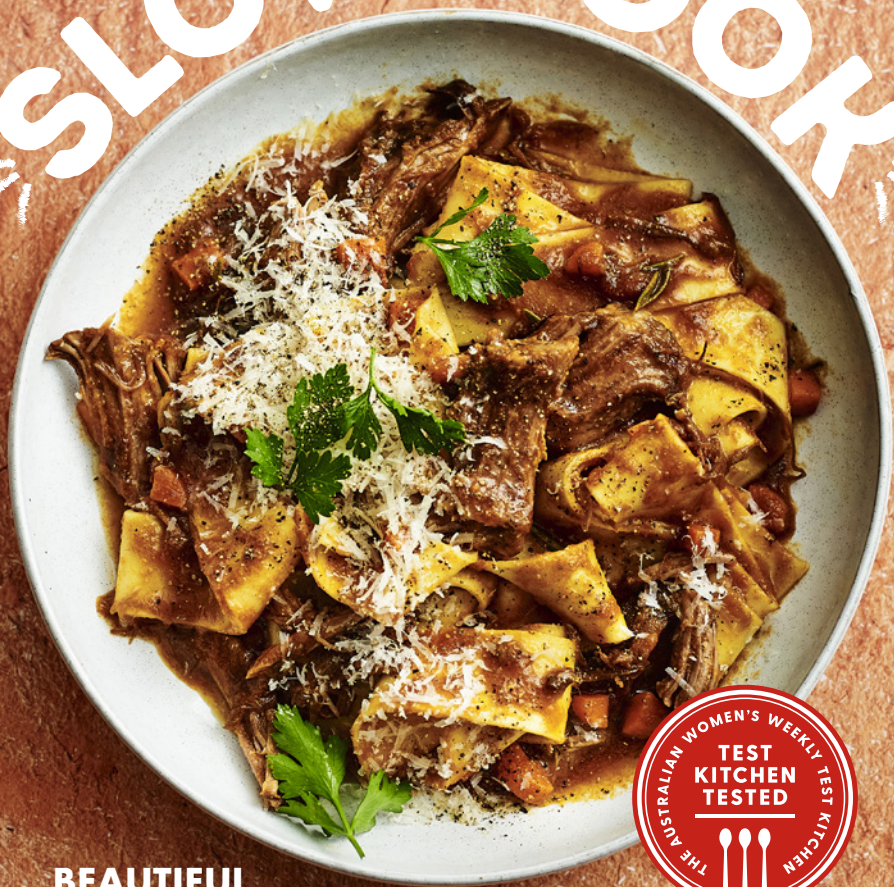


THE AUSTRALIAN
Women's Weekly

SLOW COOK



**BEAUTIFUL
DINNERS
FROM THE
SLOW COOKER**

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SLOW COOK

Beautiful dinners from the slow cooker





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ALL ABOUT SLOW COOKING

Slow cookers are available in a range of shapes and sizes and come with a variety of features. Some cookers heat from the base and side, while others heat just from the base; some have timers that cut off after the cooking time has expired, while others have timers that will keep the food warm by reducing the temperature until you're ready to eat.

The first step when using your slow cooker is to read the manufacturer's instructions as each cooker will differ depending on its features.

They will also outline appropriate safety measures, such as not leaving the appliance unattended at any time.

There are recipes in this cookbook for the following sized slow cookers: 4.5-litre (18-cup), 5-litre (20-cup), 5.5-litre (22-cup), 6-litre (24-cup) and 7-litre (28-cup). If you have a smaller or larger cooker than specified in the recipe you will have to decrease or increase the quantity of food, and almost certainly the liquid content.



SLOW COOKER SETTINGS

Generally, the longer meat takes to cook the more tender and more intense the flavours will be; so if you have the time, set your cooker to a low setting. However, if you're pressed for time, setting the slow cooker on high will halve the cooking time. No matter which setting you use, the food will reach simmering point. Some slow cookers have a warm setting; this isn't used for cooking but to maintain the temperature of the food until it's time to eat. Over time, with practise and experimentation, you will find what works best for you.

BEST CUTS FOR SLOW COOKING

Long, slow cooking will tenderise even the toughest cut of meat. Stewing or braising cuts are the best choices. Tough cuts are usually inexpensive, but cutting the meat off the bone yourself can usually save you more money, as you're not paying for the convenience of pre-cut meat. Cutting up the meat yourself also gives you the opportunity to trim off visible fat and make pieces a uniform size.

The best cuts of meat to use are:

BEEF topside, oyster, blade, skirt, round, chuck, gravy beef.

VEAL osso buco, shanks, shoulder.

LAMB neck chops, boneless shoulder, shanks, boneless forequarter.

PORK forequarter chops, neck, belly, shoulder.

CHICKEN any pieces on the bone, such as drumsticks, thighs, marylands.

SEAFOOD is generally not suitable for slow cooking as it toughens quickly. However, there are many recipes for sauces that can be cooked in the slow cooker; add the seafood just before serving. Large octopus will cook and become tender in a slow cooker.





**FAMILY
FAVES**

TERIYAKI CHICKEN THIGHS WITH SESAME SLAW

prep + cook time 3 hours

serves 4

8 chicken thigh fillets (1.4kg)

½ cup (125ml) sake

¼ cup (60ml) soy sauce

¼ cup (60ml) mirin

1 tbsp honey

**3 green onions, white part thinly
sliced, green part julienned**

1½ tbsp finely grated ginger

2½ cloves garlic, crushed

400g wombok

2 lebanese cucumbers (340g)

½ medium daikon (300g)

2½ tbsp grapeseed oil

2 tsp sesame oil

1 tbsp rice wine vinegar

1 Place chicken, sake, soy sauce, mirin, honey, the white part of the green onion, 1 tbsp of the ginger and 2 crushed cloves garlic in a 4.5-litre (18-cup) slow cooker. Cook, covered, on low for 2½ hours.

2 Using a mandoline or sharp knife, finely shred wombok and thinly slice cucumber lengthways into ribbons. Using the julienne attachment on the mandoline or a sharp knife, cut daikon into julienne. Whisk oils and vinegar with the remaining ginger and garlic in a medium bowl. Add wombok, cucumber and daikon; toss to combine. Season to taste.

3 Remove chicken from cooker. Strain cooking liquid into a large frying pan. Boil over medium-high heat for 5 minutes or until sauce is thickened and glossy. Return chicken to sauce; toss to coat.

4 Top chicken with the green part of green onion, serve with sesame slaw.

servicing idea Sprinkle the chicken with toasted sesame seeds.

KEEP

Suitable to
freeze at the end
of step 3.





SERVING IDEA

Serve the ragù with your favourite pasta, topped with grated parmesan.

CHEAT'S MEATBALL & BEEF RAGÙ

prep + cook time 5½ hours

serves 6

500g Italian-style pork sausages
2 tbsp extra virgin olive oil
500g lean beef mince
3 cloves garlic, crushed
1 medium onion (150g), chopped finely
1 medium carrot (120g), chopped finely
1 celery stalk (150g), chopped finely
⅓ cup (95g) tomato paste
2 tsp dried italian herbs
**½ cup (125ml) red wine (optional,
see tip)**
1 cup (250ml) beef stock
2 x 400g cans diced tomatoes
2 fresh or dried bay leaves
¼ cup finely chopped flat-leaf parsley

1 Squeeze sausage meat from casings and roll into walnut-sized balls; discard casings. Heat half the oil in a large frying pan over high heat. Add beef; cook, stirring to break up, until browned. Using a slotted spoon, transfer beef to a plate. Add remaining oil; cook sausage meatballs, stirring until browned. Using slotted spoon, transfer sausage meatballs to same plate.

