



Chinese Spiced Pork

With Chili and Ginger

Recipe by Sally Wise



4-6 servings



4-9 hours

INGREDIENTS

1 kg lean diced pork

2 onions, sliced

1 carrot, cut into thin strips

1 red capsicum, cut into thin strips

2 long red chillies, diced

6 cloves garlic, crushed

1 tablespoon finely grated green
ginger

2 teaspoons finely grated lemon rind

1 teaspoon Chinese 5 spice powder

¼ cup sweet chilli sauce

2 tablespoons Apera (any sort)

1 tablespoon soy sauce

1 tablespoon brown sugar

1 teaspoon honey

1 teaspoon salt

1 cup chicken stock

3 teaspoons cornflour mixed to a paste
with 1 ½ tablespoons cold water,
optional

DIRECTIONS

Place all ingredients (except cornflour paste) into the slow cooker and stir to combine. Place lid on cooker and cook for 4 to 5 hours on High or 8 to 9 on Low or until meat is tender.

If needed, thicken with some or all of the cornflour paste, cooking 5 minutes more on High. Add salt and pepper to taste.

Serve with steamed rice and Asian Greens.

NOTES

For a 3.5 to 4.5 litre capacity slow cooker



Spiced Pumpkin Pie

Pastry

Recipe by Sally Wise



8-12 servings



30 minutes

INGREDIENTS

125g butter, softened

125g sugar

1 egg

250g plain flour

¼ teaspoon baking
powder

DIRECTIONS

Cream the butter and sugar together with a whisk or wooden spoon. Add the egg and whisk until well combined. Fold in the combined flour and baking powder and mix to a soft dough. Wrap in cling film and refrigerate 30 minutes.

Heat oven to 200°C. Grease a 23cm pie dish.

Roll pastry put on a lightly floured surface to size to fit the dish and press into place. Refrigerate while preparing the filling.



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Spiced Pumpkin Pie

Filling

Recipe by Sally Wise



8-12 servings



40 minutes

INGREDIENTS

4 eggs

1 cup mashed pumpkin (cooled)

½ cup brown sugar

½ teaspoon ground cinnamon

½ teaspoon ground nutmeg

½ teaspoon ground ginger

½ teaspoon ground allspice

Pinch ground cloves

2 teaspoons lemon juice

30g butter, melted

½ cup milk or coconut milk

DIRECTIONS

Place the eggs in a bowl and whisk together with the pumpkin, sugar, spices, lemon juice, butter, milk or coconut milk.

Pour into pie shell.

Bake for 10 minutes, then reduce heat to 150°C and bake for 20 minutes more or until filling is set. Allow to stand 20 minutes before cutting into slices to serve.

Serve with sweetened whipped cream, lightly dusted with a little cinnamon.



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Spiced Apple Cake (base)

With coconut caramel crust

Recipe by Sally Wise



8-10 servings



2 hours

INGREDIENTS

- 125g butter, softened
- 1 cup brown sugar (lightly packed)
- 2 eggs
- Finely grated zest one lemon
- 1½ cups self raising flour
- 1 teaspoon mixed spice
- 1 teaspoon ground cinnamon
- Pinch ground cloves
- 3 cups diced peeled and cored apples (loosely packed)
- ½ teaspoon vanilla extract or essence

DIRECTIONS

Heat oven to 160 degrees C. Grease a deep sided 20cm round cake tin and line base with baking paper, then grease over this.

Whisk the butter and brown sugar together until light and creamy. Whisk in the eggs, then fold in the lemon rind, flour, spices and finally the diced apples and vanilla.

Transfer to the prepared tin, smooth out and bake for approximately 45 minutes to one hour or until a metal skewer inserted into the centre comes out clean.

Meanwhile make the caramel (see instructions on next page).

When the cake is just cooked remove from the oven and pour the prepared caramel over. Bake for 15 minutes more until golden brown.

Leave to stand in tin for 30 minutes before turning out onto a wire rack to cool.



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Spiced Apple Cake (topping)

With coconut caramel crust

Recipe by Sally Wise



8-10 servings



2 hours

INGREDIENTS

- 60g butter
- ¼ cup milk
- ½ cup brown sugar
- 1 tablespoon lemon juice
- ½ cup desiccated coconut
- ¼ teaspoon ground cinnamon

DIRECTIONS

Combine the butter, milk, brown sugar, lemon juice, coconut and cinnamon in a saucepan and bring to the boil stirring.

Reduce heat and simmer 2 minutes, stirring constantly, until the butter and sugar melt and the mixture thickens a little.

Set aside until needed (keep warm).



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Tikka Chicken Curry



6 servings



25-30 mins

Recipe by Sally Wise

INGREDIENTS

- 3 teaspoons oil
- 1 kg chicken tenderloins or breast fillets cut into 8mm slices
- 2 onions, finely sliced
- 3 cloves garlic, crushed
- 2 teaspoons grated green ginger
- 2 long red chilies, finely chopped
- 1 tablespoon ground coriander
- 1 tablespoon ground cumin
- 1 tablespoon sweet paprika
- 1 teaspoon salt
- 2 teaspoons garam masala
- 1 teaspoons ground ginger
- ½ teaspoon ground turmeric
- 400ml tin coconut milk
- 3 teaspoons cornflour mixed to a paste with 2 tablespoon cold water, optional

DIRECTIONS

Heat the oil over medium-high heat and sauté the chicken until it changes colour.

Add the onion, garlic and ginger and cook for 2 minutes more.

Add the spices and stir to coat all ingredients in the pan.

Stir in the coconut milk or cream and bring to the boil.

Reduce heat and simmer for 10 minutes or until the chicken is very tender. (Thicken if necessary with some or all of the cornflour paste, simmering two minutes more).

NOTES

Very nice served with Naan breads and a green salad.

Mexican Chili Con Carne

Recipe by Sally Wise



6 servings



1.5 hours

INGREDIENTS

1 tablespoon olive oil

1kg good quality beef mince

2 large onions, peeled and diced

6 cloves garlic, peeled and crushed

1 tablespoon ground cumin

3 teaspoons dried oregano leaves

2 teaspoons ground coriander

Pinch ground cinnamon

2 long red chillies, chopped finely or 1
teaspoon dried chilli flakes or 1
tablespoon sweet chilli sauce

1 teaspoons salt

½ cup tomato paste

825g tin diced tomatoes

½ teaspoon brown sugar

1 tablespoon chutney

3 teaspoons Worcestershire sauce

2 teaspoons soy sauce

Juice 1 small lime or lemon

1½ cups water or beef stock

1½ cups frozen corn kernels

410 tin red kidney beans, drained

DIRECTIONS

Heat the oil in a heavy based saucepan and cook the mince until it changes colour, stirring often to break up the mince. Add the onion and garlic to the saucepan and cook for 2 minutes more.

Add the cumin, oregano, coriander, cinnamon, chillies or chilli sauce, salt, tomato paste, tomatoes, brown sugar, chutney, Worcestershire sauce, soy sauce, lemon or lime juice and water or stock. Bring to the boil and simmer 1 hour, stirring often.

Add the corn and kidney beans and bring back to the boil. Simmer 10 minutes.

Serve with couscous, corn chips or jacket baked potatoes with sour cream and sweet chilli sauce.



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