

THE AUSTRALIAN
Women's Weekly

ITALIAN



**SIMPLE
RECIPES MADE
WITH FRESH
INGREDIENTS**



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Simple recipes made with fresh ingredients





The Australian Women's Weekly Test Kitchen™

The Australian Women's Weekly Test Kitchen has been developing and testing recipes for more than 50 years. Each recipe is perfected by our team of culinary experts, giving you the confidence to successfully make at home, every time.

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Australian cup and spoon measurements are metric.
A conversion chart appears on page 80.

PRIMO

WARM CHARGRILLED VEGETABLES

prep + cook time 25 minutes

serves 2 or 4 as a side

2 baby eggplants (240g), sliced thinly

**2 baby fennel bulbs (260g), trimmed,
cut into wedges**

**1 small red capsicum (150g),
cut into wedges**

**1 small yellow capsicum (150g),
cut into wedges**

**1 medium zucchini (120g),
cut into ribbons**

**1 small red onion (100g),
cut into wedges**

1 bunch asparagus (170g), trimmed

¼ cup baby basil leaves

MARINADE

½ cup (125ml) extra virgin olive oil

¼ cup (60ml) red wine vinegar

3 cloves garlic, chopped finely

2 tsp dried oregano

1 tsp chilli flakes

1 Make marinade.

2 Preheat a chargrill pan (or grill or barbecue) over high heat.

3 Brush eggplant, fennel, capsicum, zucchini, onion and asparagus with half the marinade. Cook vegetables, in batches, in pan until grill marks appear and vegetables are tender.

4 Arrange vegetables on a large platter; drizzle with remaining marinade while warm. Top with basil to serve.

marinade Whisk ingredients in a small bowl; season to taste.

swap Use any of your favourite vegetables here. Pumpkin, tomato, broccolini and orange sweet potato would all work well.



SERVING IDEA

Serve vegetables with char-grilled haloumi and pesto.



SWAP

Use yellow grape tomatoes instead of cherry tomatoes.

SARDINE & TOMATO BRUSCHETTA

prep + cook time

30 minutes (+ refrigeration)

serves 4

1 tsp fennel seeds, crushed lightly
2 tsp sea salt flakes
2 cloves garlic, chopped finely
500g fresh sardines, cleaned, filleted,
with tails intact (see tip)
1kg yellow cherry tomatoes
¼ cup (60ml) extra virgin olive oil
1 loaf ciabatta bread (450g), sliced,
toasted
basil leaves and lemon wedges,
to serve

BASIL & CAPER OIL

1 cup firmly packed basil leaves
½ cup (125ml) extra virgin olive oil
¼ cup (50g) drained capers in brine
2 tsp finely grated lemon rind
2 tbsp lemon juice

- 1** Make basil and caper oil.
- 2** Combine the fennel seeds, salt and garlic in a small bowl; season. Rub fennel mixture over sardine fillets. Cover; refrigerate for 30 minutes.
- 3** Preheat grill. Toss tomatoes in half the olive oil on an oven tray. Place under grill for 10 minutes or until just starting to blister. Cool slightly.
- 4** Place tomatoes and the basil and caper oil in a large bowl; toss gently to combine. Season.
- 5** Heat the remaining olive oil in a large frying pan (or chargrill plate); cook the sardines, in batches, for 2 minutes each side or until cooked.
- 6** Place sardines on toasted bread; spoon tomato mixture on top, pressing down gently to allow the tomato juices to soak into the bread. Top with basil leaves; serve with lemon wedges.

basil & caper oil Blend or process ingredients until smooth; season to taste.

tip You can ask the fishmonger to clean and fillet the sardines for you.

CAPSICUM & RICOTTA FRITTATA

prep + cook time 40 minutes

serves 8

8 eggs

¼ cup (60ml) milk

⅓ cup (40g) coarsely grated cheddar

100g firm fresh ricotta

**¼ cup small basil leaves, plus extra
to serve**

**1 medium red capsicum (200g),
sliced thinly**

**1 medium green capsicum (200g),
sliced thinly**

1 Preheat oven to 220°C.

2 Whisk the eggs, milk and grated cheddar in a large jug; season.

3 Heat an oiled 17cm (base measurement) ovenproof frying pan over medium heat (see tip). Add the egg mixture to pan; cook for 3 minutes, occasionally scraping the egg from edge of pan into centre. Top with ricotta, basil and capsicum; season. Cook frittata, without stirring, for 2 minutes or until base and edges are almost set.

4 Transfer pan to oven; bake frittata for 15 minutes or until set and browned lightly on top. Stand in pan for 5 minutes. Season; top with extra basil.

tip If you don't have an ovenproof frying pan, wrap the handle of your frying pan with a few layers of foil to protect it from the heat of the oven.

KEEP

Suitable to
freeze at the end
of step 3.



DO-AHEAD

Chilli dressing can be made a day ahead and refrigerated.



ZUCCHINI SALAD WITH CHILLI DRESSING

prep + cook time 30 minutes

serves 6

345g sourdough bread

⅓ cup (80ml) extra virgin olive oil

1½ tsp freshly ground black pepper

4 medium green zucchini (480g)

6 medium yellow squash (180g)

**7 zucchini flowers with stems
attached (140g)**

130g buffalo mozzarella or bocconcini

⅓ cup small mint leaves

CHILLI DRESSING

¼ cup (60ml) extra virgin olive oil

¼ cup (60ml) lemon juice

**1 fresh long red chilli, seeded,
chopped finely**

1 small clove garlic, crushed

1 Preheat oven to 200°C. Grease and line a large oven tray with baking paper.

2 To make croûtons, roughly tear bread into pieces; toss bread, oil and pepper on tray until coated. Season. Roast for 15 minutes, turning halfway through cooking, or until golden.

3 Meanwhile, make chilli dressing.

4 Using a vegetable peeler (or mandoline or V-slicer), peel green zucchini and squash thinly. Separate flowers from zucchini stems; slice stems into rounds.

5 Combine zucchini, squash and torn flowers on a large platter; season and drizzle with half the chilli dressing. Top with croûtons, zucchini stems, torn mozzarella and mint; drizzle with remaining chilli dressing.

chilli dressing Place ingredients in a screw-top jar; season to taste. Shake well.

tip Long chillies are usually mild; use more or less depending on your heat tolerance.

CAPRESE

prep time 20 minutes

serves 4

900g heirloom tomatoes, sliced

500g buffalo mozzarella, sliced

½ cup basil leaves, sliced thinly

DRESSING

1 shallot, chopped finely

¼ cup (60ml) extra virgin olive oil

2 tbsp red wine vinegar

1 Make dressing.

2 Arrange tomatoes, mozzarella and basil on a serving platter. Drizzle with dressing; season.

dressing Place ingredients in a screw-top jar; season to taste. Shake well.