2 Add garlic, onion, carrot and celery to pan; cook, stirring, for 8 minutes. Add tomato paste, cook for 2 minutes; stir in dried herbs and wine.

3 Transfer the wine mixture to a 6-litre (24-cup) slow cooker. Add beef, sausage meatballs, stock, canned tomatoes and bay leaves; stir to combine. Cook, covered, on low for 5 hours. Remove bay leaves and stir in parsley. Season to taste.

tip If you choose not to use wine, replace with the same amount of beef stock or water.

keep Suitable to freeze at the end of step 3, before adding the parsley.

CHAR SIU BEEF SLIDERS

prep + cook time 8½ hours
serves 8

⅓ cup (125g) char siu sauce
¼ cup (60ml) rice wine vinegar
2 tbsp sriracha
1 tbsp lemongrass paste
1 tbsp ginger paste
2 cloves garlic, crushed
2 tsp fish sauce
2 tsp soy sauce
1 tbsp caster sugar
1 large onion (200g), halved, sliced
1kg piece beef chuck steak
8 slider buns (320g), split
300g Asian-style coleslaw pack
(see tip)

- 1** Combine the char siu sauce, vinegar, sriracha, pastes, garlic, sauces and sugar in a small bowl.
- 2** Place onion in a 4.5-litre (18-cup) slow cooker, top with beef; pour over sauce. Cook, covered, on low for 8 hours (or high for 6 hours).
- 3** Using two forks, shred the beef coarsely and mix to combine with sauce.
- 4** Fill slider buns with char siu beef and slaw.

tip To make your own coleslaw mix, combine 1 cup each shredded red and green cabbage with 2 thinly sliced green onions and ⅓ cup torn parsley leaves.



KEEP

Suitable to
freeze at the end
of step 3.

KEEP

Suitable to
freeze at the end
of step 3.



FIVE-SPICE STICKY CHICKEN DRUMSTICKS

prep + cook time 4 hours 20 minutes

serves 4

1 tbsp canola oil

8 chicken lovely legs (1kg)

⅔ cup (160ml) hoisin sauce

½ cup (125ml) orange juice

2 tbsp honey

1 tbsp sesame oil

1½ tsp chinese five-spice

½ tsp chilli flakes

2 tbsp tomato sauce

4 cloves garlic, crushed

1 Heat oil in a large frying pan over medium heat. Add chicken; cook, turning, until browned all over. Transfer chicken to a 6-litre (24-cup) slow cooker; add remaining ingredients and mix well.

2 Cook chicken drumstick mixture, covered, on low for 4 hours (or high for 2 hours) or until tender.

3 Remove chicken from cooker. Transfer sauce to a medium saucepan; boil over medium heat for 8 minutes or until thickened.

4 Serve chicken drizzled with sauce.

servicing idea Top with green onion, toasted sesame seeds and coriander, and serve with lime wedges and steamed rice.

CHORIZO, TOMATO & ZUCCHINI POTATO STACK

prep + cook time 3¼ hours

serves 6

You will need a slow cooker trivet for this recipe.

3 medium potatoes (600g)

2 tbsp extra virgin olive oil

1 large onion (200g), sliced thinly

2 cloves garlic, crushed

250g cured chorizo sausages, sliced thinly

¾ cup (135g) semi-dried tomatoes, chopped coarsely

2 medium zucchini (240g), grated coarsely, squeezed dry

10 eggs, beaten lightly

1 cup (120g) coarsely grated cheddar

2 cups (35g) baby rocket

1 tbsp balsamic vinegar

⅓ cup (25g) shaved parmesan

1 Peel potatoes and cut into 5mm thick slices.

Place in a medium saucepan; add enough cold water to just cover. Season with salt. Bring to the boil and cook for 5 minutes or until three-quarters cooked; drain. Spread potato slices out on a tray to cool.

2 Heat half the oil in a medium frying pan over medium heat; cook the onion, garlic and chorizo, stirring, for 5 minutes or until onion is soft. Stir in tomatoes and zucchini; season to taste.

3 Grease a 20cm deep round cake pan; line base and side with baking paper. Cover base with potatoes. Spread vegetable mixture evenly over potatoes. Combine egg and half the cheddar; season. Pour the egg mixture over vegetables. Sprinkle with remaining cheddar. Cover with foil.

4 Place a trivet in the base of a 4.5-litre (18-cup) rectangular or oval slow cooker. Cook, covered, on low for 2½ hours or until just set. Stand in cooker for 10 minutes to cool slightly.

5 Preheat oven grill to high. Transfer stack, top-side up, onto a greased oven tray. Place under grill for 5 minutes or until cheese is golden.

6 Toss rocket with remaining olive oil, the vinegar and parmesan; season to taste. Serve stack with rocket salad.



SERVING IDEA

Top with avocado, sour cream and sliced green chili.

Serve with lime wedges.



PULLED BEEF & BLACK BEAN NACHOS

prep + cook time 6½ hours

serves 6

2 tbsp extra virgin olive oil
1kg gravy beef, cut into 5cm pieces
1 large onion (200g), chopped
2 cloves garlic, sliced
2 fresh long red chillies, sliced thinly
1 tbsp smoked paprika
2 tsp fennel seeds
6 thyme sprigs
400g can diced tomatoes
2 medium yellow capsicums (400g), sliced thinly
2 medium red capsicums (400g), sliced thinly
2 x 400g cans black beans, drained, rinsed
corn chips, to serve

1 Heat half the olive oil in a large frying pan over medium-high heat. Cook beef, in batches, until browned; transfer to a 4.5-litre (18-cup) slow cooker.

2 Heat remaining olive oil in same pan; cook onion, stirring, for 5 minutes. Add garlic, chilli, paprika, fennel seeds and thyme; cook, stirring, for 2 minutes or until fragrant. Add canned tomatoes; bring to the boil. Season.

3 Transfer tomato mixture to cooker. Cook, covered, on low for 5 hours. Quickly stir in capsicum. Cook, covered, for a further hour. Using two forks, shred beef coarsely. Stir in beans; cook, covered, for 10 minutes to warm beans through. Serve with corn chips.

keep Suitable to freeze at the end of step 3, without the corn chips.

FIRE CRACKER BEEF BRISKET

prep + cook time 8½ hours

serves 6

2 tbsp extra virgin olive oil

1.2kg beef chuck steak

**2 medium red onions (340g),
chopped coarsely**

2 tsp smoked paprika

2 tsp mustard powder

1 tsp ground cinnamon

1 tsp cayenne pepper

2 cloves garlic, sliced thinly

1 tbsp treacle

2 tbsp red wine vinegar

3 bay leaves

**2 fresh long red chillies, pierced
with a skewer**

1 cup (260g) bottled tomato passata

1 tbsp worcestershire sauce

**coarsely chopped coriander leaves,
to serve**

1 Heat the oil in large frying pan over high heat; cook beef until browned all over. Transfer to a 4.5-litre (18-cup) slow cooker. Add the onion to same pan, cook for 5 minutes or until softened. Add paprika, mustard powder, cinnamon, cayenne pepper and garlic; cook for 3 minutes.

2 Add onion mixture and remaining ingredients, except coriander, to slow cooker; turn beef several times to coat well and combine ingredients. Cook, covered, on low for 8 hours.

3 Discard bay leaves and chillies. Shred beef coarsely using two forks, season to taste. Serve drizzled with some of the cooking sauce and topped with coriander.

keep Suitable to freeze at the end of step 2.

SERVING IDEA

Serve brisket on flatbread, with grilled parmesan-topped corn cobs and sour cream.



KEEP

Suitable to
freeze at the end
of step 2.



