

COOKERY

THE AUSTRALIAN WAY 8th edition

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THE AUSTRALIAN WAY



Shirley Cameron
EIGHTH EDITION

*...fostering passion,
skill and confidence*

 Macmillan


home
economics Victoria

COOKERY

THE AUSTRALIAN WAY 8th edition

Now in its eighth edition, *Cookery the Australian Way* successfully integrates contemporary food trends with tried-and-true favourites.

With a fresh design and stunning new photography, it brings the world of food to life for everyone.

Photography
by
Mark Roper

Key features

- bigger and better than ever, with more than 400 core recipes
- photographs of many finished dishes
- contents reorganised for ease of use, including a separate chapter for 'Breakfast and lunch'
- new recipes, including Middle Eastern and African dishes
- hundreds of recipe variations to inspire creative approaches
- updated and expanded information throughout, especially on nutrition and ingredients
- a larger format and a contemporary new design
- proven success in the classroom for 45 years.



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Food styling
by
Deb Kaloper



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Salads

A freshly prepared salad provides colour, flavour and texture to a meal. It can also add interest and a variety of essential nutrients to the diet. Cold salads are refreshing in summer and may be served instead of cooked vegetables with grilled or barbecued meat and fish or other dishes. Warm salads may be served as a starter or as a lunch dish. Salads containing meat, eggs, nuts, pulses or other protein foods may be served as a meal.



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Desserts

Hot and cold desserts are traditionally served after the main course of a meal. Because of changing lifestyles, many people serve desserts only on special occasions. If serving a dessert, select one that complements the previous courses and provides contrast in colour, texture and flavour.

Completely new photography and design

Outstanding photography and food styling

New recipes

New recipe layout



Paella (Spanish)

Serves: 6

Cooking utensil: large wok or frying pan

Preparation time: 40 minutes

Cooking time: 30 minutes

INGREDIENTS

- 1 tablespoon (20 mL) oil
- 1 onion (125 g), chopped
- 2 garlic cloves, crushed
- 2 tomatoes (250 g), chopped
- ½ capsicum (65 g), chopped
- ¾ cup (150 g) rice
- 1½ cups (375 mL) *Fish or Chicken stock* (p. xxx or xxx)
- ½ teaspoon saffron or turmeric
- 300 g (12–18) green (raw) prawns
- ½ cup (75 g) peas
- 12–18 mussels, in shells
- 1 cup (150 g) chopped cooked chicken
- 4 black olives (for garnish)

Method

- 1 Heat oil in wok and fry onion and garlic for 2 minutes.
- 2 Add tomatoes, capsicum and rice. Mix well.
- 3 Add the stock and saffron. Stir until mixture boils. Cover and simmer for 20 minutes. Add extra stock if necessary.
- 4 Shell prawns, leaving tail ends on, and remove dark vein.
- 5 Add prawns, peas, mussels and chicken to rice mixture. Mix gently but thoroughly with a fork while reheating.
- 6 Garnish with olives. Serve immediately.

(Opposite) Paella

Prawns in coconut cream curry

Serves: 4

Cooking utensil: frying pan

Preparation time: 10 minutes

Cooking time: 10–12 minutes

INGREDIENTS

- 1 tablespoon (20 mL) oil
- 1 garlic clove, crushed
- 2 teaspoons chopped ginger
- 2 teaspoons (10 g) mild curry paste
- 1 onion (125 g), finely sliced
- 400 g green (raw) prawns, shelled (800 g with shells)
- 200 mL coconut milk or cream
- 2 cups cooked rice (see p. xxx)

Method

- 1 Heat oil and sauté garlic and ginger for 1 minute.
- 2 Add onion and cook until softened.
- 3 Add prawns and cook until opaque (2–3 minutes). Add curry paste and cook until fragrant.
- 4 Cook, gently stirring all the time, until prawns are cooked through.
- 5 Serve on a bed of rice.