TIP

Choose a salami which suits your heat level tolerance.



MOZZARELLA & SALAMI PIADINA

prep + cook time 25 minutes

serves 2

1½ cups (200g) plain flour

½ tsp bicarbonate of soda

1 tsp salt

⅓ cup (80ml) olive oil

1 clove garlic, halved

200g cherry tomatoes, halved

½ cup basil leaves, torn coarsely

1 tbsp red wine vinegar

12 thin slices salami (see tip)

1 buffalo mozzarella (130g)

1 Combine the flour, bicarb and salt in a bowl. Add ⅓ cup (80ml) water and ¼ cup (60ml) of the oil; stir to form a dough. Transfer dough to a floured work surface; knead dough for 2 minutes or until smooth. Divide into two balls; roll each ball into a 3mm thick, 24cm x 16cm oval.

2 Heat an oiled chargrill pan (or a frying pan) over high heat. Cook piadina for 2 minutes each side or until lightly charred and cooked through. Rub with cut sides of garlic and season with salt.

3 Combine tomatoes, basil, vinegar and remaining oil in a medium bowl; season to taste. Top piadina with tomato mixture, salami and torn mozzarella; season. Drizzle with a little extra oil before serving, if you like.

servicing idea Serve with a rocket or baby leaf salad.

BRESAOLA & PROSCIUTTO TONNATO

prep + cook time 25 minutes

serves 6

110g jar baby capers in vinegar

95g can tuna in oil

½ cup (150g) whole-egg mayonnaise

¼ cup (60ml) vegetable oil

200g thinly sliced bresaola

200g thinly sliced prosciutto

2 tbsp extra virgin olive oil

20g mixed micro herbs (see swap)

sliced crusty bread, to serve

1 Drain capers over a small bowl; you will need ¼ cup capers and 2 tbsp of the vinegar. Place capers between sheets of paper towel; squeeze firmly until dry. Blend or process reserved vinegar, undrained tuna and the mayonnaise until smooth. Transfer to a small bowl, cover with plastic wrap; refrigerate until required.

2 Place a fine sieve over a heatproof bowl. Heat vegetable oil in a small heavy-based saucepan; fry capers for 1 minute or until crisp. Drain immediately in sieve; transfer capers to a paper-towel-lined plate to dry.

3 Arrange bresaola and prosciutto on a platter.

4 Drizzle sauce and olive oil over meats; season with pepper. Top with crisp capers and micro herbs; serve with crusty bread.

do-ahead Recipe can be made to the end of step 2 up to 6 hours ahead and refrigerated.

SWAP

Use chives, basil or flat-leaf parsley leaves instead of the micro herbs.





CHILLI WHITE BEAN PANZANELLA

prep + cook time 20 minutes

serves 4

160g wholegrain sourdough bread

cooking oil spray

**2 x 400g cans cannellini beans,
drained, rinsed**

**250g heirloom cherry tomatoes,
halved**

**2 lebanese cucumbers (260g),
sliced thinly lengthways**

1 small red onion (100g), sliced thinly

**½ cup (60g) pitted sicilian olives,
halved**

**1 fresh long red chilli, seeded,
sliced thinly**

1 cup basil leaves, torn

120g soft goat's cheese, crumbled

¼ cup (60ml) olive oil

⅓ cup (80ml) red wine vinegar

1 clove garlic, crushed

1 Preheat oven to 220°C. Line a large oven tray with baking paper.

2 Roughly tear bread into pieces, place on tray; spray with cooking oil. Bake for 5 minutes or until golden and crisp.

3 Place bread pieces in a large serving bowl or platter with beans, tomatoes, cucumber, onion, olives, chilli, basil and half the cheese; toss gently to combine.

4 Combine oil, vinegar and garlic in a small bowl; season to taste. Spoon dressing over salad; top with remaining cheese. Serve immediately.

swaps Use black kalamata olives instead of green sicilian olives and marinated fetta or a can of flaked drained tuna instead of goat's cheese.

TOMATO & MOZZARELLA MUSHROOM STACKS

prep + cook time 40 minutes

serves 4

12 flat mushrooms (960g), trimmed

1 tbsp extra virgin olive oil

500g tomatoes, sliced thickly

3 buffalo mozzarella (390g), sliced

BASIL & MINT PESTO

⅔ cup firmly packed basil leaves

⅔ cup firmly packed mint leaves

2 cloves garlic, peeled, halved

2 tbsp grated pecorino cheese

1 tbsp pine nuts

⅓ cup (80ml) extra virgin olive oil

1 Preheat oven to 190°C. Line an oven tray with baking paper. Place a wire rack on tray.

2 Place mushrooms on wire rack, stem-side up. Brush with oil; season. Bake for 15 minutes or until softened slightly.

3 Meanwhile, make basil and mint pesto.

4 Top mushrooms with tomato and mozzarella, layered; bake for a further 5 minutes or until mozzarella softens slightly. Drizzle stacks with pesto; serve with any remaining pesto.

basil & mint pesto Blend or process ingredients until just combined; season to taste.

do-ahead Pesto can be made a day ahead. Cover surface directly with plastic wrap and store in the fridge.

serving idea Top mushroom stacks with extra basil leaves and serve with rocket.



SWAP

Use bocconcini
instead of buffalo
mozzarella.

SECONDO

SAUSAGES & CAPSICUM WITH SOFT POLENTA

prep + cook time 25 minutes

serves 4

2 tbsp olive oil

6 pork and fennel sausages (510g)

2 large red capsicums (700g),
sliced thickly

2 large onions (400g), sliced thinly

2 tbsp fresh rosemary leaves

3 cloves garlic, sliced

1 cup (250ml) dry white wine

1 cup (250ml) chicken stock

250g green beans, trimmed

1.25 litres (5 cups) chicken stock, extra

1 cup (170g) polenta

1 cup (80g) finely grated parmesan,
plus extra to serve

30g butter, chopped

1 Heat oil in a large heavy-based frying pan over high heat. Squeeze sausage meat directly from casings, in meatball-sized lumps, into the pan. Cook, turning, for 4 minutes or until browned. Remove from pan.

2 Reduce heat to medium. Cook the capsicum, onion, rosemary and garlic, stirring, for 5 minutes. Return meatballs to pan with the wine, cook for 1 minute. Add stock and beans to pan; cook, covered, for 10 minutes or until the meatballs are cooked through.