SPICED LAMB SHANKS

prep + cook time 6½ hours

serves 4

2 tsp ground coriander

2 tsp ground cumin

2 tsp ground cardamom

½ tsp cayenne pepper

1 tsp smoked paprika

2 cloves garlic, crushed

2 tbsp lemon juice

1 tbsp extra virgin olive oil

4 french-trimmed lamb shanks (800g)

2 medium red onions (340g),

quartered

greek yoghurt, lemon rind,

pomegranate seeds and mint

leaves, to serve (optional)

1 Combine spices, garlic and lemon juice in a small bowl. Heat oil in a large frying pan over medium heat; cook lamb shanks, turning, until browned all over. Transfer to a 4.5-litre (18-cup) slow cooker. Add onions to pan; cook, turning, for 5 minutes or until browned on each side. Transfer to cooker.

2 Add spice mixture and ½ cup (125ml) water to cooker; stir to combine. Season. Cook, covered, on low for 6 hours (or high for 3½ hours).

3 Serve lamb shanks and onion topped with juices from cooker, yoghurt, lemon rind, pomegranate seeds and mint leaves, if you like.

serving idea Drizzle lamb with 1 cup mint leaves blended with ¼ cup (60ml) extra virgin olive oil, and serve with couscous.

GINGER-SPICED SILVERSIDE

prep + cook time

6¼ hours (+ cooling)

serves 6

1.5kg piece silverside

1.25 litres (5 cups) ginger beer

½ cup (125ml) malt vinegar

⅓ cup (75g) firmly packed brown sugar

100g ginger, sliced thinly

2 tsp black peppercorns

1 medium onion (150g), quartered

1 bulb garlic, halved

3 tsp ground ginger

1 Place all the ingredients in a 5.5-litre (22-cup) slow cooker. Cook, covered, on low for 6 hours. (If silverside isn't completely submerged, turn silverside over halfway through cooking time.)

2 Remove insert from slow cooker. Cool silverside in liquid; drain.

3 Slice silverside thinly; serve.

serving idea Serve sliced silverside on toasted sourdough with cheddar, sliced cornichons and chilli jam. Accompany with sweet potato chips.

KEEP

Suitable to
freeze at the end
of step 2.



SERVING IDEA

Serve with flatbread or other crusty rustic bread.



PEA & HAM SOUP

prep + cook time 8½ hours

serves 4

- 1 smoked ham hock (800g)**
- 3 large celery stalks (450g), chopped**
- 1 large carrot (180g), chopped**
- 1 large onion (200g), chopped**
- 3 large cloves garlic, chopped coarsely**
- 3½ cups (420g) frozen peas**
- 3 cups (750ml) chicken stock**
- 2 small zucchini (360g),
grated coarsely**
- ¼ cup finely chopped flat-leaf parsley**

1 Place 1½ cups (375ml) water, the ham hock, celery, carrot, onion, garlic, 2 cups frozen peas and the stock in a 4.5-litre (18-cup) slow cooker. Cook, covered, on low for 8 hours (or on high for 4 hours).

2 Remove ham hock and shred meat; reserve.

3 Using a stick blender, blend soup in cooker until almost smooth, leaving some chunks of carrot and a few peas unblended.

4 Return shredded ham to cooker along with remaining peas and the zucchini. Cook, covered, on high for a further 20 minutes. Season to taste. Serve topped with parsley.

keep Suitable to freeze at the end of step 4, before topping with parsley.

KOREAN PORK BELLY WITH PICKLED CARROT & DAIKON

prep + cook time 5½ hours

serves 6

1 medium onion (150g), sliced
1kg piece boneless pork belly
2 cloves garlic, crushed
1 tbsp grated ginger
1 tsp black peppercorns
¼ cup (80g) gochujang (Korean chilli paste)
¼ cup (60ml) light soy sauce
2 tbsp honey
2 tbsp brown sugar
¾ cup (180ml) chicken stock

PICKLED CARROT & DAIKON

400g daikon
4 medium carrots (480g)
2 tsp caster sugar
2 tbsp white vinegar
2 tsp sea salt flakes
½ tsp chilli flakes
2 tbsp sesame seeds, toasted
2 tbsp chopped chives

- 1** Place onion in base of a 5.5-litre (22-cup) slow cooker. Top with pork belly.
- 2** Combine garlic, ginger, peppercorns, gochujang, soy sauce, honey, sugar and chicken stock in a jug. Pour mixture over pork in cooker. Cook, covered, on low for 4½ hours or until tender.
- 3** Meanwhile, make pickled carrot and daikon.
- 4** Remove pork from slow cooker, place on an oven tray. Strain cooking liquid into a medium saucepan and skim off any fat. Boil for 10 minutes or until mixture is thick and syrupy.
- 5** Preheat oven grill. Cook the pork under grill for 5 minutes or until top is crisp. Serve sliced pork with sauce and pickled carrot and daikon.

pickled carrot & daikon Julienne daikon and carrot; place in a heatproof bowl. Place sugar, vinegar, salt and chilli flakes in a small saucepan over medium heat; stir until dissolved. Pour hot mixture over vegetables; mix well. Set aside to pickle. When ready to serve, stir in sesame seeds and chives.

A close-up photograph of a braised pork belly dish. The pork belly is cut into thick slices, showing a dark, caramelized exterior and a tender, layered interior of fat and meat. It is garnished with white sesame seeds and chopped green onions. The pork is served on a black tray lined with white parchment paper. In the background, a bowl of steamed short-grain rice is visible, and a side of shredded vegetables (daikon radish, carrots, and green onions) is garnished with sesame seeds. A small bowl of dark sauce is also present in the foreground.

SERVING IDEA

Serve pork belly
with steamed
short-grain rice.

KEEP

Suitable to
freeze at the end
of step 3.



PAPPARDELLE WITH RED WINE BRAISED LAMB

prep + cook time 8½ hours

serves 6

1 tbsp olive oil
1.5kg lamb shoulder with bone
1 large onion (200g), chopped
2 medium carrots (240g), cut into
1cm pieces
2 celery stalks (300g), cut into
1cm pieces
4 cloves garlic, crushed
3 large sprigs rosemary
1½ cups (375ml) red wine
½ cup (140g) tomato paste
400g can diced tomatoes
5 anchovy fillets, chopped
1 tsp brown sugar
375g pappardelle
shaved parmesan and parsley leaves,
to serve

- 1** Heat oil in a large frying pan over high heat. Season lamb; cook, turning, for 6 minutes or until browned all over.
- 2** Place lamb in a 6-litre (24-cup) slow cooker. Add onion, carrot, celery, garlic and rosemary to cooker. Combine wine, paste, canned tomatoes, anchovies and sugar in a jug; pour over lamb and vegetables. Cook, covered, on low for 8 hours (or on high for 5 hours).
- 3** Remove lamb from cooker. Using two forks, shred meat coarsely, discarding fat and bone. If sauce is too thin, pour into a medium saucepan and boil for 5 minutes or until thickened slightly. Stir shredded lamb into sauce and season to taste.
- 4** Meanwhile, cook pasta in a large saucepan of boiling water according to packet directions; drain. Return pasta to pan; fold through lamb mixture. Serve topped with parmesan and parsley.

BUTTER CHICKEN

prep + cook time

4¾ hours (+ refrigeration)

serves 6

**12 chicken thigh cutlets (2.4kg),
skin removed**
2 tbsp lemon juice
1 tsp chilli powder
¾ cup (210g) greek yoghurt
1 tbsp finely grated ginger
2 tsp garam masala
50g butter
1 tbsp vegetable oil
1 medium onion (150g), chopped finely
4 cloves garlic, crushed
1 tsp ground coriander
1 tsp ground cumin
1 tsp ground paprika
2 tbsp tomato paste
410g can tomato puree
⅔ cup (160ml) chicken stock
2 tbsp honey
1 cinnamon stick
⅓ cup (80ml) pouring cream
**coriander leaves and toasted cashews,
to serve**

1 Combine chicken, juice and chilli powder in a large bowl. Cover; refrigerate for 30 minutes.

2 Stir yoghurt, ginger and half the garam masala into chicken mixture.

3 Heat butter and oil in a large frying pan over medium heat; cook chicken, in batches, turning, until well browned. Transfer to a 4.5-litre (18-cup) slow cooker.

