilli flakes and cook for 2 minutes, or until the garlic is fragrant, but not browned as it will taste bitter. Set aside to cool.

04. Toss the lentils, mushroom and garlic together along with the lemon juice and the extra virgin olive oil. Season to taste and add the parsley and rocket just as you're serving.

MUSHROOMANDCAULIFLOWERVEGANSHEPHERDSPIELOW CARB

MUSHROOM AND CAULIFLOWER VEGAN SHEPHERDS PIE {LOW CARB}

The British classic gets a vegetarian makeover with mushrooms and cauliflower. The result is a delicious low carb vegetarian shepherd's pie recipe that the whole family will love!

SERVINGS: 4

INGREDIENTS

 $650 \,\mathrm{g}\,\mathrm{cauliflower}\,(1\,1/2$ pounds) 2 tbsp olive oil 1 onion diced 2 medium sized carrots, peeled and diced 1 celery stalk, diced 3 cloves garlic, chopped 10 g dried wild mushrooms, reconstituted in 2 1/2 tbs boiling water (1/3 oz)500 g mushrooms, diced (1 pound) 1 tbsp thyme leaves roughly chopped 1 tbsp tomato paste 1/4 cup red wine 1 cup vegetable stock salt and pepper, to taste 2 tbsp olive oil 3 tbsp nutritional yeast 1 tbsp Dijon mustard 1 tsp salt 2 tsp thyme leaves 1 pinch ground nutmeg

PRO TIP

Nutritional Yeast (sometimes called savoury yeast flakes) is available in health food stores. Make sure you purchase nutritional yeast and NOT brewers yeast as they are very different things.

DIRECTIONS

01. Preheat the oven to 200 celsius (400 fahrenheit).

02. Chop the cauliflower into roughly equal sized pieces and add to a large saucepan. Cover with water and bring to a boil. Season with salt and cook the cauliflower until tender. Drain.

03. Place a large frying pan over a medium heat. Add the olive oil, onion, carrots and celery. Cook until slightly golden and caramelised. Add the mushrooms in 6 parts, making sure each batch is cooked before adding the next.

04. Remove the wild mushrooms from the boiling water, reserving the water, and roughly chop. Add to the mushrooms along with the tomato paste. Increase the heat to medium-high and add the red wine. Cook until the red wine has almost evaporated before adding the mushroom soaking liquid and vegetable stock. Reduce the heat to low and simmer for 5 to 10 minutes or until roughly half of the liquid has been absorbed. Remove from the heat.

05. Place the cauliflower in a food processor or high powered blender along with 2 tbs olive oil, the nutritional yeast, mustard, salt and thyme leaves. Blend until smooth and taste. Adjust seasonings as required and add the nutmeg and blend for a further minute.

06. Divide the mushrooms between 4 large ramekins and top with the cauliflower mash. Bake for 20 minutes or until lightly golden.

VEGAN ONE POT CREAMY MUSHROOM PASTA

VEGAN ONE POT CREAMY MUSHROOM PASTA

All you need is 15 minutes and a handful of simple ingredients to make this super easy Vegan One Pot Creamy Mushroom Pasta!

SERVINGS: 4 PREP TIME: 5 MINUTES COOK TIME: 15 MINUTES

INGREDIENTS

DIRECTIONS

01. Place a large lidded frying pan over a medium high heat. The pan should be wide enough to fit your spaghetti, without breaking it.

02. Add the oil to the pan and fry the mushrooms until lightly golden. This should take 5-6 minutes. You might need to do this in two batches depending on the size of your pan.

Once the mushrooms are cooked – add the shallots, garlic and herbs.

Cook until the shallots are translucent and the garlic is fragrant, 1-2 minutes, taking care to stir the pan so that the garlic doesn't burn.

03. Add the vegetable broth (or water). Add the spaghetti, 2 cups of the dairy-free milk (reserving half a cup), salt, nutritional yeast and miso.

Cover the pan and bring it to a boil. Remove the lid, reduce to a simmer and cook for 8 to 10 minutes or until the pasta is cooked, stirring every minute or so to make sure the pasta doesn't clump together.

