



THE SOFT
COOK
BOOK

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Thai Cucumber Salad

Ingredients

Salad

- 1/4 teaspoon salt
- 1/4 small red onion, sliced
- 2 Tbsp. chopped roasted peanuts
- 1 Tbsp. chopped coriander
- 450g cucumber, diced

Dressing

- 2 Tbsp. sugar
- 2 Tbsp. water
- 4 Tbsp. Thai sweet chilli sauce
- 1 Tbsp. apple cider vinegar



Method

1. Add salt to the cucumber, mix well and set aside in the fridge for 10-15 minutes.
2. Combine all the ingredients in a small sauce pan.
3. Turn on the heat and reduce the dressing a bit so it is slightly thickened then leave to cool.
4. Drain the salt water from the cucumber completely.
5. Toss the cucumber and onion and mix with the dressing.
6. Top with peanuts and coriander, serve immediately.

Beef Curry Puffs

Ingredients

3 Tbsp. vegetable oil	2/3 cup beef broth
1 onion, finely diced	1/4 Tsp black pepper
2 cloves garlic, minced	1 Tsp salt
455g ground beef	1 Tbsp. corn starch
2 Tbsp. curry powder	2 sheets puff pastry
1 1/2 tsp turmeric	
1/2 tsp cumin	Egg wash
1/4 tsp sugar	1 egg beaten
	1 Tbsp. water

Method

1. In a wok, heat the oil over medium to high heat. Add the onions and garlic and cook until slightly caramelised. Add the ground beef, breaking it up with a spatula. Cook until browned.
2. Add the curry powder, turmeric, cumin, sugar, black pepper, and salt. Stir everything together and allow the mixture to cook for another couple of minutes.
3. Make a corn starch slurry by mixing the beef broth with 1 Tbsp. of corn starch. Stir the slurry into the beef mixture and simmer for a few minutes, until the entire mixture has thickened. Transfer the beef mixture to a bowl and allow to cool.
4. Once the filling has cooled, take your puff pastry out of the freezer and defrost for about 35-40 minutes, no more. Unfold each puff pastry sheet, and cut each one into 9 squares.
5. Spoon about 3 Tbsp. of filling onto each square and fold diagonally to form a triangle, pressing the edges together.

Beef Curry Puffs

6. Crimp the edges with a fork and transfer to a baking sheet. Repeat process.
7. When the puffs are formed, refrigerate for about 15-20 minutes and preheat your oven to 205°C. When the oven is preheated, remove the puffs from the refrigerator and brush with egg wash.
8. Bake the puffs for 15-18 minutes or until golden brown.



Crispy Sweet Potato Wedges with Garlic Avocado Aioli

Ingredients

2 large sweet potatoes, cut lengthwise into wedges	1/2 tsp red chili powder
1-2 Tbsp. cornflour	2 tsp dried thyme
1-2 Tbsp. canola oil	Sea salt to taste
2 tsp sweet paprika	1 large avocado
2 tsp garlic powder	2 Tbsp. mayonnaise
1/4 tsp cayenne pepper	1 clove garlic, crushed
	2 tsp fresh lemon juice

Method

1. Place sweet potatoes in a large bowl and cover with cold water. Allow them to soak for over an hour.
2. Preheat oven to 230°C and place baking trays into the oven to heat them up.
3. Drain wedges, pat them dry with paper towel. Add the cornflour into a large zip lock bag, and add the wedges. Seal the bag with air in it, and shake vigorously to evenly coat the fries. Line oven trays with baking paper and lightly spray with cooking oil.
4. Empty the wedges onto trays and coat them with the oil and herbs. Bake for 15-20 minutes; remove trays from the oven and test wedges with a fork. If they are just tender; flip them and return them to the oven for a further 5-10 minutes, or until they are tender-crisp. Turn oven heat off and leave oven door ajar allowing the wedges to further crisp in the oven for about 5 minutes extra before serving. Prepare your Aioli dip.
5. **Avocado Aioli:** Blend the avocado, mayonnaise, garlic and lemon juice for 20 seconds or until smooth and creamy. Season with salt to taste. Sprinkle wedges with salt before serving.



Salmon Patties

Ingredients

455g fresh salmon filet	1 cup bread crumbs
Olive oil	2 eggs
Garlic salt	3 Tbsp. mayonnaise
Black pepper	1 tsp Worcestershire sauce
3 Tbsp. unsalted butter divided	1/4 cup parsley finely minced
1/2 red bell pepper seeded and diced	1 onion, finely diced

