

Cornbread Muffin Cups

2 cups coarse cornmeal (available in New Zealand as maize flour or maize meal)

2 cups flour (use gluten-free as required)

1/4 cup caster sugar

1 1/2 tablespoons baking powder

1 teaspoon salt

2 eggs

2 and 3/4 cups milk

1/2 cup sour cream

1/4 cup vegetable oil

1 1/2 cups cheddar (tasty) cheese, grated

Fine diced fresh chilli to taste (optional)



Preheat oven to 200C (400F) degrees, making sure its well warmed up.

Grease a standard size muffin/cupcake tray.



Hot sauce match – Smoky Dragon Chipotle

Mix dry and wet ingredients in 2 separate bowls. Pour the dry over the wet and combine the ingredients gently taking care not to overmix, the batter should be a little lumpy.

Pour into the muffin tray compartments, filling each to $\frac{3}{4}$ full.

Bake for 10-12 minutes until firm to the touch and lightly browned.

Let muffins cool completely and using a teaspoon or a small knife cut or scoop out the middle of the muffin, making a deep well for your filling.

Add your choice of warmed filling, leftover pulled pork is perfect. Top with a poached egg, garnish with diced chilli if using and serve.

Hot sauce match Smoky Dragon Chipotle

Bourbon Chocolate Mousse

Ingredients



200g 70% cocoa bittersweet or semisweet chocolate, chopped
4 tablespoons unsalted butter

3 large eggs, separated

1/4 cup super fine sugar (Caster sugar is fine)

1 1/4 cups cold whipped (heavy) cream

1/4 cup Bourbon

Small chocolate shavings or chocolate nibs, for garnish

Method

In the top of a double boiler or in a bowl set over a pot of hot water, melt the chocolate and butter, stirring. Remove from the heat and beat with a heavy wooden spoon until smooth. Return to the heat and 1 at a time, add the yolks, beating well after the addition of each. Remove from the heat and transfer to a large bowl.

In a clean bowl, beat the egg whites until soft peaks start to form. Add 2 tablespoons of the sugar and beat until stiff.

In a third bowl, beat the cream until it becomes frothy. Add the remaining 2 tablespoons sugar and the Batch10 Bourbon and continue beating until it holds soft peaks.

Fold the egg whites into the chocolate mixture until no white specks appear. Gradually fold in the whipped cream, reserving about 1/2 cup for garnish.

Transfer to a large decorative silver or cups for individual serves and refrigerate until well chilled.

[Sweet Potato Rosti](#)

This recipe is easy to scale and is a wonderful starter or brunch with the addition of a seasonal fresh salad of choice.



Serves 1

Ingredients

500g (1.1lb) sweet potatoes, peeled, grated and dried

2 tablespoons olive oil

1 small onion, finely chopped

1 clove garlic, finely chopped

1 tsp fresh chopped thyme or $\frac{1}{2}$ tsp cumin

175g feta like cheese, crumbled. I like goat cheese for its sharpness

2 eggs, beaten

Method

Preheat the oven to 220 C (440 F). Line a baking tray with parchment.

Grate the sweet potatoes, place in a clean cloth and squeeze out the excess liquid, transfer to a large bowl.

Heat the olive oil in a frying pan over medium heat, cook the onion and garlic in the hot oil until soft and transfer to the bowl with the drained sweet potato.

Add the egg, about 2/3 of the cheese and all the thyme and mix

well. Divide the mixture into 3-4 even portions and shape into balls with your hands and then flatten them to about 1cm (1/2 in) thickness. Arrange the patties onto the baking tray.

Roast in the preheated oven until golden brown, about 25 minutes turning once after 20 minutes. When turning sprinkle the remaining cheese over the patties and return to oven to melt the cheese, about 5 minutes more.

Making A Stack

Its all about choice as to what you add between the rosti's. I love to add a soft poached egg on top and sour cream and beetroot relish between the layers.

You can add cooked bacon, salmon slices, avocado slices, thin sliced cooked eggplant.

Egg Poached In Sparkling Water

While visiting AquaSplash In Putaruru where they bottle water from The Te Waihou River I was told that when the water is carbonated to give it a sparkle the ph drops to 4.5 from 7. At the time we were chatting about poaching eggs.



