



Easy Party Food

My Kitchen Stories

This is the ultimate book to get the party started. Easy Party Food can make things simple for you, with 31 cute little party foods to make. There are at least 12 new recipes that you will not find on My Kitchen Stories and a few of your favourites too, all here in the one place.

It's all simple stuff, great ideas and everyday food. It's packed full of flavour with some really cute twists. Add your own tweaks and personalize them to suit yourself. It's all about a great idea

I've included a few fool proof recipes for pastry, mayonnaise and sauce so you can make as much or as little as you have time for.

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My Kitchen Stories

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Easy Party Food

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So here we go.....

Making party food is like cooking for any other occasion, try and choose food that can be pre-prepared before guests arrive or items that can be just finished at the last moment. That means a bit of planning ahead.

Do not be afraid to buy some components if you don't have the time. Kewpie (Japanese) mayonnaise with a few drops of sesame oil and some toasted sesame seeds sprinkled on top could possibly be a better dressing than any you could make yourself. You don't have to make everything yourself. Pre-cooked chicken is great with the best dressing or herbs and spices or beautifully made pastry. Take a shortcut but add something of yourself.

Pastry

Pastry is quite often the thing that people are the most scared of. Pastry is not as hard as you think and home made pastry is ALWAYS better than bought. It should be done in a food processor because this mixes the ingredients together in the most efficient way. It keeps the ingredients cool and mixes them quickly. Most chefs in commercial kitchens do not have time to spend hours rubbing butter into flour to make pastry. They use a food processor, because it is the quickest most efficient way to make pastry. So, don't hesitate to make yours quickly and easily in a food processor too.

Here are a few tips.

1. Too much liquid in pastry makes it tough. Add only $\frac{3}{4}$ of the liquid in any pastry recipe mix well and only add a drop at a time extra
2. Keep everything chilled. Water and butter. Butter that is soft and melted doesn't make great pastry. If pastry over heats too much the butter squeezes out of the flour mixture and this will not make nice pastry
3. Always chill and rest pastry after making. After rolling and before baking
4. Too much fat- butter and egg can make pastry too short and crumbly
5. Don't knead too much. After it comes out of the processor. Push together and chill
6. Always use butter not margarine or any other substitute

Keep these recipes and practise them. They will always make great pastry I promise

When buying Puff pastry always buy butter based pastry. Only buy pastry that is oil based if you are vegan. Puff pastry should contain BUTTER

These recipes use Australian Cup Measurements

This is a lovely rich pastry with a nice snap. This amount of pastry will make around 36 mini tarts or a 26 cm / 10 in tart base

Simple Shortcrust Savoury Pastry

300 gm / 2 ¼ cups / 10.58 oz Plain flour

150gm/ 5.29oz cold unsalted butter cubed

1/4 teaspoon sea salt

80 ml / 1/3 cup / 2.7 fl oz cold water

Put the flour, salt and butter into a food and pulse till it resembles fine crumbs. Stop the machine and add ¾ of the water. Pulse again. If it doesn't form a ball and still looks a little dry add a bit more water. Pour out onto a bench and push together into a disk. Wrap and refrigerate till firm. Or for 30 minutes minimum.

This pastry is a little more textured and rich because of the yolk. It is lovely for quiches, pie lids and is just as easy to make and roll. The more fat the pastry has the richer and shorter it is. This has just the right amount.

Rich Savoury Shortcrust

300 gm / 2 ¼ cups/ 10.58 oz plain flour

100gm / 3.5 oz cold cubed unsalted butter

¼ teaspoon sea salt

1 egg yolk

Water that **adds up** to 1/3 cup or 80 mls (2.70 fl oz) mixed with the egg yolk

Put the flour, salt and butter into a food and pulse till it resembles fine crumbs. Stop the machine and add ¾ of the water egg mixture. Pulse again. If it doesn't form a ball and still looks a little dry add a bit more water. Pour out onto a bench and push together into a disk. Wrap and refrigerate till firm. Or for 30 minutes minimum

Easy Flaky Pastry

250gm (8.81 oz) plain flour

250gm (8.81 oz) butter chilled and chopped into cubes

a pinch of salt

juice of ½ lemon

5-6 Tablespoons of water

Put the flour salt and butter into the food processor. Pulse the mixture only just till it is breaking down. For this pastry it is good to have a rough texture so that there are little lumps of butter that create pockets of air.

Squeeze the lemon into a container with 5-6 tablespoons of water.

Pour the flour and butter mixture into a bowl and then add ¾ of the liquid and push together with your hands. Add a few more drops and push together again. You can even wet your hands with the liquid and Push the dry bits of flour left back into the pastry.

Push into a rectangular disc without kneading too much, chill.

Flour the bench and roll the pastry into a long rectangle of about 30 cm /14in and fold the two ends into each other. Turn the pastry around and repeat rolling into a rectangle and folding like a book a total of three times

Chill between rolls to keep the butter firm if the weather is warm. Chill again. It's ready to use

Hot Water Crust Pastry

Use this crust for any pie. It is strong and crunchy and makes a great crust for pulled meat pies and also for really tall pies. This crust allows you to make cases that are strong and can be re-baked. For example. You could make little Lamb shank stew pies and top them with cheesy potato. Pop back into the oven and heat. Or make small pies and reheat when you want them. It is a very versatile pastry. When you make a pie the filling must be cool or cold for the best results. Unlike other pastry crusts you can make this a fraction thicker.

Ingredients

I like to use a mixer for this recipe. You could use a food processor or simply mix with a wooden spoon. Preheat the oven to 180 C (325F)

- 150gm (5.29oz) butter (salted or unsalted)
- 200 ml water (7 fl oz)
- 2 eggs (med)
- 450 gm (15.9oz) plain flour
- ¼-1/2 teaspoon salt (salt is important for browning and flavour here)
- 1 extra egg yolk and ⅓ teaspoon salt for glazing beaten together

Instructions

- Put the butter and water into a small pot and put over a medium heat till the butter dissolves and the liquid reaches a rolling boil. Take off the heat.
- Mix the flour and salt and pour into a mixer bowl. Mix the two eggs together in a cup breaking up with a fork. Pour the flour and egg into the mixer and add the water and butter mixture turning onto low immediately.(remember the liquid is warm and might cook the egg if it sits too long)
- Mix till the dough forms a ball. Pour out onto a bench and push the dough into a disc. (if using a wooden spoon stir till the liquid is all but mixed in and then knead lightly). Over kneading will give a tougher crust, so work it gently till it is nice and smooth. If your dough is very sticky and stays in clumps on your hands then sprinkle with more flour till it just comes together. (some eggs are bigger and some flour is just not as absorbent). Cool the pastry a little and refrigerate till cold
- Once the pastry is cool. Divide into x 2 . One disc should be about ¾ of the dough and ¼ left for a lid. Use a little flour to roll it out the dough and push into a greased pie plate. The pastry is pliable. Fill the base then brush the edges with egg and add the lid. Crimp around the top
- If making small pies set the same amounts aside but make smaller discs and use a muffin tin
- Paint the top with the mixture egg yolk and pierce a couple of holes on the top.
- Bake at 180 degrees until golden
-

Aquafaba Mayonnaise

This is a great mayonnaise to make, whether you are vegan or not. It keeps incredibly well because there are no egg yolks. It doesn't brown or discolour and can be mixed with any flavour.

I can't recommend it enough. Just follow the directions carefully

- 4 tablespoons Chickpea water
- 1 teaspoon Dijon mustard
- ½ teaspoon salt
- 2 teaspoon lemon juice (or vinegar)
- 1 cup (250ml) vegetable oil

For this mayonnaise you will need to use a stick blender and a jug. The emulsion of the oil with the chickpea water needs to be pulled together in a particular way. Once it is made it will not separate.

Get a measuring jug (a 2 cup size will be fine) or the container that comes with the stick blender.

Put the juice, salt, Dijon and chickpea water into the jug.

Pour the oil onto the top. Put the stick blender into the jug right to the bottom. Turn it on and blend for a few seconds and then pull very slowly upwards. The mayonnaise will thicken as it is pulled up. Once it is white and fluffy you can move the wand around a bit and it will thicken more. However to create the mayonnaise follow the technique above.

Mayonnaise

- 2 free-range egg yolks
- 1 heaped teaspoon Dijon mustard
- 500 ml** (16.90 fl oz) oil, anything but olive oil
- 1-2 tablespoons white wine vinegar
- ½ lemon
- sea salt

Whisk the egg yolks in a bowl (I use the food processor) with the Dijon and 1 Tablespoon vinegar. Gradually and I mean gradually add a few drops of oil at a time till you see that it is whitening and thickening. A machine makes this easy as it beats continuously.

Once the emulsion is formed and it is nice and thick you can add more lemon juice to thin slightly and then continue gradually adding the oil till it is finished, season and add more vinegar or lemon to taste.

You can add a little roasted or fresh garlic to this if you want aioli.

