

Chef's Hub

SQUASH MUFFINS

For the muffins:

- 400g butternut pumpkin, skin on, deseeded and roughly chopped
- 350g light soft brown sugar
- 4 large free-range or organic eggs
- sea salt
- 300g plain flour, unsifted and unbleached
- 2 heaped teaspoons baking powder
- 1 teaspoon ground cinnamon
- 175ml extra virgin olive oil

For the icing:

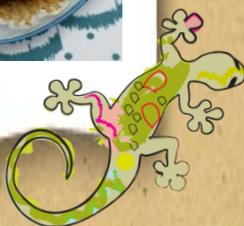
- 1 zest of 1 orange
- zest of 1 lemon and juice of ½ a lemon
- 140ml soured cream
- 2 heaped tablespoons icing sugar, sifted
- 1 vanilla pod, split lengthways and seeds scraped out



Kids love muffins. We are all aware of this but instead of filling them full of crazy big, high topped, sugar loaded, "choc full o chocolate" muffins or deceptively healthy sounding "Blueberry" muffins (90% of which are made from frozen blueberries pack full of refined sugar syrup, heaps of unnecessary butter and guaranteed to be full of refined caster sugar... no wonder your kids will devour shop brought muffins with delight.) Try these butternut pumpkin muffins which are sweet, moist and a good way of sneaking a serve of veggies to your children. Give these little cakes a go – they're a perfect naughty-but-nice treat.

METHOD:

- 1 Preheat the oven to 180°C/350°F/gas 4.
- 2 Line your muffin tins with paper cases..
- 3 Mix the pumpkin in a food processor until finely chopped.
- 4 Add the sugar, and the eggs.
- 5 Add a pinch of salt, the flour, baking powder, cinnamon and olive oil and mix together until well beaten. You may need to use the pulse button and at some point to scrape the mix down the sides with a rubber spatula. Try not to overdo it with the mixing – you want to just combine everything and no more.
- 6 Fill the paper cases with the cake mixture. Bake in the preheated oven for 20 to 25 minutes. Check to see whether they are cooked by sticking a wooden skewer or a knife right into one of the cakes – if it comes out clean, they're done. If it's a bit sticky leave them for a little longer. Remove from the oven and leave the cakes to cool on a wire rack.
- 7 While the muffins are in the oven you have time to whip up your lovely zesty topping. Place most of the orange zest, all the lemon zest and the lemon juice in a bowl. Add the soured cream, icing sugar and vanilla seeds and mix well. Taste, then adjust the amount of lemon juice or icing sugar to balance the sweet and sour. Put into the fridge until your cakes have cooled down, then spoon the topping on to the cakes



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ORGANIC BEEF KOFTAS

Kofta

- ½ cup loosely packed fresh coriander leaves
- ½ cup loosely packed fresh mint
- 1 onion, quartered
- 1 red capsicum deseeded
- 4 cloves garlic crushed
- 500g Organic beef mince
- 1 tablespoon ground coriander
- ½ tablespoon ground cumin
- Salt and freshly ground black pepper

Riata

- 200ml set low-fat natural yoghurt
- 1 cucumber, peeled, deseeded and grated
- Few sprigs mint
- 1 clove of fresh garlic crushed

Cont.

This is an easy recipe for beef kofta kebabs. Grilled beef kofta with hummus, riata, fresh salsa and warm pitta bread that the kids will love. This recipe consists of minced organic beef, but you could easily substitute for a more traditional lamb or even chicken mince. I know it may all sound complex to make all the components from scratch but remember you can make the hummus the day before or even buy it readymade although you'll compromise quality because fresh is best. You may also make the riata a day in advance. I love to serve this to the family on the table M.Y.O style the kiddies love to create their own kebabs and I have found the children at the centre to be more adventurous when given the power of choice of ingredients. The addition of beetroot to the riata is great because it turns a boring white sauce a vibrant pink; and remember to be creative yourselves try adding corn kernels and purple cabbage to your salsa to make rainbow salsa visually appealing to adults and children alike. Enjoy this classic Middle Eastern cuisine

METHOD:

- 1 Pre heat the oven to 180 degrees Celsius.
- 2 For the kofta put onion and capsicum into a food processor and pulse until fine remove and sauté in a heavy base pan until slightly caramelised, put aside to cool.
- 3 Place garlic in the food processor and wizz until smooth. Now place the wiped clean heavy based pan on to heat when hot add coriander and cumin and dry roast until they turn a darker brown and become aromatic, add spice mix to the onion mix.
- 4 Wipe clean the same pan and add a small amount of olive oil, just enough to cover the bottom wait until hot then fry off the garlic stirring as it will stick to the bottom.
- 5 Fry garlic until it becomes darker in colour then add to your onion and spice mix. The reason for cooking your vegetables off is it reduces the water content so you don't end up with soggy kofta's.
- 6 Add the mince and fresh herbs to the onion, spice, garlic mix then mix until combined. Season lightly if you choose.
- 7 Now roll your kofta's as large or as small as you wish. You need to squash the mince in your hands and play with it a bit so the natural proteins in the meat is released which helps bind your kofta so you don't need flour.
- 8 Place onto a well greased oven tray and bake until kofta's is cooked though and coloured nicely, if you wish you can make your kofta's, skewer them and grill them on the bbq.

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ORGANIC BEEF KOFTAS (cont.)

Ingredients continued:

Hummus

- 1 tin of chickpeas
- 1 tablespoon of organic tahini
- 3 tablespoons of olive oil
- 1 teaspoon of cumin
- 1 teaspoon of ground coriander
- 2 cloves of fresh garlic crushed

Fresh salsa

- 1 large continental cucumber
- 2 vine ripened tomatoes
- ½ red onion
- 1 lemon zested and juiced
- Few sprigs of fresh mint



METHOD (continued):

- 1 For the hummus drain chickpeas and put in a food processor with all ingredients except the olive oil, process and slowly add the oil until mix is pale and smooth. Season to taste.
- 2 For the salsa all you need to do is finely dice the cucumber, tomato and onion then toss through torn mint and you can add a squeeze of lemon juice.
- 3 Finally for the riata squeeze excess water from the grated cucumber then add to your yoghurt. Add all other ingredients and fold through. You can add a drained tin of beetroot mashed up if you want pink sauce!!

You can serve your kofta as is or with pitta flatbreads. You could also serve with a cous cous salad or tabouli