3 Meanwhile, place the extra stock in a medium saucepan; bring to the boil. Gradually add polenta. Reduce heat to low; cook, stirring, for 5 minutes or until thickened. Remove from heat, stir in parmesan and butter; season to taste.

4 Serve meatball and bean mixture with polenta. Sprinkle with extra parmesan and extra rosemary leaves, if you like.

swaps Use beef or chicken sausages, instead of pork and fennel. Use one red and one yellow capsicum, instead of two red capsicums. Serve with potato mash instead of polenta.





FENNEL, LEMON, PEA & PRAWN RISOTTO

prep + cook time 45 minutes

serves 4

1 litre (4 cups) chicken stock

90g butter

1 medium onion (150g), chopped finely

**1 baby fennel bulb (130g), chopped
finely, fronds reserved**

½ cup (125ml) dry white wine

1½ cups (300g) arborio rice

½ cup (60g) frozen peas

1 tbsp finely grated lemon rind

**500g uncooked medium prawns,
peeled and deveined, tails intact**

1 clove garlic, crushed

**baby sorrel leaves (optional) and
lemon wedges, to serve**

1 Bring stock and 1 cup (250ml) water to the boil in a medium saucepan. Reduce heat to low; simmer, covered.

2 Meanwhile, melt 60g of the butter in a large saucepan over medium heat; cook onion and fennel, stirring, for 5 minutes or until tender. Add wine; simmer for 3 minutes or until reduced by half. Add rice; stir to coat in mixture.

3 Add 1 cup of the hot stock to pan; cook, stirring gently, over medium heat until liquid is absorbed. Continue adding stock, 1 cup at a time, stirring until stock is absorbed after each addition. Total cooking time should be 25 minutes or until rice is tender. Stir in peas and rind; season to taste.

4 Meanwhile, melt remaining butter in a large frying pan over medium-high heat; cook prawns and garlic, turning, for 2 minutes or until prawns change colour.

5 Divide risotto among serving bowls; top with prawns, reserved fennel fronds and baby sorrel leaves. Serve with lemon wedges.

CHICKEN & ROSEMARY SALTIMBOCCA

prep + cook time 25 minutes

serves 4

250g cherry truss tomatoes

2 tbsp olive oil

4 x 180g chicken breast fillets

4 slices prosciutto (60g)

4 long sprigs rosemary

30g butter

¼ cup (60ml) dry white wine

- 1** Preheat grill to high.
- 2** Place tomatoes on an oven tray; drizzle with half the oil. Cook under the grill for 5 minutes or until skins split.
- 3** Meanwhile, place chicken breasts, one at a time, between sheets of plastic wrap; pound with the flat side of a meat mallet (or a wooden rolling pin) until even in thickness.
- 4** Place a piece of prosciutto and a rosemary sprig on top of each chicken breast and secure with a toothpick.
- 5** Heat remaining oil and the butter in a large frying pan over medium-high heat; cook chicken, rosemary-side down, for 3 minutes or until lightly browned. Turn over; cook for a further 3 minutes or until cooked through. Transfer to a plate; cover to keep warm.
- 6** Add wine to same pan; bring to the boil. Boil for 1 minute or until thickened slightly. Season to taste.
- 7** Remove toothpicks from chicken. Serve chicken with grilled tomatoes and drizzled with pan juices.

tip Cooking chicken in both butter and oil allows you to cook at a higher temperature than if you were to use butter alone, which might burn.



SERVING IDEA

Serve with a green leaf salad.



LENTIL & VEGETABLE SOUP

prep + cook time 40 minutes

serves 4

2 tbsp extra virgin olive oil

1 medium onion (150g), chopped finely

1 medium carrot (120g), chopped finely

2 trimmed celery stalks (200g),
chopped finely

3 cloves garlic, crushed

1 fresh long red chilli, chopped finely

1/3 cup (95g) tomato paste

1 litre (4 cups) vegetable stock

2 fresh bay leaves

3 fresh thyme sprigs

1 1/4 cups (185g) dried French-style
green lentils, rinsed

1 1/2 tbsp lemon juice

chargrilled sourdough bread, to serve

1 Heat oil in a large saucepan over medium-high heat. Add the onion, carrot, celery, garlic and chilli; cook, stirring frequently, for 5 minutes. Add tomato paste; cook, stirring, for 2 minutes.

2 Add stock to the pan with bay leaves, thyme and lentils. Reduce heat to medium; simmer, covered, for 20 minutes or until lentils and vegetables are tender.

3 Stir in lemon juice; season to taste. Ladle soup into bowls and serve with bread.

FISH ARRABBIATA

prep + cook time 30 minutes

serves 4

2 tbsp extra virgin olive oil

**2 large red onions (600g), unpeeled,
cut into 3cm thick wedges**

½ medium bulb garlic (35g)

2 fresh long red chillies, sliced thinly

4 x 200g firm white fish cutlets

(see tip)

500g cherry truss tomatoes

30g butter

½ cup basil leaves

1 Preheat oven to 200°C.

2 Heat oil in a large flameproof roasting pan over medium heat. Cook onion, stirring, for 3 minutes or until it starts to soften. Add garlic and chilli; cook, stirring, for 2 minutes.

3 Push onion mixture to one side of pan. Add fish; cook for 1 minute each side or until golden. Add tomatoes and butter to pan; season fish and tomatoes. Transfer to oven; bake for 8 minutes or until fish is just cooked through.

4 Serve fish and vegetables topped with basil.

tip We used snapper, but any firm white fish cutlet, such as blue eye trevalla or dhufish, would also work well.

serving idea Serve with a green salad or steamed green vegetables.



SWAP

Use whole peeled garlic cloves instead of half a bulb.

TIP

Put the baking dish as close to the preheated grill as possible.



PORK PARMIGIANA BAKE

prep + cook time 25 minutes

serves 4

**1 small eggplant (230g), sliced thinly
lengthways into 4 slices**

cooking oil spray

4 slices prosciutto (60g)

2 tbsp olive oil

4 uncrumbed pork schnitzels (400g)

4 bocconcini (240g)

400g can cherry tomatoes

⅓ cup cress or baby basil leaves

1 Spray eggplant on both sides with oil; cook on a heated chargrill plate (or grill or barbecue) over high heat for 2 minutes each side or until browned and tender.

2 Meanwhile, preheat grill. Place prosciutto on a baking-paper-lined oven tray; cook under grill for 3 minutes or until prosciutto is browned and crisp. Remove from grill; cover to keep warm. Leave grill on.