This one can come in handy too for plopping onto the top of Chicken salad in tart cases. Just add Caesar dressing and toasted crumbled bread crumbs

Add any other flavours to your mayonnaise you like to create all kinds of interesting variations or replace some of the oil with a flavoured one, for eg You could use an orange or lemon oil. Some great additions are Chipotle or Srirachia chilli, capers, cornichons or chopped egg, chopped herbs or nuts and seeds. Add tomato sauce for a rosy tinge or sesame and garlic and season with soy. There's lots of possibilities

Caesar Dressing

2 large egg yolks,
2 teaspoons lemon juice or vinegar
1 teaspoon Dijon mustard
1 small garlic clove
2 anchovy fillets
2 teaspoons Worcestershire sauce
250ml- 500 ml oil (not olive)
Extra lemon juice and salt

Put the yolks and squashed anchovies along with the Dijon, Worcestershire sauce and lemon in a bowl and whisk in oil a drop at a time till emulsified.

Once very thick add a Tablespoon of warm water to loosen a little.

Continue adding oil till it is as thick as you would like it. Season with crushed garlic, extra salt

I make this in the food processor the same way. Put the yolks, lemon juice., Dijon, anchovies and Worcestershire into the food processor and beat well. Then add the oil GRADUALLY.



5 minute Peanut Dipping Sauce (chilled)

This is a great last minute dip for vegies, spring rolls or Satay sticks.
Just stir it together.

To Make

1/4 cup of extra crunchy American style peanut Butter
1/2 cup of plain yoghurt
2 tablespoons Ketchup Manis (sweet soy)
1 Tablespoon Thai Sweet Chilli Sauce (contains garlic for extra flavour)
2 teaspoons soy sauce
1/2 teaspoon ground cumin,
1 teaspoon fine grated ginger

Stir all of the ingredients together well and taste.
Add 1 teaspoon of honey or maple syrup for a sweeter taste.
*Add chopped chilli and coriander

1 minute Soy and Sesame Dipping Sauce

Combine:

1/4 cup light soy sauce
2 tablespoons rice wine vinegar (or lemon juice)
4cm piece fresh ginger, peeled, finely grated
2 teaspoons caster sugar
1 teaspoon sesame oil

* chopped chilli if desired and toasted sesame seeds and fine sliced green onion

Make your own Teriyaki Sauce- makes 3/4 cup

1/2 cup light soy sauce soy
1/4 cup mirin (Japanese cooking wine)
1/2 cup of sake (or water if unavailable)
1 1/2 T maple syrup or brown sugar or honey
1/2 tsp grated ginger
1 Tablespoon sesame oil

Combine all of the ingredients in a pot and simmer till reduced by half.
Tweak with soy or sugar as required after tasting.
Use this as a dipping sauce or to marinade and stirfry



- one -

Irresistible Bowl Food

Dips and bowl food are a good Party starters for when people arrive or late at night for that attack of the hungers.

Hummus with crispy Lamb and Nuts



Pizza Dip 8





Pizza Dip- Gluten Free- without the chips

Ingredients

1 oven proof 23cm/ 9 in dish

- 1 small onion diced
- 1 small capsicum chopped
- 1 clove of garlic
- 1 teaspoon dried oregano or 1 tablespoon chopped dried oregano
- 700ml (24oz) tomato passata (or your favourite pizza sauce)
- 3 tablespoons of olive Oil
- 2 sticks of cabanossi
- 100 gm hot sliced salami

Or any combination of salami you like.

- 1 pkt 250gm (8 oz) cream cheese softened
- 250gm (8 oz) ricotta cheese
- 3/4 cup of milk
- 50 gm (1.76 oz) finely grated parmesan cheese
- 50 gm (1.76 oz) cheddar

You could use mozzarella or any other cheese you normally like on pizza. I prefer more flavourful less stretchy cheese on a share dish like this. Stretchy cheese rarely has flavour.

Instructions

- Heat a large frypan or shallow sided pot. Add olive oil onions, 1 stick of sliced cabanossi and capsicum and sauté on low till starting to soften. Add the herbs, and the garlic and cook till fragrant and softened.
- Add the tomato sauce and simmer on low till reduced and thickened. Season with salt and pepper (add premade pizza sauce if you prefer) and pour into an oven proof dish you can serve in. Set aside
- Mix the ricotta and cream cheese till combined then beat gradually adding the milk till smooth
- Start to spread the cheese mixture over the sauce base. (it isn't a runny mix) Pushing with a spoon to the edges. It doesn't matter if some of the tomato sauce peeks through. Sprinkle the grated cheeses over the cream cheese mixture
- Cut the other stick of cabanossi into thin circles and slice the salami in to strips or quarters, (this way it is easier to eat) and arrange on the top.
- Bake in a very hot oven for 15 minutes.
- I finish mine under the grill so that the top gets melted nicely and the salami is a bit crispy. Once it is bubbly and starting to colour, turn off the grill.
- Let the dip sit for several minutes to cool slightly before serving.

Hummus with Crispy Lamb and Toasted Flat Bread

Gluten Free

Ingredients

Hummus

- 400 gm / 15 oz can of drained chickpeas
- 1 clove (large) garlic
- 2 Tablespoons tahini
- 1 teaspoon ground cumin
- 1 teaspoon smoked paprika
- 4 Tablespoons lemon juice (approximately 1 lemon)
- 6 Tablespoons olive oil (approximately ¼ cup and extra)
- 60 ml / approximately 4 Tablespoons water
- ½ teaspoon salt

Crispy Lamb topping

- 500 gm / 8.81 oz lamb mince (ground)
- 1 teaspoon sumac
- 1 teaspoon coriander ground
- 2 teaspoons cumin ground
- 3 Tablespoons finely diced onion

To serve

- 1 small tomato finely diced
- ½ cup mixed roasted seeds and pinenuts- a mixture of what you like. You could use Dukkah too if you want.
- 1 tablespoon rough chopped coriander or parsley leaves
- 60 ml / ¼ cup oil (I used olive oil)

Toasted flat bread

- 4-6 tortillas or Greek Bread
- Olive oil Spray or extra olive oil

Instructions

- **I use a vita mix for my hummus but if you don't have one use your food processor**
- Put the chickpeas, tahini spices, salt, oil, garlic and lemon juice in the machine and blend to combine.
- Scrape down the sides and begin again mixing till very well chopped.
- When it will no longer mix begin to add the water ½ at a time. This should help those last bits combine. I like a nice smooth paste that is not too stiff.
- Season with salt and pepper and add a bit more lemon juice if you like.

For the Crispy Lamb

- Heat a large skillet or frypan on high once hot add ½ the oil and then the onion. Stir well then add the mince. Keep stirring and breaking up the mince as it fries and browns. Once the Lamb has started to colour add the spices and keep stirring.
- I let mine cook till it is crispy and brown adding a bit of extra oil here and there if it needs it. Once it is brown and crispy pour it into a paper lined bowl to drain.

To serve

- Put the hummus into a nice bowl and make an indentation in the top with a spoon.
- Sprinkle with the Lamb bits, tomato and nuts and seeds.
- This is also nice with a drizzle of olive oil on top.

To make the flatbread

- Heat another (or the same cleaned) skillet on the stove. Brush the flat bread or tortillas with olive oil (or spray) and then pop the whole piece into the frypan
- Leave it till it starts to rise up a bit or till browned on one side. Turn and brown the other side.
- Pile onto a chopping board and cut into ½'s or quarters.



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Feta Cheese “Dip” with Tomato Chilli and Herbs

Gluten Free, Vegetarian

Ingredients –serves 8-10

- 1 x 250gm (8.81oz) block of creamy Danish feta
- ¼ red onion (or ¼ cup) very finely diced
- ¼ / 60 ml (2 fl oz) cup of lemon juice
- 1 teaspoon caster sugar (fine)
- ½ teaspoon salt
- ¼ teaspoon chopped chilli
- 1 small tomato (very finely diced)
- 1 small long red pepper/capsicum or ½ a red capsicum (very finely diced and not hot)
- ½ cup black olives (4 fl oz) with or without seeds
- ½ cup (125 ml / 4 fl oz) of olive oil (a strong punchy one)
- ½ teaspoon smoked paprika
- tsp smoked paprika
- Chopped soft herbs- ¼ cup fennel tops, parsley, basil (soft herbs that have lots of flavour. Fennel is great because it doesn't have tough stalks)
- A grind or two of pepper

Instructions

- Mix the first 4 ingredients - lemon, onion, sugar and salt. Stand till the other ingredients are ready. This "cooks" the onion.
- Mix all of the other finely diced ingredients together, then add the onion mix.
- Stir and taste . Add more salt and pepper or chill or olive oil if you like.
- Open the cheese and put onto a dish . Spoon the salsa over the cheese.

Lebanese bread Crisps

- Cut a couple of Lebanese bread rounds into pieces (approx 5-6 cm). Put a ½ cup of olive oil into a bowl with a teaspoon salt, fresh pepper, ½ teaspoon smoked paprika. Toss the bread in this mix and then lay onto lined trays and bake till starting to colour. Cool and use with this cheese dip.



