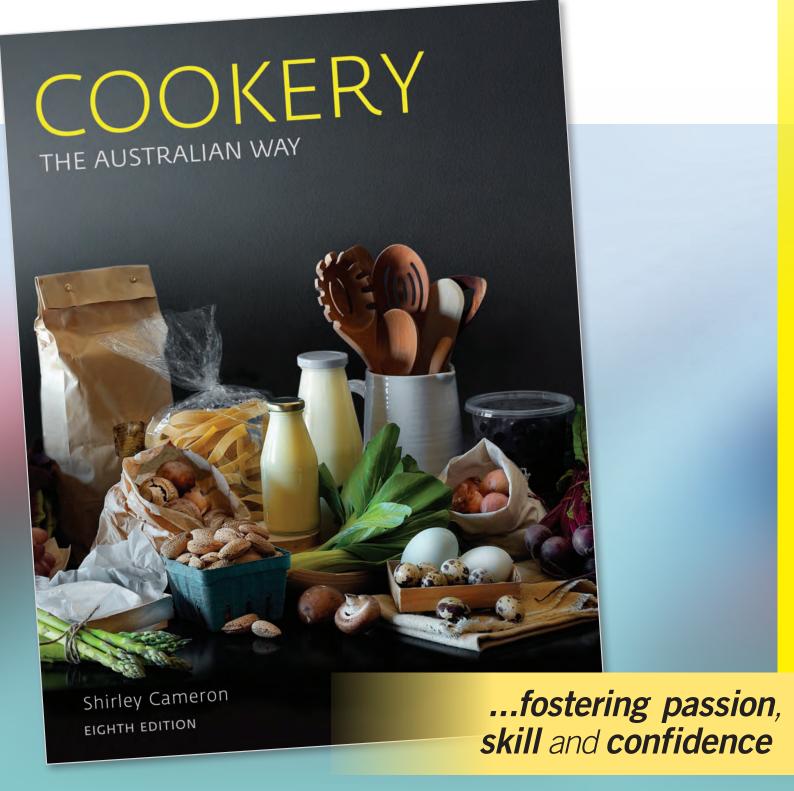
COCKERY THE AUSTRALIAN WAY 8th edition







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

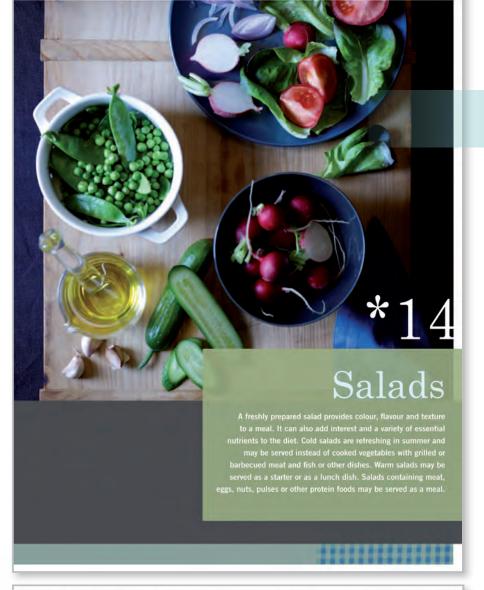
With a fresh design and stunning new photography, it brings the world of food to life for everyone.

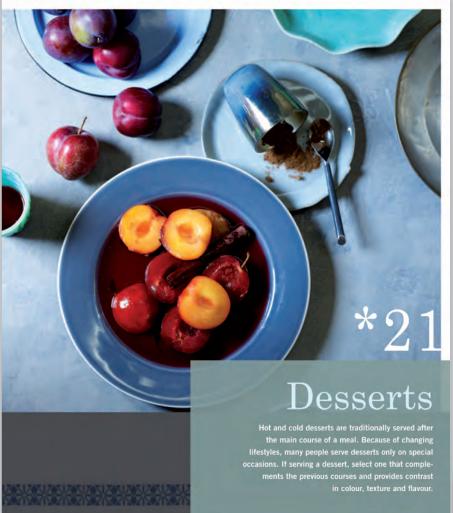
Photography by Mark Roper



Keyfeatures

- 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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- 1. Nutrition
- 2. Ingredients
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Food and cookery terms Weights and measures Acknowledgments Food models Index

> Food styling by Deb Kaloper

Completely new photography and design

Outstanding photography and food styling

New recipe layout



Prawns in coco

cream curry

Flat

Cooking

Preparat

Met

1 Sift of 2 Make

7 Plac

Serves: 4

Cooking utensil: frying pan Preparation time: 10 minute: Cooking time: 10–12 minute

INGREDIENTS

1 tablespoon (20 mL) oil

1 garlic clove, crushed

2 teaspoons chopped gin

2 teaspoons (10 g) mild

2 teaspoons (10 g)

1 onion (125 g), finely sl 400 g green (raw) prawn:

shelled (800 g with shell 200 mL coconut milk or 2 cups cooked rice (see p

Method

- Heat oil and sauté garlie paste for 1 minute.
- 2 Add onion and cook unti
- 3 Add prawns and cook un opaque (2-3 minutes). A
- 4 Cook, gently stirring all through.
- 5 Serve on a bed of rice.

FISH IN COCONUT-CE

Follow method for **Prawns in** using 400 g fish, cut into 2 cn firm texture suitable for pan-fp. xxx). Serve with noodles or (see p. xxx).

SCALLOPS IN COCON CURRY

Follow method for **Prawns in** using 400 g scallops. Serve w cooked rice (see p. xxx).