4 Add the onion and garlic to frying pan; cook, stirring, for 5 minutes or until onion softens. Add remaining garam masala, ground coriander, cumin and paprika; cook, stirring, for 1 minute or until fragrant. Add onion mixture to cooker with tomato paste, puree, stock, honey and cinnamon. Cook, covered, on low for 4 hours.

5 Stir in cream; season to taste. Serve topped with coriander leaves and cashews.

keep Suitable to freeze at the end of step 4.

SERVING IDEA

Serve with steamed basmati and flatbread.



SERVING IDEA

Serve with
chargrilled broccolini
and green beans.



MOROCCAN CHICKEN & BARLEY STEW

prep + cook time

6 hours 20 minutes

serves 4

2 tbsp olive oil

**4 chicken thigh cutlets (800g),
skin removed**

1 large onion (200g), chopped

2 medium carrots (240g), chopped

6 cloves garlic, peeled

2 tbsp moroccan seasoning

400g can diced tomatoes

1/3 cup (65g) pearl barley

1/2 cup (85g) sultanas

1/2 cup (90g) pitted green sicilian olives

2 tbsp coriander leaves

1 Heat olive oil in a frying pan over high heat. Cook chicken, turning, until browned; remove from pan.

2 Add onion, carrot and garlic to same pan; cook over medium heat for 5 minutes. Add seasoning; cook for 1 minute. Transfer the onion mixture to a 6-litre (24-cup) slow cooker. Add chicken, canned tomatoes and 1½ cups (375ml) water; stir until mixed well.

3 Cook the stew, covered, on low for 5 hours. Quickly add barley and sultanas to stew. Cook, covered, for a further 1 hour. Remove lid, stir in the olives.

4 Serve stew topped with coriander.

keep Suitable to freeze at the end of step 3.

CURRIED BEEF & CHICKPEA POT PIES

prep + cook time 9 hours (+ cooling)

serves 4

1kg beef chuck steak

¼ cup (35g) plain flour

2 tbsp extra virgin olive oil

2 tbsp curry powder

1 large onion (200g), chopped coarsely

2 cloves garlic, chopped

400g can diced tomatoes

½ cup (125ml) beef stock

400g can chickpeas, drained, rinsed

120g baby spinach leaves

¼ cup (80g) mango chutney

4 sheets frozen puff pastry, thawed

1 egg, beaten lightly

2 tsp cumin seeds

½ tsp sea salt flakes

1 Trim beef and cut into 4cm pieces; place in a large bowl. Add flour and season well. Toss beef in flour to coat. Heat 1 tbsp oil in a large frying pan over high heat, cook half the beef until browned; transfer to a 6-litre (24-cup) slow cooker. Repeat with remaining oil and beef; transfer beef to cooker. Add curry powder, onion, garlic, canned tomatoes and stock to pan; bring to the boil.

2 Spoon curry mixture into slow cooker; cook, covered, on low for 8 hours (or high for 4 hours).

3 Add chickpeas and spinach to cooker; cover, stand until wilted. Stir in chutney and season to taste. Cool.

4 Preheat oven to 200°C. Divide cooled mixture among four 2-cup (500ml) ovenproof dishes. Cut each pastry sheet into rounds, large enough to cover top of dishes. Top dishes with pastry rounds and press down on edges to seal.

5 Place dishes on an oven tray. Brush pastry with egg and sprinkle with cumin seeds and sea salt. Cut a small slit in the top. Bake for 25 minutes or until well browned.

keep Suitable to freeze at the end of step 4: cover pies with two layers of plastic wrap and one of foil. Thaw overnight in the refrigerator; discard plastic wrap and foil. Continue from step 5. You can also freeze cooked pies.



SERVING IDEA

Serve pies with
mashed potato.

SERVING IDEA

Serve pie with a green salad.



STOUT COTTAGE PIE WITH SWEET POTATO TOP

prep + cook time 4¾ hours

serves 6

1 tbsp olive oil
1 medium onion (150g), chopped finely
4 cloves garlic, crushed
**1kg beef chuck steak, cut into
5cm pieces**
2 tbsp plain flour
**2 stalks celery (300g), trimmed,
chopped finely**
1 medium carrot (120g), chopped finely
2 tbsp worcestershire sauce
2 tbsp malt vinegar
¼ cup (70g) tomato paste
1 cup (250ml) stout
**1kg orange sweet potatoes, chopped
coarsely**
60g butter, chopped
**1¼ cups (150g) coarsely grated
cheddar**

1 Heat olive oil in a large frying pan over medium heat. Cook onion and garlic, stirring, for 5 minutes or until softened. Add beef pieces; cook, stirring, for 5 minutes or until browned.

2 Add flour; cook, stirring, for 1 minute. Add celery, carrot, sauce, vinegar, tomato paste and stout. Transfer to a 4.5-litre (18-cup) slow cooker. Cook, covered, on low for 4 hours. Season to taste.

3 Meanwhile, place the sweet potato in a large saucepan with enough cold water to barely cover potato; bring to the boil. Boil for 15 minutes or until sweet potato is tender; drain. Return potato to pan; mash potato with butter and 1 cup (120g) cheddar. Season to taste.

4 Preheat oven grill.

5 Transfer the beef mixture to a 2.5-litre (10-cup) ovenproof dish. Top with the sweet potato mash; sprinkle with remaining cheddar. Place under grill for 5 minutes or until cheddar melts and sweet potato is warmed through.

keep Suitable to freeze before grilling the cheese.



**CURRY
NIGHT**

LAMB SHANK MASSAMAN CURRY

prep + cook time 8½ hours
serves 4

1 tbsp peanut oil
4 lamb shanks (800g)
⅓ cup (100g) massaman curry paste
400ml can coconut milk
400ml can coconut cream
800g medium dutch cream potatoes,
halved (quartered if large)
½ cup (70g) finely chopped roasted
peanuts, plus extra to serve
1 cinnamon stick
4 star anise
6 pods cardamom, bruised
4 cloves
3 bay leaves
2 tbsp fish sauce
2 tbsp coconut sugar
2 tbsp tamarind puree
1 cup thai basil
1 fresh long red chilli, sliced thinly

1 Heat oil in a large frying pan over medium-high heat. Cook shanks, turning, for 6 minutes or until browned. Remove shanks from pan.

2 Reduce heat to medium; add the curry paste to pan. Cook, stirring, for 2 minutes or until fragrant. Stir in coconut milk and cream. Transfer mixture to a 5.5-litre (22-cup) slow cooker. Add potatoes, peanuts, spices, bay leaves and the shanks. Cook, covered, on low for 8 hours (or high for 4 hours).

3 Stir in fish sauce, coconut sugar and tamarind; taste and adjust if necessary. Season with pepper.

4 Serve curry topped with extra peanuts, thai basil and chilli.

keep Suitable to freeze at the end of step 3.



SERVING IDEA

Serve curry with
steamed jasmine rice.



