



**THE
DAIRY
KITCHEN**

Fit, Fab & 50 COOKBOOK

Australia's most popular female food experts share their favourite dishes and tips for healthy bones. Be inspired by Maggie Beer, Christine Manfield, Lyndey Milan, Catherine Saxelby, Belinda Jeffery and many others. Brought to you by Dairy Australia.



Kelly Ward

HEALTHY BONES
ACTION WEEK CO-FOUNDER,
DAIRY AUSTRALIA

Welcome

Twelve months ago, I was staring down the barrel of turning 50 and determined to do it with flourish and style.

Not for me the paranoid big birthday blues. I strapped on the runners, hit the pavement and knocked off a couple of kilos, determined to embrace the next decade and all it dished up.

With the milestone birthday now behind me, Mother Nature is doing her best to remind me that despite feeling Fit, Fab and 50, things - beyond my control - are changing.

I was astounded to learn that women can lose up to 10% of their skeleton post menopause. And, I have to admit that the revised recommendation for four serves a day from the dairy food group to get enough calcium to maintain bone health after 50 can take some getting used to.

Fact is dairy is the only food group that women need to increase when they hit 50 – thankfully it's also one of the most versatile and delicious food groups too.

Breakfast, lunch, dinner, snacks, special celebrations ... within these pages you'll find inspiration from some of Australia's best loved food experts, curated by our very own Dairy Kitchen. Women, just like you, who share a love of life and love of food with a bit of living behind them and a lot of living ahead of them.

Get to know these popular restaurateurs, TV personalities, best-selling cookbook authors and dietitians. Try their recipes and share their wellbeing tips and advice. It's a virtual catch up with the girls, brimming with recipes and lifestyle tips and motivation.

And remember the winning formula for healthy bones: calcium rich milk, cheese and yoghurt plus regular weight bearing exercise plus safe sun exposure for vitamin D.

Stay Fab!



LEGENDAIRY

Visit The Dairy Kitchen, [legendairy.com.au/recipes](https://www.legendairy.com.au/recipes), to view the recipe on the front cover and many more.

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Breakfast



Karen Martini

As a Melbourne chef, restaurateur and food writer Karen has been cooking professionally for more than 20 years. She trained at top restaurant Tansy's in the early 1990s and has headed restaurant kitchens including the iconic Melbourne Wine Room, white-hot Iceberg Dining Room in Sydney and her current artisan pizza restaurant Mr Wolf, winning countless chefs' hats and other plaudits along the way. Karen's kitchen career has been balanced by media commitments, cookbooks and much-loved recipe columns, including a role as food editor of Sunday Life magazine. Since Karen became a mother in 2006, her love of relaxed cooking with fresh, healthy, seasonal produce has intensified.

She is a #Legendairy Ambassador.

I'M LIVING THE LIFE I WANT BY STAYING FOCUSED ON GOALS AND DREAMS WITH A POSITIVE ATTITUDE. GOOD THINGS HAPPEN WHEN YOU APPLY YOURSELF.



Ricotta hotcakes with blackened corn,

AVOCADO, SOUR CREAM AND DUKKAH

Serves 2-4

Preparation time 25mins

Cooking time 15mins

2 corn cobs, kernels sliced off the cobs
Salt flakes
Butter, for frying
2 ripe avocados, sliced
2 tablespoons dukkah
1 lemon
150ml sour cream

Ricotta hotcakes

180g plain flour
2 tablespoons caster sugar
2 teaspoons baking powder
375ml milk
150g fresh ricotta, crumbled
2 extra-large eggs
3 tablespoons melted butter

1. Heat a large, dry frying pan over high heat and add the corn kernels. Cook for 4–5 minutes until tender and scorched. Tip out of the pan, season and set aside.
2. For the hotcakes, sift the dry ingredients into a large mixing bowl.
3. Add the milk, ricotta, eggs and melted butter to another bowl and combine. Add the milk mix to the dry mix and combine until you have a batter – there may be lumps from the ricotta, but ensure that the flour is incorporated.
4. Heat a heavy-based frying pan over medium heat and add a knob of butter. Once melted, ladle in about ½ cup of batter and cook for around 2 minutes until it starts bubbling on top, a little like a crumpet. Add some corn kernels to the batter as it cooks. Once the hotcake is almost cooked, flip and cook for just 30 seconds on the other side. Set aside and repeat for the remaining batter – you can of course cook more than one hotcake at a time if your pan is large enough.
5. To serve, dip the avocado slices in dukkah and arrange on the hotcakes. Dollop on the sour cream, scatter over some corn and squeeze over the lemon. You could also add poached eggs and bacon or slices of smoked salmon, if you like.

Tips and handy hints

For bigger nuggets of ricotta in your hotcakes, crumble the ricotta into the finished batter and gently fold through. Once you master this basic hotcake recipe, try experimenting with any sweet or savoury toppings you like.



Anneka Manning

Anneka has been an author, food editor, consultant, teacher and publisher for over 25 years. She is now the founder, owner and head teacher at BakeClub, her Sydney-based baking school. Through her latest book, **BakeClass**, hands-on BakeClasses and unique Make Me a Baker program she specialises in teaching not only the “how” but also the “why” of baking.

Recipes and images from **BakeClass** by Anneka Manning (Murdoch Books) RRP \$45 available now in all good bookstores and online.



EATING IS ALL ABOUT BALANCE. I CONSCIOUSLY CHOOSE A VARIETY OF FOODS TO MAKE SURE I'M GETTING THE NUTRITION AND ENERGY I NEED FOR MY BUSY DAYS.



Zucchini, parmesan and basil

MUFFINS

Serves 12

Preparation time 15mins

Cooking time 25-30mins (+ 5mins standing time)

Vegetable oil, to grease (optional)

150g (5½ oz/1 cup) plain (all-purpose) flour

150g (5½ oz/1 cup) wholemeal plain (all-purpose) flour

1 tablespoon baking powder

½ teaspoon salt

70g (2½ oz/¾ cup) finely grated parmesan cheese

65g (2¼ oz/¾ cup) coarsely grated vintage cheddar cheese

¼ cup chopped basil leaves

185ml (6 fl oz/¾ cup) buttermilk

80ml (2½ fl oz/⅓ cup) light olive oil or sunflower oil

2 eggs, at room temperature

2 zucchini (courgettes), about 100g each, coarsely grated

40g (1½ oz/¼ cup) pine nuts, to scatter
Cayenne pepper, to sprinkle

1. Preheat the oven to 190°C (375°F) or 170°C (325°F) fan-forced.
2. Line a 12-hole 80ml (2½ fl oz/⅓ cup) capacity muffin tin with paper cases or grease with a little vegetable oil.
3. Sift together the flours, baking powder and salt into a large bowl, returning any husks left in the sieve to the bowl. Season well with pepper and then gently stir in the parmesan, cheddar and basil. Make a well in the centre.
4. Use a fork to whisk together the buttermilk, olive oil and eggs in a bowl. Add the zucchini and mix to combine. Add to the flour mixture and use a spatula or large metal spoon to fold together until just combined. (Don't overmix – the batter should still be a little lumpy.)
5. Spoon the mixture into the prepared muffin holes, dividing evenly. Scatter over the pine nuts and sprinkle with a little cayenne pepper. Bake in the preheated oven for 25–30 minutes or until the muffins are golden and a skewer inserted in the centre comes out clean. Leave to cool in the tin for 5 minutes before transferring to a wire rack. Serve warm or at room temperature.