04. When the pasta is cooked, remove the pan from the heat, and add the reserved half cup of milk and stir it through. Serve immediately.

2 tbsp olive oil 14 oz mushrooms, washed and sliced (400g) 2 shallots, peeled and diced 4 garlic cloves, peeled and minced 2 tsp rosemary or thyme, finely chopped 3 1/3 cups vegetable stock or boiling water 12 oz spaghetti (350g) 2 1/2 cups dairy free milk, such as cashew milk 2 tsp salt 2 tbsp nutritional yeast 2 tsp white miso

PRO TIPS

I like to use a mix of button mushrooms and baby portabella mushrooms. You can use any variety you prefer!

Whole milk can be used if you are not looking to make a dairy-free recipe.

If using water rather than broth, you may wish to add a bit of additional salt and pepper.

VEGAN MUSHROOM BOLOGNESE

VEGAN MUSHROOM BOLOGNESE

My vegan mushroom bolognese is a fun spin on the Italian classic. Mushrooms are used for a rich and delicious vegan bolognese that is sure to please the whole family!

SERVINGS: 4

INGREDIENTS

2 tbs olive oil 1 onion diced 2 medium sized carrots peeled and diced 1 celery stalk diced 3 cloves of garlic chopped 1 tbs thyme leaves roughly chopped 10 g (1/3 oz) dried wildmushrooms reconstituted in 2½ tbs boiling water 500 g mushrooms diced, 1 pound 1 tbs tomato paste 1 cup red wine shiraz and pinot noir work well here 2 tbs soy sauce, glutenfree variety if needed 400 g (14 oz) can of chopped Italian tomatoes

salt and pepper to taste

400 g (14 oz) dried

spaghetti

DIRECTIONS

01. Place a large frying pan over a medium heat and add the olive oil. Add the onion, carrots and celery, season with salt and cook until slightly golden and caramelised.

02. Next, add the mushrooms. I like to do this in 4 batches, so they all get a chance to cook properly. Once each batch is cooked add more, until all of the mushrooms are cooked. Add the garlic and thyme, and cook for 2 to 3 minutes, or until the garlic is cooked.

03. Now remove the wild mushrooms from the boiling water, reserving the soaking water, and roughly chop the wild mushrooms. Add to the wild mushrooms along with the tomato paste to the pan and increase the heat to medium-high. Add the red wine, mushroom soaking liquid and soy sauce. Cook until the wine has almost evaporated before adding the tinned tomatoes and season with salt.

04. Move the frying pan to your smallest burner, cover and reduce the heat to low and simmer for 30 minutes to 1 hour (depending on your patience although the longer it cooks the better the flavour, check and stir occasionally to make sure it isn't catching), or until the sauce is thick and rich. Check and adjust the seasonings as necessary and remove from the heat.

05. Just before the sauce is ready, bring a large saucepan of water to a boil. Season generously with salt, and add the spaghetti and cook according to the packet directions. Drain, reserving 1/4 cup of the pasta cooking water and return to the saucepan and top with the mushroom bolognese and cooking water. Toss to combine and divide between 4 bowls to serve. Top with grated parmesan or nutritional yeast if you are vegan.

THAI PUMPKIN SOUP WITH COCONUT MILK {VEGAN}

THAI PUMPKIN SOUP WITH COCONUT MILK {VEGAN}

Thai Pumpkin Soup with coconut milk is the ultimate winter warmer. Serve this fragrant soup with a swirl of coconut milk and fresh cilantro for a fantastic spiced vegan pumpkin soup.

SERVINGS: 6

INGREDIENTS

1 tbs Olive Oil 1 onion, coarsely chopped 2 cloves garlic, grated 1.5 kg (3 pounds) butternut pumpkin, peeled and chopped 1 lemongrass, stalk finely chopped or grated 1 tbsp fresh ginger grated 1 bunch cilantro 1 liter vegetable stock (4 cups) 400 ml coconut milk (13.5 oz)

DIRECTIONS

01. Remove the roots and stalky ends from the cilantro. Wash the leaves and dry in a salad spinner or paper towel before roughly chopping. Wash the roots and stalks well to remove any dirt clinging to the roots. Shake off any water and finely chop.