FISH IN COCONUT-CREAM CURRY

Follow method for **Prawns in Coconut-Cream Curry** using 400 g fish, cut into 2 cm pieces. Cook until fish has a firm texture suitable for pan-frying (see p. xxx). Serve with noodles or rice (see p. xxx).

SCALLOPS IN COCONUT-CREAM CURRY

Follow method for **Prawns in Coconut-Cream Curry** using 400 g scallops. Serve with rice (see p. xxx).

Flatbread

A quick

breakfast

Makes: 4

Cooking

Preparation

Cooking

INGREDIENTS

- 1 cup
- ¼ tea
- 1 tea
- ½ cu

Method

- 1 Sift d
- 2 Make
- add v
- add 1
- 3 Turn
- until
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- 4 Cut i
- 5 Heat
- into p
- these
- 6 Cook
- 7 Place

bread

and easy introduction to baking.

pieces
Cooking utensil: frying pan
Preparation time: 35 minutes
Cooking time: 3–4 minutes

INGREDIENTS

(150 g) plain flour
1/2 teaspoon salt
1/2 teaspoon baking powder
1/2 cup (125 mL) hot water

Method

1. Mix dry ingredients into a medium bowl.
2. Add wet ingredients and mix well in the dry ingredients and water. Mix to soft dough. If too sticky, add 1–2 tablespoons (10–20 g) extra flour.
3. Roll dough onto floured board and knead until smooth.
4. Divide into 4 portions. Knead each until smooth and roll out to the size of a large saucer.
5. Heat frying pan and place flattened dough in pan. Blisters will start to appear, press down to flatten using a spatula.
6. Cook until golden-brown on both sides.
7. Transfer to serving plate.

nut-

ginger
spicy curry paste
iced
s)
cream
p. xxx)

ginger and curry
soft.
til prawns become
dd coconut milk.
the time until heated

COCONUT-CREAM CURRY

coconut-cream curry.
in cubes. Use fish with
rying (see table on
2 cups cooked rice

COCONUT-CREAM

coconut-cream curry,
with noodles or 2 cups

Injera (Ethiopian)

Ethiopian flat bread is made from a batter that has fermented for at least 24 hours. Injera is a large flat bread that is torn with your fingers as you eat. It is placed on the plate beneath several portions of various stews and is used to scoop up mouthfuls.

Makes: 6–8 rounds

Cooking utensil: heavy-base frying pan

Special equipment: plastic food wrap

Preparation time: 15 minutes

Standing time: 24–72 hours

Cooking time: 30 minutes

INGREDIENTS:

1 teaspoon (4 g) dried yeast
3 cups (750 mL) warm water
225 g teff flour (see p. XXX) or bread flour
juice of 1 lemon

Method

- 1 In a small bowl, sprinkle yeast over 120 mL warm water. Set aside for 5 minutes.
- 2 Place flour in a large bowl. Add the remaining warm water and stir until combined.
- 3 Stir in the yeast mixture and lemon juice. Cover bowl with plastic wrap and leave to ferment at room temperature for 24–72 hours.
- 4 Preheat large heavy-base frying pan. When frying pan is hot, pour batter into the centre of pan, tilting the pan in an up-and-down and side-to-side motion to help spread batter to a thin round. Unlike pancakes, injera is only cooked on one side.
- 5 Cook for 2 minutes over low heat, until surface is spongy and cratered and edges are curling up slightly.
- 6 Transfer to a plate to cool.
- 7 Serve with a meat or vegetable dish.

WHEAT INJERA

Follow recipe for **Injera**, replacing teff flour with an equal quantity of plain flour. Increase dried yeast to 2 teaspoons (7 g). Reduce fermenting time to 3 hours.

CORN INJERA

Follow recipe for **Injera**, replacing 60 g teff flour with an equal quantity of fine cornmeal.

BARLEY INJERA

Follow recipe for **Injera**, replacing 60 g teff flour with an equal quantity of barley flour.

RICE INJERA

Follow recipe for **Injera**, replacing 60 g teff flour with an equal quantity of rice flour.