Tips and handy hints

These muffins are best eaten the day they are baked, however they freeze well – wrap individually in plastic wrap and then seal in an airtight container or freezer bag. Freeze for up to 3 months. Thaw at room temperature.



Louise Burke

Louise has been Head of Sports Nutrition at the Australian Institute of Sport for 26 years – nearly half of her life! As a member of a smart team, she has undertaken numerous research and education activities, enjoyed five Summer Olympic Games campaigns, and worked with many elite athletes. She is a Director of the IOC Diploma in Sports Nutrition, a founding Member of Sports Dietitians Australia and an editor of the International Journal of Sport Nutrition and Exercise Metabolism. She and her family, Jack and John, make exercise and good food a part of every day.

I KEEP MY BONES HEALTHY
BY KEEPING FIT, INSIDE AND
OUT, WITH GOOD FOOD AND A
LIFELONG COMMITMENT
TO EXERCISE.

Breakfast parfait

Serves 4

Preparation time 10mins

1 cup berry flavoured (or natural) yoghurt
1½ cups granola
1 cup custard
300g mixed berries
1 mango, peeled and chopped
½ cup toasted slivered almonds

1. Layer half of each of the ingredients in the order listed, into 4 glass tumblers.
2. Layer the remainder of the ingredients into the glasses to form two layers.
3. Serve immediately!





Karen Inge

With a passion for nutritious food, Karen is a high-profile Accredited Practising Dietitian. She is an award-winning author who regularly appears on lifestyle, current affairs and news TV programs as well as in newspapers and magazines to give advice on healthy food and lifestyle choices. She can also be heard each week providing specialist nutrition commentary and advice on Melbourne's top rating radio station, 3AW.

FINDING THE BALANCE IN OUR
HECTIC LIVES IS CHALLENGING.
LIVING IN THE MOMENT,
MEDITATION, YOGA, A GOOD
NIGHT'S SLEEP, MINDFULNESS,
LAUGHTER, HAVING 'ME TIME'.
DOING THE THINGS WE LOVE ALL
HELP TO KEEP US CENTRED.

Berry smoothie bowl

Serves 2 (makes 1 large bowl)

Preparation time 10mins

2 frozen bananas
1 cup frozen blackberries or berries of choice
2 tablespoons chia seeds or LSA (optional)
½ cup Jalna Low Fat Greek Natural Yoghurt
½ cup milk

To garnish

½ sliced banana
Blueberries
Goji berries
Activated buckwheat
Chia seeds

1. Add frozen bananas, berries, seeds, yoghurt and milk to a blender.
2. Blend until smooth and pour into a bowl.
3. Top smoothie with garnish ingredients or additions of your choice.

Karen's recipe choice is courtesy of Jalna Dairy Foods www.jalna.com.au

Tips and handy hints

Here's a great breakfast to re-energise after a morning training session. Delicious, light and refreshing, full of antioxidants and high in calcium and protein!



Favourite ways of keeping my bones healthy ...



Building healthy bones

Tips for healthy bones by Jean Hailes for Women's Health Endocrinologist, Dr Sonia Davison (www.jeanhailes.org.au)

Women's bones reach their peak density from around the age of mid 20s to 30. After menopause, bone density falls quickly as the body's oestrogen levels drop. The rate of bone density loss is fastest in the first three years after menopause, then continues at a slower rate.

Osteoporosis and osteopenia are very common in postmenopausal women. More than 65% of people over the age of 50 have osteoporosis (brittle bone disease), osteopenia (where bones have lost some mass and strength), or poor general bone health.

Your genes play a part in determining your adult peak bone mass. The good news is that the rest is determined by lifestyle behaviours that you can do something about: getting enough calcium through your diet, taking in some vitamin D from the sun (or, if necessary, with the aid of nutritional supplements), getting enough weight-bearing physical activity, limiting your alcohol intake and not smoking.

Making small changes can greatly affect the quality of your life later. More than a third of people with osteoporosis reported some type of restriction in their day-to-day activities. Bone fractures can be common in people with poor bone health, with most fractures occurring in the hip and pelvis (40%) and the wrist and forearm (17%).

Some basic ways you can reduce your chance of osteoporosis include:

- Aim to meet the Australian Dietary Guidelines recommendations for women over 50 of four serves per day from the dairy food group. This includes calcium-rich milk, cheese and yoghurt. The Australian Bureau of Statistics found that nearly three-quarters of women don't meet their calcium requirements.
- Aim for a small dose of sun every day as vitamin D helps increase our absorption of calcium. Avoid the hottest part of the day when UV levels are high, however.
- Work on building up your bone strength to avoid the chance of a fracture. Try light strength training to build up bone and muscle strength. And also keep active by doing some weight-bearing exercise that you enjoy—it could simply be walking the dog for 30mins a few times a week.

And finally, a word of caution: smoking and excessive alcohol consumption have a negative effect on bone health and lead to a significant reduction in bone density.



Belinda Jeffery

Eating a wide range of dairy products; getting sun each day; and doing exercise that I enjoy. I'm not a gym person, but I love walking, swimming, and the beach, so this is where I go to nourish my body and spirit.

Nicky Riemer

Drinking milk once a day and eating a small bowl of yoghurt for a sweet treat!



Kate McGhie

Long walks, gardening, ignoring fad diets, food gurus and food trends; eating food produced naturally, as fresh as possible and cooked simply.



Christine Manfield

A daily exercise routine and healthy diet with no processed or refined foods.



Liz Harfull

Eating cheese - and lifting lots of books!



How do you do dairy?

One serve of dairy is equivalent to:



Milk
1 cup (250ml)



Yoghurt
¾ cup (200g)

OR



Cheese
2 slices (40g)



Ricotta
½ cup (120g)

Kate McGhie

Cheese of all varieties for snacks, as a meal course and in cooking. My cheese tasting odyssey continues with unabated enthusiasm.

Belinda Jeffery

My favourite dairy is thick Greek-style yoghurt. We have it on fruit for breakfast; make simple herb sauces with it; swirl it into soup, and mix it half and half with cream, a spoonful of brown sugar and a dash of vanilla to make a delicious dessert topping. It's just so wonderfully versatile!