Smoked Eggplant Dip, Toasted Chickpeas & Spek

Ingredients - serves 8-12 Oven 180C-350F

- 100gm (3.5oz) Spek or Pancetta or smoked bacon sliced into batons (thickish matchstick)
- 1 medium eggplant (medium- mine was about 300gm peeled)
- 1 Tablespoon ground cumin
- 2 Tablespoons tahini
- 1 clove garlic
- 1-2 Tablespoons lemon juice
- 1-2 tablespoons of olive oil
- Salt

Toasted Chickpeas

- 1 can (400gm- 14.1oz) well drained washed chickpeas
- 1 Tablespoon ground cumin
- 1 tablespoon sesame seeds
- 2 tablespoons olive oil
- To finish a good strong olive oil or a lemon oil, 1 tablespoon of each chopped coriander, chives and parsley

Instructions

The eggplant needs to be smoked. To do this put the whole eggplant over a gas burner turned to medium and let smoke and blacken turning occasionally until it is well charred and softened. Put onto a tray and bake till soft and steamy (10- 15 minutes). If you don't have a gas stove put it under a grill and leave to char.

- Peel the blackened skin from the eggplant making sure that none of the charred pieces are stuck to the flesh, keeping any bits of flesh and liquid.
- Put the eggplant into a food processor with tahini, garlic, salt spices & ½ the lemon and olive oil blitzing till smooth, taste and add more lemon, oil and salt if needed. It should be smooth and creamy.
- Heat a frypan and add the spek sautéing till well browned. Mop up any excess fat with kitchen paper. Leave the spek in the pan and add the olive oil to the pan then the chickpeas cumin, sesame seeds and a sprinkling of salt. Toss this on medium till the chickpeas start to toast and flavour. Taste, it could need more salt or even more oil .
- Spread the eggplant dip over the base of a platter or plate. Sprinkle with chickpeas. Splash over some lemon oil if you have it or just olive oil. Then sprinkle with herbs.
- Serve with toasted pita bread or other bread or Turkish bread or crackers

Baked Cheese in a Box

Dip



- Pre-heat the oven 190C /375 F - Vegetarian

Choose a Clarines or another favourite like Brie, a Washed Rind or Camembert in a box about 200-300 gm (7 – 10 oz)

- 1 cheese left in the box, lid and plastic removed
- 1 clove of garlic peeled and sliced (opt)
- 3 sprigs of thyme or rosemary
- 50 ml of champagne, white or even red wine
- 1 large piece of foil
- 1 baking tray

- Bring the cheese to room temperature
- Wrap the outside of the box in foil.
- Make small slashes in the surface of the cheese and insert herbs and garlic .
- Pour the wine over the cheese, allowing it to soak in a little.
- Bake the cheese 15 to 20 minutes or until nicely melted.
- Serve this with toast or warm sour dough bread .



- two -

Small Food



Cute Haloumi Bites

Fried Haloumi with Tomato, Oregano and Greek bread

Vegetarian

These are the simplest little snacks but I guarantee you'll be able to eat dozens of them. This is really more of an idea than a recipe so feel free to experiment with this. This makes around 24- 36 little bites

- 1 x 850 gm/ 30 oz block haloumi
- 12-18 Cherry Tomatoes ½'d
- 1 bunch of fresh oregano or small basil leaves
- 3 slices of soft Greek flatbread (you could use naan bread too)
- 4 tablespoons olive oil
- Bamboo toothpicks for skewering (from party shops)

Serve with a grating of black pepper and lemons to squeeze

Cut the haloumi into thick 3 cm / ¾ in pieces x 5 cm / 2 in long. Try to make them all even and square bottomed so they can sit up straight.

Cut the Greek bread into strips about 9 cm/ 3 1/2 in long

Pick the leaves and set these along with the halved tomatoes and toothpicks aside, ready for use.

Put a fry pan or skillet onto the heat. Let it get quite hot before adding a small amount of olive oil. Swirl it around then add the haloumi . Cook all four sides till golden turning as each reaches the right colour.

Take them out and put onto a plate.

Make one at a time. Fold the Greek bread into a concertina then put the tomato onto the top and spear it with a leaf and the toothpick.

Serve with a drizzle of olive oil and some lemon wedges.

Baked Zucchini Chips



Baked Zucchini Chips with Chipotle Dipping Sauce

Vegetarian

- Make as many as you dare. This recipe uses two medium sized Zucchini's which is enough for 3- 4 as an appetiser. Remember this recipe is for almost exactly 24 slices of Zucchini. Increase the recipe as you need. The cup measurement are a rough idea and it doesn't matter the size of your cup.

Ingredients

Oven 180C/ 350 F. You'll need a flat baking tray or two lined with baking paper

- 2 Medium Zucchini's sliced diagonally. They need to be thick enough to roast, but not paper thin. Maybe 1 cm/ ¼ inch.
- 2 egg yolks
- 2 Tablespoons Dijon mustard
- 1 cup Panko crumbs
- ½ cup grated parmesan
- A couple of grinds of fresh pepper
- olive oil spray or ¼ cup olive oil

Dipping Sauce

- 1 cup sour cream
- 1 tablespoon (or to taste chipotle chilli in adobo sauce or Srirachia chilli sauce)

Instructions

- Mix the yolks and Dijon together in a bowl
- Mix the crumbs and pepper with the parmesan cheese
- Prepare the baking tray with paper and spray well with olive oil spray (or spread with a little olive oil) Line up all three along the bench.
- Next dip the zucchini's into the egg mix coating well. Roll them in the crumbs and place onto the baking tray, making sure they are not overlapping. Spray with a bit more oil then bake till golden.
- This should take 10 to 15 minutes depending on your oven. A fan forced oven will be quicker.

Make the sour cream dipping sauce by mixing the sour cream with the chilli. Add more or less chilli to taste.



Corn on the cob with Smoked Paprika, Cheese and Lemon

Vegetarian, Gluten Free

This recipe makes 12 small corn cobs. You can multiply this recipe to make as many as you like. 1-2 corn per serve

Ingredients

- 3 corn cobs cut into 3 pieces (12 total)
- 100 gm (3.5 oz) grated on the finest size parmesan cheese
- 6 teaspoons or about ¼ cup mayonnaise – you can use a flavoured one. I used Japanese Kewpie
- 1 tablespoon smoked paprika- do not skip this
- 1 lemon or lime sliced
- Salt and pepper
- Corn skewers or bamboo picks

Instructions

Grate the cheese using a very fine grater. This recipe requires fresh grated cheese. Steam the corn till tender. Lay the corn onto a tray or plate and push corn skewers or toothpicks into each end of the corn.

Spread the corn with a thin layer of mayonnaise all over. Sprinkle with the cheese pushing down lightly to help it stick covering as much of the corn as you can. Sprinkle with smoked paprika and transfer to a platter or dish. Sprinkle with sea salt and cracked black pepper.

Continue till all of the corn is finished.

Serve with coriander and lemon or lime wedges.

The corn can be just warm when you make these it doesn't need to be piping hot. You can keep it warm as you work by keeping it covered.

Baby Hotdogs in blankets with Cheese & Jalapenos

This recipe requires few ingredients for the amount of love they will receive . You just need to balance them with the toothpicks to keep the cheese on top while they bake.

Set the oven to 200C / 375 F. You'll need a lined baking tray and toothpicks.

Ingredients

- 1 packet cocktail frankfurts (my packet contained approximately 16 hot dogs, but the ingredients here will do more)
- 8 pre- sliced cheese slices , I used extra tasty cheddar
- 1 packet of medium tortillas or wraps
- Jalapeno slices
- Mayonnaise in a squeezezy bottle (like Kewpie)
- Tomato sauce for dipping and decorating

Instructions

Prepare the flat bread strips by dividing the tortilla or wraps into 4 even strips and then cutting the middle longest two in half so you have 6 strips.

Set out the lined baking tray, the tortilla strips and some toothpicks to hold them if you need to.

Cook the hotdogs till hot but do not split them. (They will be cooked more)

Drain and put into a bowl while you work. Roll each dog in the tortilla bread. Sit onto the lined tray with the join at the bottom. Place the double finger sized slice of cheese on top. If it wont stay standing straight put a toothpick in it to help it stand.

Continue till all of them are done. This can be done ahead of time if you like.

Pop the tray into the oven and bake till the cheese has melted and goes golden..

Approximately 10- 15 minutes

Removed the toothpicks and serve with a squiggle of mayonnaise and dots of tomato sauce along with jalapenos.



