

## *U3A Brimbank*

### *Cooking Adventures with Marlene*

#### *Session 31 - Dinner*

#### **Parsnip Croquettes**

500g	parsnips, peeled and cut into chunks
20g	butter, melted
110g	Panko crumbs, plus more for rolling
1 tbs	grated cheddar cheese
2 tbs	finely chopped parsley
1	lemon, rind only finely grated
2	eggs, separated
	Salt and pepper
	Oil for frying

Boil parsnips in salted water until soft, then press through a sieve or food mill or mash with a fork until smooth. Mix in butter, breadcrumbs, cheese, parsley, lemon rind and egg yolks. Season with salt and pepper.

Form into log shape, dust with flour, dip into beaten egg whites and roll in breadcrumbs before frying in oil.

#### **Fennel & Orange Salad**

1	navel orange, peeled and sliced
1	blood orange, peeled and sliced
1	fennel bulb, thinly sliced
1	avocado, peeled and thinly sliced
½	shallot, very thinly sliced
¼ cup	olive oil
2 tbs	lemon juice or white wine vinegar
1 tbs	honey

Salt & Pepper

Mint and baby rocket to finish

## **Sweet Lamb Curry**

2	med onions, chopped
2	cloves garlic, crushed
2 tbs	butter
1	med red apple, peeled and grated
1 tbs	curry powder
2 tsp	curry paste
2 cups	beef stock
2 tbs	desiccated coconut
2 tbs	sultanas
2 tbs	fruit chutney,
750g	lamb, cubed

Fry onions and garlic in hot fat. Add apple, curry powder, paste and fry gently for several minutes until slightly thickened. Add coconut, sultanas and chutney, then add the meat. Simmer for about 1 hour in a tightly covered pot, taste for seasoning and adjust if necessary. Cover and cook further 1 – 2 hours or until meat is tender.

## **Spinach Rice**

1 cup	Basmati rice or brown/wild rice mix
2 cups	chicken stock
1	small onion, chopped
1	bunch spinach, chopped
2 tsp	garam masala

In a medium saucepan heat a little oil and fry off onions until just starting to turn golden. Add garam masala and fry for a couple of minutes until fragrant. Add rice and toss to coat in oil then pour in stock and bring to a simmer. Cover well with a lid and cook on low for 10 minutes. (If using brown/wild rice blend add extra 5 minutes to cooking time.)

Wilt your spinach either in the microwave or in a pan.

Add to the rice and stir to combine. Adjust seasoning.

## **Cucumber Raita**

- 1 cucumber, seeds removed and thinly sliced or chopped
- 1 handful of mint, chopped
- ½ cup natural Greek yoghurt

Mix all ingredients

## **Lemon Yoghurt Cakes**

- 125g butter, melted
- ¾ cup caster sugar
- 3 lg eggs
- 1 tbs lemon juice
- 1 ½ cups SR flour (GF or Reg)
- ¼ tsp baking powder
- ½ cup Greek yoghurt

Preheat oven to 180C

Line muffin tin with large patty pans. Beat butter and sugar til light and cream. Beat in eggs one at a time beating well after each addition. Add lemon juice, then flour/baking powder alternating with the yoghurt. Spoon into patty pans and bake for 20 mins or until a skewer inserted comes out clean. Cool in the tin and remove to a wire rack.

## **White Chocolate Cream**

- 125g cream cheese
- 60g butter, melted
- 1 cup icing sugar
- ½ tsp vanilla
- 100g white chocolate, melted

Cream sugar, cream cheese, cooled butter and vanilla until smooth and fluffy. Beat in cooled melted chocolate.