Karen Martini

My favourite dish to start the day is plain yoghurt sprinkled with lightly toasted walnuts or almonds and a drizzle of a floral honey with a slice or two of fresh white peach.

Nicky Riemer

I love yoghurt and sour cream for a great dressing. Combine 2 tablespoons of Greek yoghurt with 1 tablespoon of sour cream and a tablespoon of extra virgin olive oil along with a squeeze of a lemon for zing. Spoon over grilled chicken and it's delicious.

Maggie Beer

Making homemade ricotta using Verjuice, then I have the option of adding it to sweet or savoury dishes.

Emma Stirling

I'm a cheese lover! I love exploring artisan shops and suppliers and tasting my way through cheese boards.

Catherine Saxelby

I love yoghurt in all its forms from plain thick yoghurt in cooking to sweeter dessert-style tubs.

Dr Ginni Mansberg

I just love a glass of milk straight from the fridge. YUM!!!

Nicole Senior

My favourite dairy food is Greek yoghurt that is strained to make it thicker and creamier. I love how it can complement both sweet and savoury flavours. And to top it off it's also got extra health benefits from the probiotic cultures; it's all good!

For more recipes and ideas on how to include adequate serves of dairy foods in your healthy eating plan visit legendaairy.com.au



Visit The Dairy Kitchen, legendaairy.com.au/recipes, to view this recipe and many more.



Maggie Beer

Maggie is an Australian icon of food, cooking and the good things in life. Recently she has turned her attention towards transforming the food experience of older people, especially those in aged care facilities. Their wellbeing and nutritional welfare has been a long-time concern for Maggie who, through the **Maggie Beer Foundation**, is sharing her passion with others. In fellowship with her advisory board, Maggie has made it her mission to link the latest research of nutrition's impact on brain health and general wellbeing, with her innate knowledge of what good food can do for everyone's state of mind. Maggie's hope to 'create an appetite for life' leads her to work on many levels, in encouraging everyone (young, old and in between!) to enjoy quality, seasonal cooking every day.

I SPEND TIME IN MY GARDEN,
NOT ONLY AS A WAY TO WIND
DOWN, BUT ALSO TO BOOST MY
VITAMIN D LEVELS.



Kale and pine nut tart with CHICKPEA CRUST AND LEMON CRÈME FRAICHE

Serves 6 (approximately 165g per serve)

Preparation time 30mins to 1 hour (plus overnight soaking)

Cooking time 25mins

Chickpea crust

1½ cups cooked chickpeas (135g dried chickpeas, soaked in cold water overnight, cooked)

35g brown rice flour

2 tablespoons (25g) cornflour

½ teaspoon sea salt

½ teaspoon baking powder

¼ cup extra virgin olive oil

Filling

¾ cup currants

¾ cup Verjuice

¼ cup extra virgin olive oil

40g butter

4 round shallots

½ teaspoon crushed garlic

½ cup (70g) pine nuts, toasted

1 tablespoon preserved lemon rind, finely chopped

2 bunches kale leaves stripped from stalks and blanched

4 eggs

Sea salt and pepper

¾ cup sour cream

To garnish

100g crème fraiche

100ml extra virgin olive oil

¼ cup reserved Verjuice soaked currants

¼ cup reserved toasted pine nuts

1. Soak the currants in ½ cup (125ml) of the Verjuice overnight to soften. Alternatively, place the currants and Verjuice in a microwave-safe container and microwave on low for 4 minutes, then set aside for 20 minutes to reconstitute.
2. Pre heat a fan forced oven to 180°C.
3. Place the chickpeas in a food processor and pulse until finely ground. In a bowl combine the brown rice flour, cornflour, salt and baking powder, add to the food processor with the chickpeas, pulse. Add the olive oil and just bring together, turn mix onto the bench and shape into a flat rectangle and rest.
4. Grease 35cm x 13cm rectangular non-stick fluted tart dish, place the rectangular shaped crust inside and press evenly across the base and up the sides of the pan. Note: mix is more crumbly than traditional pastry.
5. Once the tart base is evenly covered with the crust, place into the pre heated oven and cook for 8-10 minutes, until light golden. Don't be tempted to cook too long as the pastry will start to crack.
6. Meanwhile, blanch the kale in a large saucepan of boiling water for 5-10 minutes or until softened (the cooking time will depend on how coarse the kale is). Drain and set aside until cool enough to handle, then squeeze excess water from the leaves and roughly chop.

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7. Melt butter with the oil in a large frying pan. Add the shallots and garlic and cook, stirring occasionally, over low-medium heat for 5 minutes or until softened. Increase the heat to high, then add ¼ cup Verjuice and cook, stirring until the Verjuice has evaporated.
8. Transfer this mixture to a food processor, add the chopped kale and any remaining liquid and blend to a puree.
9. Place the kale puree, ½ cup of the soaked currants, ¼ cup of the toasted pine nuts and preserved lemon in a large bowl and stir until well combined.
10. In a small jug, whisk together the sour cream, eggs, salt and pepper, then stir into the kale mixture.
11. Carefully pour the filling into the tart shell and bake for 25 minutes or until just set in the centre.
12. Remove from the oven and allow to rest for 10-15 minutes. Slide out of the tart tin and onto a board. Using a knife cut 6cm thick pieces and place on plates. Serve straight away scattered with a few extra pine nuts, currants, a generous tablespoon of crème fraiche and a drizzle of extra virgin olive oil.



Belinda Jeffery

Belinda Jeffery has a wonderful knack of creating recipes for food that you genuinely want to eat. With many cookbooks to her name she writes in a distinctive style that most importantly, results in a recipe that works. This award-winning author has worked as a cook, TV food presenter, freelance writer, restaurant reviewer and cooking teacher. Belinda's books include **Belinda Jeffery's Collected Recipes; Mix & Bake; The Country Cook Book; Desserts**, and her most recent offering, the very popular **Utterly Delicious Simple Food**.

AS I'VE GROWN OLDER, I FIND A RESTFUL SLEEP HAS BECOME A BIT HARDER TO ACHIEVE. ONE THING I DO TO HELP IMPROVE IT IS TO REPLACE MY AFTERNOON CUP OF VERY STRONG TEA, WITH A SMALL CUP OF "GOLDEN" MILK. IT'S SIMPLY WARM MILK, TURMERIC, AND A DASH OF HONEY, AND I'M CONVINCED IT HELPS, PLUS IT'S GOOD FOR BONES TOO.