02.Heat the oil in a large saucepan over medium-high heat before adding the onion and garlic. Cook until the onion becomes translucent.

03. Add the ginger, lemongrass and cilantro roots and stalks. Cook until the stalks become soft before adding the pumpkin.

04. Toss the pumpkin in the oil and cook for 5 minutes. Add the vegetable stock and bring to a boil before reducing the heat to lower. Cook for 30 minutes or until the pumpkin is tender. Remove from heat and allow to cool slightly.

05. Pour the soup into a blender and blend until smooth. Add most of the chopped cilantro leaves reserving some to garnish the soup. Blend until the soup is speckled with flecks of green.

06.Return to a clean saucepan and add the coconut milk. I like to only add half the milk, reserving the rest for garnish. Serve with shaved coconut, the remaining cilantro leaves and chilli.

MUSHROOM& CARAMELIZED ONION POLENTA BITES

MUSHROOM & CARAMELISED ONION POLENTA BITES

Looking for a fantastic make-ahead vegetarian canape for your next dinner party? Look no further than my Mushroom and Caramelised Onion Polenta Bites.

SERVINGS: 12

INGREDIENTS

POLENTA:

2 cups of vegetable stock 1/2 cup of instant polenta 1/3 cup of grated parmesan 1 tbsp butter 1 tsp salt

CARAMELISED ONIONS:

2 large onions, peeled and chopped 1 tbsp balsamic vinegar 1 tbsp brown sugar 2 tsp olive oil salt

THYME MUSHROOMS:

400 g mushrooms, cleaned and chopped 1 tsp fresh thyme leaves 3 tbsp rose or ed wine 2 tsp olive oil 1 clove garlic, minced salt, to taste

PRO TIP

To make the Mushroom and Caramelised Onion Polenta Bites vegan omit the parmesan cheese and substitute the butter for olive oil or vegan margarine.

If you would like to make the canapés gluten free dust the polenta squares in uncooked polenta instead of flour.

DIRECTIONS

01. Start by making the polenta. Grease a baking tray (I used a 30cm x 20cm tray) and set aside. Then in a medium saucepan bring the vegetable stock and butter to the boil. Gradually whisk in the polenta and reduce the heat to medium low. Continue whisking the polenta until it becomes thick and creamy, around 10 minutes. Remove from the heat and whisk in the parmesan. Pour the polenta into the prepared tray and cover and set aside for 15 to 20 minutes to set.

02. To make the caramelised onions, heat a large frying pan over a medium low heat and add the olive oil before adding the onions and reduce the heat to low. Cook for 10 minutes before adding the balsamic and brown sugar. Cook for a further 10 minutes until caramelised. Set aside.

03. For the mushrooms, heat a large frying pan over a medium heat and add the olive oil. Add the mushrooms and season with salt and pepper. Cook for 10 minutes before adding the garlic and cook for 2 minutes before adding the rose or red wine and thyme leaves. Simmer for a further 10 minutes, or until the wine has all but evaporated. Set aside.

04. Cut the polenta into bite size squares and coat in flour or uncooked polenta (the polenta will provide extra crunch). Heat a large frying pan over a medium heat and add oil. Once the pan has come to heat add the polenta squares and fry for 2 to 3 minutes on each side or until golden. Drain on paper towel.

05. To assemble the Mushroom Polenta Bites top the polenta squares with a small amount of caramelised onion (too much will overpower the mushrooms) and top with the mushroom mixture.

VEGAN PHO IN 30 MINUTES {VEGETARIAN, VEGAN, GLUTEN-FREE}

VEGAN PHO IN 30 MINUTES {VEGETARIAN, VEGAN, GLUTEN-FREE}

This incredible vegan pho recipe puts a new twist on the classic Vietnamese noodle soup. It's bursting with flavor, and simple to prepare in just 30 minutes. Plus, it's 100% vegan, vegetarian, and gluten-free!

