

# design & culinary guide

PRESENTED BY  
*Winning*  
appliances

ISSUE 3

**nourish**  
food for the soul  
DESIGN THAT INSPIRES







How we live in our homes can help nourish us. Since kitchens are often referred to as the heart and soul of our homes, the latest appliance technologies and designs allow us to not only celebrate the produce of the season, but also provide us with more time to spend with family and friends.

In this Guide, we focus on a sustainable approach to cooking and living, showing respect to what we cook by taking a head to tail approach and showcasing appliance technologies, which not only help us preserve the freshness of our food, but also achieve professional culinary results at home. Like food, our living environment is also important in sustaining wellbeing, particularly during the cooler Autumn and Winter months. In this Guide, we highlight some of the amazing kitchen and laundry designs from around the country and the latest appliance innovations, which make everyday life simple and rewarding.

We hope this issue of the Winning Appliances Culinary and Design Guide provides you with inspiration for cooking, entertaining and living throughout the Autumn and Winter season.

**John Winning**

CEO, Winning Group



The Autumn and Winter seasons are that special time of year when the cooler days lend themselves to spending more time at home, either with family and friends or finding your solitary moments which also bring great contentment. The vibrant colours of the season including reds, oranges, greens and yellows also serve as wonderful inspiration for entertaining and setting up your kitchen and living spaces.

Our seasonal Design and Culinary Guide showcases recipes that honour the beautiful Autumn and Winter produce, whether that be for mid-week meals, cooking with children or entertaining with friends. It provides inspiration for some of those magical moments of the season including Mother's Day, and reveals some of the top kitchen and laundry designs, as well as new appliance technologies, which help you achieve culinary results at home and make home life simpler and more enjoyable.

As Autumn and Winter traditionally represent a time for rest and renewal, we hope that this Winning Appliances Design and Culinary Guide provides you with helpful ideas to enjoy and nourish yourself this season.

**Chloé Skipp**

National Culinary Manager



photo credit: Adam Gibson

MEET THE WINNING APPLIANCES NATIONAL CULINARY TEAM



**Chloe Skipp**  
National Culinary Manager



**Bettina Jenkins**  
Culinary Expert



**Gianni Carrieri**  
Culinary Expert



**Michael Smith**  
Culinary Expert



**Danielle Brito**  
Culinary Expert



**Nadia Fonoff**  
Culinary Expert



**Russell Crossdale**  
BBQ & Outdoor Culinary Expert



# contents

DESIGN AND CULINARY GUIDE

## Issue 3

04 From the CEOs

### 09 SEASONAL PRODUCE GUIDE

### 14 EARTH TO TABLE

- 16 A sustainable approach with Sergio Perera
- 18 Braised celery hearts
- 20 Raw broccoli core salad
- 22 Potato gnocchi with parmesan rind broth and leek scrap oil
- 25 Roasted whole fish with veloute sauce
- 26 Coffee rub beef short ribs
- 28 Sourdough French toast with banana nice cream

### 30 NATURAL SELECTION

- 34 Eco stories
- 36 Environmental enlightenment with V-ZUG
- 40 Future of food with Miele
- 42 Slow luxury with Neff



### 44 2021 KITCHEN INSPIRATION

- 46 Contemporary
- 53 Minimalist
- 56 Traditional
- 58 Coastal
- 62 Pop of colour

### 66 MAKE MUM'S DAY

- 68 Carrot cake porridge
- 71 Spiced brioche morning buns
- 72 Baci di dama (Italian hazelnut kisses)
- 75 Apple turnover
- 76 Dutch baby yorkshire with lemon curd, pears and blackberries
- 79 Olive oil, orange and thyme cake with orange and thyme syrup
- 80 Ricotta and date cheesecake with golden syrup caramel
- 82 First time joy with Elle Lovelock
- 86 Gifts to make Mum's day

### 88 WINTER BOUNTY

- 91 Macadamia sablé with balsamic and eschalot reduction and goat cheese
- 92 Pumpkin and amaretti ravioli with brown butter, walnuts and sage
- 95 Squid ink risotto with calamari and king prawns
- 96 Slow-roasted brined lamb shoulder on herb nest
- 99 Braised beef cheeks with chestnut mushrooms, pancetta, sweet potato puree and green beans
- 100 Chocolate tart with caramelised plums