Cheese roulade with herbed goat's cheese

AND GRILLED RED CAPSICUM

Serves 6-8

Preparation time 45mins

Cooking time 17mins

Cheese roulade

60g unsalted butter

55g plain flour

1¾ cups (440ml) cold milk

6 x 60g eggs, separated

60g finely grated parmesan

Sea salt, to taste

Herb sprigs, to garnish

Filling

1½ large red capsicums (peppers)

250g cream cheese, at room temperature

150g soft goat's cheese marinated in herbs and olive oil

1 heaped tablespoon each, finely chopped chives and flat leaf parsley

1 heaped tablespoon good-quality mayonnaise

Sea salt, to taste

2-3 tablespoons small parsley leaves

About 6 large basil leaves, torn (or the equivalent in tiny basil leaves)

1. Preheat your oven to 180°C. Lightly butter a shallow baking tin (40cm x 26cm x 3cm) and line the base and sides with a large sheet of baking paper. Set it aside.
2. Melt the butter in a large saucepan over medium-low heat. Stir in the flour and cook, stirring regularly, for about 3 minutes until the mixture looks sandy - a sauce whisk is ideal for stirring this, as its flat base gets into the corners of the pan. Increase the heat slightly and whisk in the cold milk. Bring the mixture to a gentle bubble, then reduce the heat so the bubbles just pop slowly on the surface and cook the sauce, whisking regularly, for 5 minutes or so until it's smooth and thick.
3. Remove from the heat and whisk in the egg yolks, one at a time, making sure each one is well incorporated before adding the next. Stir in the grated parmesan and salt - once the parmesan has melted, set the sauce aside.
4. Tip the whites into a clean, dry mixing bowl and whip them with a pinch of salt until they form smooth soft peaks when you lift the beaters out of the bowl. Gently mix a quarter of the beaten whites into the cheese sauce to lighten it, then add this mixture to the remaining whites in the bowl

and gently fold the two together. Try to use as gentle a touch as possible for this to keep the roulade light - it's better to have a few streaks of white showing than to over-mix it and risk deflating the mixture.

5. Spread the cheese mixture evenly into the prepared tin, making sure it reaches into the corners. Bake it for about 17 minutes, or until the roulade feels springy and firm in the centre when you press on it gently.
6. While the roulade is baking, slightly overlap two large sheets of baking paper on your benchtop. When the roulade is ready, remove it from the oven and, taking your courage in both hands, quickly invert it onto the sheets of baking paper. I know this sounds a bit precarious, but it does work! Remove the tin and leave the roulade to cool for 20 minutes or so. (If the baking paper lining from the tin sticks to the roulade, just leave it there until you come to roll the roulade.)
7. Meanwhile, to make the filling, cut the capsicums along their natural contour lines into large pieces. Remove the cores, seeds and white ribs then run them under a hot grill, shiny-side up, until the skins blister and blacken. Take them out and cover them with a thick tea-towel. As soon as they're cool enough to handle, peel away the skins and finely chop the flesh. (The grilled and peeled capsicums can be stored, covered in olive oil, for up to 5 days in the fridge.)
8. Put the cream cheese and goat's cheese into a food processor and whiz them

together, stopping and scraping down the sides occasionally, until the mixture is smooth. Add the chopped chives, parsley, mayonnaise and salt to taste, then whiz everything together again to thoroughly combine them.

9. When the roulade is just cool, use a long palette knife to spread the cream cheese mixture evenly over it. Scatter the chopped capsicums, parsley leaves and torn basil all over the top. Next it needs to be rolled up to enclose the filling. I find the easiest way to do this is to roll it from the long side nearest you, using the paper to help you shape it into a log. (Start the roll with as tight a fold as you can, to avoid leaving a gap in the centre of the roulade.) This may sound a bit awkward but it isn't that hard to do as the roulade is quite flexible. Once it's rolled wrap the paper tightly around the roulade to help keep its shape, and carefully transfer it to a baking tray using that long palette knife again or a couple of wide spatulas. Don't worry if it loses its shape a bit as you do this, just pat it back with your hands then put the tray with the roulade into the fridge. Chill it for at least 45 minutes to help firm everything up (it's much easier to handle when it is cold). At this stage, you can serve the roulade immediately, or cover it loosely and leave it overnight.
10. About 20 minutes before you are ready to serve it, take the roulade out of the fridge to warm it up a little. Remove the paper and carefully slide it onto a long serving platter. Sprinkle it with herb leaves and flowers.

Photographic credit: Rodney Weidland. From The Country Cookbook, by Belinda Jeffery (Lantern)



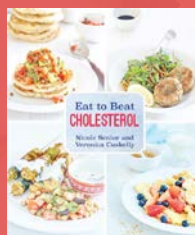
Tips and handy hints

This is rather lovely warm too. To heat it, cover the roulade loosely with foil and put it into a preheated 180°C oven for 15-20 minutes (don't leave it any longer though or the filling will melt).



Nicole Senior

Nicole, an experienced and well-respected Accredited Practising Dietitian and Nutritionist, takes a common sense approach to food which is supported by science. Not afraid to take a firm but fair swipe at misguided food rules she is a food lover on a quest to make healthy food interesting and enjoyable. She is the author of four books: **Eat to Beat Cholesterol, Food Myths, Belly Busting for Blokes** and **Heart Food** and a regular nutrition commentator in the mainstream and social media.



WHY SIT WHEN YOU CAN STAND? HELP CLEAR YOUR HEAD AND BOOST YOUR WELLBEING WITH ACTIVITY BREAKS OUTSIDE IN THE FRESH AIR.



Chicken, cheese, cashew

AND SALAD WRAP

Serves 2

Preparation time 10mins

Cooking time 10mins

1 tablespoon chopped dill
1 tablespoon chopped chives
2 tablespoons natural cashews, chopped
3 teaspoons extra virgin olive oil
1 tablespoon very finely grated parmesan cheese
250g (8oz) bunch green asparagus, trimmed
Canola oil cooking spray
100g (3½oz) chicken breast fillet
2 handfuls baby lettuce leaves (mesclun)
2 x 75g (2½oz) tomatoes, quartered
2 wholemeal flat breads (eg, lavash)
40g (1½oz) extra light cream cheese (5% fat)

1. Place the dill, chives, cashews, parmesan and olive oil in a small bowl and mix well. Set aside to allow the flavours to develop.
2. Steam or microwave the asparagus until tender and allow to cool.
3. Heat a non-stick pan over a medium heat and spray with oil and cook the chicken, 6–8 minutes or until cooked, turning once. Wrap in foil to rest and cool.
4. Place the salad leaves, tomatoes, asparagus and half the herb and parmesan mixture in a bowl and mix well. Slice the chicken thinly.
5. Spread the breads with cream cheese. Top with remaining half the herb and parmesan mixture, chicken and half the salad. Roll up tightly, cut the wraps into three or four pieces and serve on a bed of the remaining salad.

Nutrition note

Make this suitable for people with nut allergies by using pumpkin seeds instead of cashews.

Tips and handy hints

You could use leftover roast or BBQ chicken, or swap the chicken for other meats, salmon or tuna. The delicious herb, cashew and parmesan mixture is full of flavour and could also be used on lean barbecued meats or seafood.