CHINESE BRAISED PORK & EGGPLANT WITH CHILLI

prep + cook time 7 hours

serves 6

¼ cup (60ml) peanut oil

8 finger eggplants (480g), halved
lengthways

500g pork mince

2 tbsp brown sugar

1 tbsp finely grated ginger

3 cloves garlic, crushed

1 tsp cumin seeds

2 tbsp chilli bean paste

¼ cup (60ml) chicken stock

¼ cup (60ml) chinese cooking wine
(shao hsing)

¼ cup (60ml) light soy sauce

¼ cup (60ml) chinese black vinegar

300g green beans, trimmed, halved

2 green onions, julienned

½ cup coriander leaves

1 Heat 1 tbsp peanut oil in a large frying pan over medium-high heat; cook half the eggplant, cut-side down, for 1 minute or until golden. Remove from pan. Repeat with another 1 tbsp peanut oil and remaining eggplant. Remove from pan.

2 Heat remaining 1 tbsp peanut oil in same pan; cook pork, stirring, for 7 minutes or until golden brown. Add sugar, ginger, garlic, cumin and chilli bean paste to the pan; cook for 1 minute or until fragrant. Transfer pork mixture and eggplant to a 5.5-litre (22-cup) slow cooker. Pour in ¼ cup (60ml) water, the stock, wine, soy sauce and vinegar; gently stir to combine. Cook, covered, on low for 6 hours (or high for 3 hours).

3 Add green beans to cooker. Cook, covered, on low for a further 20 minutes (or on high for 10 minutes). Serve topped with green onion and coriander leaves.

serving idea Serve with noodles or steamed rice.

TOMATO, CAULIFLOWER & EGGPLANT CURRY

prep + cook time 2½ hours

serves 4

1 tbsp canola oil

2 tsp brown mustard seeds

1 large red onion (300g), cut into wedges

2 cloves garlic, crushed

¼ cup (75g) madras curry paste

6 finger eggplants (360g), cut into 3cm pieces

400g cauliflower, cut into 4cm florets

¼ cup curry leaves

1 tsp caster sugar

200ml packet UHT coconut cream

200g grape tomatoes

400g paneer cheese, cut into 2cm pieces

120g baby spinach leaves

¼ cup (20g) flaked almonds, toasted

- 1** Heat oil in a medium frying pan over medium heat. Add mustard seeds, onion, garlic and curry paste; cook, stirring, for 3 minutes or until fragrant.
- 2** Transfer onion mixture to a 4.5-litre (18-cup) slow cooker. Add eggplant, cauliflower, curry leaves and sugar. Reserve 2 tbsp of the coconut cream to serve; add remaining coconut cream to slow cooker. Cook, covered, on high for 1½ hours. Add tomatoes; cook, covered, for a further 30 minutes.
- 3** Remove lid, add paneer and spinach. Cover and allow to heat through; stir gently. Serve curry drizzled with reserved coconut cream and topped with flaked almonds. Season with pepper.

serving idea Serve curry with steamed basmati and warmed flatbread.





FRAGRANT BEEF CURRY

prep + cook time 8¼ hours

serves 6

2 tbsp olive oil

2 large onions (400g), chopped
coarsely

2 large cloves garlic, crushed

1 tbsp grated ginger

3 sprigs curry leaves

2 tsp ground turmeric

2 tsp ground cumin

1½ tsp ground coriander

½ tsp ground cardamom

¼ tsp ground chilli

1 tsp fennel seeds

1 tsp fenugreek seeds

1½ tbsp tamarind puree or
red wine vinegar

1.5kg beef chuck steak, cut into
5cm pieces

400g can diced tomatoes

1 tsp garam masala

mint leaves, to serve

1 Heat oil in a frying pan over low-medium heat; cook onion, stirring, for 8 minutes. Add the garlic, ginger and curry leaves; cook, stirring, for 1 minute or until onion is soft. Add ground spices and seeds; cook, stirring, for 1 minute or until fragrant. Stir in tamarind puree.

2 Transfer the spice mixture to a 4.5-litre (18-cup) slow cooker. Add beef and canned tomatoes; stir to coat in spice mixture. Cook, covered, on low for 8 hours (or high for 6 hours). Add garam masala; stir to combine well.

3 Serve curry topped with mint leaves.

serving idea Serve with steamed basmati and mint raita.

keep Suitable to freeze at the end of step 2.

SATAY LEMONGRASS CHICKEN

prep + cook time 4 hours

serves 4

1 tbsp canola oil
1 stalk lemongrass, chopped finely
1 small onion (80g), chopped coarsely
5cm piece ginger, grated finely
3 cloves garlic
1 fresh small red chilli, seeded, chopped
4 kaffir lime leaves
2 tbsp finely grated palm sugar
2 tbsp tamarind puree
1 cup (280g) natural crunchy dark roast peanut butter
2 tbsp soy sauce
8 chicken thigh cutlets (1.6kg), skin removed
½ cup (125ml) chicken stock
1 tbsp lime juice
extra sliced chilli and coriander leaves, to serve

1 Process oil, lemongrass, onion, ginger, garlic, chilli and 2 lime leaves in a small food processor until as smooth as possible. Transfer to a bowl.

Add palm sugar, tamarind, peanut butter and soy sauce; mix to a paste.

2 Place chicken in a single layer in base of a greased 7-litre (28-cup) slow cooker. Spread chicken with the peanut paste. Add stock and remaining lime leaves.

3 Cook, covered, on low for 3½ hours or until chicken is tender.

4 Preheat oven grill. Transfer the chicken to a greased foil-covered oven tray. Place under grill for 3 minutes or until starting to brown. Stir lime juice into sauce in cooker and season to taste. Discard lime leaves. Serve chicken topped with sauce, extra sliced chilli and coriander leaves.

serving idea Serve with lime wedges and steamed jasmine rice.

keep Suitable to freeze at the end of step 3.





MALAYSIAN CHICKEN CURRY

prep + cook time 4½ hours

serves 6

3 stalks lemongrass, chopped coarsely

**6cm piece fresh turmeric, peeled,
chopped**

**4 fresh long red chillies, seeded,
chopped**

8 shallots, chopped

6 cloves garlic, chopped

1 tsp sea salt flakes

¼ cup (60ml) vegetable oil

**4 chicken marylands (1.4kg),
skin removed**

1 cup (250ml) coconut milk

**3cm piece galangal or ginger,
sliced thinly**

2 tbsp tamarind puree

8 kaffir lime leaves

**fried shallots and coriander leaves,
to serve**

1 Process lemongrass, turmeric, chilli, shallots, garlic and salt in a food processor to a paste.

2 Heat oil in a frying pan over medium-high heat.

Cook spice paste, stirring frequently, for 10 minutes or until fragrant and dry.

3 Transfer spice mixture to a 4.5-litre (18-cup) slow cooker. Add chicken; toss until well coated in spice mixture. Add 1 cup (250ml) water, ½ cup (125ml) of the coconut milk, the galangal, tamarind and lime leaves. Cook, covered, on low for 4 hours.

4 Stir through remaining coconut milk. Serve curry topped with fried shallots and coriander leaves.

servicing idea Serve with lime wedges and steamed jasmine rice topped with toasted coconut flakes.

keep Suitable to freeze at the end of step 4, before topping with fried shallots and coriander.

