

Roast Pumpkin, Chicken & Honey Mustard Salad

Ingredients

SALAD:

1kg Pumpkin, seeded, cut into thin wedges
3 tbsp Cobram Estate classic Extra Virgin olive oil
Sea salt flakes & freshly ground black pepper to season
2 cups baby spinach leaves
2 ½ cups rocket leaves
1 x quantity Honey Mustard Dressing (see recipe below)
2 small chicken breasts, grilled, thinly sliced
1 tbsp pine nuts, toasted
100g Greek style fetta, crumbled

DRESSING:

½ cup Cobram Estate Classic Extra Virgin olive oil
2 tbsp honey
2 tbsp white wine vinegar
1 tbsp wholegrain mustard
1 tsp Dijon mustard
Salt & pepper, to season
Fill ingredients into a jar, shake & pour

Preparation time: 10 minutes plus 15
minutes cooling time
Cooking time: 25 minutes
Serves 4



- Preheat oven to 180 degrees C. Line an oven tray with baking paper. Arrange pumpkin wedges in a single layer & drizzle with olive oil. Season. Bake for 25 minutes or until golden & tender. Set aside for 15 minutes to cool
- Put spinach & rocket in a large bowl & add 2 tbsp of the dressing. Toss well to coat.
- Arrange spinach mixture, pumpkin & chicken on a serving board or serving platter. Scatter over pine nuts & fetta then drizzle with a little of the dressing. Season with a little black pepper.
- Serve remaining dressing on the side to add as your desire.

Greek Style Lamb & Potato Bake

Ingredients

4 potatoes, thinly sliced
½ cup dry white wine
2 tbsp red wine vinegar
4 boneless lamb leg steaks, diced into 3cm chunks (you need about 800g)
¼ cup Cobram Estate Lemon Infused Extra Virgin Olive Oil, plus extra to serve
1 red capsicum, sliced into 2cm strips
1 red onion, cut into thin wedges
2 cloves garlic, sliced
3 tsp dried oregano
2 sprigs rosemary
2 tsp honey
Salt & pepper
200g haloumi, diced
1 zucchini, cut into batons

Greek salad to serve (Optional)

Preparation time: 10 minutes
Cooking time: 40 minutes
Serves 6-8



- Preheat oven to 200 degree C. Arrange potatoes in a large roasting pan. Pour in wine & vinegar, then cover tightly with foil. Bake for 20 minutes.
- Put lamb, oil, capsicum, onion, garlic, oregano, rosemary & honey in a large bowl. Season & toss to coat.
- Arrange on top of hot potatoes. Bake for 10 minutes.
- Remove from oven & arrange haloumi & zucchini on top. Increase oven to 250 degrees C. Bake for a further 10 minutes or until vegetables & lamb are tender.
- Serve lamb & vegetables drizzled with pan juices & extra oil. Serve with Greek salad on the side if desired.

Lime, Yoghurt & Extra Virgin Olive Oil Cake

Preparation time: 10 minutes

Cooking time: 35 minutes

Serves 24

Ingredients

Cobram Estate Light Extra Virgin Olive Oil spray for greasing
 1 cup plain Greek-style yoghurt
 1 cup caster sugar
 2 eggs
 Finely grated zest & juice of 1 lime
 ½ cup Cobram Estate Light Extra Virgin Olive Oil
 1 ½ cup self-raising flour
 1 cup icing sugar mixture
 Extra 2 tsp Cobram Estate Light Extra Virgin Olive Oil
 Extra juice 1 lime
 Water, as needed

Sliced banana & passionfruit pulp to serve



- Preheat oven to 170 degrees C fan-forced. Grease base & sides of a lamington tin 30cm x 20cm with oil spray. Line base & sides with baking paper
- Put yoghurt, caster sugar, eggs, lime zest & juice, Olive oil into a large bowl & whisk until combined. Sift in flour, then stir to combine.
- Pour batter into prepared tin. Smooth surface & bake for 30-35 minutes or until lightly golden & cooked when tested with a skewer.
- Allow to cool in tin for 15 minutes before turning out onto a wire rack to cool completely.
- Combine icing sugar mixture, extra Olive Oil and extra lime juice in a medium bowl. Add water, 1 tsp at a time until mixture is the consistency of runny honey
- Spread icing into cake. Decorate with banana & passionfruit. Serve.

Thank you to Peter Meers & Pete's Place for the donation of Cobram Estate Olive Oils for our lucky door prizes

Red Lentil Tofu



Ingredients

3/4 cup (141 grams) red lentils

1 and 1/2 cups (355 mL) boiling water

2 cups (473 mL) room temperature water (or much less for FIRM for EXTRA FIRM; see notes below)

Optional: 1 teaspoon salt

1. Place the lentils in a colander or mesh sieve and rinse under cold water. This removes any dust or debris from the dried lentils.
2. Combine the lentils and 1 and 1/2 cups boiling water in the container of blender (regular or high-speed). Let stand for 15 to 20 minutes until the lentils are plump and the water has cooled (**do not drain**).
3. Blend the lentil-water mixture on high speed until completely smooth, stopping several times to scrape down the sides of the blender container.
4. Pour the lentil mixture into a medium-size, heavy-bottomed saucepan. Whisk in the remaining 2 cups water (or 1.5 cups water for extra-firm texture) and optional salt until blended.
5. Whisk over medium-high heat for 6 to 8 minutes until the mixture is VERY THICK glossy and coats the bottom of the pan (turn heat down to medium, as needed).
6. Scrape the batter into an 8-inch (20 cm) square glass or ceramic baking dish, smoothing the top (the dish does not need to be oiled).
7. Refrigerate the tofu, uncovered, for at least 60 minutes until firm. For firmer tofu, refrigerate for at least 8 hours, or overnight (Alternatively, leave the tofu in the refrigerator for up to 5 days until ready to use.)
8. Run a dull knife around the edge of the dish; invert the tofu onto a cutting board. Cut the tofu into the desired shapes and sizes you prefer for recipes and/or storing in the refrigerator.

Notes

Firm & Extra-Firm Tofu Options: The original recipe produces a medium-firmness tofu. For firm or extra-firm tofu (ideal for frying, baking, and stir-frying), prepare the recipe as directed but only add (1.5 cups/355 mL for FIRM or 1 cup/237 mL for EXTRA FIRM) of room temperature water in step 4.

Storage: The tofu can be prepared up to 5 days ahead. Leave it in the original dish, or unmould it, cut into pieces, and store in an airtight container in the refrigerator until ready to use. Note that the tofu will become firmer the longer it sets.

Freezing the Tofu: If you are planning ahead, make the extra-firm variety (it freezes best). Cut the tofu into cubes and place in an airtight container. Defrost the tofu in the refrigerator. The tofu will feel wet and springy once defrosted. Place the cubes between layers of paper towels to remove excess water (very gently press, as needed). Do not press hard or the tofu will fall apart.

Tip: Use the red lentil tofu as you would in any recipe calling for soy tofu.

Other Varieties of Lentils: Other varieties of lentils can be swapped in for the red lentils. However, the taste (lentil flavour, not neutral) and texture (slightly less smooth) will change with darker skinned, whole lentils. See the blog post for example.