### 102 GLOBAL STORIES

- 102 Centre of style
- 105 Epitome of elegance
- 108 The American dream
- 110 Born in the USA

### 113 HEALTHY HABITS

Winter immunity with The Healthy Chef

### 118 LAUNDRIES TO LOVE

- 120 Your laundry, your choices
- 122 Water & energy efficiency
- 124 Wool & delicate fabric care
- 125 Health & hygiene
- 126 App-controlled technology
- 126 Types of dryers
- 128 The dry cleaning alternative
- 130 The drying game
- 132 Statement sinks and mixers
- 134 Contact



A photograph of several pumpkins and gourds arranged in two wooden crates. The crates are made of dark, weathered wood. The pumpkins are in various shades of orange and green. The background is a dark, textured surface.

“Cooking with  
seasonal produce  
ensures we get the  
most flavour and  
nutrients out  
of our foods.”

Chloé Skipp National Culinary Manager

# seasonal produce guide

THE COOLER MONTHS PROVIDE  
SOME OF THE TASTIEST FOOD  
AROUND. WITH RICH FLAVOURS,  
DENSE NUTRITIONAL CONTENT  
AND VIBRANCY, THE SEASON’S BEST  
WILL INSPIRE A NEW REPERTOIRE  
OF FAMILY FAVOURITES.





## pumpkins

Kent, Queensland blue, butternut or golden nugget are some of Australia's most popular pumpkin varieties.

Believe it or not, pumpkin is not a vegetable, it is classified as a fruit. This delicious golden delight can be used in a variety of sweet and savoury dishes.

Whether it be in a winter warming soup, a pie, a scone, or a silky puree, this gorgeous fruit is great for eye health and full of beta carotene and vitamin C. In our winter table menu, we roasted pumpkin to caramelize the natural sugars and bring out its sweetness, and paired it back with a butter sauce and toasted nuts.



## fish

Fish are abundant in winter and due to the cooler waters, they are oily and full of flavour. Grouper, mullet, brim and snapper are at their best. Fish is high in Omega-3 fatty acids, and may lower blood pressure and cholesterol.

In our sustainable section, we have created a beautiful recipe that uses all parts of the fish, to ensure we reduce our waste when possible.



## carrots

Yellow, purple, white and of course the popular orange carrots come in a beautiful range of heirloom varieties. High in fibre, antioxidants and vitamin C, they are great both raw and cooked.

In this Guide, you will find a winter warming porridge recipe that offers some extra fibre by adding carrots to the oats, making it a modern spin on the classic carrot cake. Who doesn't love cake for breakfast?



## mushrooms

As wet weather starts to set in, Autumn/Winter are the perfect picking times for experienced mushroom foragers. Saffron milk caps and slippery jack are readily available, as wet ground help fungi grow. From hundreds of varieties, we have chosen the chestnut mushroom this season; it is similar to the flavour of a button mushroom, but deeper and tan in colour. This nutrient-dense food is high in selenium and vitamins C, B and D, which are all essential for the immune system and bone health.

**“Fish are abundant in winter due to cooler**

**waters, they are oily and full of flavour.”** Chloé Skipp





## figs

An ancient delicacy, figs are a delicious and sweet companion to the Autumn/Winter kitchen. Coming in a variety of colours from white to black or red, they can be eaten raw or cooked and are the perfect addition to both savoury and sweet recipes. Their edible skin also makes them rich in fibre.

Great for digestion.



## spinach

One of the ultimate superfoods, spinach is a versatile choice for so many of your Autumn/Winter dishes. Pairing perfectly with ricotta, or baked through bread or even added to a winter salad, spinach is rich in antioxidants and helps with your overall lifestyle and wellbeing.



## mixed herbs

Herbs are a great way to lift any dish and they are bountiful in Autumn/Winter. Sage, thyme, oregano, chives, chamomile, mints, lavender and tarragon are ideal choices for your dishes and even a winter herb garden.



## spring onions

Known to have myriad names, such as green onions and shallots, spring onions are perfect for both cooked and raw dishes. With a much milder taste than onions, they are great for winter soups and salads.

**“Spinach is rich in antioxidants and helps**

**with your overall lifestyle and wellbeing.”** Chloé Skipp





# healthy habits

Boost your immunity with Teresa Cutter's nutritious recipes, plus enjoy her tips for winter exercise and ways to stay motivated to maintain a healthy lifestyle all year round.