3 Heat half the oil in a shallow 2-litre (8-cup) flameproof baking dish over medium-high heat. Season pork; cook for 1 minute each side or until almost cooked through, remove dish from heat. Remove pork from dish.

4 Slice bocconcini thinly. Add tomatoes to baking dish; place pork on top. Top pork with eggplant and bocconcini.

5 Place baking dish under grill; cook for 3 minutes or until bocconcini melts and pork is cooked through.

6 To serve, spoon tomato over the pork stacks, top with crispy prosciutto and the cress; drizzle with remaining oil.

serving ideas Serve with a leafy green salad, or mashed potato or fresh crusty bread to soak up the juices.

MINESTRONE WITH BEEF RAVIOLI

prep + cook time 25 minutes

serves 2

2 tsp extra virgin olive oil
½ small onion (40g), chopped finely
1 clove garlic, crushed
2 tsp finely chopped rosemary leaves
1 small carrot (70g), chopped finely
**1 trimmed celery stalk (100g),
chopped finely**
400g can diced tomatoes
2 cups (500ml) vegetable stock
1 tsp caster sugar
150g fresh beef ravioli
2 tbsp shaved parmesan
1 tsp chilli oil
1 tbsp flat-leaf parsley leaves
crusty bread, to serve

1 Heat oil in a medium saucepan over medium heat. Cook onion, garlic, rosemary, carrot and celery, stirring, for 5 minutes or until softened.

2 Add tomatoes, stock and sugar to pan; season. Bring to the boil; cook for 5 minutes. Add ravioli, cook for 5 minutes or until ravioli is tender.

3 Divide soup and ravioli between bowls. Top with parmesan, chilli oil and parsley; serve with bread.

swaps For a vegetarian option, use spinach and ricotta ravioli instead of beef ravioli. Use a pinch of dried chilli flakes instead of chilli oil.



TIP

If you plan to freeze the soup, don't add the ravioli.

**PASTA &
PIZZA**

CAVOLO NERO, CHILLI & PARMESAN PASTA

prep + cook time 20 minutes

serves 4

2 cups (60g) cavolo nero, torn coarsely

½ cup (30g) finely grated parmesan

**½ cup firmly packed flat-leaf
parsley leaves**

1 small clove garlic, crushed

2 tsp finely grated lemon rind

⅓ cup (80ml) lemon juice

1 cup (250ml) extra virgin olive oil

160g sourdough bread, torn

500g spaghetti

pinch chilli flakes

lemon wedges, to serve

1 To make pesto, process cavolo nero, parmesan, parsley, garlic, rind, half the juice and ⅔ cup (160ml) of the oil in a small food processor; season to taste.

2 Heat remaining oil in a small frying pan over medium-high heat; cook bread pieces, stirring, for 2 minutes or until lightly golden. Transfer to a paper-towel-lined plate.

3 Cook pasta in a large saucepan of boiling salted water until almost tender. Drain pasta, reserving ½ cup (125ml) of the cooking water. Return pasta to pan with reserved cooking water; stir in pesto and remaining juice. Season to taste.

4 Top pasta with toasted bread, chilli, and extra parmesan, if you like. Serve with lemon wedges.

SWAPS

Use rocket, baby spinach or baby kale instead of the cavolo nero. Use basil or mint instead of parsley.





RIGATONI WITH ARRABBIATA & ITALIAN SAUSAGE

prep + cook time 25 minutes

serves 4

500g rigatoni or penne pasta

⅓ cup (80ml) extra virgin olive oil

6 Italian-style pork and fennel

sausages (720g), sliced thinly

1 large onion (200g), chopped finely

1 tsp chilli flakes

3 cloves garlic, crushed

700ml bottled tomato passata

½ tsp brown sugar

½ cup coarsely chopped flat-leaf

parsley

⅔ cup (50g) finely grated parmesan

1 Cook pasta in a large saucepan of boiling salted water until almost tender; drain, return to pan.

2 Meanwhile, heat half the oil in a large frying pan over medium-high heat; cook the sausage slices, turning occasionally, for 2 minutes or until browned. Transfer to a paper-towel-lined plate.

3 Add remaining oil to same frying pan; cook onion, chilli and garlic, stirring, for 3 minutes or until onion has softened. Add passata, sugar and 1 cup (250ml) water; bring to the boil. Reduce heat to low; simmer, stirring occasionally, for 7 minutes or until the sauce has thickened slightly. Add the sausage slices to sauce, stir to combine; cook for 2 minutes or until heated through. Season to taste.

4 Add sauce to pasta in pan; add parsley, stir over medium heat until heated through. Stir in parmesan. Divide among serving bowls and top with extra parmesan and parsley, if you like.

ONE-POT SPAGHETTI MARINARA

prep + cook time 25 minutes

serves 4

1 tbsp olive oil
1 medium onion (150g), chopped finely
2 cloves garlic, crushed
1 fresh long red chilli, chopped finely
400g can diced tomatoes
1/3 cup coarsely chopped basil
500g spaghetti
500g marinara mix
2 tbsp olive oil, extra
1/3 cup small basil leaves, extra

1 Heat oil in a large saucepan over medium heat; cook onion, garlic and chilli, stirring, for 5 minutes or until onion softens. Add tomatoes and chopped basil; cook, stirring, for 1 minute.

2 Add 1 litre (4 cups) water to the pan; bring to the boil. Add pasta; once pasta begins to soften, gently stir it into the tomato mixture. Cook at a boil, stirring, for 5 minutes. Add the marinara mix; cook, stirring, for 5 minutes or until pasta is tender and seafood is just cooked. Season to taste.

3 Divide pasta and marinara among serving bowls; drizzle with extra oil and top with extra basil leaves.

swap For a vegetarian option, omit the marinara mix and add chargrilled eggplant or marinated antipasto vegetables and fresh rocket at the end of step 2.





TIP

Pizza dough can also be made into 4 x 15cm round individual pizzas.

MARGHERITA PIZZA

prep + cook time

25 minutes (+ standing)

serves 4

½ cup (125ml) tomato passata

150g buffalo mozzarella, torn

**400g mixed baby heirloom tomatoes,
sliced thickly**

2 tbsp olive oil

1 tbsp balsamic vinegar

1 tbsp pine nuts, toasted

¼ cup small basil leaves

¼ cup (20g) shaved parmesan

EXPRESS PIZZA DOUGH

**1½ cups (225g) “00” flour, bread flour
or plain flour**

1 tsp (4g) dried yeast

1 tsp caster sugar

1 tsp fine table salt

2 tbsp olive oil

**½ cup (125ml) warm water,
approximately**

1 Make express pizza dough.

2 Oil two oven or pizza trays; place in oven then preheat to 240°C.

3 Divide dough into two portions; roll portions on a floured work surface into 15cm x 30cm ovals (see tip). Place dough on trays; spread with passata, then top with mozzarella and tomato. Combine oil and vinegar in a small bowl; drizzle pizzas with half the oil mixture. Bake for 15 minutes or until bases are browned and crisp.