SERVINGS: 4

INGREDIENTS

BROTH:

4 spring onions 1 cinnamon stick, broken into pieces 3 star anise 1 tbsp peppercorns 1 tsp cloves 8 cups vegetable stock 2 liters 1/4 cup cilantro stems, roughly chopped 2 tbsp fresh ginger, peeled and diced 3 cloves garlic, peeled and crushed 2 oz dried shiitake mushrooms

ADD INS:

7 oz rice noodles, or vermicelli 3 bok choy quartered lengthwise 4 oz mushrooms, mix of enoki and oyster, or substitute shiitake 2/3 cup shelled edamame 10 snow peas, thinly sliced lengthways

TO SERVE:

lime wedges 1/2 cup fresh cilantro, chopped 1/2 cup fresh mint leaves, chopped red chili peppers, sliced soy sauce, gluten-free if needed

DIRECTIONS

01. If you have a gas cooktop turn on the burner you intend to use for the soup and place the spring onions over the flame. Cook until the spring onions are lightly charred. If you don't have a gas burner cooktop you can skip this step, however I find it adds a lovely subtle charred flavour to the stock.

02. Now place a large saucepan over a low heat. Add the star anise, cinnamon stick, peppercorns, and cloves and toast until fragrant. This should take about 30 seconds or so.

03. Add the vegetable stock, spring onion, garlic, ginger, coriander (cilantro) roots and the dried shiitake mushrooms. Bring to a boil and reduce to a simmer. Cover and simmer for 20 minutes. Strain the stock through a fine mesh sieve into a large bowl and return to the saucepan and place over the heat.

04. Add the bok choy and cook for 4 minutes. If using a mix of flat rice noodles and vermicelli add the rice noodles first, wait about 1 minute and add the vermicelli.

05. Add the oyster and enoki mushrooms, edamame, and snow peas just before serving. Stir into hot soup and remove from heat.

06. Use tongs to divide the noodles between serving bowls and then ladle in the stock.

07. Serve with the lime wedges, cilantro mint, chili peppers, and soy sauce.

GRILLED EGGPLANT TAHINI SATAY KEBABS {VEGAN, GLUTEN FREE & NUT FREE}

GRILLED EGGPLANT TAHINI SATAY KEBABS {VEGAN, GLUTEN FREE & NUT FREE}

These Grilled Eggplant Kebabs are grilled until soft and lightly caramelised in a tahini satay marinade. A fun twist on the traditional satay recipes that is vegan, nut free & gluten free.

SERVINGS: 8

INGREDIENTS

1/4 cup tahini
1/3 cup coconut milk
1 tbsp kecap manis
2 tsp soy sauce, glutenfree variety if needed
juice of 1/2 a lime
2 tsp grated ginger
2 tsp sesame oil
1/4 cup cilantro, finely
chopped
2 tsp shallot, finely
chopped
1 large eggplant

PRO TIP

Kecap manis is a sweet Indonesian soy sauce. If you don't have kecap manis replace with 1 tbsp regular soy sauce and 1 tsp maple syrup or brown rice syrup.

DIRECTIONS

01. Place all of the ingredients except the eggplant in a large bowl and whisk to combine.

02. Cut the eggplant into 2 1/2 cm (1 inch) cubes) and add the the marinade. Toss to combine and leave for 30 minutes to marinate. Meanwhile soak 8 skewers in water.

03. Preheat your barbecue to a medium low heat otherwise place a grill pan over a medium low heat on the stove. Thread the eggplant onto the skewers and tap to remove excess marinade.

04. Brush the barbecue with a little oil and grill for 5 to 7 minutes each side. If you are using a barbecue with a lid (such as the Barbeques Galore Ziegler & Brown brand of BBQs) close the lid to help the grilled eggplant cook all the way through. If you're going the stovetop route, cover your pan with a large lid.

05. Remove the kebabs from the grill and brush with a little marinade and serve with remaining marinade and a crunchy salad.



Moroccan Chickpea Salad

MOROCCAN CHICKPEA SALAD

MOROCCAN CHICKPEA SALAD

A simple ,delicious and easy Moroccan Chickpea Salad recipe with an exotic blend of spices, topped with yoghurt, pistachios & pomegranate molasses.

