

Chef's Hub

Ingredients:

- 2/3 cup beetroot, mashed, approx 1 large beetroot
- 125g softened butter
- 2/3 cup caster sugar
- 3 eggs
- 1/2 cup milk
- 2 cups self-raising flour
- 1 teaspoon ground ginger

Peanut Butter Cream:

- 1 tablespoon of peanut butter
- 1 cup of thickened cream

Beetroot and Ginger Cupcakes

Makes 12

These cupcakes are also called 'Sunset Cupcakes'. They start off a rich red colour and as they cook, the bottoms change to orange. The fantastic colours help to hide the fact that they are so good for you!

METHOD:

1. Preheat oven to 180°C (160°C fan forced).
2. Wrap beetroot in foil. Place onto baking tray and bake for 1 hour until softened. Cool, peel and mash.
3. Line a 12-hole 1/3-cup capacity muffin pan with paper cases.
4. In a large mixing bowl, cream butter and sugar together using electric beaters. Add in eggs gradually.
5. Stir through beetroot and milk until well combined. Then fold through flour and ginger.
6. Distribute batter between paper cases.
7. Bake for 20 minutes or until an inserted skewer comes out clean.
8. Top with a swirl of peanut butter cream and toasted coconut if desired.

PEANUT BUTTER CREAM:

Although here at Habitat we cannot use this frosting recipe, we highly recommend you try it — if your home is allergy-free — because it is delicious!

1. In a bowl, combine peanut butter with thickened cream.
2. Beat well until thick and creamy.

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Ingredients:

- 1 tin baked beans of choice
- 1 tin borlotti beans
- 1 tin crushed tomatoes
- 1 onion, finely diced
- 2 gloves garlic, crushed
- 2 rashers bacon, finely diced (optional)
- 1 splash Worcestershire sauce
- 1 teaspoon grain mustard

Home-Made Baked Beans

Serves 4

This home-made baked beans recipe has been very popular with the younger children here at Habitat. This dish is great for vegetarians, simply by excluding the bacon. It is a popular breakfast favourite with a twist!

METHOD:

1. Sweat onions and garlic in a pot.
2. Add bacon and fry until cooked.
3. Drain and rinse borlotti beans, add to pot.
4. Add tin tomatoes and baked beans, mustard and Worcestershire sauce.
5. Bring to the boil, turn down and simmer for 5 minutes.
6. Add seasoning to taste and serve with multi-grain toast.

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Ingredients:

- 250g diced lamb (or lamb mince)
- 1 roasted red capsicum, blended
- 1 zucchini, finely diced
- 1 red onion, finely diced
- 1 carrot, finely diced
- 1 celery stick, finely diced
- 1 small sweet potato, peeled and finely diced
- 1 cup frozen peas/corn/capsicum
- 1 tin crushed tomatoes
- 2 cloves garlic, crushed
- 1 tsp cinnamon
- 1 tsp turmeric
- 1 tsp ginger
- 1 1/2 tbs paprika
- Zest of 1 lemon
- 2 cups couscous

Lamb Tagine

Serves 6-8

This Moroccan stew proved popular with the children at Habitat, it's a good way to introduce spices they may not have tried before. It is not necessary to use a tagine — if you don't have one the dish can be made with a deep frying pan with a lid.

METHOD:

1. Brown lamb, add onions and garlic and sweat until they smell delicious (5-10 mins).
2. Add spices, mix well and again, cook until all the smells come together (3-5 mins).
3. Add sweet potato, celery and carrot, mix well, sweat for 2 minutes to get the vegetables started, then add tinned tomatoes and roasted capsicum puree.
4. If the liquid is not enough to cover the contents, add water or stock.
5. Bring to a simmer and then add remaining vegetables.
6. Simmer for 8-10 minutes until sweet potato is cooked.
7. Adjust seasoning and serve with couscous.

COUSCOUS

1. Place couscous in a heatproof bowl. Cover with 2 cups of water and lemon zest to flavour.
2. Cover the bowl with plastic wrap and set aside to stand for 5 minutes or until all the liquid is absorbed.
3. Remove the plastic wrap and use a fork to separate the grains and make the couscous light and fluffy.