4 Sprinkle with pine nuts, basil and parmesan, and drizzle with the remaining oil mixture.

express pizza dough Preheat oven to 200°C.

Place flour, yeast, sugar and salt in the bowl of a food processor; pulse for a few seconds until combined. With motor operating, pour in oil and water, processing until ingredients come together. Process for a further minute or until smooth and elastic. Place dough in a large oiled stainless steel bowl; cover with plastic wrap. Turn the oven off; place bowl of dough into the turned off oven for 15 minutes or until dough doubles in size. Remove bowl from oven.

FRYING PAN BEEF & SPINACH LASAGNE

prep + cook time 30 minutes

serves 6

1 tbsp olive oil

1 large onion (200g), chopped finely

2 cloves garlic, crushed

375g packet fresh lasagne sheets

60g baby spinach leaves

900g ready-made fresh bolognese
pasta sauce with beef

1½ cups (360g) firm ricotta, crumbled

1½ cups (150g) coarsely grated
pizza cheese

⅓ cup basil leaves

1 Heat oil in a large deep ovenproof frying pan over medium-high heat; cook onion and garlic, stirring, for 5 minutes or until onion softens.

2 Meanwhile, tear lasagne sheets lengthways into strips; put long strips aside. Sprinkle any small broken pasta pieces and the spinach into pan with onion; mix gently to combine. Pour combined pasta sauce and 1 cup (250ml) water into pan; mix gently to combine.

3 Insert long pasta strips, standing upright on long sides, into the mixture. Bring to the boil over high heat. Cover the pan with foil, reduce heat to low; simmer for 5 minutes or until pasta is tender. Uncover, sprinkle with both cheeses.

4 Preheat grill.

5 Place frying pan under the grill for 5 minutes or until cheese browns. Cover; stand for 5 minutes. Season and sprinkle with basil leaves.

tips If you don't have an ovenproof frying pan, wrap the handle of your frying pan with a few layers of foil to protect it from the heat of the oven. Alternatively, use a large flameproof baking dish instead. Instead of breaking the pasta into long strips, simply break it all into bite-sized pieces; mix the pieces into the spinach and pasta sauce mixture, sprinkle over the cheese and cook the lasagne as directed.



SWAP

Use flavoured
sausages instead
of plain beef.



ZUCCHETTI & MEATBALLS

prep + cook time 40 minutes

serves 4

750g beef sausages

2 cloves garlic, crushed

2 tbsp extra virgin olive oil

**450g mixed baby heirloom tomatoes,
halved if large**

2 cups (560g) bottled tomato passata

¼ cup coarsely chopped basil

6 medium zucchini (900g)

½ cup (40g) finely grated parmesan

1 Squeeze sausage meat from casings into a bowl. Add garlic; mix to combine. Roll mixture into balls.

2 Heat oil in a large frying pan over medium-high heat; cook meatballs, stirring, for 3 minutes or until browned all over. Add tomatoes, passata and half the basil; bring to the boil. Reduce heat; simmer for 5 minutes or until the meatballs are cooked through. Season to taste.

3 Meanwhile, using a julienne peeler or spiraliser, cut zucchini into 'spaghetti'.

4 Add zucchini and half the parmesan to sauce mixture; stir gently. Serve zucchini and meatballs sprinkled with remaining parmesan and basil.

tips If you prefer, cook the sausages whole then slice and add to the tomato mixture. If you don't have a julienne peeler, use a vegetable peeler to slice zucchini lengthways into ribbons, then stack and slice into long thin strips using a large straight-bladed knife.

SPAGHETTI BOLOGNESE

prep + cook time 30 minutes

serves 4

2 tsp olive oil

1 medium onion (150g), chopped finely

2 cloves garlic, crushed

1 medium carrot (120g), chopped finely

**1 trimmed celery stalk (100g),
chopped finely**

500g lean beef mince

2 cups (500ml) passata

½ cup (125ml) beef stock

375g spaghetti

**finely grated parmesan and small
basil leaves, to serve**

1 Heat oil in a large frying pan over high heat; cook onion and garlic, stirring, for 3 minutes or until onion softens. Add carrot and celery to pan; cook, stirring, for 5 minutes or until vegetables are just tender.

2 Add beef; cook, stirring to break up lumps with the back of a spoon, until beef is changed in colour. Add passata and stock; bring to the boil. Reduce heat; simmer for 15 minutes or until the mixture thickens slightly. Season to taste.

3 Meanwhile, cook pasta in a large saucepan of boiling salted water until just tender; drain.

4 Serve the pasta topped with bolognese and sprinkled with parmesan and basil.

serving idea Serve with a green leaf salad and a loaf of crusty ciabatta bread.

do-ahead The flavour of the bolognese will improve if it is made a day ahead; reheat just before serving.



SWAP

Use a combination of pork and veal mince instead of beef mince.



SWAP

Use the recipe for express pizza dough on page 51, to save on time.

GARLICKY MUSHROOM PIZZA

prep + cook time

35 minutes (+ standing)

serves 4

10g dried porcini mushrooms

2 tbsp olive oil

1 clove garlic, crushed

240g buffalo mozzarella, sliced thinly

**500g mixed mushrooms (see tips),
sliced if large**

1 tbsp olive oil, extra

2 tbsp flat-leaf parsley leaves

PIZZA DOUGH

**2¼ cups (335g) bread flour or
plain flour**

2 tsp (7g) dried yeast

1½ tsp caster sugar

1½ tsp fine table salt

1½ tbsp olive oil

**¾ cup (180ml) warm water,
approximately**

1 Make pizza dough.

2 Oil a large rectangular oven tray; place in oven then preheat to 240°C.

3 Place porcini mushrooms in a small heatproof bowl, cover with boiling water; stand for 10 minutes or until soft. Drain; reserve liquid for another use.

4 Meanwhile, roll dough on a floured work surface into a 25cm x 50cm oval. Place on preheated tray. Brush with combined oil and garlic, then top with mozzarella and mushrooms; season, drizzle pizza with the extra oil.