Method

1. Preheat oven to 220°C. Place salmon in the centre of a lined baking pan, drizzle with olive oil and season with garlic salt and pepper. Bake uncovered for 10-15 minutes, or until cooked through. Remove from oven, cover with foil and rest for 10 minutes. Flake salmon with 2 forks discarding skin and any bones. Set aside and cool to room temperature.
2. Heat a pan over medium heat with 1 Tbsp. olive oil and 1 Tbsp. butter. Add diced onion and bell pepper and sauté until golden then remove from heat.
3. In a large mixing bowl, combine flaked salmon, sautéed pepper and onion, 1 cup bread crumbs, 2 beaten eggs, 3 Tbsp. mayonnaise, 1 tsp Worcestershire sauce, 1 tsp garlic salt, 1/4 tsp pepper and 1/4 cup chopped parsley, then stir to combine. Form into patties and mould with your hands.
4. In a non-stick pan, heat 1 Tbsp. olive oil and 1 Tbsp. butter until hot then add salmon patties in a single layer. Sauté for 3 to 4 minutes per side or until golden brown and cooked through. Remove from pan and repeat process for the remaining patties.



Thai Pumpkin Soup

Ingredients

1 Tbsp. olive oil	1.5kg butternut pumpkin
1 onion, chopped	peeled and chopped
2 cloves garlic, grated	1 lemongrass stalk finely
1 Tbsp. fresh ginger grated	chopped or grated
1 bunch coriander	Chilli to garnish
1L vegetable stock (4 cups)	Shaved coconut to garnish
400mL coconut milk	

Method

1. Remove the roots and stalky ends from the coriander. Wash the leaves and dry in a salad spinner or paper towel before roughly chopping. Wash the roots and stalks well to remove any dirt. Shake off any water and finely chop.
2. Heat the oil in a large saucepan over medium-high heat before adding the onion and garlic to sauté.
3. Add the ginger, lemongrass and coriander roots and stalks. Cook until the stalks become soft, then add the pumpkin.
4. Toss the pumpkin in oil and cook for 5 minutes. Add the vegetable stock and bring to boil before reducing the heat to lower. Cook for 30 minutes or until the pumpkin is tender. Remove from heat and allow to cool slightly.
5. Pour the soup into a blender and blend until smooth. Add 3/4 of the chopped coriander leaves and blend until the soup is speckled with flecks of green.
6. Return to a clean saucepan and add the coconut milk. Serve with shaved coconut, the remaining coriander leaves and chilli.



Chicken Zucchini Bake

Ingredients

- 2 Tbsp. butter
- 1 Tbsp olive oil
- 170g boneless chicken
- 1/2 cup sour cream
- 1 cup shredded cheese
- 1 green onion
- 1 egg beaten
- 1 tsp dried basil
- 2 medium zucchini's
- Salt and pepper to taste



Method

1. Preheat oven to 190°C.
2. Dice the chicken and green onion and slice the zucchini.
3. Melt the butter in a large frying pan on medium heat and add oil.
4. Add the chicken, zucchini, salt and pepper to the pan. Cook and stir for 5 minutes or until tender, then drain in a colander.
5. Spray a large baking dish with non-stick spray, then place the chicken mixture in the dish.
5. Stir together the cheese, sour cream, green onion, egg, basil, salt and black pepper.
6. Spread the cheese mixture over the zucchini and chicken. Cover with aluminium foil and cook for 30 minutes.
7. Uncover and cook for a further 5 minutes. Allow to cool before serving.

Creamy Parmesan Risotto

Ingredients

- 5 cups chicken stock
- 1 1/2 Tbsp. olive oil
- 1 onion, diced
- 1 1/2 cups Arborio rice
- 110g parmesan grated
- 1/2 tsp pepper
- 1/4 tsp salt
- 1 Tbsp. parsley chopped
- 1 Tbsp. butter



Method

1. Bring stock to a simmer in a large saucepan. Keep warm over low heat, but do not boil.
2. Heat a large pot over medium heat. Add oil to the pot, swirl to coat.
3. Add onion and cook for 5 minutes, stirring occasionally.
4. Add the Arborio rice and salt, cook for 1 minute, stirring frequently.
5. Add 1 1/2 cups stock and cook for 4 minutes or until liquid is nearly absorbed, stirring constantly.
6. Add remaining stock, 3/4 cup at a time, stirring constantly until each portion is absorbed before adding the next (about 20-25 minutes), reserve 1/3 cup stock at last addition.
7. Remove pot from heat.
8. Stir in reserved stock, butter, pepper and cheese.
9. Top the risotto with parsley.