Dr Ginni Mansberg

GP AND TV PRESENTER

Six children, a busy GP practice and ongoing tv commitments might be more than enough to slow down most people, but not Dr Ginni Mansberg, host of foxtel's embarrassing bodies down under, Channel 7's resident GP on Sunrise and The Morning Show, and one of Australia's most trusted health and wellbeing experts.

THE GREATEST LESSON I HAVE LEARNT ABOUT GETTING OLDER...EVERYONE HAS THEIR OWN JOURNEY. I OWN MY JOURNEY AND AS LONG AS I LIVE AN ETHICAL LIFE, I CAN HOLD MY HEAD HIGH AND ENJOY A HAPPY, COMFORTABLE LIFE. WHAT OTHERS THINK IS FOR THEM.

DR GINNI'S TIPS FOR LIVING THE LIFE YOU WANT

Eat smartly: Don't give up dairy for health – that is a seriously unhealthy move!

Stay active: Exercise is not gym class or bust. You can break your exercise up into small bite sized pieces that you can slot in either side of work or first thing in the morning.

Find Balance: Remember your health is a means to an end – a happy life. If getting healthy is stressful and making you miserable, step back. Lighten up. Go for the 80:20 rule and smile your way through your day.

I am living the life I want by ... laughing lots and enjoying coffee, cheese, milk and other healthy foods that have tended to fall foul of some celebrities.

Heirloom tomato tart

Serves 8

Preparation time 20mins

Cooking time 30mins

2 sheets ready rolled puff pastry
400g bocconcini, sliced
½ cup grated reduced fat mozzarella cheese
3 large eggs
2 cups full cream milk
1 teaspoon sea salt flakes
¼ teaspoon cracked pepper
½ teaspoon each dried oregano and thyme
4 large heirloom tomatoes- different colours and sizes
Handful washed fresh basil leaves

1. Wash and slice tomatoes. Place in a colander to drain while you prepare the rest.
2. Turn oven on to 180°C.
3. Defrost puff pastry.
4. Line a greased flan tin with defrosted pastry, trim to sides.
5. Prick all over with a fork.
6. Whisk together the eggs, milk, salt, pepper, thyme and oregano.
7. Sprinkle grated cheese over the tart base.
8. Layer over the bocconcini.
9. Pour over the milk and egg mixture.
10. Finally add the tomatoes. The idea is to overlap the sliced tomatoes to totally cover the tart. Go all the way to the edges. The tomatoes shrink a lot while cooking.
11. Bake on 180°C for half an hour.
12. Allow to cool.
13. Scatter over the basil leaves before serving.

Dairy Australia's very own Test Kitchen - The Dairy Kitchen, is one of Australia's largest sources of dairy recipes, tips and ideas.

The team behind The Dairy Kitchen brings fresh ideas and inspiration daily through Facebook, Instagram and at legendairy.com.au. Our philosophy to eating and living well is simple. Keep it real. Be inspired by a wide variety of fresh, natural and simple foods and take the time to enjoy it!



Creamy carrot and coriander soup WITH PARMESAN TOASTS

Serves 2

Preparation time 15mins

Cooking time 20mins

1 tablespoons olive oil
1 teaspoon ground cumin
1 small onion, chopped
500g carrots, chopped
1 cup vegetable stock
1 cup milk
2 tablespoons finely chopped coriander
½ cup natural yoghurt

Parmesan toasts

2 slices sourdough bread
1 tablespoon grated parmesan cheese
1 tablespoon grated cheddar cheese

1. Heat oil in a medium saucepan. Add onion and cumin, sauté for 3-5 minutes or until softened. Add carrot and stock, cover and bring to the boil. Simmer, uncovered, for 15 minutes, or until carrots are tender. Remove from heat and process with a stick blender until smooth. Return to heat and stir in milk and coriander. Reheat gently until warmed through. Serve with a dollop of yoghurt.
2. For parmesan toasts, grill bread on one side until golden. Turn over, top with combined cheeses and grill until cheese is bubbly and brown. Serve warm with soup.

Tips and handy hints

A bowl of this soup and warm parmesan toast will provide you with one of your four serves of dairy for the day.

Living the life you want

FEELING FAB

Aneka Manning

My daily mantra... Be the best you can, no matter what the situation.

Kate McGhie

Make sure you have a daily dose of Vitamin P – P for pleasure that is.

Work-life balance is different for each of us because we all have different priorities and different lives. For me key elements no matter how small, include:

- achievement and enjoyment;
- enrichment through mental stimulation;
- satisfaction and emotional contentment;
- maintaining enthusiasm and a curious mind;
- keeping friendships warm;
- Staying active.

Lyndey Milan

My daily mantra has changed recently. I have decided to focus on having time for everything in my life – for the gym, for riding my bike in Centennial Park, for leisure and for my massive workload. My “to do” list is endless but I am visualising that I get everything done every day so that I CAN have time for everything else.

Catherine Saxelby

My mantra is ... set a small goal for the day and get it done!

FEELING FIT

Karen Inge

Regular strength training is so important to help improve bone density and prevent muscle loss as we get older. I'm enjoying my weights

session three times a week, along with my almost daily walking routine. Feel I'm building strength which is positive reinforcement for all my hard work.

Maggie Beer

Just start walking, it's free! The beauty of nature ensures daily walks never feel like “exercise” and makes every difference to your day and your bones.

Christine Manfield

I train at the gym twice a week – weight bearing exercises, core stability and cardio which all help with flexibility. I supplement that with Hatha Yoga three times per week which gives my body more strength and movement. Essential for offsetting diminishing bone density with age.

Emma Stirling

My favourite form of exercise is when I don't notice it! I love nothing more than a long, hard day in my garden, mowing the lawn, carrying cuttings, planting herbs, pruning and moving constantly. Satisfaction is seeing the hard work with a neat and tidy landscape and feeling the hard work in your bones and muscles.

Dr. Sue Shepherd

Movement is a word I use with my patients. It sounds so much more achievable than exercise. I encourage people to check their smartphones or purchase a pedometer to measure the number of steps walked – it is such a simple way to monitor (and potentially improve) your movement each day.

Find a buddy to join you on a walk each day – the walk is fantastic for your bones and physical health, while the chats/laughs (and sometimes cries) with your friend are nurturing for the soul.





Lyndey Milan, OAM

Lyndey is a woman of many talents - an award-winning presenter, food and wine teacher, debator, judge and regional Australian specialist with 30 years' experience. In the past five years she has hosted nine TV series including Lyndey Milan's Taste of Australia which won Best Food TV Show in the Gourmand World Cookbook Awards, with the accompanying book winning 'Best TV Chef Book' in English.