5 Bake pizza for 15 minutes or until base is browned and crisp. Serve pizza topped with parsley.

pizza dough Combine flour, yeast, sugar and salt in a large bowl; make a well in centre. Stir in oil and enough of the water to mix to a soft dough. Knead dough on a floured work surface for 10 minutes or until smooth and elastic. Place the dough in a large oiled bowl, cover; stand in a warm place for 1 hour or until dough doubles in size. Turn dough onto a floured work surface; knead until smooth.

tips We used a combination of king brown, swiss brown, shimeji and button mushrooms. If you don't have a large oven tray, divide dough into two pizzas and place on two oven trays.

servicing idea Serve with a rocket salad.

PEA, SEMI-DRIED TOMATO & BOCCONCINI PASTA

prep + cook time 15 minutes

serves 4

375g penne pasta

1 cup (120g) frozen peas

340g bottled semi-dried tomatoes
in oil

4 bocconcini (240g), torn

1/3 cup small basil leaves

grated parmesan, to serve

1 Cook pasta in a large saucepan of boiling salted water for 8 minutes or until tender. Add frozen peas; return to the boil. Drain.

2 Meanwhile, drain tomatoes, reserving 2 tbsp of the oil.

3 Return pasta and peas to pan with tomatoes, reserved oil and bocconcini; stir gently to combine. Season to taste. Top with basil and parmesan.





PRAWN & FENNEL SPAGHETTINI

prep + cook time 20 minutes

serves 4

375g spaghetti pasta

2 tbsp olive oil

**500g uncooked medium king prawns,
peeled and deveined, tails intact**

**2 fresh long red chillies,
chopped finely**

**2 baby fennel bulbs (260g), sliced
thinly, fronds reserved**

2 cloves garlic, crushed

1 tbsp finely grated lemon rind

2 tbsp lemon juice

100g baby rocket leaves

1 Cook pasta in a large saucepan of boiling salted water for 8 minutes or until pasta is tender; drain, reserving 1 cup (250ml) cooking liquid.

2 Heat the oil in a large deep frying pan over high heat; cook prawns, chilli, fennel and garlic, stirring, for 2 minutes. Stir in rind, juice and the reserved cooking liquid; remove from heat. Add pasta and rocket; toss to combine, season to taste.

3 Serve pasta topped with reserved fennel fronds.

DOLCI

PANETTONE & FIG TIRAMISU

prep time 30 minutes

serves 12

1kg panettone (see tips)

½ cup (125ml) just-made strong coffee

2 tbsp caster sugar

½ cup (125ml) marsala

1kg mascarpone

2 cups (500ml) ready-made thick

vanilla custard

50g piece dark chocolate

50g vienna almonds, chopped

coarsely (see tips)

4 medium figs (240g), cut into wedges

2 tbsp honey

1 Using a sharp knife, score a line around the panettone at three equal intervals to divide it into four parts. Holding a serrated knife horizontally, using score marks as guide, cut panettone into four layers, starting from the top.

2 To make the coffee syrup, stir coffee, sugar and marsala in a small jug until sugar dissolves; cool.

3 Place ¼ cup (60ml) coffee syrup, the mascarpone and custard in a large bowl; beat with an electric mixer until firm peaks almost form.

4 Place base layer of panettone onto a large plate; brush with a little of the remaining coffee syrup. Spread with one-fifth of the mascarpone mixture; grate enough chocolate over to coat lightly. Repeat to make another three layers, finishing with remaining two-fifths mascarpone mixture. (For top panettone layer, brush underside with coffee syrup.)

5 Just before serving, top with vienna almonds and figs, and drizzle with honey. Grate over extra chocolate, if you like.

tips To assist with slicing the panettone, place it in the freezer for 1 hour to firm or refrigerate it overnight. Vienna almonds are available from nut stands and some sweets stores. If unavailable, use honeyed macadamias, available from most large supermarkets.

DO-AHEAD

The tiramisu can be made the day before and refrigerated.



KEEP

Biscotti will keep in an airtight container for up to 2 weeks.



FLORENTINE BISCOTTI

prep + cook time 1 hour 20 minutes
(+ cooling & standing)

makes 70

1 cup (220g) caster sugar

2 eggs

1 cup (150g) plain flour

½ cup (75g) self-raising flour

¾ cup (60g) flaked almonds, roasted

½ cup (80g) sultanas

**½ cup (100g) red glacé cherries,
halved**

200g dark chocolate, chopped

1 Preheat oven to 180°C. Grease and line two large oven trays with baking paper.

2 Whisk sugar and eggs in a medium bowl until combined; stir in sifted flours, almonds, sultanas and glacé cherries. Shape dough into two 30cm logs. Place on trays; flatten slightly.

3 Bake logs for 30 minutes. Cool on trays.

4 Reduce oven temperature to 140°C.

5 Using a serrated knife, slice the cooled logs diagonally into 5mm slices. Place slices, in a single layer, on baking-paper-lined oven trays. Bake for 20 minutes, turning halfway through baking, or until dry and crisp. Cool on wire racks.

6 Place chopped chocolate in a medium heatproof bowl over a medium saucepan of simmering water (make sure base of bowl doesn't touch the water); stir until melted. Transfer chocolate to a small cup. Dip one end of biscotti into chocolate; drain off excess. Place biscotti on baking-paper-lined trays. Stand at room temperature until chocolate sets.

YOGHURT PANNA COTTA

prep + cook time 45 minutes
(+ cooling & refrigeration)

serves 6

300ml pouring cream

½ cup (110g) caster sugar

2 tsp powdered gelatine

⅓ cup (80ml) boiling water

375g greek vanilla yoghurt

**finely chopped pistachios and honey,
to serve**

1 Stir cream and sugar in a medium saucepan over high heat, without boiling, until sugar dissolves.

2 Sprinkle gelatine over the boiling water in a small heatproof jug (see tip). Stand jug in a small saucepan of simmering water; stir until gelatine dissolves. Stir gelatine mixture into hot cream mixture. Transfer to a medium bowl; cool.

3 Stir yoghurt into cooled cream mixture.

4 Rinse six ½-cup (125ml) moulds with cold water; drain, do not wipe dry. Pour yoghurt mixture into moulds, cover loosely with plastic wrap. Refrigerate panna cotta for 4 hours or until set.

5 Carefully turn panna cotta onto plates. Serve scattered with pistachios and drizzled with honey.

tip After the gelatine is sprinkled onto the liquid, leave it until the liquid is absorbed, then place the container in a pan of barely simmering water until the gelatine dissolves, becoming transparent.



SWAP

Use chopped dark chocolate instead of the crystallised ginger.



CHERRY & AMARETTI LOG

prep time 35 minutes (+ freezing)

serves 8

You will need to start this recipe a day ahead.

