



M a n g i a r e a c a s a ?

SAM

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"i don't do recipes like that...
it wasn't even a recipe,
i just made it up!"

Rachel Youngman
23rd July, 2010



I have always loved fresh, good quality food. Growing up with my parents' amazing home cooking, I never thought my own meals were anything spectacular. I still don't. However, after many recipe requests from friends and family with suggestions to stick said recipes in a book, I thought, "Well, why not?"... so here it is.

This book is a snapshot of our changed eating habits over the past five years when we have mostly preferred eating at home. Our decision to change our diet was based on the desire to eat more fresh, unprocessed, environmentally friendly, healthy foods, mainly consisting of loads of local seasonal fruits and vegetables with hardly any dairy and small amounts of meat and carbohydrates. In these five years we have noticed a huge change in our personal health, all for the better.

Thank you to all our family and friends who have fed us, eaten with us and encouraged us in our learning, experiments, fads and healthy lifestyle. This one's for you. Enjoy!

Rachel

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Lazy Wednesday
4th M
Fig 'n' Berries



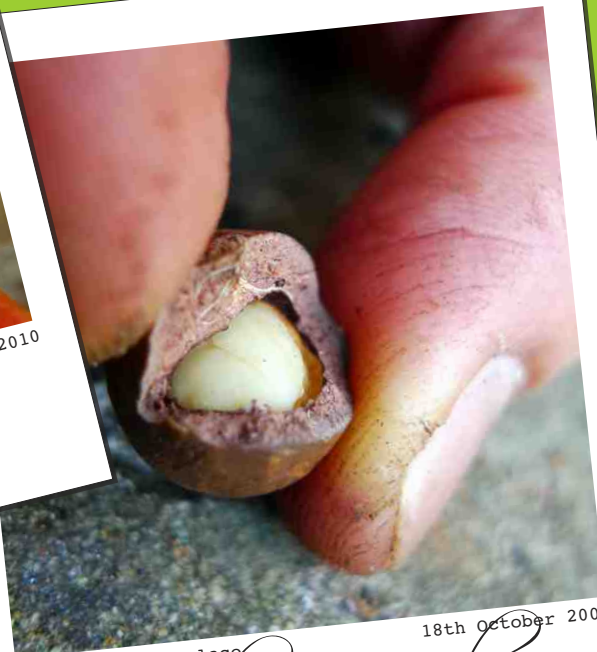
Hughie visits Bunbury
28th November 2010
Do the Pumpkin Mash



one fruit
23rd January 2009
Plate of Goodness



5th July 2010
Malololailai, Fiji
Pawpaw Star



18th October 2009
Kim & Arthur's place
Macadamia Madness

F r e s h

Salads. Green leafy goodness... and fruit!



12th December 2009

Mum & Dad's garden

Homegrown Kumquats!



30th September 2008

Campo dei Fiori, Rome

Zucchini Flowers



Jam fodder

14th November 2010

Sweet Strawberries

Be warned:

These recipes are packed full of fruit!

(well, tomatoes and cucumbers are fruit,
so why not add watermelon and mangoes too?)

Cinderella's Salad



Bibbidi Bobbidi Boo! Pepitas and pine nuts too!

Preparation (during baking): 20 minutes

Baking: 30 minutes

Cooling: 10 minutes

Serves: 4

½ small Japanese pumpkin, in 4x2cm slices
Pepitas (seeds from pumpkin)
3 tbs olive oil
Ground sea salt
¼ cup cashews
2 tbs sesame seeds
6 tbs pine nuts
¼ tspn paprika
½ cup carrot, grated
1 Lebanese cucumber, 1cm cubed
6 cups fresh leafy greens
125g baked ricotta, 1½ cm cubed
2 stalks fresh basil, plucked, reserving
some small leaves to sprinkle on top



1. Preheat fan forced oven to 180°C (conventional to 200°C).
2. Lightly coat pumpkin in oil and salt, place on oven tray with pepitas. Roast for 30 minutes.
3. Meanwhile, wash and spin leafy greens and basil leaves, grate carrot, cube cucumber and ricotta. Place in large salad bowl.
4. Toast cashews, pine nuts and sesame seeds on low heat in pan with paprika until browned and aromatic.
5. Let pumpkin cool for 10 minutes before adding to salad.
6. Gently toss salad.
7. Top with pepitas, cashews, pine nuts, sesame seeds and reserved basil leaves.