How to make Tiny Hot Dogs with Cheese



Mini Pork Tostadas with Black beans and Avocado

make these vegetarian by using refried beans

Ingredients – 24-36

- 3-6 Flatbread wraps or Burritos or Tortilla wraps (24cm)
- 500 gm / 1.1 lb pork mince
- 1 small onion diced
- 1 clove garlic crushed
- 3 tablespoons olive oil
- 2 teaspoons smoked paprika
- 1 teaspoon ground oregano
- 2 teaspoons ground cumin
- 1 teaspoon cornflour
- 1 teaspoon ginger powder
- 1 x 425 gm / 15oz black beans drained
- 3 Tablespoons tomato paste
- 2 tablespoons Jalapeno juice (from a jar of jalapenos) or vinegar for replacement
- 100 gram grated Cheese (cheddar)

Avocado Topping

- 1 avocado
- ½ teaspoon cumin
- 1 Tablespoon mayonnaise
- 1 Tablespoon lemon juice

Tostada Shells

- 1 Tablespoon chopped coriander and some sprigs
- 1 x 8 cm / 3 in cutter and olive oil spray

Mix the spices (cumin, paprika, oregano, ginger powder & cornflour) and set aside

Put a large skillet on a medium heat. Add olive oil and onion till softened. Add garlic and pork mince and sauté breaking up till starting to brown. Add spices and keep frying till starting to colour. Add tomato paste, Black beans and squash them crushing half. Keep stirring so it doesn't stick. Add the Jalapeno pickle juice (this isn't extremely hot).

Meanwhile cut circles from the tortillas. Spray 12 standard muffin tins with olive oil and press the Tortillas into the tin and bake from 10 minutes or till just golden.

Smash the Avocado and add cumin, lemon, mayonnaise and salt.

To serve. Spoon warm mince into tostada shells and sprinkle the tops with cheese. Bake till just melted. Put onto a platter and spoon the avocado on top and add a sliced piece of jalapeno.

I like to garnish mine with coriander



Mini Tostadas

Goat Cheese and Potato Croquettes

Vegetarian

Ingredients

- 1 kg steamed/ cooked mashed potato cooled (2.2lb)
- 300 gm soft goat cheese (10.50 oz)
- 1/2 cup chopped mixed soft herbs (parsley, chives, basil, chervil, dill or even some mint)
- 1 tablespoon cream
- 1 egg yolk (only)
- 1/2 teaspoon smoked paprika
- 2 cups Panko crumbs (or other breadcrumbs)
- (1 Tablespoon extra flour)
- 1 egg
- 1/2 cup of milk
- 1 cup of flour
- salt and pepper to taste

Pickled Beetroot

- 1 beetroot grated (1 cup)
- 1/2 cup sugar
- 1/4 cup of vinegar (balsamic or mild wine vinegar)
- 1 tablespoon pomegranate syrup (opt)
- 1 sprig of rosemary

You'll need a non stick fry pan or skillet

To Cook

- 1 cup of vegetable or olive oil
- Mix the goat cheese, potato, cream, herbs, yolk, paprika and a grind of pepper in a bowl. Mix well till incorporated.
- Prepare a tray with baking paper ready to lay the goat croquettes on once rolled. Take a scoop of the potato mixture, approximately the size of a golf ball from the bowl and roll firmly with your hands. (I made a longish almost flat shape so the croquettes cook in a small amount of oil and turn easily.) The mixture should not be wet, it will stick together easily. If you find that your mixture is wet due to the potatoes holding water you may need to add the 1 Tablespoon extra flour.
- Keep rolling the mixture till you have evenly sized ovals on the tray. Check to make sure they are all the same size by pinching off a bit here and there to even them out, reshaping as you go.
- Refrigerate till firm and well chilled (1 hour or more).
- Whisk the egg with the milk . Put the flour onto a flat plate and season with a little salt. Put the crumbs onto a flat plate and prepare to crumb the croquettes. Arrange the croquettes first followed by the flour, egg wash and crumbs and position another tray at the other end. Crumb the oval croquettes and then chill again until needed. (Up to 4 days ahead)

Heat a skillet or fry pan then add half the oil. Shallow fry in batches turning once golden on each side . Drain on paper towel and serve immediately.

To make a fresh beetroot relish

Combine the vinegar, sugar, pomegranate and mix well. Have a taste. It may need more sugar and a sprinkling of salt. Drop the rosemary sprig into this marinade, then mix in the grated beetroot. Leave to marinate for an hour or up to a day ahead.



Grissini with Prosciutto and sundried Tomato Pesto



The Old Classic Grissini with Prosciutto & Sundried Tomato Pesto

These Grissini sticks are great by themselves or as part of a cheese platter too. They are a really quick and simple way to hand around a small snack that is fun to eat. They are simple to make and don't really require a recipe but, here goes anyway.

- 1 packet of grissini sticks. Short ones are best. I cut long ones into half
- 100 gm / 3.5 oz finely sliced Prosciutto or Parma ham
- Sun dried tomato pesto or aioli or any other dip you might like to serve them with
Sundried tomatoes chopped in the food processor and added to mayonnaise also makes a great dip
- Wait for the prosciutto to warm up a bit if it is in a cry-vac packet. This allows the slices to loosen a bit and prevent tearing. You need nice long unbroken pieces. I cut each long slice into half making a nice skinny piece.
- Wrap each long piece around a bread stick
- That's it.





Vegan Chickpea Patties

- You will need a food processor and a mixer of some sort to make whipped "vegan eggwhite". The oven set at 180C /350F- Makes about 24 small ones
- **Ingredients**
 - 1 can chickpeas – 400 gm / 15 oz can drained BUT **save the water**
 - ½ cup of oats
 - 2 teaspoons smoked paprika
 - 2 teaspoons ground cumin
 - 1 Tablespoon chopped preserved lemon (or lemon zest if you have no preserved)
 - 1 Tablespoon chopped chives
 - 2 Tablespoons chopped coriander leaves and stems (can add basil or mint)
 - 1 small clove garlic , crushed (optional)
 - ½ teaspoon salt
 - **TO BIND**
 - 200 ml (8.45 fl oz) chickpea water.
 - 2 cups of chunky Panko Crumbs (Japanese Style)
 - 2 Tablespoons sesame seeds
 - **¼ cup of almond meal ** you may not need it all . Don't mix with the crumbs**
- **Instructions**
 - Put the chickpeas into the food processor with the oats herbs spices and garlic and blitz till the mixture is smooth. It will be almost sticking together. Set aside. Prepare a lined tray and add a generous coating of olive oil to the tray
 - Beat the chickpea water till it looks just like eggwhite . It will be very thick and tripled in volume. This will take 5 minutes.
 - Pour the chickpea mixture into a bowl and then fold through a **half** a cup at a time of the froth (will take about 2 1/2 lots). You will NOT need all of the meringue. Test a ball by rolling into a walnut sized piece. If the mixture is very sticky add 2 Tablespoons of almond meal. Mix and test again. (They are better a bit sticky than too dry) The should be nice and smooth light.
 - Put the crumbs and sesame seeds into a shallow bowl then take walnut sized pieces and roll them into balls. Put the balls into crumbs and shape into a patty while turning and coating. After each one is shaped put them onto the tray.
 - Sprinkle with extra olive oil (or use olive oil spray) and then bake for 15 minutes before turning over and baking a further 15- or until crispy and golden.
 - These are great served with any kind of salsa on top. Also good with sweet chilli eggless mayo and chopped coriander and chilli

- three -

Skewers and Balls





Fast BBQ Chicken Skewers-

Gluten Free

Ingredients

Makes 6-8 party sized skewers. Preheat the BBQ. Mine has a lid. The temperature rises to about 200C (400F) or more

- Approximately 1kg (2.2lb) Chicken breast fillets (or thighs also work)
- 2 Tablespoons light soy (or Japanese soy)
- 1 teaspoon cumin
- 2 tablespoons smoked paprika
- 4 tablespoons tomato sauce
- 2 teaspoons sugar
- 2 Tablespoons olive oil

Extra for glazing

- 1 tablespoon tomato Sauce
- ½ teaspoon cumin

Instructions

- Soak 8 skewers in water
- Mix the marinade ingredients together in a bowl big enough or square baking dish also fit the chicken when ready
- Cut the chicken breast into strips as even as possible. You will only get about 4 or even 5 strips from each breast. Maybe more depending on the shape and size.
- Put the chicken into the marinade and stir around. If you have a few minutes or longer leave the chicken to marinate, if not then begin to thread it on to the skewers. Start by threading the tip of the strip then folding into a S shape and threading till the skewer is 1/2 full. Continue with the other skewers. Coat the meat in any extra left over marinade. Then discard any left over.
- Cook the skewers on the hottest part of the BBQ. I use the grill bars. Put the chicken onto the grill and don't touch it for 5-8 minutes. After this time use a flat spatula to slide under the skewer and turn it over. Put the lid down and let it cook for approximately 5- 8 minutes. Test one with a small knife in the thickest part.
- Mix the extra sauce and cumin in a bowl and once cooked paint the skewers with this. Give them a little bit of a turn to cook the sauce. This should make a nice sticky coating. Put onto a plate to rest.
- If you cook on the flat plate turn it down to medium when you turn over the skewers.
- Hand around with napkins.

