



Sticky tofu, lemony red slaw & chickpea croutons

Recipe supplied by Australian Women's Weekly

INGREDIENTS

660g block hard tofu
400g can chickpeas
2 tablespoons tahini
 $\frac{1}{4}$ cup (90g) honey
3 teaspoons ground cumin
 $\frac{1}{2}$ teaspoon ground turmeric
1 teaspoon sea salt flakes
1 tablespoon pomegranate molasses
1 medium (175g) raw beetroot, peeled, cut into julienne
400g piece red cabbage shaved finely
1 radicchio lungo, leaves separated
3 radishes, cut into julienne
 $\frac{1}{2}$ cup (50g) walnuts, roasted, chopped coarsely
1 green apple, sliced thinly

LEMONY DRESSING

1½ tablespoons Dijon mustard
1½ tablespoons honey
2 cloves garlic, chopped finely
 $\frac{1}{2}$ cup (125ml) lemon juice
 $\frac{1}{3}$ cup (80ml) extra virgin olive oil
 $\frac{1}{2}$ cup finely chopped flat-leaf parsley



Mornings
with Georgia Stynes
on 666AM and the ABC listen app



Sticky tofu, lemony red slaw & chickpea croutons

Recipe supplied by Australian Women's Weekly

DIRECTIONS

- 1 Soak bamboo skewers in boiling water for 15 minutes.
- 2 Preheat oven to 240°C (220°C fan-forced). Line a large oven tray and small oven tray with baking paper.
- 3 Cut tofu block in half horizontally. Cut each half into 4 long strips and pat dry on paper towel. Prick the wide side of tofu strips on both sides with a fork.
- 4 Drain chickpeas over a bowl and reserve $\frac{1}{3}$ cup (80ml) bean water. Add tahini, honey, spices and salt to bean water; whisk until smooth. Pat chickpeas dry with paper towel.
- 5 Toss chickpeas with one-third of the tahini mixture and spread over the small prepared tray. Toss tofu with another one-third of tahini mixture. Thread lengthways onto eight skewers and place on a large, prepared tray, then spoon a little more tahini mixture. Wrap ends of bamboo skewers with foil to prevent scorching in oven.
- 6 Bake tofu on top shelf of oven and chickpeas underneath for 15 minutes. Stir chickpeas, then turn tofu skewers over and brush over a little more tahini mixture. Bake for a further 15 minutes. Remove chickpeas. Turn skewers on to short sides and brush over remaining tahini mixture. Bake a further 5 minutes or until golden. Brush each skewer with pomegranate molasses.
- 7 **LEMONY DRESSING** Whisk mustard, honey, garlic, lemon juice and salt to taste in a small bowl until salt dissolves, then whisk in oil. Season with black pepper and stir in parsley.
- 8 To serve, place beetroot in a bowl, add 1½ tablespoons of Dressing; toss to coat. Add remaining salad ingredients on top and three-quarters of the chickpeas, then drizzle with three-quarters of remaining Dressing; toss well to coat. Transfer salad to a serving platter; top with skewers and remaining chickpeas. Drizzle skewers with remaining Lemony Dressing.



Mornings
with Georgia Stynes
on 666AM and the ABC listen app



Apple & cinnamon glazed half ham

Recipe supplied by Australian Women's Weekly

INGREDIENTS

4kg half ham on the bone (we used the shank end)

2 medium (340g) onions, peeled

2 sprigs rosemary, chopped finely

10 sage leaves, chopped finely

1kg small lunch box size apples

1/3 cup (80ml) maple syrup

2 tablespoons Dijon mustard

½ teaspoon ground cinnamon 30 cloves



Mornings
with Georgia Stynes
on 666AM and the ABC listen app



DIRECTIONS

- 1** Preheat oven to 180°C (160°C fan-forced). Line a large roasting pan with baking paper. Using a sharp knife, cut around shank end of ham 10cm from end. Starting at opposite end to shank, run your thumb under rind to carefully separate it from fat. Peel back and remove rind. Wrap shank end in foil.
- 2** Thickly slice onions horizontally; arrange on base of lined pan. Scatter rosemary and sage over onion, then place ham on top.
- 3** Using a mandoline or sharp knife, thinly slice 3 apples horizontally. Combine maple syrup, mustard and cinnamon in a small bowl. Brush 1/3 of the glaze lightly over ham. Season. Arrange remaining whole apples around ham.
- 4** Decorate surface of ham with apple slices, securing each with a clove. Brush with glaze.
- 5** Bake for 1 hour, basting with remaining glaze mixture every 15 minutes, or until golden and caramelised.
- 6** Transfer ham to a serving platter. Remove onions and apples from the pan. Finely chop the roast onions and the flesh of most of the apples; combine in a bowl and spoon over a few tablespoons of the cooking liquid. Serve alongside ham as a relish. Use remaining apples to garnish the ham.

Cranberry ginger mimosa

Recipe supplied by Australian Women's Weekly

INGREDIENTS

ice cubes
60ml ginger beer
60ml cranberry juice
sparkling wine,
chilled frosted cranberries, to
garnish

DIRECTIONS

1 Add ice to a highball glass. Add the ginger beer, cranberry juice and sparkling wine.

2 Add 3 frosted to a cocktail skewer. Place on top of the glass.



Mornings
with Georgia Stynes
on 666AM and the ABC listen app



Watermelon, strawberry & mint fizz

Recipe supplied by Australian Women's Weekly

INGREDIENTS

ice cubes
2 cups sliced watermelon
125g strawberries, sliced
fresh mint sprigs
1 litre sparkling water

DIRECTIONS

1 Half fill a large serving jug with ice. Add watermelon, strawberries and mint springs. 2 Top up with sparkling water.



Mornings
with Georgia Stynes
on 666AM and the ABC listen app