150g gingernut snap biscuits (see tip)

40g butter, melted

200g fresh cherries

¼ cup (60ml) cherry liqueur or
Amaretto

150g amaretti biscuits, crushed

395g can sweetened condensed milk

500g crème fraîche

1 tsp vanilla bean paste

⅓ cup (75g) crystallised ginger,
chopped

1 Grease an 8cm x 33cm straight-sided loaf cake pan or terrine mould (2.25-litre/9-cup capacity); line base and sides with plastic wrap or two layers of baking paper or foil.

2 Process ginger biscuits to fine crumbs using the pulse button; add butter and process until combined. Press crumb mixture over base of pan. Freeze while preparing ice-cream.

3 Freeze half the fresh cherries for decoration. Remove the seeds from remaining cherries; chop coarsely. Place chopped cherries in a large bowl. Add 1 tbsp of the liqueur and two-thirds of the crushed amaretti biscuits; stand.

4 Meanwhile, whisk condensed milk, crème fraîche, vanilla and remaining liqueur in a bowl with an electric mixer for 5 minutes or until thick. Gently fold cream mixture into cherry mixture; fold in half the ginger. Pour over biscuit base, smooth the surface; cover tightly with plastic wrap. Freeze for at least 6 hours or overnight until firm.

5 Remove ice-cream log from pan; place on a cold platter. Serve topped with frozen cherries, remaining ginger and remaining amaretti biscuits.

tip Different brands of ginger biscuits contain varying amounts of butter, so you may need to increase the amount of butter added if the crumbs do not hold together. We used thin ginger biscuits.

do-ahead Cherry and amaretti log can be made up to 1 week ahead.

PEANUT BRITTLE CANNOLI

prep + cook time 15 minutes

serves 6

2 tsp vanilla extract

300ml thickened cream

**200g chocolate-coated peanut brittle,
chopped finely**

12 store-bought cannoli shells (150g)

CHOCOLATE SAUCE

300ml pouring cream

100g dark chocolate, chopped

1 Make chocolate sauce.

2 Beat vanilla and cream in a small bowl with an electric mixer until firm peaks form; stir in 150g of the brittle.

3 Fit a large piping bag with a large plain nozzle; fill with brittle cream. Pipe filling into cannoli shells.

4 Serve cannoli topped with chocolate sauce and remaining brittle.

chocolate sauce Heat cream in a small saucepan until almost boiling; remove from heat. Add dark chocolate, whisk until smooth.

swap For a more traditional filling, process 150g ricotta until smooth. Whip ½ cup (125ml) pouring cream to soft peaks; fold together cream, ricotta and finely chopped peanut brittle.

TIP

If you don't have a piping bag, use a ziptop bag: fill with brittle cream, twist closed and cut a 1cm hole from one corner.





MELON, RED GRAPES & RICOTTA SALAD

prep + cook time 20 minutes
(+ cooling)

serves 4

½ small honeydew melon (650g)

½ small rockmelon (650g)

250g seedless red grapes

125g soft ricotta

VANILLA & GINGER SYRUP

1 vanilla bean

½ cup (110g) caster sugar

5cm piece fresh ginger, sliced thinly

1 Make vanilla and ginger syrup.

2 Remove seeds from each melon. Using a melon baller, scoop out balls of melon, dividing among serving glasses.

3 Divide grapes among serving glasses; top with ricotta. Just before serving, top salad with reserved ginger and drizzle with syrup.

vanilla & ginger syrup Split vanilla bean in half lengthways; scrape out seeds. Add seeds and bean to a small saucepan with the sugar, ginger and ½ cup (125ml) water. Stir mixture over low heat until sugar dissolves. Increase heat to high; bring to the boil. Reduce heat; simmer for 5 minutes or until mixture is syrupy. Strain into a heatproof bowl; reserve ginger. Cool completely.

GLOSSARY

BAY LEAVES available fresh or dried; adds a strong, slightly peppery flavour.

BEANS

cannellini a small white bean similar in appearance and flavour to other white beans (great northern, navy or haricot), all of which can be substituted for the other. Available dried or canned.

green also known as french or string beans (although the tough string they once had has generally been bred out of them), this long thin fresh bean is consumed in its entirety once cooked.

CAPERS grey-green buds of a warm climate shrub (usually Mediterranean); sold either dried and salted or pickled in a vinegar brine; tiny young ones, called baby capers, are also available both in brine or dried in salt.

CAPSICUM discard seeds and membranes before use.

CAVOLO NERO has long, narrow, wrinkled leaves and a rich and astringent, mild cabbage flavour. It doesn't lose its volume like silverbeet or spinach when cooked, but it does need longer cooking.

CHEESE

bocconcini from the diminutive of "boccone", meaning mouthful in Italian; walnut-sized, baby mozzarella, a delicate, semi-soft, white cheese traditionally made from buffalo milk. Sold fresh, it spoils rapidly so will only keep, refrigerated in brine, for 1 or 2 days at the most.

cream commonly called philadelphia or Philly; a soft cow-milk cheese, its fat content ranges from 14 to 33%.

goat's made from goat's milk, has an earthy, strong taste; available in both soft and firm textures, in various shapes and sizes, and sometimes rolled in ash or herbs.

mascarpone an Italian fresh cultured-cream product made in much the same way as yoghurt. Whiteish to creamy yellow in colour, with a buttery-rich, luscious texture. Soft, creamy and spreadable, it is used in Italian desserts and as an accompaniment to fresh fruit.

mozzarella soft, spun-curd cheese; originating in southern Italy where it was traditionally made from water-buffalo milk. Now generally made from cow's milk, it is the most popular pizza cheese because of its low melting point and elasticity when heated.

parmesan a hard, grainy cow-milk cheese originating in Italy. Reggiano is the best variety.

pecorino the Italian generic name for cheeses which are made from sheep milk; hard, white to pale-yellow in colour. If you can't find it, you can use parmesan instead.

ricotta a soft, sweet, moist, white cow-milk cheese. Ricotta has a low fat content and a slightly grainy texture. The name roughly translates as 'cooked again'.

CHILLI available in many types and sizes. Use rubber gloves when seeding and chopping fresh chillies as they can burn your skin. Removing membranes and seeds lessens the heat level.

flakes also sold as crushed chilli; dehydrated deep-red extremely fine slices and whole seeds.

long available both fresh and dried; a generic term used for any moderately hot, thin, long (6-8cm) chilli.

CHOCOLATE, DARK made of a high percentage of cocoa liquor and cocoa butter, and little added sugar.

CREAM, POURING also called pure or fresh cream. It has no additives and contains a minimum fat content of 35%.