Paella (Spanish)

Serves:

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

3/4 cup (150 g) rice 1½ cups (375 mL) Fish or Chicken stock

(p. xxx or xxx)

(p. xxx or xxx)

1/8 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

(Opposite) Paella

- 1 Heat oil in wok and fry onion and garlic for
- 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
- 4 Shell prawns, leaving tail ends on, and remove
- 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.

bread

and easy introduction to uking. pieces utensil: frying pan ion time: 35 minutes

EDIENTS (150 g) plain flour aspoon salt

time: 3-4 minutes

spoon baking powder p (125 mL) hot water

(125 IIIL)

hod

ry ingredients into a medium bowl.

a well in the dry ingredients and
rater. Mix to soft dough. If too sticky,

2 tablespoons (10–20 g) extra flour.

dough onto floured board and knead
smooth.

nto 4 portions. Knead each until smooth oll out to the size of a large saucer. frying pan and place flattened dough an. Blisters will start to appear, press to flatten using a spatula. until golden-brown on both sides.

not-

ger spicy curry paste ced

cream o. xxx)

, ginger and curry

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

EAM CHERY

coconut-cream curry, n cubes. Use fish with lying (see table on 2 cups cooked rice

UT-CREAM

coconut-cream curry,

Seafood 263

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 bred)

Yeast bread and buns 489

Photographs of many recipes

Hundreds
of recipe
variations

Clear identification of different ingredients and foods



Rice

Rice is a cereal grain and has been the staple food in Eastern countries for many centuries. There are thousands of varieties grown around the world. In general, these can be divided into two major groups: Indica and Japonica.

- Indica is a long-grained group of rice that separates easily after cooking and includes th
- separates easily after cooking and includes the Patna, basmati, jasmine and Carolina varieties.
- Japonica is the short-grained group of rice.
 If produces firm grains that stick together and includes the arborio and calrose varieties.

VARIETIES OF RICE

Arberio rice is a short fat-grain rice that gives a creamy texture. It is used in risotto as it can absorb four to five times its weight in liquid, compared with two to three times in other rice varieties. Basmati rice is a long-grain, aromatic rice from Pakistan used in making pilaf and to accompany Indian dishes.

Brown rice has only the husk or hull removed,

providing a good source germ. Cooking time for or the rice can be place before being used. This Glutinous or sticky rice that is very sticky when of amylopectin (a comp its stickiness.

Jasmine rice has a frag Asian and Indian dishe Sushi rice Sushi rice is grained rice. When use mixed with a dressing o cooled to room tempers White rice has been m the bran layers and the value and shorter cook Wild rice is not a rice b originating in North Am brown seed, which who and nusty flavour.

RASPBERRY

Description: One-seeded red drupe, conical in shape and approximately 2.5 cm in length; best flavour November to March.

More than

300 photographs

of ingredients, fruit

and vegetables

Uses include: Fruit salads, desserts, sauces, coulis, sorbets, jams.

Preparation: Rinse if necessary.

REDCURRANT

Description: Small, juicy red berries with a very short summer season; also white variety with almost transparent berries.

Uses include: Eating fresh; fruit salads, cheese platters, pies, tarts, jellies; may be served as a sauce with meats and desserts and in small bundles as a garnish.

Preparation: Rinse if necessary.

RHUBARB

Description: Long, fleshy stalks of green and red colour; has a strong acid flavour.

Uses include: Soufflés, jams, ice-cream, cakes, puddings, pies; often combined with apple.

Preparation: Rinse and stew

ROCKMELON (CANTALOUPE)

Description: Fruit with a hard-ribbed, scaly rind and orange-coloured, sweet and aromatic flesh.

Uses include: Eating fresh; desserts, fruit salads.

Preparation: Cut into wedges; remove seeds and skin.



Rockmelon

Cornish pasties

Cooking utensil: 4-sided oven tray Preparation time: 30 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 1/4 turnip (35 g), diced

½ teaspoon salt 6 shakes pepper

1 teaspoon chopped parsley 500 g pastry Shortcrust pastry (1 quantity, p. xxx)

Method

- 2 Combine meat, vegetables, salt, pepper nd chopped parsley.
- Divide pastry into 6 equal parts and knead each into a ball. Roll each piece into a round
- 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
- 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

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

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

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.



- · Even, golden-br
- · Crisp surface · Even size

Spread on tray:

- Baking tray too heavily greased, allowing the soft biscuit mixture to spread before
- · 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.
- · Oven temperature too high
- Soft biscuits:
- · Insufficient cooking
- · Not removed from oven tray as soon a taken from oven
- Not placed separately on cake cooler
- Placed in storage co sufficiently cooled



Comprehensive

information



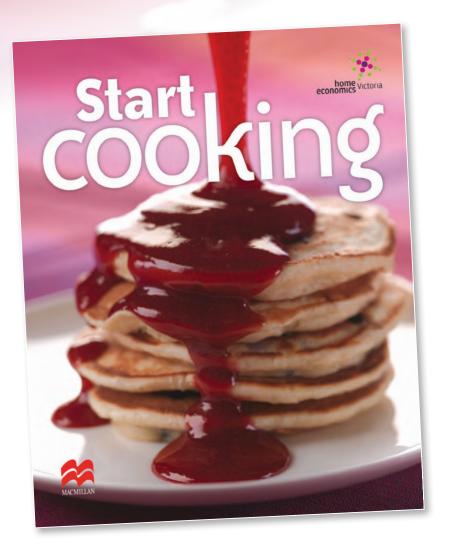




456 COOKERY THE AUSTRALIAN WAY

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.

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