Chicken Balls with Chilli Sauce

Gluten Free

Ingredients

Oven 200 C / 395 F. You will need an oven tray lined with baking paper. Always wash hands and utensils well when cooking with chicken.

- 500 gm (1.1 lb) chicken mince (ground chicken or turkey)
- ¼ cup finely sliced green onion or chives
- ½ teaspoon salt
- 1 Tablespoon finely grated ginger
- 1 teaspoon lime zest
- 1 clove garlic
- 1 tablespoon Sweet Ginger and sesame sauce. (or any sauce you like. A plain sweet chilli is fine too)
- 4 Tablespoon oil
- ½ cup sesame seeds
- 1 cup extra Sauce (sweet chilli or sweet chilli and sesame or any other you like)

Instructions

- Put the chicken mince, sliced shallots (green onion or chives), salt, lime zest, ginger, garlic and the sweet chilli sauce or marinade into a bowl and mix with your hands well to combine.
- Set up the baking tray and a plate with sesame seeds poured onto it.
- **The meatballs roll much better if you have damp hands. Wash off any excess chicken sticking to your hands before rolling more balls.**
- The mixture will roll approximately 20 balls. Once rolled put a few at a time onto the plate and roll in sesame seeds before transferring to the baking tray. Splash the balls with olive oil and bake for 10 minutes. (Test 1 , looking inside to make sure they are cooked. They will be white all the way through)
- Pour a cup of your chosen sauce or marinade into a clean bowl and roll the cooked chicken in the sauce before serving. Serve with a squeeze of lime.

Beef and Feta Meatballs

- Preheat the oven to 180 degrees C/ 350 F. This recipe makes 14-16 walnut sized meatballs. Tip: Dont make them too large

Ingredients

- 500gm(1.1 lb) premium minced (ground) beef
- 1 Tablespoon ground Cumin
- 1 teaspoon sumac (opt but fantastic)
- 1 cup of Japanese panko crumbs or 1 cup of fresh crumbs
- 1 egg
- 150gm (5oz) Danish feta- the creamy feta not the dry crumbly one
- ¼ teaspoon salt
- ¼ cup of sesame seeds
- 3 tablespoons olive oil

Yoghurt Sauce

- 1 cup Greek Yoghurt
- ½ small Lebanese cucumber chopped into small pieces
- ½ cup of mint
- ¼ teaspoon salt

Make the Meatballs & Sauce

- Put all of the ingredients for the meatballs into a bowl and mix together till well combined and smooth with your hands. Roll into tight little balls . Sprinkle sesame seeds onto a flat plate and roll each meatball in the seeds.
- Heat a frypan. Then add the olive oil and add the meat balls. Colour the outside then transfer the meat balls to the oven for 12-15 minutes. They can be done on the stove top but turn the temperature down so they don't dry out and become too brown (Oven is best)
- Make the yoghurt sauce by mixing all the ingredients together.
- Serve with fresh coriander. You can also serve these meat balls with a Mediterranean style tomato sauce (olives and parsley or in a both)

Serve with Flatbread



Baby Arancini Balls with Tonnato dipping sauce

Ingredients

- 1 cup of risotto rice (carnaroli or aborio)
- Approx 750ml (25.4 oz) chicken stock
- 30-50 gm butter (1-2 ozs)
- 2 Tablespoons olive oil
- 1 small onion (diced)
- 1 clove of garlic (crushed)
- 100gm Parmesan cheese grated (1.76oz or close to)
- 2 small rashers of bacon de-rinded and cut finely
- Salt and pepper
- 1/2 cup chopped parsley or other soft herb

Crumb mixture

- 3 cups of breadcrumbs (or rice crumbs for gluten free)
- Flour for dusting (gluten free flour)
- 1 beaten egg mixed with half a cup of milk

Special Tonnato Dipping Sauce Optional

- 100gm tuna in oil (drained)(Approximately 1.76oz)
- 100 ml olive oil (1.76 oz)
- 200ml vegetable /grapeseed oil (3.52 oz)
- 1/4 piece of preserved lemon or zest of half a lemon
- 1 Tablespoon white wine vinegar
- 1 teaspoon dijon mustard
- 1 large egg (1 whole and 1 yolk if small)

Make the Rice

- Sweat the onion, bacon and rice together with the olive oil in a medium sized pot until the onions are soft, without browning.
- Slowly add the stock letting it completely absorb each time you add more. The mixture should be firm and not soupy. The rice should be cooked. If you need to add more or less stock then do (not all rices absorb the same amount of liquid). When the stock is absorbed finish by mixing in the Parmesan cheese and the butter along with salt and pepper to taste). Pour onto a tray or brownie tin cover and cool (fridge is best)
- When cooled it will be quite firm. Roll into walnut sized balls. Roll in flour, then egg and crumb them. Refrigerate again till firm
- Deep fry (in a medium sized pot in vegetable oil) for best results, or shallow fry if you prefer

Dipping Sauce

- Put the tuna, egg , dijon, vinegar, preserved lemon or zest in a food processor and mix. Gradually add the olive oil then the plain oil until the mayonnaise is thick.
- If you want it thicker add a little more olive oil... thinner a little less or add a drop or two of water. (or process your favourite mayonnaise with the Tuna)
- Alternatively serve with a plain homemade tomato sauce



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- four -

Rolls & Breads





Turkey Wonton Rolls with Soy , Ginger and Sesame

- You will need a frypan to shallow fry these rolls. Makes approximately 18
- 1 packet egg coloured wonton wrappers 10 cm x 10 cm (4 in x4 inch)
- 250 gm (8.81 oz) Turkey or Chicken mince
- 1 clove garlic crushed
- 1 1/2 tablespoon grated ginger
- 1 tablespoon Soy sauce
- 1 tablespoon Sesame oil
- 2 tablespoon Breadcrumbs (like Panko Crumbs- or a nice chunky fresh crumb)
- ¼ teaspoon salt

1 egg yolk to seal the parcels

Sauce for Dipping

- 2 tablespoons Soy sauce
- 2 tablespoons sesame oil
- 2 tablespoons lemon juice
- 1 teaspoon chopped chives or green onions
- * optional ¼ teaspoon chopped red chilli
- Vegetable oil for frying
- Mix the Turkey, ginger, soy, garlic, salt, sesame and crumbs in a bowl to combine.
- Lay the wonton wrappers on the bench put a small cigarette sized piece of mixture onto each wonton wrappers.
- Paint around the perimeter of each wrapper wit your finger dipped in to the egg. Then roll up and seal the ends like a bonbon. Pop into the fridge and discard the egg.
- Before cooking, make the dipping sauce by combining all of the ingredients.
- Shallow fry the wontons on a medium heat turning, so they brown slowly on all sides. Drain on kitchen paper and continue. Test one to make sure they are cooking through
- Serve with the dipping sauce.

The breadcrumbs absorb the moisture of the Turkey/ chicken while cooking and prevent the wrappers from splitting.

Goat Cheese & Thyme Sausage Rolls with Blackberry BBQ Sauce

Vegetarian

Ingredients Makes 12

- 2 sheets **butter** puff pastry
- 300 gm fresh goats cheese
- 125 gm cream cheese
- 1 Tablespoon chopped Thyme leaves
- 1 egg yolk & ¼ teaspoon salt mixed well together

Black berry BBQ Sauce

- 1 Tablespoon Worcestershire Sauce
- 1 cup frozen blackberries
- 1 Tablespoon balsamic vinegar
- 2 Tablespoons sugar
- ¼ teaspoon smoked paprika

Instructions

Pre- heat the oven to 190 C / 360 F.

- Take 2 sheets of pastry out of the freezer and let them defrost leaving the plastic on the back of them.
- Meantime mix the cheeses and thyme with a little cracked pepper. Lay out the pastry . Each sheet will make 6 rolls. Place long sausages of cheese onto each end of the pastry closest to you, just like making a meat sausage roll. Roll up ½ way till the cheese is only just enclosed (see picture). Don't double over the pastry too much, just enough so the pastry sits on top of it's own tail. Cut the left over section off and roll up another 3. Paint with egg yolk to seal. Cut each log into 3 and paint with yolk mixture.

Sauce:

- Put all of the ingredients into a sauce pan and reduce by around ½. Cool.
Egg yolk and salt painted on the pastry makes it golden and tastes great!



Goat cheese works beautifully with fruit. You'll be surprised how delicious this sauce is with these buttery Goat Cheese Sausage Roll. Make sure you use quality butter puff, it makes all the difference



Vegetarian Rice Paper Rolls

Ingredients Makes about 30

I like to julienne (matchsticks) my vegetables so they are all about the same size. You can also do this in a food processor

- 2 cups (approximately) bean sprouts
- 2 carrots julienned
- 2 cups julienned green papaya (or Chinese cabbage)
- 1 cup julienned red capsicum
- 1 bunch of coriander (leaves picked stalks and roots reserved)
- 1 bunch of mint (leaves picked)
- 1 bunch of Vietnamese mint (picked, this is very pungent and really makes a difference to the rolls)
- 1 cup of finely chopped shallots - green onions (use Spanish onion if you prefer)
- 1 cup of crushed roasted unsalted peanuts, and some for garnish
- 1 pkt of round rice paper rolls
- 1 small packet of vermicelli rice noodles

Dressing and dipping sauce.