TOP TIPS FOR LIVING FIT, FAB & 50

1. FEEL LIKE YOU'RE 30 AND CONNECT WITH THAT ENERGY EACH AND EVERY DAY
2. HAVE FUN, ENJOY YOUR LIFE
3. ABOVE ALL STAY ACTIVE IN MIND AND BODY



Twice baked cheese soufflé

Serves 8

Preparation time 15mins

Cooking time 35mins plus 15mins infusing

400ml milk

Pinch of nutmeg

1 bay leaf

6 black peppercorns

25g butter, melted plus 60g butter, extra

1/3 cup (50g) plain flour

200g gruyere cheese, grated, plus 50g diced cheese

5 eggs, separated

200ml cream (36% fat)

1. Preheat oven to 190°C (170°C fan forced). Brush the insides of 8x 1/2-cup ramekins with melted butter.
2. Heat milk in a small pan with nutmeg, bay leaf and peppercorns and bring slowly to a simmer on low heat. Remove from heat, cover and stand to infuse for 15 minutes, until cooled. Drain, discarding solids.
3. Make a roux by melting the extra butter in a small saucepan on low heat and stirring in the flour. Cook, stirring constantly, for 1-2 minutes, until it smells nutty and is lightly golden brown. Remove from heat, gradually add strained milk. Stir or whisk together and return to medium heat, stirring constantly until very thick and boiling. Reduce heat to low and stir for another 5 minutes, to thicken further. Beat in 50g of grated cheese and egg yolks. Season to taste.
4. Whisk egg whites in a clean bowl with an electric mixer until foamy, add a pinch of salt and beat until just stiff. Fold gently into the cheese mixture with diced cheese in 2 batches. Fill prepared ramekins to the brim, levelling by scraping with the back of a knife across the top. Clean rims and place ramekins in a baking dish. Place on oven shelf and add enough boiling water to baking dish to come halfway up the sides of the dishes. Bake for 10-15 minutes, until well risen. The tops should feel soft and springy.
5. Remove from baking dish and cool completely. They will sink a little. The soufflés can be prepared to this stage, wrapped in plastic wrap and kept refrigerated or frozen if desired.
6. Preheat oven to 200°C (180°C fan forced). Turn soufflés out of dishes onto a baking paper-lined oven tray or onto individual gratin dishes, the topside can be up or turned over to make the base. Drizzle soufflés with cream and remaining grated cheese. Bake for 10 minutes or until well risen. Serve immediately.



Christine Manfield

Christine is one of Australia's most celebrated chefs - a curious cook, a perfectionist inspired by the culinary melting pot of evocative flavours and textures, and a writer whose successful, award winning books – **Dessert Divas, Tasting India, Fire, Spice, Stir, Paramount Cooking and Paramount Desserts** have spiced up the lives of keen cooks everywhere. As one of Australia's leading culinary ambassadors, her life as a restaurateur culminated in three groundbreaking, award winning restaurants: Paramount in Sydney from 1993 to 2000, East@West in London from 2003 to 2005 and Universal from 2007 to 2013.

TRY AND BALANCE YOUR WORK LIFE ROUTINE. HAVING LEISURE TIME IS VITAL FOR NOURISHING YOURSELF.



Yoghurt baked snapper

TOASTED WALNUT CRUMBLE, FENNEL, BROWN RICE & POMEGRANATE

Serves 4

Preparation time 40mins

Cooking time 20mins

4 x 100g portions snapper fillet (or other deep sea white flesh fish), skin off
8 tablespoons cooked brown rice
1 head baby fennel, finely shaved
2 tablespoons pomegranate seeds
½ small cucumber, sliced into matchsticks
2 tablespoons each dill fronds, shredded parsley, lemon juice
1 teaspoon pomegranate molasses
6 tablespoons extra virgin olive oil
½ teaspoon each of sea salt and black pepper

Yoghurt marinade

500g thick plain yoghurt
1 teaspoon cornflour
2 eggs
2 green onions, finely sliced
1 bunch chives, finely chopped
2 tablespoons extra virgin olive oil
Juice 1 lime
2 teaspoons each of sea salt and black pepper

Walnut crumble

50g whole wheat sourdough breadcrumbs
50g walnuts, chopped
1 tablespoon shredded parsley
1 teaspoon each chopped tarragon and dill
30g unsalted or cultured butter

Mint yoghurt relish

¼ cup mint leaves
2 tablespoons coriander leaves
1 small green chilli, chopped
2 small red shallots, chopped
1 teaspoon each of minced ginger, sea salt and lime juice
250g thick plain yoghurt

1. To make yoghurt relish, blend all ingredients except yoghurt in blender to make a smooth paste then fold in the yoghurt till combined.
2. To make the crumble, mix the crumble ingredients together in bowl, rubbing butter through till crumbs are moist. Spread onto baking tray and bake in 180°C oven for 6-8 minutes until lightly toasted. Set aside until ready to use.
3. To make the yoghurt marinade, mix all ingredients together in bowl.
4. Add the fish and submerge into the marinade and leave for 5 minutes.
5. Lay the 4 x 12cm squares of foil on bench and top each with a 12cm square of baking paper. Place a fish fillet and its marinade onto centre of paper and wrap up and secure. Bake in a 200°C oven for 12-13 minutes or until fish is just cooked through.
6. Mix the hot brown rice, fennel, pomegranate seeds, cucumber, shredded parsley and dill in a bowl, then season with lemon juice, pomegranate molasses, oil, salt and pepper, toss to combine. Spoon yoghurt sauce onto plate, then spoon the rice on top to make a mound.
7. Remove fish from its parcel and cover top surface with toasted walnut crumble and lay fish on top of rice and serve.

© Christine Mansfield 2016



Catherine Saxelby

Catherine is an Accredited Practising Dietitian and Nutritionist who has researched and written on almost all aspects of healthy eating. She is an award-winning writer, published author and food commentator, who understands the demands of today's busy world and the complexity of food issues. Her food philosophy is simple. It's about sourcing, growing and cooking good, whole food and making it easy for people to boost their health and energy. Catherine lives by the 80/20 rule: to eat healthy 80 per cent of the time and not feel guilty about the other 20 per cent.

LIFE IS ALWAYS ABOUT BALANCE. A BIG MEAL OUT IS NICE IF IT'S FOLLOWED BY LIGHTER LEANER MEALS. LOTS OF EXERCISE MAKES YOU FEEL GOOD BUT IT'S NICE IF BALANCED WITH DOWN-TIME READING OR RESTING.

Tzatziki dip and sauce

Serves 8 as condiment

Preparation time 10mins and 2 hours to marinate

500g tub plain Greek yoghurt
1 small cucumber, grated including the peel
1 clove garlic, crushed
Juice of ½ lemon (1-2 tablespoons juice)
3 tablespoons chopped fresh dill or parsley
Freshly ground black pepper

1. Stir together yoghurt, grated cucumber, garlic, lemon juice, dill and pepper in a bowl. Mix well to combine.
2. Cover and refrigerate overnight or for at least 2 hours to allow the flavours to develop.
3. Spoon into a serving bowl and use as needed.