Beet & Sweetspud & Kelp

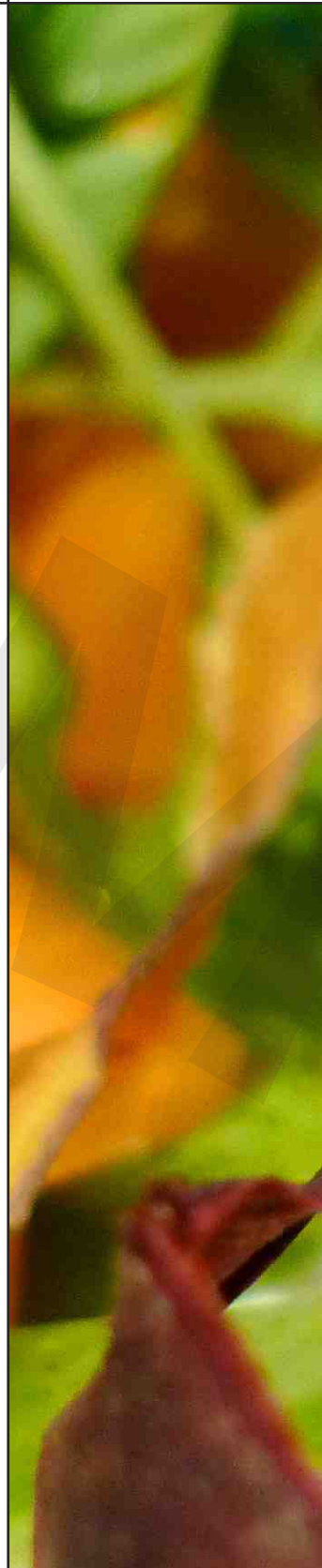
Preparation: 10 minutes

Baking: 20 minutes

Serves: 4

2 large beetroots
1 large sweet potato
Ground sea salt

1. Preheat fan forced oven to 160°C.
2. Peel vegetables into thin strips.
3. Place vegetable strips on trays lined with baking paper, making sure they do not overlap. Sprinkle with ground sea salt.
4. Bake for about 20 minutes until crisp, crinkly and golden, checking every now and then to make sure they don't burn. (There is no need to turn them over because they're so thin.)
5. Allow to cool a little before digging in.





if it's DVD night and you are feeling peckish for something fine, crispy and chip-like, give these a go. They take even less effort than shopping and they're so pretty!

Prepare first

1 tbs olive oil
4 pieces beef steak, cubed
1 brown onion, sliced
4 cloves garlic, finely chopped
3cm³ piece ginger, finely chopped
500ml good quality beef stock
2½L filtered water

Prepare during cooking

1 small sweet potato, cubed
1 blue or ruby potato, cubed
1 large carrot, cubed
1 green pear, cubed
1 Roma tomato, cubed
1 star anise
5 cloves
6 bay leaves
1 cinnamon stick
¼ tspn mixed Italian herbs
½ tspn thyme
⅓ tspn chilli flakes
⅓ tspn pepper
¼ tspn salt
2 tbs soy sauce
1 tbs sesame oil
2 tbs Chinese cooking wine (Golden Boy Shao Hsing)

Garnish

1 sprig spring onion, finely sliced on the diagonal
1 sprig coriander, finely chopped (optional)

1. Heat olive oil in large saucepan on medium-high.
2. Brown onion, ginger and one side of steak pieces. Turn steak over to brown other side and add garlic.
3. After 2 minutes, add stock and water.
4. Add the rest of the ingredients, except spring onion and coriander, in order listed as they are prepared / chopped.
5. Once boiling, turn heat down to simmer for 1½ hours until meat is tender.
6. Serve hot, garnished with spring onion and coriander. If desired, serve with noodles or rice.