# winter immunity with The Healthy Chef



WINTER GUARD YOUR DIET WITH THESE IMMUNE-BOOSTING RECIPES FROM NUTRITIONIST, CHEF AND AUTHOR TERESA CUTTER, THE HEALTHY CHEF. PARTNERING WITH WOLF, SHE SHOWCASES THE RECIPES SHE RECOMMENDS FOR A HEALTHY WINTER, ALL COOKED WITH A WOLF FREESTANDING OVEN.

Food is one of the most powerful tools we have to help prevent disease. A healthy body begins with a healthy immune system. It maintains homeostasis by defending against viruses and bacteria, which can cause inflammation in the body, illness and disease. Improving your gut health should be a priority.

The majority (about 70 per cent) of our immune system resides in the gut, ready to fight against any ingested nasties that don't belong there.

#### Here are my top tips:

- Getting enough rest and sleep to help your body repair and recover.
- Eating whole foods, particularly fruit and vegetables, daily; they are high in antioxidants and minerals that can help fight off free

radicals that cause illness in the body.

- Eat quality protein, as it is vital to build and repair body tissue and fight viral and bacterial infections.
- Eating a diet rich in immune-boosting superfoods such as garlic, ginger, turmeric and fermented foods and supplementing with functional superfoods where needed, including The Healthy Chef Natural Immune Support and The Healthy Chef Pure Native Whey Protein.
- Wash your hands to help prevent bacteria.

#### How do you stay fit during Winter?

It can be tough during the colder months to stay active, but planning is key. Here are a few helpful tips:

- Find exercise partners; they can provide camaraderie and distraction from bad weather.

- Many people get frustrated when it's dark in the morning and dark when they come home from work. The solution is to work out in the middle of the day, during peak light hours. If the weather is good, take a long, brisk walk during lunch hour.

- Know the weather forecast, so you know what you are up against the next day. Have the appropriate warm- and wet-weather clothing ready, with a snack.

- If exercising in the cold isn't something you're willing to do, indoor swimming is a great option. A warm indoor pool can be the perfect place for a workout when the weather doesn't co-operate.

#### What do you love about cooking in a Wolf cooker?

I tend to keep things simple in the kitchen, but some small and large appliances are simply worth the investment, and my Wolf cooker is one of those. It's versatile, reliable, and I love that the high-precision burners range from high temperatures to a super low simmer thanks to the dual-stacked burners. I also love that the cooktop and oven are controlled via knobs – no touchscreens or even buttons here – which I find very user-friendly. They are aesthetically beautiful and a true workhorse and they can last up to 20 years.

#### What foods do you recommend to boost immunity?

**Garlic** is an antifungal with antibacterial properties that help fight against infection.

**Ginger** helps promote gastric motility and works as an anti-inflammatory.

**Turmeric** is a natural antiviral with potent anti-inflammatory properties, high in curcumin, a powerful antioxidant.

**Manuka honey** works as an antibacterial to help fight viruses and bacteria.

**Citrus** is rich in vitamin C that helps support and nourish your immune system.

**Papaya** is rich in beta-carotene that helps protect against infection.

**Fermented foods** are rich in probiotics to help protect our digestive and immune systems.

**Blueberries** are at the top of almost every superfood list, but just about any edible berry is a superfood, packed with antioxidants and high in fibre.

**Mushrooms** for their antibacterial, antioxidant, and anti-inflammatory properties.

**Dark, leafy greens** like arugula, kale, collard greens, spinach, lettuce, and Swiss chard for the dietary fibre and carotenoids, which act as antioxidants.



## turmeric ginger latte

**Serves 1**

#### Ingredients

1 tbsp turmeric, fresh, grated  
1 heaped tsp ginger, fresh, grated  
250ml (1 cup) water  
Stevia, or raw honey to sweeten (optional)  
250ml (1 cup) almond milk

#### Method

Combine turmeric, ginger, water and honey into a small pot and bring to the boil. Simmer for 5 minutes over a low heat to allow the aromatics to infuse into the water and the liquid to reduce by half. Add the almond milk and mix through to heat gently then strain into a clean mug. Serve hot and enjoy or allow to cool and serve over ice.