When poaching eggs I add 1tsp white vinegar to lower the ph to

about 4 so the egg whites (protein) set and hold their shape.

Today I poached an egg to perfection at Te Waihou Bistro in Te Waihou Reserve Sparkling Water from AquaSplash without adding any vinegar.

I have googled poaching eggs in sparkling water and have found no reference at all. Maybe a world first. This method will be on the Bistro Brunce menu starting December 13th.



Recipes to come

[Fresh Gluten-free Pasta](#)

I love pasta and this meets my needs for a gluten-free option that I can have whenever I want.



Ingredients

1/3 cup white cornflour

1/3 cup tapioca flour or potato flour

1/3 cup buckwheat flour or millet flour

1 tsp xanthan gum

1 tsp fine sea salt

2 whole eggs

1 tbsp olive oil

1–2 tbsp filtered water, if needed

Sift the flours, xanthan gum and salt into a food processor, and process until well combined.

Combine eggs and oil in a bowl and slowly pour into the food processor, holding back some of the liquid until you can check the consistency of the dough (it is easier to add more liquid than to add the right quantity and mix of flours). Pulse gently until the mixture resembles breadcrumbs, adding water if needed.

Turn dough onto a lightly floured bench (white rice flour works well) and knead gently until dough is smooth and elastic. You don't have to knead too much as you are finishing the dough off rather than having to work the gluten.

Cut the dough into rectangular mounds for easy handling. If you are using a pasta machine, make the mounds a little narrower than the width of your pasta roller so they will be easy to put through the machine. Cover each mound with plastic wrap and allow it to rest at room temperature for at least 20 minutes.

Take each mound and roll out thinly with a rolling pin (about 2–3mm, depending on the shape you wish to make). Form dough into the required shape or feed through your pasta machine. Make sure you keep flouring your bench top and roller so the pasta does not stick and glue together.

Cook pasta in salted boiling water. Fresh pasta requires a lot less cooking time than dried pasta. The cooking time will depend on the shape you have chosen and how thin your pasta is – usually about 2–3 minutes.

Lamb-pork Patties Topped with Poached Egg

Ingredients



400g lamb, beef or pork mince, or a mix of your choice
2 slices streaky bacon, diced fine
 $\frac{1}{2}$ brown onion chopped finely
1 egg, lightly beaten
 $\frac{1}{2}$ cup bread crumbs, use gluten free as required
1 tsp dried parsley
1 tsp dried thyme
1 tsp dried rosemary
3 tbsp grated carrot
1 tsp dried basil
Sea salt and freshly ground black pepper to taste
100g (4oz) taste cheese, grated finely (optional, leave out for DF)
2 -3 tbsp olive oil

Method

These can be made ahead and stored covered in the fridge.

In a large bowl, combine all ingredients except the oil. Using your hands, mix throughout, but gently. I use my thumb when I am mixing as it allows me to push the ingredients into the mix to make sure its all distributed evenly.



Lightly oil the palms of your hands, and shape the mixture

into one large ball. Turn out onto a chopping board and cut the ball into 4 even sized balls. Cut each in half again.

Shape into 25mm (1 inch) thick patties. I use an egg ring to shape the patties so they are all uniform in size and cook off evenly.

Cook on your heated BBQ or heavy based fry pan for 4 minutes on each side or until they are done to your desired doneness.

Serve with egg poached to your taste with some salad greens

Poached Egg Avocado on Meat Pattie Roasted Garlic Tomatoes and Rocket Salad

Lamb patties with poached eggs, garlic roasted cherry tomatoes, rocket (arugula) and Parmesan cheese. A yummy and healthy brunch for any time of the year.



Ingredients

Patties

400g (1lb) grass fed (ground) lamb, beef or pork mince

2 slices streaky bacon, diced fine

½ brown onion chopped finely

1 egg, lightly beaten

1/2 Gluten Free cup bread crumbs

1 tbsp fresh chopped parsley
1 tbsp fresh chopped rosemary
3 tbsp grated carrot
1 tbsp fresh chopped basil
Sea salt and freshly ground black pepper to taste
100g (3oz) tasty cheddar cheese, grated finely (leave out for DF)

<http://www.tasteofhome.co.nz/homemade-lamb-patties/>

6 free range large eggs
3 avocados halved and sliced into thin strips
200g (6oz) sweet cherry tomatoes
4 cloves garlic, crushed
3 tbsp grated Parmesan cheese (leave out for DF)

Method

Make the patties as per the recipe at this link. This can be done the day before and rested, covered overnight in your fridge. This is great to do as the herbs and seasoning's have a chance to impart their flavour to the meat.