Tips and handy hints

Here's my idea of a quick 'sauce' that can be dolloped over lamb kebabs or cutlets or lift roasted eggplant to a whole new world. And with yoghurt as the star, it's also easy and healthy.





Emma Stirling

Emma Stirling is an Accredited Practising Dietitian with over twenty years' experience. She is an experienced health writer, trend commentator, academic, food lover and award winning blogger
www.scoopnutrition.com

I NEVER MISS BREAKFAST AND SWITCH FROM MUESLI AND YOGHURT IN SUMMER TO PORRIDGE WITH MILK IN WINTER. WITH SO MANY DELICIOUS TOPPINGS FROM SEASONAL FRUIT TO NUTS AND SEEDS I NEVER GET TIRED OF MY DAIRY AT BREAKFAST HABIT.

Turmeric and yogurt roasted chicken

CAULIFLOWER AND EGGPLANT

Serves 4

Preparation time 15mins

Cooking time 25mins

1 tablespoon whole cumin seeds
1 tablespoon ground coriander
2 teaspoons turmeric
½ cup natural yoghurt
4 x 150g chicken breast fillets
Chilli flakes, optional
½ cauliflower, cut into small florets
1 medium eggplant, cut into small cubes
½ red onion, cut into thin wedges
2 tablespoons olive oil
1 teaspoon sea salt
1 cup natural yoghurt, extra
¼ cup pistachio nuts, toasted
2 teaspoons sesame seeds, toasted
Fresh coriander, to serve

1. Combine spices and divide mix in half. Combine half of the mix with yoghurt and use to coat chicken breasts. Place chicken in a single layer on a large lined baking tray.
2. Combine the cauliflower, eggplant and onion in a bowl with oil, salt and remaining spices until well coated. Arrange on the baking tray around the chicken.
3. Bake at 200°C for 20-25 minutes or until chicken is cooked through and vegetables are browned and tender. Transfer to a serving plate and serve drizzled with extra yoghurt, pistachio nuts, sesame seeds and fresh coriander.

Recipe from The Dairy Kitchen with Emma Stirling's official endorsement.





Desserts



Nicky Diemer

Nicky is regarded as one of Australia's leading chefs and is the proud co-owner and head chef of Union Dining in Melbourne. After heading numerous kitchens in Melbourne and overseas, Nicky shares her incredible skill and flair for provincial European cuisine with added contemporary class at her own restaurant. She creates unique menus that offer a sense of provenance and bring back flavours, often lost in modern cooking techniques. Nicky has been nominated for Chef of the Year and Union Dining is consistently highly rated by top restaurant guides.

EVEN WHEN YOU THINK YOU ARE TIRED, JUST THE ENERGY YOU GET FROM HAVING A MEAL AND A LAUGH WITH FRIENDS AND FAMILY REALLY CAN MAKE A DIFFERENCE.



Yoghurt and buttermilk panna cotta

WITH POMEGRANATE CARAMEL

Serves 8

Preparation time 20mins

Cooking time 2-3 hours to set

3 gold-strength gelatine leaves
750ml natural yoghurt - make sure best quality and lightly whisk together before using to ensure no lumps
195g caster sugar
225ml crème fraiche or sour cream - lightly whipped to soft peaks
70ml buttermilk

Pomegranate caramel

225g caster sugar
75ml pomegranate molasses
100ml water

For garnish

300g fresh raspberries
Fresh seeds from 1 pomegranate
Cool pomegranate caramel
Torn mint leaves

1. Soak gelatine in cold water till soft, strain well and squeeze out excess liquid.
2. Put 200ml of the yoghurt in a small saucepan with the sugar and warm very gently, stirring till the sugar is dissolved.
3. Warm the soft gelatine leaves in a tablespoon of warm water (NOT BOILING) till completely melted then pour the warm yoghurt on the gelatine and mix well,

then add the rest of the yoghurt and pass this mix through a fine sieve into a medium bowl.

4. Place this bowl over an ice bath and whisk the mix now and then while it begins to set - to ensure no lumps - do not let it set completely. Remove from the ice bath and fold in the lightly whipped crème fraiche and buttermilk - this should be a soft pourable mix. Pour into 8 small serving dishes or serving glasses.
5. Refrigerate for 2 to 3 hours until set.

Pomegranate caramel

1. Dissolve sugar with a small amount of water in a clean saucepan, bring up to the boil, the sugar will begin to bubble and turn a golden brown colour.
2. Once sugar is at a dark golden brown caramel take off the heat and add the pomegranate molasses and remaining water, be careful as it may 'spit', stir until combined. It should be syrupy in consistency, but if it's not, reduce over medium heat to achieve a syrup like consistency.
3. Cool and store in fridge until ready to serve.
4. To serve, gently toss raspberries in cold pomegranate caramel and spoon onto set panna cotta in glasses, sprinkle on 5 to 6 fresh pomegranate seeds and 2 to 3 torn mint leaves and serve immediately.





Liz Harfull

Having grown up on a dairy farm near Mount Gambier, Liz is passionate about telling the stories of rural Australia. The award-winning author and agricultural journalist walked away from corporate life to write books. Her leap of faith was rewarded when her first, **The Blue Ribbon Cookbook**, became a surprise best-seller and even took her to Paris after winning a Gourmand World Cookbook Award. The book captures the unique traditions of country shows and show cooking competitions in South Australia, and knowledge handed down through generations of talented country home cooks. Its national sequel features this blue ribbon recipe by Bega Valley show cook, judge and cookery teacher Nelleke Gorton.

THE GREATEST LESSON THAT I HAVE LEARNT ABOUT GETTING OLDER: "FAMILY AND FRIENDS COUNT FOR EVERYTHING – NOT ACCUMULATING MATERIAL POSSESSIONS."



Upside-down lemon delicious

Serves 8

Preparation time 30mins

Cooking time 35-40mins

165g (¾ cup) caster sugar
50g (⅓ cup) plain flour, sifted
3 extra large eggs, separated
40g butter, softened to room temperature
250ml (1 cup) milk, room temperature
1 teaspoon finely-grated lemon zest
85ml (⅓ cup) fresh lemon juice
¼ teaspoon salt

Tips and handy hints

- You can use other citrus or even a combination of citrus.
- Do not overbeat the egg whites as this will make it harder to fold them into the wet mixture.
- It is important to let the puddings stand for approximately 20 minutes before attempting to turn them out.
- Serve them with thick cream or crème anglaise.