Mushroom Stroganoff

Ingredients

1 Tbsp. butter	3 garlic cloves, minced
1 onion, diced	1 Tbsp. soy sauce
1 Tbsp. all-purpose flour	1/2 Tbsp. tomato paste
2 cups mushroom or vegetable broth	230g mushrooms, sliced
1/4 cup white wine	230g button mushrooms, sliced
1 Tbsp. coarse whole grain mustard	1 Tbsp. chopped fresh thyme
340g bag egg noodles	1/2 Tbsp. fresh rosemary, finely chopped
1/4 cup sour cream	Salt and black pepper

Method

1. In a large frying pan, add the butter and melt over medium to high heat. Add in the onions and cook for about 3-5 minutes. Stir in the garlic and cook for a minute, or until fragrant. Add the mushrooms, salt, pepper, and cook until the mushrooms are nicely browned.
2. Stir in the tomato paste and cook for 2 minutes. Add the flour and cook for 3-5 minutes. This will result in your pan getting dry, so stir frequently.
3. Deglaze pan with the white wine. Cook for another 2 minutes, or until the wine has evaporated. Stir in the broth, coarse mustard, soy sauce, salt and pepper. Bring to a boil and simmer for 10 minutes. Add in the fresh herbs and cook for a few more minutes.
4. Remove from heat and allow to cool a bit before adding in the sour cream. Cook pasta and stir in noodles.
5. Serve with a garnish of fresh thyme.



Green Chicken Chili Burritos

Ingredients

- 6 burrito size flour tortillas
- 2 cups shredded cheese
- 1/4 cup thinly sliced green onions

Green burrito sauce

- 2 Tbsp. vegetable oil
- 3 Tbsp. flour
- 1 cup low-sodium chicken broth
- 395g green enchilada sauce
- 1 tsp ground cumin
- 1/4 tsp salt
- Black pepper to taste

Burrito filling

- 3 cups shredded rotisserie chicken
- 115g mild diced green chili's
- 1/2 cup sour cream
- 1 cup shredded cheese
- 1/2 tsp salt
- Black pepper to taste

Optional toppings

- Coriander avocado, salsa, sour cream or hot sauce



Green Chicken Chilli Burritos

Method

Green burrito sauce

1. Heat vegetable oil in a medium saucepan over low heat. Whisk in the flour and cook, whisking constantly for 1-2 minutes until mixture is just beginning to lightly golden brown. Whisk in the chicken broth, enchilada sauce, cumin, salt and pepper.
2. Increase heat to medium-high and bring mixture to a boil.
3. Reduce heat enough to keep mixture at a low simmer and whisk lightly until thickened. Remove from heat and set aside.

Burrito filling

1. Combine chicken, sour cream, drained diced green chili's, and 1 cup shredded cheese in a large mixing bowl.
2. Season with salt and pepper.

To make the burritos

1. Preheat oven to 175°C. Coat a 13cm x 9cm baking dish with non-stick cooking spray.
2. Place the stack of 6 tortillas between two paper towels and heat in the microwave for 20-30 seconds to soften slightly.
3. To assemble burritos, divide the filling between tortillas, fold edges inward over the top of filling and roll up. Place seam side down, spoon the sauce over the top and cover the dish with foil.
4. Bake in preheated oven for 20 minutes. Remove foil and sprinkle burritos with shredded cheese. Return to oven and bake for an additional 10 minutes, or until cheese is melted and the sauce is bubbly around the edges.
5. Sprinkle with sliced green onions and serve with additional toppings of your choice.

Southwestern Stuffed Sweet Potatoes

Ingredients

3 medium sweet potatoes	425g black beans, rinsed
1 1/2 cups corn	Cilantro to taste
1 tsp chili powder	28g cream cheese
1 tsp cumin	1/4 cup sour cream
1/2 tsp oregano	1-3 chipotles in adobo sauce, minced
1 Tbsp. canola oil	1/2 cup shredded cheese
1/2 onion, diced	

Method

1. Preheat oven to 175°C. Place the sweet potatoes on a baking sheet or a large pan and bake for 50-60 minutes, until fork tender.
2. Remove from the oven and set aside until cool.
3. Sauté the corn in a dry fry pan over medium to high heat. Sprinkle with salt, cumin, chilli powder and oregano. Cook until the corn is roasted and browned (about 7 to 10 minutes). Transfer to a small bowl and set aside.
4. To the fry pan add the canola oil over medium heat. Add the onions and cook until just tender. Remove to the bowl with the corn; add the black beans and as much coriander as you wish to the bowl and lightly mix to combine all ingredients.
5. When the sweet potatoes are cool enough to handle, cut them in half, lengthwise. Carefully scoop out the flesh, leaving about a 3mm border in the skins, and place into a large mixing bowl. Stir in the cream cheese, sour cream, chipotle peppers and salt to the mixing bowl with the sweet potatoes. Mash with a potato masher to desired texture.

Southwestern Stuffed Sweet Potatoes

6. Gently stir in the corn and black bean mixture.
7. Preheat the broiler. Fill each potato skin with the potato-corn mixture, and top each with about 1.5 Tbsp. of cheese. Broil for 2 minutes, or until cheese is melted and hot.



Raspberry Coconut Sorbet

Ingredients

3 cups frozen raspberries
3 Tbsp. coconut cream
2 Tbsp. honey

Method

1. Place the frozen raspberries in a blender or food processor and blitz until broken down into fine crystals.
2. Add the coconut cream and honey and blitz until all the ingredients are combined. You may have to scrape the sides down a couple of times.
3. Blend until you have the desired consistency. Serve immediately.



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