**THE HEALTHY CHEF**  
Purely delicious

**WOLF**





# mushroom hot pot

Serves 4

## Ingredients

### Broth

- 1 tbsp tamari soy sauce
- 2 tbsp marine collagen
- 10g nori sheets, sliced
- 3 spring onions, chopped
- 1 tbsp miso paste
- 300g silken tofu
- 100g buckwheat soba noodles (gluten-free)

### Mushroom mix

- 2 tbsp extra virgin olive oil or ghee
- 250g Swiss brown mushrooms, sliced
- 4 shiitake mushrooms, sliced
- 2 brown onions, sliced
- 4 cups (1L) boiled water
- 10g ginger, fresh, finely sliced
- 4 garlic cloves, smashed
- 3 star anise

## Method

Sauté onions in oil for 10 minutes over a low heat to caramelise. Pour over freshly boiled water then add the mushrooms, ginger, star anise and garlic. Simmer partially covered for 15 minutes. Add collagen, tamari, seaweed, spring onion and miso paste, then mix through. Divide tofu and noodles into large serving bowls and ladle in the hot broth. Serve and be nourished.

## Notes

Add cooked organic egg or choice of protein.



# raw lemon cheesecake with blackberries

Makes 1 cake

## Ingredients

- 155g macadamia or cashew nuts
- 60g desiccated coconut
- generous pinch of sea salt
- 4 fresh medjool dates, pitted
- 2 tbsp cold-pressed coconut oil, melted
- blackberries, to garnish
- pomegranate molasses, to garnish

## Filling

- 375g cashew nuts, raw, soaked for 3 hours then drained
- 300ml almond milk or coconut milk
- juice of 3 lemons, (approx. 125ml juice)
- 125ml (½ cup) pure maple syrup
- 2 teaspoons vanilla extract
- 250ml (1 cup) cold-pressed coconut oil, melted

## Method

Combine nuts, coconut and sea salt into a food processor until crumbly. Add dates and process again until combined then add the coconut oil. Press the nut base firmly into the bottom of a lined 25cm (10-inch) spring-form baking tin. Combine drained cashew nuts, almond milk and lemon juice until smooth. Add maple syrup and vanilla and blend again. Pour in the coconut oil last and blend until combined; pour into the base. Refrigerate the cheesecake for 6 hours or overnight to set. Garnish with blackberries and a drizzle of pomegranate molasses. Serve with a dollop of coconut yoghurt.



# smashed cauliflower & turmeric soup

Serves 4

## Ingredients

- 2 garlic cloves, smashed
- 1 brown onion, finely chopped
- 10cm knob turmeric, fresh, grated or 1 teaspoon ground turmeric
- 2 tbsp extra virgin olive oil or ghee
- 1 small cauliflower, finely chopped
- 750ml (3 cups) vegetable stock or water (see notes)
- 400g tin chickpeas, rinsed and drained
- 125ml (½ cup) coconut milk or oat milk
- sea salt, to taste
- white pepper, to taste

## Method

Cook garlic, onion and turmeric with the olive oil on a low heat for 5 minutes. Add the cauliflower and water then partially cover the pot and simmer for 10 minutes until cauliflower is tender.

Smash the soup using a potato masher until cauliflower is broken up. Add the chickpeas and coconut milk then season to taste. Add extra water if required. Serve and enjoy.

## Notes

Add 2 tablespoons nutritional yeast to boost flavour and protein.



# immune-boosting chicken soup

Serves 4

## Ingredients

- 1 bunch coriander (cilantro), washed, leaves and roots separated
- 2 tbsp ginger, fresh, grated
- 1 tbsp turmeric, fresh, finely grated
- 8 cups (2L) water
- 800g chicken thighs, organic, cut into chunks
- ¼ cup (60ml) mirin, or rice wine
- 3 tbsp tamari soy sauce

## Method

Chop the coriander root and leaves separately. Place the ginger, turmeric, water, chicken and coriander root into a large pot. Simmer the soup over a low heat for 1 hour with the lid half on – the chicken should be tender, and the flavours should have infused into the stock. Add the mirin, tamari and chopped coriander leaf just before serving.

## Notes

Add extra vegetables to the soup, such as carrot or parsnip. Serve with steamed brown rice.

Photography by Paul Cutter.  
For more great recipes, how-to cooking videos, meal plans, 28-day programs & more, subscribe to The Healthy Chef App at [www.thehealthychef.com](http://www.thehealthychef.com)

















*Winning*  
appliances

SHARE YOUR DESIGN & CULINARY CREATIONS

  @winningappliances

[winningappliances.com.au](http://winningappliances.com.au)