JAMAICAN LAMB CURRY

prep + cook time 8½ hours

serves 4

- 4 large lamb shanks (2kg)**
- 2 tbsp ground coriander**
- 2 tbsp ground cumin**
- 2 tbsp ground turmeric**
- ½ cup (120g) ghee**
- 2 large red onions (600g), cut into thick wedges**
- ¼ cup (70g) tomato paste**
- ¼ cup (75g) vindaloo paste**
- 20 fresh curry leaves**

GARLIC & GINGER PASTE

- 1 bunch coriander**
- 2 large red onions (600g), chopped coarsely**
- 4 cloves garlic, chopped coarsely**
- 8cm piece ginger (50g), chopped coarsely**

- 1** Make garlic and ginger paste.
- 2** Place lamb shanks in a large zip-top bag with ground spices; shake to coat, season and set aside. Reserve any ground spices in the bag.
- 3** Heat ghee in a large non-stick frying pan over high heat. Cook lamb shanks, in batches, turning, for 4 minutes or until browned. Transfer lamb to a 5.5-litre (22-cup) slow cooker.
- 4** Add onion to same pan; cook for 4 minutes or until softened. Add the garlic and ginger paste, and any reserved ground spices; cook, stirring, for 2 minutes or until fragrant. Transfer onion mixture to slow cooker.
- 5** Add tomato paste, vindaloo paste, curry leaves and 3 cups (750ml) water to cooker. Cook, covered, on low for 8 hours (or high for 6 hours).
- 6** Remove lamb shanks from cooker. Skim excess fat from top of sauce, then return shanks to sauce. Chop half the reserved coriander leaves and stir through lamb mixture. Top with remaining coriander.

garlic & ginger paste Remove coriander leaves from bunch and reserve. Coarsely chop stems and roots; process with remaining ingredients to form a coarse paste.

serving idea Top curry with thinly sliced green chillies. Serve with rice and black beans, and lime wedges.

KEEP

Suitable to freeze at the end of step 6, before adding coriander.





THAI RED CURRY

prep + cook time 4½ hours

serves 4

1 tbsp vegetable oil

4 duck or chicken marylands (1.2kg)

⅓ cup (100g) thai red curry paste

3 star anise

1 cinnamon stick

3 kaffir lime leaves, torn

400ml can coconut cream

½ cup (125ml) chicken stock

1.25kg finger eggplants,
cut into 2cm slices

1 medium red onion (170g),
sliced thinly

1 tsp caster sugar

2 tsp finely grated lime rind

2 tbsp lime juice

250g cherry tomatoes, halved

½ small pineapple (450g),
cut into 2cm pieces

1 tbsp fish sauce

1 tbsp coconut sugar

1 cup thai basil leaves

½ cup (40g) fried shallots

1 Heat oil in a large non-stick frying pan over medium-high heat. Cook marylands, skin-side down, for 3 minutes each side; remove marylands from pan. Add curry paste, spices and lime leaves to pan; stir for 1 minute or until fragrant. Add the coconut cream and stock; bring to a simmer.

2 Transfer the marylands and curry sauce to a 4.5-litre (18-cup) slow cooker. Cook, covered, on low for 3 hours (or high for 1½ hours). Add the eggplant; cook, covered, on low for 1 hour (or high for 30 minutes).

3 Meanwhile, for pickled onion, combine onion, caster sugar, half the lime rind, 1 tbsp lime juice and a large pinch of salt in a bowl; stand onion mixture for 10 minutes to pickle.

4 Remove the whole spices and lime leaves from curry. Stir through tomatoes, pineapple, fish sauce, coconut sugar, remaining lime rind and juice.

5 Serve curry with pickled onion, thai basil leaves and fried shallots.

servicing idea Serve curry with steamed rice and lime cheeks.



VEGETARIAN

PULLED JACKFRUIT ENCHILADAS

prep + cook time 6½ hours

serves 4

2 tbsp extra virgin olive oil
1 large red onion (300g), sliced thinly
2 cloves garlic, crushed
2 tsp ground cumin
2 x 565g cans young jackfruit in brine, drained, core removed
2 x 400g cans kidney beans, drained, rinsed
400g can chopped tomatoes
1 cup (160g) frozen corn kernels
½ cup (85g) chipotle chillies in adobo sauce
2 tbsp firmly packed brown sugar
¼ cup (70g) tomato paste
2 tbsp red wine vinegar
8 x 20cm flour tortillas
100g goat's cheese, crumbled
¼ cup coriander sprigs

1 Heat oil in a medium frying pan over medium heat; cook onion, garlic and ground cumin, stirring, for 5 minutes or until softened. Transfer mixture to a 4.5-litre (18-cup) slow cooker.

2 Add the jackfruit, beans, canned tomatoes, corn, chillies, sugar, tomato paste and vinegar to cooker. Cook, covered, on low for 6 hours. Using two forks, shred jackfruit into sauce.

3 Heat a chargrill plate (or grill or barbecue) over medium-high heat; cook the tortillas, in batches, for 30 seconds each side or until lightly charred.

4 Divide pulled jackfruit mixture, goat's cheese and coriander evenly among warm tortillas. Roll to enclose filling, securing with toothpicks, if you like.



SERVING IDEA

Serve enchiladas
with lime wedges.

KEEP

Suitable to
freeze at the end
of step 4.



VEGETABLE TAGINE

prep + cook time 7½ hours

serves 4

**1 medium red onion (170g),
chopped coarsely**
1 tbsp finely grated ginger
3 cloves garlic, crushed
2 tsp harissa paste
2 tsp ground cumin
1½ bunches coriander
½ cup (80ml) extra virgin olive oil
2 tsp finely grated lemon rind
2 tbsp lemon juice
3 medium carrots (360g)
600g celeriac
500g orange sweet potatoes
1½ cups (375ml) vegetable stock
1 cinnamon stick
½ cup (140g) greek yoghurt
400g can chickpeas, drained, rinsed
120g pitted sicilian olives
1 fresh long green chilli, sliced thinly

1 For chermoulla, place onion, ginger, garlic, harissa, cumin, 1 bunch of the coriander (roots, leaves and stems, coarsely chopped), ¼ cup (60ml) of the oil and lemon rind and lemon juice in a food processor; process until a smooth paste forms. Season to taste.

2 Peel carrots, celeriac and sweet potato, then cut into 3cm pieces. Heat remaining 1 tbsp of oil in a medium non-stick frying pan over medium-high heat. Cook three-quarters of the chermoulla for 1 minute or until fragrant. Transfer to a 4.5-litre (18-cup) slow cooker. Add chopped vegetables, stock and cinnamon to cooker; cook, covered, on low for 7 hours.

3 Meanwhile, combine remaining chermoulla with yoghurt in a small bowl. Refrigerate until required.

4 Quickly stir chickpeas and olives into tagine; cook, covered, for a further 10 minutes. Season.

5 Serve tagine topped with chermoulla yoghurt, remaining coriander picked into sprigs and chilli.

serving idea Serve tagine with couscous and lemon wedges.

PUMPKIN & GOAT'S CHEESE RISOTTO

prep + cook time 8½ hours

serves 4

1kg kent pumpkin

60g butter

2 tbsp olive oil

1 large onion (200g), chopped finely

4 cloves garlic, crushed

**1 tbsp finely chopped rosemary,
plus extra to serve**

2 cups (400g) arborio rice

½ cup (125ml) white wine

1.5 litres (6 cups) vegetable stock

½ cup (40g) grated vegetarian

parmesan-style cheese (see tip)

¼ cup (60ml) pouring cream

¼ cup (60ml) lemon juice

60g goat's cheese, crumbled

1 Cut two 250g wedges from pumpkin with skin on; remove and discard seeds. Peel, seed and cut remaining 500g pumpkin into 2cm pieces.

2 Heat butter in large non-stick frying pan over high heat; cook pumpkin wedges until browned on each side. Remove from pan. Add chopped pumpkin to pan; cook for 8 minutes, turning occasionally, or until golden. Transfer chopped pumpkin to a 4.5-litre (18-cup) slow cooker using a slotted spoon.

3 Heat oil in same pan; cook the onion and garlic for 4 minutes or until soft and golden. Add the chopped rosemary and rice; cook, stirring, for 2 minutes or until rice is slightly translucent. Add wine; cook for 1 minute or until reduced.