Injera (Ethiopian flat bread)

Photographs
of many recipes

Hundreds
of recipe
variations

Clear identification of different ingredients and foods



More than 300 photographs of ingredients, fruit and vegetables



Comprehensive information

Cornish pasties

Serves: makes 6
Cooking utensils: 4-sided oven tray
Preparation time: 30 minutes
Cooking time: 40–45 minutes
Oven temperature: 200 °C, reduced to 180 °C

INGREDIENTS

250 g minced beef
1 onion (125 g), chopped
1 potato (150 g), diced
½ carrot (65 g), diced
¼ turnip (35 g), diced
½ teaspoon salt
6 shakes pepper
1 teaspoon chopped parsley
500 g pastry *Shortcrust pastry*
(1 quantity, p. xxx)

Method

- 1 Set oven at 200 °C.
- 2 Combine meat, vegetables, salt, pepper and chopped parsley.
- 3 Divide pastry into 6 equal parts and knead each into a ball. Roll each piece into a round the size of a saucer.
- 4 Place an equal portion of prepared mixture on each round.
- 5 Brush halfway around the edges of the pastry with water and join edges together over the top of the mixture. Pinch a small frill over the join and shape pasties into a crescent.
- 6 Place on oven tray and pierce top with fork. Glaze with milk.
- 7 Bake at 200 °C for 10 minutes, then at 180 °C for 30–35 minutes.

VEGETABLE PASTIES

Follow recipe for **Cornish pasties**, replacing beef with 250 g mixed vegetables (e.g. peas, sweet potato, celery, tomato, swede, parsnip).



New step-by-step photographs

Making biscuits and slices

The basic biscuit mixture can be made with many variations. Biscuits should be cooled before stacking so that they remain crisp, and different types of biscuits should be stored in separate containers so that the flavours do not mix. Biscuits can be stored unfilled, then iced and filled as required. Unfilled biscuits that have softened may be crisped by placing them on an oven tray and warming them at 100 °C for 3 to 5 minutes.

Slices usually have a filling; this makes them suitable for the lunch box or as an occasional afternoon snack.

Methods used in making biscuits and slices

Beating: Eggs, or egg whites, and sugar are beaten until thick, and then the dry ingredients carefully folded in.

Creaming: The butter, margarine or dairy blend is creamed with the sugar until the mixture is pale in colour and resembles whipped cream. Creaming may be done with a wooden spoon, whisk, food processor or electric beater.

Quick-mix, or melt-and-mix: All ingredients are placed in a bowl with oil or melted butter, and mixed together.

Rubbing-in: The butter, margarine or dairy blend is rubbed into the flour with the fingertips, pastry blender or food processor until the mixture resembles breadcrumbs. Other dry ingredients are then added, followed by the moist ingredients.



COOKED BISCUITS: TIPS FOR PRODUCT QUALITY

Quality criteria

- Even, golden-brown colour
- Crisp surface
- Even size

Identifying problems

Spread on tray:

- Too much liquid or insufficient flour
- Baking tray too heavily greased, allowing the soft biscuit mixture to spread before it had set
- Oven too cool.

Too dark on base and too pale on top:

- Baking tray too large or incorrectly positioned, preventing circulation of heat

Biscuits too pale:

- Oven temperature too low
- Insufficient cooking time.

Biscuits too dark:

- Oven temperature too high
- Overcooked.

Soft biscuits:

- Insufficient cooking
- Not removed from oven tray as soon as taken from oven
- Not placed separately on cake cooler
- Placed in storage container before sufficiently cooled
- Storage container not airtight.



Methods clearly explained

Tips for product quality



All home economics classes commence with two ideas: every student can cook, and every student should cook. *Start Cooking* puts these ideas into action.

Designed for students who are learning to cook, *Start Cooking* introduces basic cookery techniques and students apply these essential skills to exciting and contemporary recipes.

The book is divided into three sections:

- Before you start
- Super skills
- Recipes.

Start Cooking encourages students to develop an appreciation of healthy food and to take steps towards being independent in the kitchen.

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