SERVINGS: 8

INGREDIENTS

2 - 400g cans chickpeas, rinsed and drained 1 red onion, diced 2 cloves garlic, minced 1/2 cup dried cranberries, chopped finely chopped 1 lemon, juice only 1/2 cup olive oil 2 tbsp soy sauce, gluten-free variety if needed 1 tbsp ground cumin 1 tbsp smoked paprika 1 tbsp ground cinnamon 2 cups baby spinach leaves 1/4 cup parsley finely chopped 1/2 cup Greek yogurt, or coconut yogurt for vegan version 1/3 cup pistachios, roughly

chopped

Pomegranate Molasses, to serve

PRO TIP

Make it vegan by using a vegan yoghurt.

DIRECTIONS

01. Place the chickpeas in a bowl add the onions, garlic, cranberries, preserved lemon, spices, olive oil, lemon juice and soy sauce in a large bowl. Toss to combine and leave to marinate for at least an hour.

chopped 1 preserved lemon rind only, finally chopped

SLOW ROASTED TOMATOES WITH AVOCADO & FETA

SLOW ROASTED TOMATOES WITH AVOCADO & FETA

Start your day off in the best way possible with this delicious and healthy breakfast.

SERVINGS: 2

INGREDIENTS

4 roma tomatoes 2 cloves of garlic, skin on 4 sprigs of thyme 2 tsp olive oil pinch of sea salt 4 slices sourdough bread 1-2 ripe avocados, halved and thinly sliced 1/3 cup feta cheese, crumbled extra virgin olive oil

DIRECTIONS

01. Preheat the oven to 120 celsius (250 Fahrenheit) and line a roasting tray with baking paper.

02. Halve the tomatoes and place in a bowl with the olive oil, garlic, thyme and salt and toss to combine. Place in the roasting tray, cut side facing up, and roast for 1 and a half hours, or until shrivelled and juicy.

03. Toast the bread and squeeze the garlic out of the skins and spread on the warm toast. Top with the avocado slices, tomatoes and feta. Finish with a drizzle of olive oil.

PRO TIP

The tomatoes can be roasted in large batches in advance and stored in a sealed container in the refrigerator for up to a week. Reheat gently before serving in a microwave or under a grill.

PEACH AND BLUEBERRY BREAKFAST PIZZA

PEACH AND BLUEBERRY BREAKFAST PIZZA

Looking for a decadent weekend breakfast treat? Then this peach and blueberry breakfast pizza recipe might just fit the bill.

SERVINGS: 4

INGREDIENTS

1 tsp dried yeast 2 tsp warm milk 1/2 tsp vanilla bean paste 95 g plain flour, plus extra for dusting 3/4 cup + 1 tbsp caster sugar (superfine sugar) 1 egg 60 g room temperature butter, chopped into small pieces (half a stick) 2 peaches, peeled stone removed and thinly sliced 1/4 cup blueberries 1 extra egg beaten, for the egg wash 1 tbsp sugar icing sugar (powdered sugar), to serve

PRO TIP

Don't have peaches and blueberries? Top with your favourite fruit. Some combinations to try: apple and raspberries, strawberries, pear and slivered almonds, mixed berries.

DIRECTIONS

01. Place the yeast, vanilla paste and milk in a small bowl or cup and stir to dissolve yeast. Leave for 5 minutes or until foamy. Place the flour, sugar, eggs, yeast mixture and 1/4 tsp fine sea salt in the bowl of an stand mixer fitted with a paddle attachment and mix until the dough comes together. Switch the paddle attachment for a dough hook and knead for 10 minutes or until smooth and elastic. Gradually add the butter, allowing piece of butter to become fully incorporated before adding the next. When all of the butter has been added knead until dough is smooth and glossy, roughly 3 or 4 minutes. Cover dough with a tea towel and leave in a warm place for 1 1/2 to 2 hours or until doubled in size.