- 5 lemons squeezed. This should make about 1½- 2 cups of juice
- Approximately ¾ cup of palm sugar or ¾ cup of caster sugar
- ½ cup of fish sauce
- 5 large cloves garlic
- 1x 3 cm / 2 inch piece of ginger
- roots and stems of the coriander , well washed
- 1-2 red chillis
- You will need a clean tea towel and some boiling water.

Instructions

To start; make the sauce so it has time to sit (it can be made a day ahead, in fact it is a good idea along with the vegetables to save you time on the day you roll)

- Put the lemon juice into a small bowl. Add about ¼ cup of hot water to the sugar and stir to dissolve. Add ¾ of this sugar mix to the lemon juice. Add most of the fish sauce. Stir and taste. Salty sweet sour.. Continue to add bits of the sugar and fish sauce until you have a combination you like. (If you want to add more lemon do, if you have no more lemon rice vinegar may be a good substitute, if you want more sugar once again add a bit of hot water and stir to dissolve before adding). Chop the garlic, ginger, coriander and as much chilli as you like-(don't add too much here), chopping by hand or in the food processor
- Put all the herbs into a large bowl Cut all the vegetables into even slices by hand or in a food processor. I use a mandolin that slices. Add them all to the herbs along with the nuts an. Pour boiling water over ½ small packet of vermicelli noodles (to make about 2 cups). Sit them in the hot water till they are white and soaked through. They need to be easy to eat, not chewy. Drain and cool down.
- **Strain** about half of the dressing into the vegetables and toss well to combine. Leave while you set up to roll.
- **You will need: A bowl of very warm water as warm as you can stand and a clean tea towel laid out on a bench. Have a tray or container handy.**
- Put 3-4 rice papers at a time into the water only leaving long enough so they are soaked through. Lay them in lines not touching on the tea towel, and dip more. You should fit about 9 or so on your towel *This is the very important part. Don't over wet them they will continue to soak up water as they sit on the tea towel. If they are too wet they don't stick together to hold
- Put a small amount of noodles on each one followed by some vegetables. Now clean your hands, and get ready to roll. Flip one side of the rice paper over the vegetables pushing down to roll them and roll half way. Fold each side in to form a pocket and them roll up completely. Sit each on it's seem till you finish the others . Move them onto a platter. They will be very sticky and stay together well. Continue replacing some of the rice paper dipping water with some extra warm water if it cools down. Remember don't leave the papers in the water. Serve with the remaining dressing. Drain and add extra sliced chilli if you like. Can also be served with hoisin sauce and crushed peanuts or sweet chilli sauce.

Rice Paper Rolls This is a rough guide on how to make these rolls. Substitute with your own changes and additions. The important thing is how you treat the rice paper. This will determine what your rolls will be like . Remember they must be rolled on the day you use them. A fridge overnight will not work. If you need to refrigerate for a couple of hours cover them with a damp tea towel and put in the fridge. These are vegetarian, but they can be made with prawns, pork or duck. This recipe will make about 30 rolls





Prosciutto, Bocconcini and Parmesan Garlic Toast smash ups

To make 12. Oven 180C /350 F

- 1 French stick cut into 3 cm/ 1 inch thick slices
- 100 gm finely sliced prosciutto
- 12 x cherry bocconcini balls
- 50 gm very finely grated parmesan or gruyere cheese
- 50 gm melted butter
- 1 crushed garlic cloves

- Slice the bread and lay on a lined baking tray
- Mix the melted butter and crushed garlic together and brush onto both sides of the bread slices.
- Next take a whole in the centre of the bread slice by pushing down in the centre to squash the bread.
- Push a bocconcini and a folded piece of prosciutto into the whole and cover with finely grated cheese.
- Continue till all are done
- Bake for 10 minutes or till the cheese is melted and the bread is nice and toasty. The prosciutto should be sticking out a little and be nice and baked and warm now too.
- Serve with a drizzle of olive oil and a grind of pepper



Chicken Walnut and Celery Brioche Buns

To make 12 buns

Ingredients

- 6 Brioche hot dog buns cut in half to make 12
- 4 chicken tenderloin strips
- 1 clove garlic crushed
- 2 Tablespoons olive oil
- ½ teaspoon chopped thyme
- 1 Tablespoon fine powder fresh parmesan
- 2 sticks celery chopped (around ½ cup)
- 30 gm roasted chopped walnuts
- 100 gm of mayonnaise (or use Kewpie Mayonnaise)
- 1 tablespoon chopped parsley
- 1 tablespoon chopped chives
- 30 gm melted salted butter

Extra walnuts , 12 pieces of julienne celery for serving

• To Make

Set the oven to 180 C/ 350F

- Put the Chicken fillets into a bowl with the oil, parmesan, crushed garlic and thyme and some salt and pepper. Toss. Put onto a paper lined baking tray and bake for 10 minutes or till just done. Set aside.
- Cut the celery into fine little dice, and chop the walnuts. Put these and the chives and parsley into a bowl. Add the cooled fine chopped chicken.
- Brush the tops of the brioche bins (where you would put the hot dogs) with butter and bake for 5-8 minutes until a little toasty.
- Mix the mayonnaise into the chicken mix and stuff into the buns just before serving.
- Garnish with extra walnuts and celery sticks.





- five -

Seafood

Baby Corn Pancakes, Smoked Salmon Caper & Chive Sour Cream

Ingredients Makes up to 36

- 1 can (420 gm/14.80 oz) creamed corn
- 1 tablespoon of olive oil (or whichever you have)
- 3 large 70 gm eggs separated
- 1 cup of flour
- 1 teaspoon baking powder
- Salt and pepper
- 1 packet sliced smoked salmon 200-250 gm
- 150 gm sour cream
- 1 tablespoon chopped chives,
- 4-6 washed dried salted capers or baby gherkins

You will need a non stick frypan/ skillet. Olive oil cooking spray and a spatula.

- Pour the creamed corn into a medium bowl, add the oil, egg **yolks** and a sprinkling of salt and pepper. Whisk well to combine the eggs and corn.
- Add the flour and baking powder and stir till JUST combined. Set aside.
- In a clean bowl (or in the mixer) beat the egg whites with a whisk until white and thick & holding firm peaks
- Fold the egg whites through the batter. Stand aside for 5 minutes
- Meanwhile heat a non stick fry pan. Let it get quite hot then turn down to medium. Spray with olive oil spray or add a teaspoon of olive oil and add a Tablespoon of batter to the pan and continue till you have at least 4. Cook these till the top bubbles then flip and cook a further 1-2 minutes. Adjust the heat so that they don't brown too fast or the middle will not cook. Test one.
- Set aside till you have used all the batter. You can serve these warm or room temperature. (makes about 36). Mix the sour cream with chopped chives and capers or cornichons
- Put a ¼ piece of smoked salmon onto a pancakes and a spoon of sour cream sprinkled with extra chives

** These can be made vegetarian served with Guacamole and pickled cucumber



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Try these Corn Pancakes for breakfast. Make large sized ones and serve with Bacon and Maple Syrup



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Little Tuna cakes with preserved lemon and Whipped Feta

Ingredients

- 185 gm / 250 gm or (just under 8 oz) can drained tuna in oil
- 250gm (8 oz) cooked mashed potato cooled
- 2 x 1/4s preserved lemons, cleaned
- 2 small eggs
- 1 teaspoon smoked paprika
- 2 Tablespoons chopped parsley
- 1/2 small finely diced Spanish onion
- 3-4 tablespoons bread crumbs

Crumbs

- 1/4 cup of Dukkah (homemade or bought)
- 1 teaspoon cumin
- 2 cups of breadcrumbs (I used Japanese Panko crumbs)
- 1 cup of milk beaten with 1 egg
- 1 cup flour for dusting

Instructions

You'll need a bowl and a food processor

- In the first bowl put *1/2 the potato* and *1/2 of the drained Tuna* (leave the Tuna in lightly broken up chunks , for texture). Add the parsley, paprika and crumbs.
- In the bowl of the food processor add the chopped onion, preserved lemon, egg and remaining tuna and potato and puree. Then combine both of the Tuna mixtures in to the first bowl and mix well. Add a little extra breadcrumbs if the mixture is too sticky. Don't go crazy. Shape into patties and chill for an hour or pop into the freezer for 15 minutes, to chill really quickly.
- Mix the dukkah, cumin and crumbs . Flour, egg wash and crumb the cakes and chill to set after crumbing.

Whipped Feta

- 100 gm creamy Danish Feta
- 100 gm ricotta
- 4 Tablespoons cream or even buttermilk

To make

Combine the Feta and Ricotta with the cream in a food processor and whizz until fluffy and combined. This is addictive and perfectly matched to these Tuna cakes.