4 Transfer rice mixture to cooker; place pumpkin wedges on top. Add stock; cook, covered, on low for 8 hours (or high for 4 hours). Remove pumpkin wedges from cooker; when cool enough to handle, halve lengthways.

5 Stir parmesan, cream, lemon juice and half the goat's cheese into rice mixture in cooker; season to taste. Serve risotto immediately topped with remaining goat's cheese, halved pumpkin wedges and extra rosemary.

TIP

Check the label to ensure the brand of cheese you buy is suitable for vegetarians.





SERVING IDEA

Serve ramen topped with halved soft-boiled eggs.

CORN & TOFU RAMEN

prep + cook time 6 hours 25 minutes
serves 4

25g dried shiitake mushrooms
2 tsp finely grated ginger
6 cloves garlic, crushed
4 green onions, sliced thinly, green tops shredded (see tips)
2 tbsp spicy black beans in chilli oil
2 tbsp white (shiro) miso
1/3 cup (80ml) mirin
1/3 cup (80ml) soy sauce
2 tsp sesame oil
2 cups (500ml) soy milk
2 corn cobs (500g), husks and silks removed
4 baby buk choy (240g), halved
270g dried ramen noodles
200g silken tofu, cut into 4cm cubes
2 tbsp sesame seeds, toasted (see tips)
shichimi togarashi, to serve (optional)

1 Combine shiitake mushrooms, ginger, garlic, the white part of green onions, black beans, miso, mirin, soy sauce, sesame oil and 1.5 litres (6 cups) water in a 5.5-litre (22-cup) slow cooker. Cook, covered, on low for 6 hours.

2 Using a slotted spoon, remove the shiitake mushrooms and discard stalks. Thinly slice caps and return to the cooker with soy milk; cook, covered, for 10 minutes.

3 Meanwhile, bring a large saucepan of water to the boil. Cook corn for 5 minutes or until tender; remove with tongs. Add buk choy to water; cook for 2 minutes or until tender, then remove with tongs. Add noodles to the same water; cook for 5 minutes or until tender. Drain. Cut kernels from corn cobs in sections.

4 Divide noodles and buk choy among bowls. Pour over hot broth. Top with corn kernels, tofu and shredded green onion. Serve ramen sprinkled with sesame seeds and shichimi togarashi.

tips To curl shredded green onion tops, place them in a bowl of iced water for 5 minutes, then drain. To toast sesame seeds, stir continuously in a small frying pan over medium heat until golden.

CHICKPEA & GREENS PILAF

prep + cook time

3 hours 25 minutes

serves 4

¼ cup (60ml) extra virgin olive oil

1 medium onion (150g), chopped

2 cloves garlic, crushed

1½ cups (300g) red rice

2 tsp ground cumin

2 tsp ground coriander

2 tsp garam masala

200g button mushrooms

**2 x 400g cans chickpeas, drained,
rinsed**

1 bunch cavolo nero (100g), leaves torn

1 cup (280g) store-bought labne, torn

**2 tbsp natural seed mix with pine nuts,
toasted**

lemon wedges, to serve

1 Heat 2 tbsp olive oil in a frying pan over medium heat. Add onion and garlic; cook for 5 minutes.

Add rice; cook, stirring, for 2 minutes. Add the spices, mushrooms and chickpeas; cook, stirring, for 1 minute. Season. Transfer to a 5.5-litre (22-cup) slow cooker.

2 Add 2½ cups (625ml) cold water to cooker. Cover rice mixture directly with a sheet of baking paper. Cook, covered, on low for 3 hours, stirring halfway through cooking time. Remove lid; discard baking paper. Place cavolo nero on top of rice mixture. Return lid; stand, covered, for 10 minutes or until cavolo nero has wilted.

3 Stir cavolo nero through rice, season to taste. Top pilaf with labne and seed mix; drizzle with remaining olive oil. Serve with lemon wedges.



TIP

Check the label to ensure the brand of cheese you buy is suitable for vegetarians.



ZUCCHINI & RICOTTA PASTA SHELL BAKE

prep + cook time 6 hours 35 minutes
serves 4

3 medium zucchini (360g)
2 cloves garlic, crushed
1½ cups (320g) firm ricotta, crumbled
**1 cup (80g) finely grated vegetarian
parmesan-style cheese (see tip)**
⅓ cup (50g) toasted pine nuts
3 egg yolks
1 tbsp lemon thyme leaves
½ tsp chilli flakes
680g bottled tomato passata
400g arrabbiata pasta sauce
250g large pasta shells
200g bocconcini, sliced
¾ cup (180g) smooth ricotta
½ cup basil leaves

- 1** Grate zucchini coarsely, then squeeze dry. Combine grated zucchini, garlic, crumbled ricotta, ¾ cup of the parmesan, half the pine nuts, the egg yolks, thyme and chilli in a medium bowl; season.
- 2** Combine passata, pasta sauce and 1 cup (250ml) water in a 7-litre (28-cup) rectangular slow cooker. Spoon zucchini mixture firmly into uncooked pasta shells; place in cooker insert, filled-side up.
- 3** Cover pasta directly with baking paper. Cook, covered, on low for 6 hours (or high for 3 hours).
- 4** Preheat oven grill to high. Carefully transfer pasta and sauce to a 20cm x 28cm rectangular baking dish or a 26cm ovenproof frying pan; top with bocconcini and remaining parmesan. Place under the grill for 8 minutes or until the cheeses are bubbling.
- 5** Serve pasta bake topped with spoonfuls of smooth ricotta, basil and remaining pine nuts.

serving idea Serve pasta bake with a rocket salad.

MUSHROOM BOLOGNESE WITH SPAGHETTI SQUASH

prep + cook time 6½ hours

serves 4

¼ cup (60ml) extra virgin olive oil

2 large onions (400g), chopped

6 cloves garlic, chopped finely

1 tsp dried oregano

375g flat mushrooms, chopped

¼ cup (70g) tomato paste

½ cup (125ml) red wine

2 large stalks celery (300g), chopped

2 medium carrots (360g), chopped

3 small zucchini (180g), chopped

2 x 400g cans diced tomatoes

½ cup (125ml) vegetable stock

**1kg spaghetti squash, halved,
seeds removed**

2 tsp red wine vinegar

**finely grated vegetarian parmesan-
style cheese (see tip), to serve**

¼ cup flat-leaf parsley

1 Heat olive oil in a large non-stick frying pan over medium heat; cook onion for 5 minutes or until golden. Add garlic, oregano and mushrooms; cook for a further 5 minutes or until softened.

Stir in paste and red wine; cook for 2 minutes or until reduced and thickened.

2 Transfer mixture to a 4.5-litre (18-cup) slow cooker; add the celery, carrot, zucchini, canned tomatoes and stock. Wrap spaghetti squash halves in foil. Place over mushroom mixture, cut-side up. Cook, covered, on low for 6 hours (or high for 4½ hours).

3 Carefully remove foil parcels and unwrap the squash. Using a fork, loosen strands by running fork across.

4 Stir vinegar into bolognese; season to taste. Spoon spaghetti squash among bowls or keep in squash halves. Spoon bolognese over and serve sprinkled with parmesan and parsley.

tip Check the label to ensure the brand of cheese you buy is suitable for vegetarians.

SWAP

Serve the bolognese with pasta instead of the spaghetti squash.