<http://www.tasteofhome.co.nz/homemade-lamb-patties/>

Pre-heat oven to 175C (350F)

Heat your bbq grill to medium high and cook the patties straight from the fridge for about 3 minutes each side, turning once. Place on a tray on the bottom rack of your oven to finish cooking and keep warm.

I time it so they go in the oven for the last ten minutes of the tomatoes cooking.

For the tomatoes toss together cherry tomatoes, garlic, olive oil, salt and pepper.

Roast in a pre-heated 175C (350F) degree oven for about 20 minutes and take the tomatoes out when the skins have just started to break open.

Once they are ready turn the oven off, sprinkle the tomatoes with the cheese, cover with foil and rest while the eggs are poaching.

Poached Eggs

Make sure the eggs are at room temperature and break each egg into small bowls (cups or ramekins)

In a large pot heat some salted water, about 75mm deep (3in) to a point where its just about boiling and then reduce the heat to a very low simmer with only small bubbles raising from the base. I put a small amount of white vinegar in the water to set the egg whites and hold the egg together while its cooking.

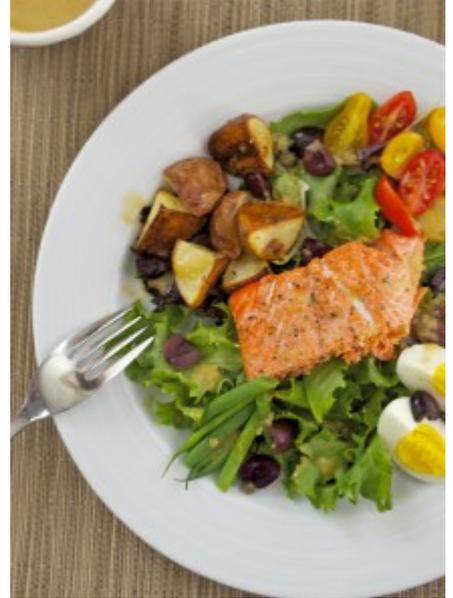
Hold each bowl with an egg in it close to surface of the low simmering water and one at a time gently let the eggs slide into the water. Do not stir the water at any stage.

Cook the eggs for 3-5 minutes and remove with a slotted spoon and drain on a paper towels. The whites should be set and the yolk thickened with a warm center.

Serve with a warm pattie with an egg placed on top, some roasted tomatoes, $\frac{1}{2}$ a sliced avocado and some rocket (arugula) on the side. I drizzle some olive or avocado oil over the greens. Season lightly with salt and pepper and if you like a squeeze of lemon juice over the avocado and greens.

Grilled Salmon With Mixed Green Salad

I love this salad on a warm, sunny day. I also add sliced avocado as an extra when they are in season.



Ingredients

1kg (2.2lb) salmon fillets

500g (1.1lb) baby red potatoes or sweet potatoes, roasted or boiled. Rested and cooled

4-6 cups mixed salad greens

1 cup steamed green beans, cut into 50mm (2inch) pieces

1 cup cherry tomatoes, halved

4 hard boiled eggs, peeled and quartered

1/2 cup chopped Kalamata olives

2 tbsp capers, optional

Dressing

2 tbsp red wine vinegar

1 tbsp Dijon mustard

2 tsp pure maple syrup

1 small shallot, cut into small chunks

1 clove garlic, minced

2 tbsp extra virgin olive oil

salt and pepper, to taste

Method

Preheat your oven grill (broiler) on high. Place the salmon fillets on a rimmed baking sheet and season with salt and pepper or your favourite seasoning. Grill for 7-9 minutes or until the fat has rendered.