02. Knock back the dough and place on a tray covered with baking paper that has been lightly floured. Stretch and smooth the dough out to form a rough circle. Lightly cover with a tea towel and leave an hour our until doubled in size.

03. While the dough is rising preheat the oven to 220 celsius (425 Fahrenheit). When the brioche is ready to be baked top with the peach slices and blueberries in whatever pattern you desire. Brush the edges of the brioche with the egg wash and finally sprinkle with sugar. Bake for 15 to 20 minutes or until golden. Serve warm, dusted with icing sugar and a dollop of Greek yoghurt or mascarpone flecked with vanilla seeds.

Chocolate Macarons

CHOCOLATE MACARONS WITH DARK CHOCOLATE GANACHE

CHOCOLATE MACARONS WITH DARK CHOCOLATE GANACHE

Macarons are the ultimate in decadence and here I've paired chocolate macarons with a smooth and creamy salted dark chocolate ganache.

SERVINGS: 40

INGREDIENTS

FOR THE CHOCOLATE MACARONS:

115 g (4 oz) almond meal (also called ground almonds or almond flour) 230 g (1 3/4 cups) icing sugar (also called powdered sugar) 15 g (2 tbsp) cocoa powder 144 g (5 oz) egg whites 72 g (1/3 cup) caster sugar (also called superfine sugar)

FOR THE DARK CHOCOLATE GANACHE:

130 g dark chocolate (41/2 oz)130 mls cream (1/2 cup)pinch of sea salt

PRO TIP

Measurements provided in brackets are approximate. For best results, I STRONGLY urge you to invest in kitchen scales and weigh your ingredients.

DIRECTIONS

01. Line two baking trays with parchment paper. Keep a third tray aside as you are going to pop each lined baking tray into the third tray when you bake the macarons.

02. Prepare a piping bag with a round tip and place inside a tall drinking glass and roll the edges over the drinking glass so it's ready to fill with your macaron mixture.

03. Place the almonds, icing sugar and cocoa in a food processor, and pulse to combine. Do this around 10 times, or until all the ingredients are mixed well together. Sift in a fine mesh sieve, twice.

04. Place the egg whites and caster sugar in the bowl of a stand mixer fitted with a whisk attachment and whisk for 2 minutes at a low speed (KitchenAid speed four). Increase to a medium speed for 2 minutes (KitchenAid six) followed by a high speed (KitchenAid eight) for 2 minutes. The whisked egg whites should form a clump in the middle of the whisk. Remove the egg whites from the whisk and detach the bowl from the mixer before adding the almonds, icing sugar and cocoa.

05. Fold the dry ingredients into the whisked egg whites, pressing against the side of the bowl. The goal here is to incorporate the dry ingredients, but also to deflate the egg whites. This should take about 40 strokes. The mixture is ready to pipe when it flows in ribbons off the spatula, like lava.

06. Fill the prepared piping bag with half the mixture, sealing the open end with a twist.

07. Pipe four dots of the mixture in the corners of the tray, under the baking paper, to secure the baking paper to the tray to prevent sliding.

CHOCOLATE MACARONS WITH DARK CHOCOLATE GANACHE

Macarons are the ultimate in decadence and here I've paired chocolate macarons with a smooth and creamy salted dark chocolate ganache.

SERVINGS: 40

DIRECTIONS

08. To pipe the macarons, hold the piping tip at an angle to the baking tray and pipe circles about 3cm in diameter.

09. Grab the sides of the baking tray and tap it on a hard surface (such as your kitchen bench) 3 to 4 times to remove air bubbles. Refill the piping bag and pipe and tap the second tray of macarons.

10. Rest the macarons for 30 minutes before baking, or until the macarons are not sticky or tacky to touch. While the macarons are resting preheat the oven to 150 celsius (300 Fahrenheit).

11. Place a piped tray inside the empty baking tray and bake in the middle rack of the oven for 16 minutes, rotating the tray at the 8 minute mark. Remove from oven and cool on the tray for a few minutes before removing the baking paper from the tray and allowing the macarons to cool for 30 minutes on a cool surface before placing onto a cooling rack.