Chinese Moo Stew

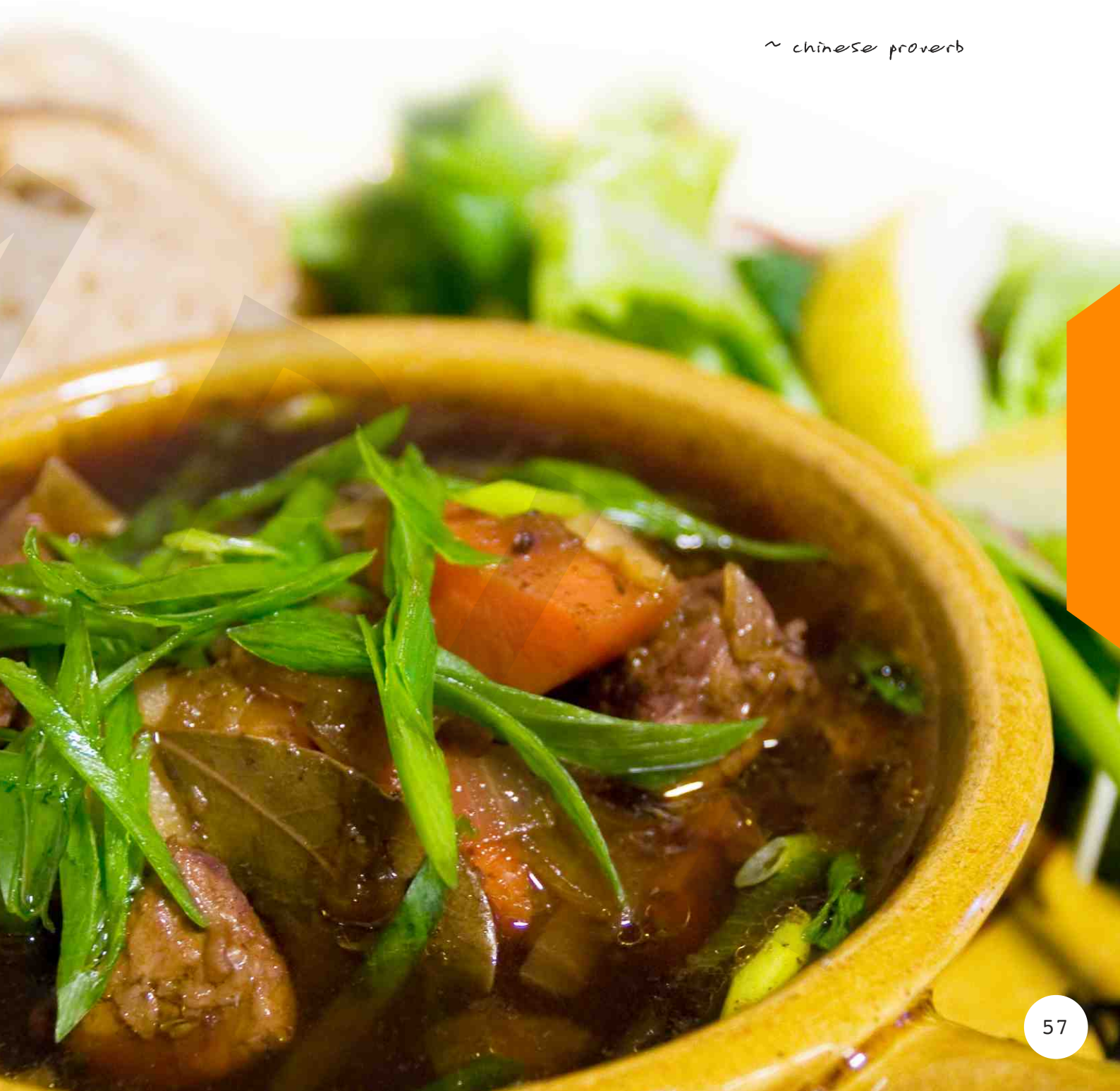
Preparation: 20 minutes

Cooking: 1½-2 hours

Serves: 4

Tell me and i'll forget,
show me and i may remember,
involve me and i'll understand.

~ chinese proverb



and then again there's ice cream...

~ xavier rudd, september 24, 1999



Preparation: 30 minutes

Freezing: overnight

Serves: 6

Base

1 cup cream
2 eggs
 $\frac{1}{2}$ cup caster sugar ($\frac{1}{3}$ cup for Persian)

Vanilla

1 tspn vanilla essence or vanilla bean

Persian

2 tbs honey
 $\frac{1}{2}$ cup pistachios, roughly chopped
1 tspn cinnamon

Coffee

2 tspns instant coffee dissolved in 3
tspns filtered water

Strawberry

2 tbs strawberry dessert sauce or jam

Fudge

$\frac{1}{4}$ cup crumbled fudge

1. Prepare flavours.
2. Place eggs and sugar in bowl over pan of simmering water.
3. Whisk using electric beater until mixture lightens in colour with very thick consistency (about 5 minutes).
4. Remove bowl from heat, add vanilla essence or scraped out vanilla seeds and continue whisking until mixture cools (about 10 minutes). Place in refrigerator.
5. Whip cream until firm peaks hold shape. Lightly beat into cooled egg mixture.
6. Stir in desired flavour ingredients. Blend or swirl.
7. Pour into container with lid and freeze overnight.

create all sorts of delicious and unique ice creams by adding to the base.

Try:

chocolate sauce with honeycomb or mint... coconut and lime rind... cointreau, chopped pitted dates and poppy seeds... crumbled cookies... glace cherries and crushed almonds... any favourite combination... The world is your ice cream...



Ganache

(to compliment sweet muddy goodness, p76)
if you thought the cake had heaps of calories, try this on for size...
use half the recipe for a single 8" or 9" cake.

Cooking and cooling: 10 minutes

Covers: 2 x 9" cakes stacked with ganache in between

500g quality chocolate
1 cup cream

1. Heat cream in thick based saucepan without boiling.
2. Remove pan from heat and add chocolate pieces.
3. Stir until chocolate has melted through.
4. Allow to cool for short period to thicken slightly.
5. If necessary, adjust temperature to achieve spreading consistency that will pour without running off the cake and pooling around the base.
6. Pour only on cooled cake.