MISO-CHICKPEA 'BAKED' SWEET POTATOES

prep + cook time 4½ hours

serves 4

3 fresh long red chillies

2 tbsp olive oil

**2 large red onions (600g), cut into
8 wedges each**

4 cloves garlic, sliced finely

1 tbsp finely grated ginger

**1 cup (250ml) salt-reduced
vegetable stock**

1½ tbsp tamari

1½ tbsp maple syrup

1 tbsp lemon juice

2½ tbsp red miso

**2 x 400g cans chickpeas, drained,
rinsed**

4 small orange sweet potatoes (1kg)

40g butter

2 green onions, sliced thinly

¼ cup coriander leaves

1 Halve 2 of the chillies lengthways. Heat oil in a large frying pan over medium heat. Add onion; cook, stirring, for 5 minutes or until soft and lightly browned. Add garlic, the halved chillies and ginger; cook, stirring, for 2 minutes or until fragrant.

2 Whisk stock, tamari, maple syrup, juice and miso in a jug; add to onion mixture in frying pan. Bring to the boil; simmer for 1 minute. Add chickpeas. Transfer mixture to a 4.5-litre (18-cup) slow cooker.

3 Prick sweet potatoes several times with a fork; add to slow cooker. Cook, covered, on low for 4 hours (or high for 2 hours) or until sweet potatoes are tender.

4 Transfer sweet potatoes to plates. With a small, sharp knife, slit top of sweet potatoes to open them up.

5 Gently stir butter into chickpea mixture in cooker to combine. Slice remaining chilli thinly. Fill the sweet potatoes with chickpea mixture, sliced chilli, green onion and coriander.

GLOSSARY

ANCHOVIES small oily fish.

Anchovy fillets are preserved and packed in oil or salt in small cans or jars. Fresh anchovies are milder.

BEANS

green also known as french or string beans, this long thin fresh bean is consumed in its entirety once cooked.

kidney medium-sized red bean; slightly floury in texture, yet sweet in flavour.

CARDAMOM a spice native to India and used extensively in its cuisine; can be purchased in pod, seed or ground form. It has a distinctive aromatic, rich flavour.

CAVOLO NERO a staple in Tuscan country cooking. It has long, wrinkled leaves and a rich and astringent mild cabbage flavour.

CELERIAC tuberous root with knobbly brown skin, white flesh and a celery-like flavour. Keep peeled celeriac in acidulated water to keep it from discolouring.

CHEESE

bocconcini walnut-sized, baby mozzarella; a delicate, semi-soft, white cheese traditionally made from buffalo milk.

cheddar the most common cow-milk 'tasty' cheese; should be aged, hard and have a pronounced bite.

goat's made from goat's milk; has an earthy, strong taste. Available in soft, crumbly and firm textures.

parmesan a hard, grainy cow-milk cheese originating in the Parma region of Italy.

parmesan-style traditional

Italian parmesan is made from calves rennet and is therefore unsuitable for vegetarians.

You can find vegetarian versions of parmesan-style cheese made with vegetable or microbial-based rennet.

When purchasing, you should always check the ingredients to see that the brand of cheese is in fact vegetarian.

ricotta a soft, sweet, moist, white cow-milk cheese with a low fat content and a slightly grainy texture. The name roughly translates as "cooked again" and refers to ricotta's manufacture from a whey that is itself a by-product of other cheese making.

CHICKPEAS also called garbanzo beans, hummus or channa; an irregularly round, sandy-coloured legume.

CHILLI

cayenne pepper thin-fleshed, long, extremely hot dried red chilli, which is usually purchased ground.

chipotle pronounced chehpote-lay. The name used for jalapeño chillies once they've been dried and smoked. They will have a deep, intensely smoky flavour, rather than a searing heat.

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

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

CHINESE COOKING WINE

also called shao hsing or chinese rice wine; it is made from fermented rice, wheat, sugar and salt with a 13.5% alcohol content.

CHIVES related to the onion and leek; has a subtle onion flavour. Used more for flavour than as an ingredient.

CLOVES dried flower buds of a tropical tree. They have a strong scent and taste, so should be used sparingly.

COCONUT

cream obtained commercially from the first pressing of the coconut flesh alone, without the addition of water; the second pressing is sold as coconut milk.

milk not the liquid found inside the fruit (coconut water), but the diluted liquid from the second pressing of the white flesh of a mature coconut.

CORIANDER also called cilantro, pak chee or chinese parsley; bright-green-leafed herb with a pungent flavour. The leaves, stems and roots of coriander are also used in cooking. Also available ground or as seeds; these should not be substituted for fresh coriander as the tastes are completely different.

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

CUMIN the dried seed of a plant related to the parsley family. It has a spicy, nutty flavour.

DAIKON also called white radish. Buy those that are firm and unwrinkled from Asian food shops.

FENNEL also called finocchio or anise; a crunched green vegetable slightly resembling celery. Also the name given to the dried seeds of the plant which have a stronger licorice flavour.

FENUGREEK a member of the pea family, the seeds have a bitter taste; the ground seeds are used in Indian curries, powders and pastes.

FIVE-SPICE POWDER the ingredients vary from country to country, though is usually a mixture of ground cinnamon, cloves, star anise, sichuan pepper and fennel seeds.

GARAM MASALA a blend of spices including cardamom, cinnamon, cloves, coriander, fennel and cumin, roasted and ground together. Black pepper and chilli can be added for a hotter version.

GHEE a type of clarified butter where the milk solids are cooked until they are a golden brown, which imparts a nutty flavour and sweet aroma; this fat has a high smoking point so can be heated to a high temperature without burning. Used as a cooking medium in most Indian recipes.

HARISSA a Moroccan paste which is made from dried chillies, cumin, garlic, oil and caraway seeds. It is available from Middle Eastern food shops and supermarkets.

KAFFIR LIME LEAVES also known as bai magrood, sold fresh, dried or frozen; looks like two glossy dark green leaves joined end to end, forming a rounded hourglass shape. Sold fresh, dried or frozen, the dried leaves are less potent so double the number if using them as a substitute for fresh. A strip of fresh lime peel may be substituted for each kaffir lime leaf.

LEMONGRASS a tall, clumping, lemon-smelling and tasting, sharp-edged grass.

MIRIN a Japanese champagne-coloured cooking wine, made of glutinous rice and alcohol. Mirin is used expressly for cooking and should not be confused with sake.

MISO fermented soybean paste. There are many types of miso, each with its own aroma, flavour, colour and texture; it can be kept, airtight, for up to a year in the fridge.

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

peanut pressed from ground peanuts; it is the most commonly used oil in Asian cooking because of its high smoke point.

sesame made from roasted, crushed, white sesame seeds; used a flavouring rather than a cooking medium.

vegetable oils sourced from plants rather than animals.

ONIONS

green also known as scallions; an immature onion picked before the bulb has formed, has a long, bright-green edible stalk.

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

shallots also called french shallots or eschalots; small and brown-skinned.

SUGAR

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

palm made from the sap of the sugar palm tree. Light brown to black in colour and usually sold in rock-hard cakes; use brown sugar if unavailable.

TAMARIND PUREE is the distillation of tamarind pulp into a condensed compacted paste with a sweet-sour, slightly astringent taste. Thick and purple-black, it requires no soaking.

Found in Asian food stores and most supermarkets.

TOMATO PASTE triple-concentrated tomato puree used to flavour soups, stews, sauces and casseroles.

VINEGAR, BALSAMIC originally from Modena, Italy, there are now many balsamic vinegars on the market ranging in pungency and quality depending on how, and for how long, they have been aged.

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. The imperial measurements used in these recipes are approximate only.

OVEN TEMPERATURES

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

	<i>°C (Celsius)</i>	<i>°F (Fahrenheit)</i>
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	⅛in
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)

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There's something special about a slow cooked meal. The throwing together of ingredients, the smell permeating the kitchen, the depth of flavour the slow cooker creates. The recipes in this book utilise the appliance to its full potential. Not just curries, stews and soups, but meatballs, ramen, pasta bake, risotto, enchilada and pies as well. Minimal effort for maximum flavour.



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