12. While the macarons are cooling make the ganache. Place the cream in a small saucepan and bring to a boil over a medium heat. Remove from the heat and add the chocolate and leave to sit for a minute. Add the sea salt and whisk to combine. Leave to cool at room temperature until the ganache is a spreadable consistency and not too runny.

13. Once completely cooled fill with chocolate ganache and refrigerate, covered, for 24 hours to allow the flavours to fully develop.

GLUTEN FREE CARROTCAKE

GLUTEN FREE CARROT CAKE

The best Gluten Free Carrot Cake recipe ever. Only one bowl is needed for this easy gluten free carrot cake recipe that is SO good that you will make it again and again.

SERVINGS: 12 PREP TIME: 15 MINUTES BAKE TIME: 25 MINUTES

INGREDIENTS

DIRECTIONS

CARROT CAKE:

350 g carrots peeled and tops removed, 3/4 lb or 12 oz 1/2 cup pecans 5 large eggs 1 tsp heaped baking powder 1/2 tsp bicarbonate of soda (baking soda) 250 g almond meal 9 oz ground almonds 220 g brown sugar (8 oz) 1 tsp ground cinnamon 1/4 tsp ground nutmeg 1 tsp of ground ginger

CREAM CHEESE FROSTING:

250 g cream cheese at room temperature, 1/2 lb or 9 oz 50 g butter at room temperature, 1¾ oz 100 g of icing sugar sifted, 3.5 oz zest and juice of half a lemon or to taste **01.** Grease two 20 cm (8-Inch) nonstick springform cake tines and preheat the oven to 180 Celsius (350 Fahrenheit).

02. Grate the carrots using a food processor and remove the grated carrots from the bowl and set aside. Remove the grater attachment from the food processor and switch to the chopping attachment and add the pecans and pulse until roughly chopped. Set aside with the carrots.

03. Add the remaining cake ingredients (except the carrots and pecans) and process to combine. Finally, add the carrot and pecans and pulse to combine with the cake batter.

04. Divide the batter between the prepared springform pans and bake for 15 to 25 minutes. Remove from the oven and let the cake cool completely in the tin before removing.

05. To make the frosting combine the butter and cream cheese in the bowl of an electric mixer fitted with a paddle attachment and beat until smooth and creamy. Add the icing sugar and lemon juice and zest and beat for another 5 minutes, or until pale and fluffy.

06. Spread the frosting between the cake layers and over the top of the cooled cake.

Pear, Chocolate

Cardamom Cake

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PEAR, CHOCOLATE & CARDAMOM CAKE

PEAR, CHOCOLATE & CARDAMOM CAKE

This delicious cake is packed with flavor from layers of pears, cardamom, and dark chocolate. Yum.

SERVINGS: 12

INGREDIENTS

315 g salted butter at room temperature, 11 oz 315 g brown sugar 1 1/2 cups 5 eggs lightly beaten 315 g ground almonds 11 ΟZ 50 g gluten free flour or plain flour 1/2 cup 1 tbsp ground cardamom 2 ripe pears peeled and sliced (or chopped if you prefer) 100 g dark chocolate roughly chopped, 3 1/2 oz, 70% cocoa caster sugar for dusting

DIRECTIONS

01. Preheat the oven to 160 celsius (320 Fahrenheit) and line the base and sides of a 23cm springform cake tin with baking paper.

02. Place the butter and sugar in the bowl of an electric mixer and beat until pale and creamy. Switch the mixer to low and gradually add the beaten eggs followed by the ground almonds, flour and cardamom. Mix until combined.

03. Place half the cake mixture into the prepared tin and cover with half the pear and chopped chocolate. Cover with the remaining cake mixture and place in the oven for 20 minutes. Carefully remove the cake and push the remaining pieces of chocolate into the top of the cake and top with the remaining pear in whatever pattern you prefer. Sprinkle the pear with caster sugar and return to the oven to bake for a further 40 minutes, or until the cake is cooked and the centre of the cake springs back when lightly touched. Remove the cake from the tin and cool for at least 20 minutes before serving. Serve at room temperature or slightly warm with a dollop of cream.