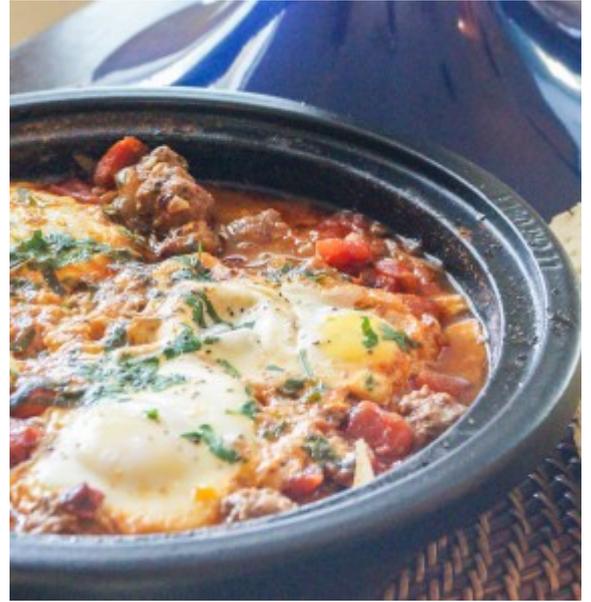
Remove from the oven and tent with foil.

Prepare the dressing. In a food processor, add the vinegar, mustard, maple syrup, shallot, and garlic. Pulse until smooth. Turn the food processor on, and add the olive oil in a steady stream until it has all been added. Add salt and pepper, to taste, then pulse once or twice more.

Place the mixed greens, cherry tomatoes, olives, and capers in a large bowl. Add just enough dressing to coat the salad lightly and toss gently. Place the salad on serving plates. Place a salmon fillet, roasted potatoes, and egg on each plate. Drizzle with more dressing, if desire, and serve!

Meatball and Egg Tagine

Ingredients



Meatballs

500g (1.1lb) ground beef or lamb (mince), or combination

1/2 onion, grated

2 garlic cloves, grated

2 tsp paprika

1 tsp cumin

1/2 tsp cinnamon

1/4 tsp hot paprika

1/4 cup parsley, finely minced

1/4 cup cilantro, finely minced

salt and pepper to taste

Sauce

Olive oil or ghee for pan

1 onion, thinly sliced or chopped

2 (14.5 ounce) cans diced tomatoes

3 cloves garlic, minced

2 tsp cumin

1 1/2 tsp paprika

1/2 tsp cinnamon

1/2 tsp hot paprika

3 tbsp chopped parsley

3 tbsp chopped coriander (cilantro)

4 eggs

Method

In a medium bowl, combine ground mince meat, grated onion, garlic, paprika, cumin, cinnamon, hot paprika, salt, pepper, parsley, and cilantro. Use your hands to roll the mixture into 20mm (3/4 inch) round meatballs.

Drizzle olive oil or ghee over bottom of tagine or deep skillet with tight fitting lid over medium heat. A diffuser is needed for clay tagines.

Add the sliced onion and cook until soft. Sprinkle with the minced garlic and place meatballs in a mostly single layer over onions. Cook, gently stirring occasionally, until brown on sides.

Pour in enough tomatoes to mostly cover the meatballs. Add the cumin, paprika, cinnamon, hot paprika, and gently stir to combine. Cover, reduce heat to low, and let simmer for 30 minutes.

Remove cover, crack eggs into separate areas among the

meatballs, and sprinkle with parsley, coriander (cilantro), salt, and pepper. Cover again and cook until eggs are barely set, 7-10 minutes.

Easy Sweet Potato Frattata

Ingredients



6 eggs

1 – 1/2 cups grass fed cows milk

100g (3oz) cheddar style cheese, grated

3 strips of streaky smoked bacon, diced

200g (6oz) of sweet potato, peeled and chopped

few handfuls of spinach, about 1 cup, washed and patted dry

2 tsp fresh thyme, lightly chopped

Salt and Pepper to season

2 tbsp Olive or coconut oil

Method

Preheat oven to 180C (350F)

In a bowl, whisk together eggs and milk and season with salt and black pepper.

Over a medium heat add oil to a heavy, oven safe skillet and add the bacon and sweet potato. Lightly fry until sweet potato pieces are slightly tender and golden and bacon is cooked.

Reduce the heat, add the spinach and thyme and cook for a further 3 minutes until spinach is slightly wilted.

Pour egg mixture over top and then sprinkle with the grated cheese.

Bake until the mixture is set and the cheese has melted and is golden, about 20 minutes.

Serve with a side salad.