



AUSTRALIA FARE

In honour of Australia Day, Healthy Chef Teresa Cutter gives some Aussie favourite dishes a wholesome makeover.

When I was young, Dad would buy fish and chips every Friday. I'm sure we weren't the only ones to enjoy this treat. Other Aussie favourites – burgers, pies and lamingtons, for example – remain on the menu (possibly more often than they should be) because they are delicious. Unfortunately, in most cases, they're not particularly nutritious.

I believe you can give almost any dish a healthy makeover, however. The ingredients you choose and how you cook them can make a huge difference to your health.

My aunty used to make the most amazing burgers, full of good stuff from her garden. Veggie patties made with peas, lemon-scented herbs and pistachios. It was stuffed into a wholegrain roll with lots fresh salad, yoghurt and avocado.

I follow her example and start my own recipes by reducing the amount of saturated fat, sodium and sugar. Next, I try to increase the nutritional profile by introducing fibre, protein and vitamins

Two of my most requested recipes are lamingtons and Anzac biscuits. Instead of the refined white flour, sugar and butter in the traditional recipes, I use honey in place of sugar and a little coconut oil replaces all that butter.

And what about pies? Most store-bought pies are made from shortening, a baking fat made from hydrogenated vegetable oil that clogs up your arteries. My shortcrust pastry is made from olive oil, which is a lot kinder to the arteries and I've used wholemeal spelt flour for extra fibre. Here, I've chosen lean beef for the filling; the slow-cooking process keeps the meat tender and moist.



LOVELIER LAMINGTONS

Prep: 25mins + 20mins resting.

Cooking: 45mins + refrigeration. Makes 16.

Vanilla spelt pound cake

- 1½ cups (200g) spelt flour
- 2 tsp baking powder
- ½ cup (45g) desiccated coconut
- 1 tsp vanilla bean paste
- ½ cup (170g) honey or maple syrup
- ½ cup (120g) coconut milk
- 2 organic, free-range eggs
- 80g melted butter or coconut oil

Icing

- 200ml coconut milk or coconut cream
- 400g good-quality dark eating chocolate (70% cocoa), chopped
- 3 cups (225g) desiccated or shaved coconut, for coating

- 1 Preheat oven to 180°C (160°C fan). Line a 20cm square baking tin with baking paper.
- 2 Place all cake ingredients in a bowl and mix well. Rest for 20mins before baking.
- 3 Spoon mixture into tin and bake for 45–50mins or until golden and cooked through. Cool completely in tin before turning out. Cut into 16 cubes.
- 4 To make ganache, place coconut milk or cream in a saucepan and bring to the boil over medium-low heat. Remove from heat and add stir in chocolate. Keep stirring until chocolate has melted and mixture is creamy. If chocolate mixture thickens, place saucepan in a hot water bath.
- 5 Using 2 forks or clean hands, dip each piece of cake in warm ganache and coat completely. Roll in coconut then place on a wire rack set over a platter. Refrigerate for 1–2hrs or until set.

BEAUT BEEF PIE

Prep: 30mins. Cooking: 2.5hrs. Serves 6.

Olive oil, for frying

- 1kg beef cheeks or chuck steak, trimmed and cut into large chunks
- 4 brown onions, sliced
- 4 large cloves garlic, smashed
- few sprigs of thyme
- 2 cups (500ml) good-quality red wine
- 1 cup (250ml) water

2 star anise

500g mushrooms, quartered or halved

Spelt & olive oil shortcrust pastry

- 1 cup (125g) wholemeal spelt flour
- 2 tbsp olive oil
- ¼ cup (60ml) water
- Pinch sea salt
- 1 egg, beaten, for brushing
- Sesame seeds, for sprinkling

1 To make pastry 'lids', place all ingredients except egg and sesame seeds in a bowl and mix with your hands until a soft dough forms. **[Cover/wrap with plastic wrap?]** and rest **[in fridge/warm place?]** for 30mins.

2 Roll dough between 2 sheets of baking paper [how thick?], then cut out 6x 10cm-diameter circles. Place discs on a lined baking tray. Brush each disc with egg and sprinkle with sesame seeds. Bake for 20mins at 200°C (180°C fan).

3 Preheat oven to 170°C (150°C fan).

4 Heat a large frypan over medium heat. Add oil and brown beef on each side for a few minutes then place in a heavy-based casserole dish. Deglaze frypan with wine, then pour into casserole dish.

5 In a clean frypan, add a little olive oil sauté onions and garlic over medium heat until golden then add to beef, along with mushrooms, thyme, star anise and water. Mix everything together.

6 Cover casserole with foil, ensuring dish is completely sealed. Place in oven and cook 2–3hrs or until beef is tender and sauce has thickened. Check after 1hr, adding more water if required or thicken with 1–2 tsp arrowroot dissolved in a little water. Adjust seasoning if needed.

5 Divide filling among individual serving dishes and top with a warm pastry disc. Serve immediately with a side of peas.

MIGHTY VEGIE BURGERS

Prep: 30mins. Cooking: 25mins. Serves 4.

- ¾ cup (100g) pistachios
- 1x 400g can chickpeas, drained
- 1 cup (100g) peas, fresh or frozen
- 1 bunch flat-leaf parsley, chopped
- 1 bunch coriander, chopped



- 50g baby spinach
- 4 spring onions, sliced
- 2 tbsp tahini
- Zest of 1 lemon
- Pepitas, to garnish (optional)
- 4 wholegrain rolls
- 1 small avocado, sliced
- 60g alfalfa sprouts
- ½ lettuce, such as iceberg
- Natural yoghurt, to dollop

1 In a food processor, coarsely grind pistachios. Add chickpeas, peas, parsley, coriander, spring onion and spinach and pulse again until combined.

Add tahini, lemon zest and season with a little sea salt and pepper. Pulse again until combined. Mixture should come together when pressed. Form into 4 large patties and sprinkle with pepitas, if using.

2 Fry patties in a little olive oil over low-medium heat for 8–10mins each side or until golden. Alternatively, brush with olive oil and place on a baking tray lined with baking paper. Bake at 180°C (160°C fan) for 25–30mins or until heated through and a light crust has formed on the surface.

3 To serve, place patty on roll, add lettuce and top with avocado, sprouts and yoghurt. Serve with chunky sweet potato chips on the side.

H&G