Deep or shallow fry the cakes till golden.

Notes I like to make these Tuna cakes one mouthful. To make them the ideal party food. I like to use all the tiny forks I have too (Strangely I have a lot) But, they can be just put onto your chosen platter with a tiny splodge of feta on top and an olive or herb OR you can put them onto a plate and supply a little bowl of feta and a spoon for people to add their own. Depending on what size you make these tiny or a handheld two biter you will get from 10- to around 18 for smaller ones



Prawn Cakes with Green Curried Pea Puree

These really do make the very best party food that everybody loves. You can make the cakes and the pea puree a day ahead. Cook the prawn cakes just before you need them and top with the room temperature curried pea puree.

Ingredients

You will need a frypan, blender and food processor

- 500 gm (1.1 lb) green prawns (fresh or frozen , well drained)
- 1 teaspoon Thai style green curry paste
- 2 teaspoons of fish sauce (Thai style)
- 1 teaspoon caster (granulated) sugar
- Zest of 1 lime
- 1 clove of garlic crushed
- 1 x small piece of ginger grated (1 heaped teaspoon)
- 1 cleaned and chopped coriander root (from the bottom of your bunch of coriander)
- 1 small egg
- 4 tablespoons vegetable oil

Green Curry Pea Puree ingredients

- 200 gm (7.05 oz) frozen peas
- 1 teaspoon Thai style green curry paste
- 1 teaspoon caster sugar (granulated)
- Juice of 1 lime (1-2 tablespoons)
- A pinch of Sea Salt
- 1 Tablespoon Creme Fraiche (if you use sour cream instead add after the rest is pureed)

Instructions

To make the Prawn Cakes

- In a food processor add all of the ingredients except the oil.
- Pulse the mixture until it looks like mince and is well combined. The shorter the processing the better as the mixture will get warm the longer you mix it.
- Form into small 'cakes ' and put into a container or on a tray, separating layers with plastic wrap & chill

To make Green Pea Puree

****This puree should be made in a blender or in the container of a Bamix, this gives it the silky smooth texture that the food processor cant.**

- Put a small pot of water on to boil. Add the peas and boil till just tender. Drain
- Tip the peas into the blender and add the other ingredients. Blend till smooth and creamy.
- **To Cook the Prawn Cakes**
- Put the frypan on the stovetop and heat till quite hot. Add the oil and fry the cakes till golden on one side then flip. Cooking time takes approximately 3 minutes.
- The cakes cook through very fast , so don't cook them too long. Test by pressing with fingertips. They feel bouncy and firm to touch. (alternatively eat one to test) . Drain on absorbent paper .
- Put onto a platter and dollop with pea puree, dress the plate with the extra herbs and eschallots

Prawn cakes with Curried Pea Puree



Prawn Skewers with Palm Sugar and Lime



Prawn Skewers with Coriander Lime and Palm Sugar Gluten Free

Cook these on the BBQ or in a fry pan. 1 x this recipe for each kg of prawns .

Ingredients

- 1 kg (2.2 lb) of peeled Green Prawns (approx 20)
- 2 Tablespoons of finely grated or crushed FRESH ginger
- 1 teaspoon white pepper (freshly ground is best and adds more flavour)
- 1/2 bunch of washed coriander chopped very fine (make sure you include roots, stems as well as leaves). The roots add most of the flavour here
- 1 Tablespoon Palm sugar (fine grate- or chop. Palm sugar is not as sweet as white sugar)
- Zest of 1 lime very finely grated
- 1 tablespoon lime juice
- 1 teaspoon fish sauce
- 1 tablespoon olive oil
- 1 clove garlic optional (not too much)

To Cook

- Mix the finely chopped or grated Palm sugar with 1 tablespoon of hot water in a small container and stir till it dissolves (or as much as possible)
- Add the ginger, (garlic) , zest, pepper, fish sauce, oil and coriander and stir well.
- Slot the prawns onto skewers starting at the tails and working up to where the heads were. This type of skewer makes them look great and allows 1 prawn per person each skewer.
- Lay the prawns in a container and pour over the marinate rubbing onto the skewers. Leave to marinate.
- Cook the prawns for 1-2 minutes or till starting to turn opaque before turning and over till just cooked through, about 3-4 minutes
- Serve with extra coriander and limes to squeeze
- Prepare these a day ahead and cook just before needed



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Smoked Salmon and Avocado Sushi Toasts

These make a great alternative to using for sushi, if you can't get Japanese rice or condiments maybe this is for you.

Ingredients

- 1 loaf of unsliced bread
- 250gm packet of Smoked salmon
- 1 avocado
- 1 Lebanese cucumber sliced on a mandolin or sliced finely with a knife
- ½ bunch chives
- lemon wedges
- 3 tablespoons olive oil

Easy Stick Blender Mayonnaise

- 1 large egg
- half a medium lemon, juiced (approximately 1 Tablespoon)
- ½ teaspoon Dijon mustard
- ¼ teaspoon sea salt
- 1 cup light olive oil, canola oil, rice bran oil or macadamia oil
- 2 Tablespoons of beetroot powder (or 1 teaspoon wasabi paste)

Instructions

- Cut the crust off the loaf of bread. Slice the bread and cut into 5cm x 2 1/2cm (2 inches x 1 ¼ inches) rectangles. These are like little blocks in the shape of sushi. Make them small enough for about 1 bite.
- Heat a non-stick skillet to hot. Add 1 tablespoon olive oil and smear the skillet with it. Put around 6 pieces of bread into the skillet at a time, colouring on all sides (lightly toasting). Put the toasted bread onto a tray and continue. Add more oil as it is needed.
- Once all of the bread is toasted set aside while you prepare the other ingredients.

To make the Mayo

- Place the juice, egg, dijon, salt and beetroot powder into a wide mouth jar or, cylinder shaped container that comes with the blender. Add the oil last and wait for it to rise back to the top. Put the immersion blender in so that it sits firmly on the bottom of the container. Set it to the highest speed and turn on. Do NOT pull the blender up or out, just allow it to sit at the bottom of the container. The mayo will emulsify and begin creeping up the sides. Most of the mixture will look emulsified and look like mayo (less than a minute), then you can begin to move the immersion blender up and down to incorporate any oil that is sitting on the top

Assemble

- Cut the chives into 3cm pieces and the smoked salmon into even sized pieces. Prepare the cucumber, mayonnaise and lemon wedges to serve. Cut even slices of avocado and sprinkle with lemon juice to keep it from browning
- Once all of the ingredients have been prepared, it's time to assemble.
- Put the mayonnaise into a zip lock bag and cut a small whole in the corner. Squeeze a small amount of mayonnaise onto each piece of bread to hold on the topping. Put a chive and either a piece of folded cucumber strip or a slice of avocado, then finish with a squiggle.
- You can make them a couple of hours ahead but they are more delicious eaten straight away.

Don't forget you can use seared tuna, butterflied prawns and smoked trout



- six -

Easy little Pies

Little Ricotta, Sundried Tomato and Parmesan tarts



Lamb Phyllo Tarts, Sweet Potato Hummus



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Little Ricotta , Sundried Tomato and Parmesan Pies Vegetarian

Preheat the oven to 180C/ 350F. You'll need a muffin tin with medium holes. Not a large Texan one.

Ingredients

- 250gm (8.81 oz) fresh ricotta
- 50 gm (1.7 oz) freshly grated Parmesan
- 1 Tablespoon chopped chives.
- 30 gm (1 oz / 2 tablespoons) chopped semi dried / sundried tomatoes
- 1 Tablespoon olive oil
- 4 sheets of phyllo pastry
- 2 Tablespoons butter (melted) (or more if you like a really crispy buttery pastry you can use a mixture of olive oil and butter too)
- Salt and Pepper
- Extra olive oil for drizzling
- ** Add feta to this recipe for extra zip 150 gm (5.3 oz) ricotta and 100 gm (3.5 oz) feta, plus parmesan. Use roasted peppers in your mix as well if you like.