1. Preheat the oven to moderate (180°C). Butter eight individual 125ml (½-cup) ramekins.
2. Combine the sugar and flour in a large mixing bowl, and then set aside.
3. In a separate bowl, beat the egg yolks and butter until pale and fluffy. Whisk in the milk, lemon zest and juice until combined. Add this mixture to the dry ingredients and whisk thoroughly, until smooth.
4. Place the egg whites and salt in a small bowl and beat until stiff.
5. Gently fold the egg whites into the pudding mixture, adding them in two batches. The mixture will be quite runny due to the amount of liquid.
6. Gently spoon the mixture into the ramekins. Stand the ramekins in a large baking dish and fill it with enough hot water to reach halfway up the sides of the ramekins. Bake for 35 to 40 minutes, until the tops are golden brown.
7. Carefully remove the ramekins from the water bath and let them cool. To serve, gently shake loose the sides of the puddings by tapping them between your hands, and then turn the ramekins upside down onto individual dessert plates.



This is an edited extract from The Australian Blue Ribbon Cookbook by Liz Harfull, published by Allen & Unwin, RRP \$39.99, available now.



Kate McGhie

A qualified chef, Kate is one of Australia's most respected food writers. She is a seventh generation farmer's daughter and grew up on a rural property in Victoria's Western District. The importance of seasonal produce, family and rural community, instilled from an early age continues to be her inspiration. At the 2016 International Gourmand World Cookbook Awards, her latest book, **Apple Blossom Pie** was awarded the Best Food Writing in Australia and short listed for Best Food Writing in the World. Kate is committed to championing Australian country cooks and farmers and bringing the spirit of rural Australia and its producers to the tables of all Australians.

MY FAVOURITE DAIRY – THEY ALL HAVE THEIR PLACE IN MY COOKING AND MY LIFE.

NOTHING BEATS:

- BUTTER IN BAKING - ALSO AN EXCELLENT FLAVOUR CARRIER
 - TONGUE TINGLING YOGHURT
 - THE SILKINESS OF CREAM
 - THE TANG OF BUTTERMILK &
 - THE CHOICE OF CHEESE.
-



Luxe crème caramel WITH BUTTERMILK ICE CREAM

Serves 6

Preparation time 20mins crème caramel and 15mins for buttermilk ice cream

Cooking time 35mins plus cooling time for crème caramel. Plus freezing time for ice cream

Luxe crème caramel

Unsalted butter for greasing

1 cup caster sugar

1/3 cup water

1 small vanilla pod

1 1/2 cups whole milk

1 cup pure cream

3 large free range eggs

1 tablespoon brandy (optional)

Buttermilk ice cream

2/3 cup caster sugar

Finely grated zest of 1 lemon

1 teaspoon vanilla extract

2 cups pure cream

2 cups buttermilk

Crème caramel

1. Preheat oven to 160°C (fan-assisted 140°C).
2. Lightly grease 6 X 185ml dariole moulds or heatproof ramekins with the butter, arrange in a baking dish and set aside.
3. Put three quarters of the sugar and water in a small pan and stir over low heat until the sugar dissolves. Increase the heat swirling the pan to combine well and

boil for 6-7 minutes or until the mixture turns a dark copper colour. Remove immediately from the heat to avoid caramel burning and becoming bitter.

4. Divide equally among moulds.
5. Heat the milk and cream in a pan over medium heat until you see small bubbles on the sides of the pan. Split the vanilla bean in half and scrape the seeds into the mixture.
6. Whisk remaining sugar, eggs and brandy together in a bowl until smooth.
7. Slowly whisk in the hot milk mixture.
8. Strain through a fine sieve into a jug and fill moulds until almost full.
9. Pour boiling water into the pan so it reaches two-thirds up the sides to prevent custards curdling.
10. Bake for about 35 minutes or until set with a slightly wobbly centre.
11. Carefully remove the baking pan to a rack and let moulds cool in the water bath.
12. Remove, cover with plastic wrap and refrigerate at least 2 hours or up to 2 days.
13. To serve, gently press all around the top of a custard with your fingertip to loosen it from the side of the mould. Invert onto a serving plate, give it a quick gentle shake to release the custard from the mould. It should plop perfectly on to the plate.

continues over page ...

Buttermilk ice cream

1. Put the sugar, lemon zest and vanilla in a pan. Pour in the cream and bring to a very gentle simmer, stirring, until the sugar is dissolved. The cream must not boil.
2. Remove from the heat and cool completely. When cool strain the mixture into a bowl and stir in the buttermilk.
3. Pour the mixture into a freezer-proof container and freeze for 2 hours. The edges should be almost frozen and the centre a slurry.
4. Whisk the ice cream with a fork to evenly distribute and break up the crystals and then refreeze. Repeat the process 1 hour later and 30 minutes after that, and then leave to freeze.
5. If you decide to swirl some smashed berries or stewed fruit through the ice cream, make sure it is sweet enough, bearing in mind that cold numbs the sensation of sweetness.

*Apple Blossom Pie by Kate McGhie
Murdoch Books, 2015*

Tips and handy hints

- Coddled in a protective moat of boiling water in a roasting pan, the crème caramel sets smoothly and evenly.
- Too high a heat will cause a slightly rubbery edge marked with bubbles.
- Cooking time will depend on the thickness and depth moulds.
- Don't whisk the eggs until frothy as this causes small holes in the baked custard.
- Ideally, make this the night before, to give the caramel time to dissolve on the custard.





Dr Sue Shepherd

An Advanced Accredited Practising Dietitian from Melbourne, Sue is recognised internationally as a leading dietitian for the treatment of dietary intolerances. With coeliac disease herself, she has written 13 best-selling gluten free cookbooks (many also low FODMAP), and runs Australia's largest gastrointestinal-specialist dietitian consulting practice "Shepherd Works". A Victorian Finalist for the Telstra Australian Businesswoman of the Year (2009 and 2012) in 2013 Sue was named in the Australian Financial Review's 100 Women of Influence. These awards have been largely for her advocacy work raising awareness and quality of life for people with food intolerances.

THE GREATEST LESSON I HAVE
LEARNT ABOUT GETTING OLDER
...SMILE LINES LOOK SO MUCH
NICER ON A FACE THAN
FROWN LINES.



Warm lemon sago puddings

Serves 6

Preparation time 5mins

Cooking time 35mins

4 cups milk (can be low fat and/or lactose free if desired)

Zest and juice of 2 lemons

1/3 cup sago

1/3 cup caster sugar

1. Place the milk and lemon zest in a medium saucepan and gradually bring to a simmer over high heat.
2. Reduce the heat to low and simmer for a further 2 minutes.
3. Add the sago to the milk, stirring well to combine.
4. Simmer over low heat, stirring regularly for 25-30 minutes or until the sago resembles translucent jelly-like balls.
5. Remove from heat.
6. Stir in caster sugar and lemon juice. Taste and add more sugar if necessary.
7. Pour into six glass bowls. Garnish with a dollop of cream and serve warm.

Recipe by Dr Sue Shepherd, taken from "Gluten Free Cooking", Viking Publishers 2007.



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