CRÈME FRAÎCHE a mature, naturally fermented cream (minimum fat content 35%) having a velvety texture and slightly tangy, nutty flavour.

EGGPLANT ranging in size from tiny to very large and in colour from pale green to deep purple.

FENNEL also called finocchio or anise; a crunchy green vegetable slightly resembling celery that can be eaten raw in salads; fried as an accompaniment; or used as an ingredient in soups and sauces. Also the name given to the dried seeds of the plant which have a stronger licorice flavour.

FLOUR

plain a general all-purpose wheat flour.

self-raising plain flour sifted with baking powder in the proportion of 1 cup flour to 2 teaspoons baking powder.

GINGER, FRESH the thick gnarled root of a tropical plant. Can be kept, peeled, covered with dry sherry in a jar and refrigerated, or frozen in an airtight container.

LENTILS (red, brown, yellow) dried pulses often identified by and named after their colour. Eaten by cultures all over the world, most famously perhaps in the dhals of India, lentils have high food value.

French-style green lentils related to the famous french lentils du puy; these green-blue, tiny lentils have a nutty, earthy flavour and a hardy nature that allows them to be rapidly cooked without disintegrating.

MAYONNAISE, WHOLE-EGG commercial mayonnaise of high quality made with whole eggs and labelled as such; some prepared mayonnaises substitute emulsifiers to achieve the same thick and creamy consistency but never achieve the same rich flavour.

MILK we use full-cream homogenised milk unless otherwise specified.

NUTMEG a strong and pungent spice ground from the dried nut of an evergreen tree native to Indonesia. Usually found ground but the flavour is more intense from a whole nut, available from spice shops, so it's best to grate your own.

OIL

cooking spray we use a cholesterol-free cooking spray made from canola oil.

olive made from ripened olives. Extra virgin and virgin olive oil are the first and second press, respectively, of the olives; "light" refers to the taste of the oil, not fat levels.

ONION, RED also known as spanish or bermuda onion; a sweet-flavoured, large, purple-red onion.

OREGANO also known as wild marjoram; has a woody stalk and clumps of tiny, dark-green leaves. Has a pungent, peppery flavour.

PINE NUTS not a nut but a small, cream-coloured kernel from pine cones. Toast before use to bring out their flavour.

PISTACHIOS green, delicately flavoured nuts inside hard off-white shells. Available salted or unsalted in their shells; you can also get them shelled.

POLENTA also known as cornmeal; a flour-like cereal made of ground corn. Also the name of the dish made from it.

ROCKET also called arugula, rugula and rucola; peppery green leaf eaten raw in salads or used in cooking. Baby rocket leaves are smaller and less peppery.

SEAFOOD

fish fillets, firm white blue eye, bream, flathead, snapper, ling, swordfish, whiting, jewfish or sea perch are all good choices. Check for small pieces of bone and use tweezers to remove them.

prawns varieties include school, king, royal red, sydney harbour, tiger. They can be bought uncooked (green) or cooked, with or without shells.

SUGAR

brown very soft, finely granulated sugar retaining molasses for its characteristic colour and flavour.

caster finely granulated table sugar.

VANILLA

bean dried, long, thin pod from a tropical golden orchid; the minuscule black seeds inside the bean are used to impart a luscious vanilla flavour in baking and desserts.

extract made by extracting the flavour from the vanilla bean pod; pods are soaked, usually in alcohol, to capture the authentic flavour.

paste made from vanilla pods and contains real seeds. Is highly concentrated: 1 teaspoon replaces a whole vanilla pod.

VINEGAR

balsamic originally from Modena, Italy, there are now many balsamic vinegars on the market. Quality can be determined up to a point by price; the most expensive should be used sparingly.

YEAST (dried and fresh), a raising agent used in dough making. Granular (7g sachets) and fresh compressed (20g blocks) yeast can almost always be substituted one for the other.

ZUCCHINI harvested when young, its edible flowers can be stuffed and deep-fried.

CONVERSION CHART

MEASURES

One Australian metric measuring cup holds approximately 250ml, one Australian metric tablespoon holds 20ml, one Australian metric teaspoon holds 5ml. The difference between one country's measuring cups and another's is within a 2- or 3-teaspoon variance, and will not affect your cooking results. North America, New Zealand and the United Kingdom use a 15ml tablespoon. All cup and spoon measurements are level. The most accurate way of measuring dry ingredients is to weigh them. When measuring liquids, use a clear glass or plastic jug with metric markings. We use extra-large eggs with an average weight of 60g.

OVEN TEMPERATURES

These oven temperatures are only a guide for conventional ovens. For fan-forced ovens, check the manufacturer's manual.

	°C (Celsius)	°F (Fahrenheit)
Very slow	120	250
Slow	150	300
Moderately slow	160	325
Moderate	180	350
Moderately hot	200	400
Hot	220	425
Very hot	240	475

DRY MEASURES

<i>metric</i>	<i>imperial</i>
15g	½oz
30g	1oz
60g	2oz
90g	3oz
125g	4oz (¼lb)
155g	5oz
185g	6oz
220g	7oz
250g	8oz (½lb)
280g	9oz
315g	10oz
345g	11oz
375g	12oz (¾lb)
410g	13oz
440g	14oz
470g	15oz
500g	16oz (1lb)
750g	24oz (1½lb)
1kg	32oz (2lb)

LIQUID MEASURES

<i>metric</i>	<i>imperial</i>
30ml	1 fluid oz
60ml	2 fluid oz
100ml	3 fluid oz
125ml	4 fluid oz
150ml	5 fluid oz
190ml	6 fluid oz
250ml	8 fluid oz
300ml	10 fluid oz
500ml	16 fluid oz
600ml	20 fluid oz
1000ml (1 litre)	1¾ pints

LENGTH MEASURES

<i>metric</i>	<i>imperial</i>
3mm	¼in
6mm	¼in
1cm	½in
2cm	¾in
2.5cm	1in
5cm	2in
6cm	2½in
8cm	3in
10cm	4in
13cm	5in
15cm	6in
18cm	7in
20cm	8in
23cm	9in
25cm	10in
28cm	11in
30cm	12in (1ft)

Using same-shaped cake pans of a similar size should not affect the outcome of your baking. We measure the inside top of the cake pan to determine sizes.

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Italian cuisine has been winning over hearts and stomachs for generations. Who doesn't have a favourite pasta sauce or pizza topping? With its focus on fresh ingredients and simple recipes, Italian food offers something for every home cook and this recipe collection captures that, with recipes taking you from 'primo', first course, all the way to 'dolci', dessert. Buon appetito!



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