To cook

- Spray a mini muffin tin with a little cooking spray (or paint with oil or butter)
- Lay four sheets of phyllo on a bench and brush each sheet (or for lower fat every second sheet) with a little melted butter. Push the pastry gently into the muffin holes. (the whole sheet uncut will reach 9 of the wholes)
- Next in a bowl using a spoon, mix the ricotta, (feta) grated Parmesan , chives, tomatoes, olive oil and salt and pepper till well combined and spoon into each muffin whole on top of the phyllo. (If using roasted peppers either mix through or pop on top. Drizzle with extra olive oil)
- Pop into the oven and bake until brown and crispy. (The bottoms should also be crispy).
- Cool slightly and then break apart and serve immediately. My ugly craggy tarts tare irresistible . You can also cut around the edges before cooking if you want a neater rounder tart (like the ones shown above)
- These keep well and can be reheated in the oven at around 150 /300 F for 10 minutes

Filo Tarts with Sweet Potato Hummus and Lamb Salad

Ingredients

- 1 packet filo pastry (375gm-13 oz)
- 100 ml (3 tablespoons/ 3.5 oz) melted butter
- 500 gm (1.1 lb) lamb mince
- 1 small (½ cup) finely chopped onion
- 1 clove garlic crushed
- 1 tablespoon cumin
- 1 large tomato diced
- 2-3 sprigs of both coriander and mint leaves
- 2 Tablespoons toasted pinenuts
- 3 Tablespoons olive oil
- 1 Tablespoon extra olive oil
- 1 Tablespoons lemon juice
- a small pinch of salt

Sweet Potato Hummus

- 250 gm (8.81 oz) roasted or steamed Sweet Potato- Peel and roast after tossing in olive oil and salt and pepper. If you bake extra you can use them as a nice garnish for a fresh chunky look.
- 1 can drained washed chick peas (400gm- 14oz)
- 2 Tablespoons tahini
- 1 Tablespoon ground cumin
- 4 Tablespoons lemon juice (approximately 1 lemon)
- 1 clove garlic (or more if you like)
- 6 Tablespoons olive oil (approximately ¼ cup and extra)
- extra water, ½ teaspoon salt

Instructions

- Begin making your tarts by greasing tiny tart moulds or a small muffin tin and preheat the oven to 180C/350F.
- Lay out a sheet of phyllo pastry and spread the sheet over the greased mould and push it into the mould gently so that it lines the bottom and the sides. Cut around the top of the pastry sticking out of the mould with scissors or a small sharp knife. Continue to gently push pastry into the mould painting a small amount of butter between each layer until you have about 4-6 layers. Continue like this until you have about 12 moulds or tart shells completed. Bake the tart shells for 15 to 20 minutes or until starting to colour golden. Set aside to cool. They will come out of the moulds easily. If possible leave them in the moulds so they don't break or crack

To make the Hummus

- Put the sweet potato, chickpeas, cumin, lemon, tahini, garlic, salt and ¼ cup of olive oil into the bowl of a food processor and blitz. If the mixture is too thick to puree add a little more oil and water alternately.
- Taste the mixture . It should have enough salt to bring out the flavours of the sweet and cumin and the lemon needs to add some zing.
- Make this up to 2 days before you need it.

To cook the Lamb

- The next thing you can do ahead or at the last minute. I like to do this ahead too.
- Heat a medium frypan and add a 3 tablespoons of olive oil, the onion and cumin and saute on low till starting to soften. Turn the heat up and add the Lamb mince and fry this mixture, breaking down the Lamb as it cooks. Make sure you cook on a high heat to brown the Lamb so it doesn't stew. When the meat is starting to colour and is breaking down, add the garlic and continue to cook till the Lamb starts to be browned and crispy. Pour onto a plate and set aside.

Make the tomato salad.

- Cut the tomato into small dice. Put into a bowl and add a sprinkling of salt, the 1 Tablespoon olive oil, the lemon juice and the lightly chopped herbs, stir to combine.

To Assemble

When you are ready to serve

- Put the tarts together by setting them all out on a platter (or plates), put a nice big dollop of sweet potato into the tart case. Next add a spoon of the Lamb mince and follow with the tomato salad. Sprinkle with the Pinenuts for crunch.
- * Finish with a drizzle of Lemon oil or a good extra virgin oil a squeeze of lemon and some freshly ground pepper



Melted Brie Tarts with Apple, Quince Jam and Walnuts

Preheat the oven to 180 C / 350F

- Use Savoury Pastry recipe or 12 pre baked savoury tart cases
- 400 gm (14 .1 oz) creamy brie . This is quite a large amount in each tart. My tarts are quite deep and I like them to be substantially brie filled
- 50 gm (1.76 oz) Quince or Plum Jam
- 12 toasted walnuts
- 1 apple sliced into 12 pieces (pop into lemon water to keep fresh or slice at the very last minute)
- Sprouts or herbs to serve

To prepare

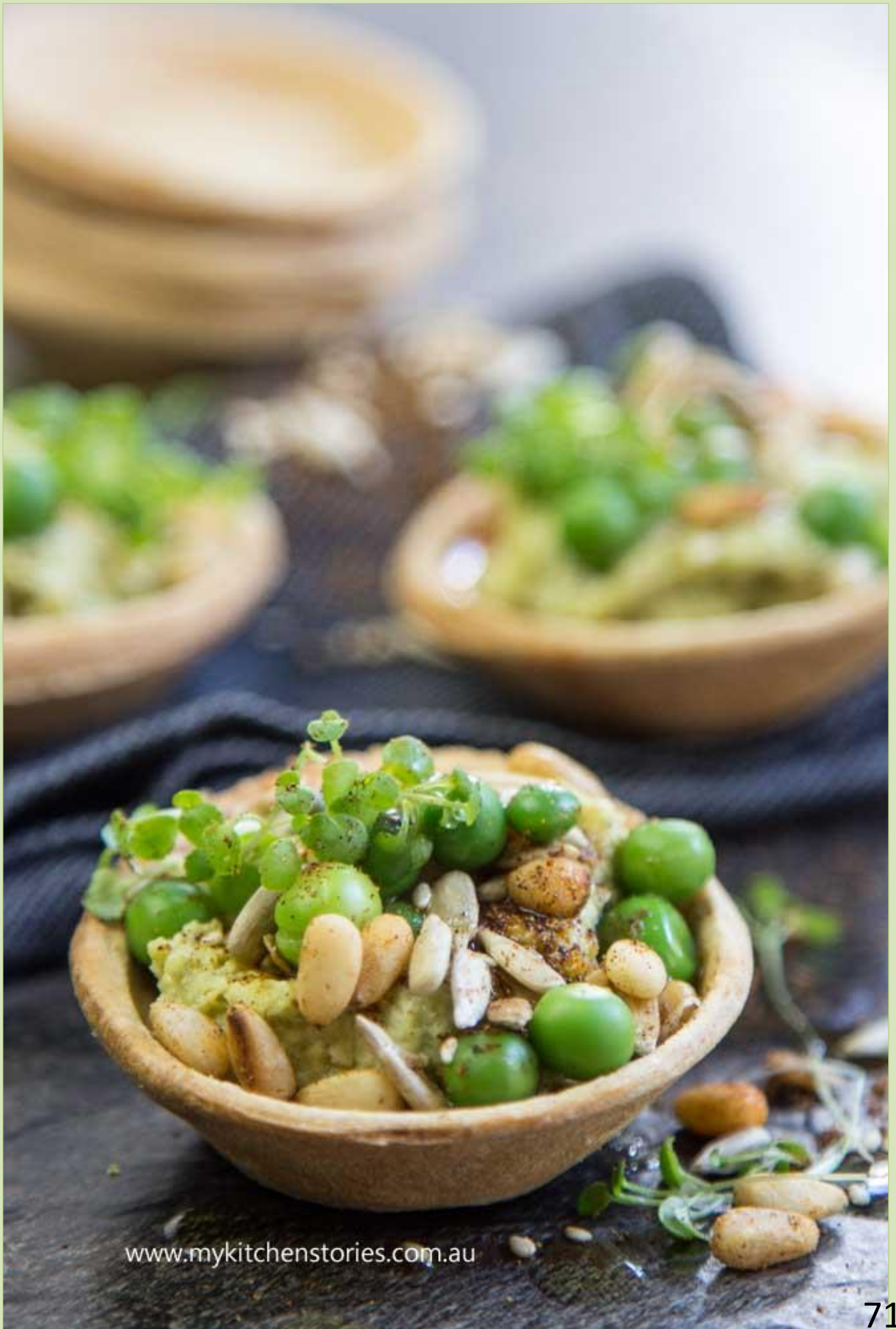
When you would like to serve. Line a baking tray with paper , put the tart cases onto the tray and into the oven for approximately 1 minute. Just to freshen them up.

Prepare the jam and walnuts and set aside with the apple.

Then put a large piece of Brie including rind and all into each tart case. Bake for approximately 8-10 minutes or until the cheese is just melted.

Put onto a serving plate . Cut the apple into very thin pieces and push into the cheese standing up. Dot with a small piece of jam and a walnut piece.

Add sprouts or herbs and serve straight away



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Vegan Spiced Pea and Cashew Cheese Tart

You'll need a Blender or powerful processor for this recipe.

- 12 pre- made vegan tart cases. Or make your own cases (non vegan) using the recipe on page 2

Cashew Cheese

- 1 cup raw cashews
- 1 cup defrosted peas
- 1 clove garlic peeled
- ½ teaspoon ground cumin
- 2 tablespoons lemon juice
- 4 tablespoons olive oil
- Water
- Salt and pepper
- * optional another clove of garlic

Spice mix

- 1 tablespoon Pine nuts or chopped almonds
- 1 tablespoon sesame seeds
- ½ teaspoon smoked paprika
- 1/2 Tablespoon cumin
- ¼ teaspoon salt

To finish

- 1/2 cup cooked peas and tiny sprouts (like baby coriander, chervil or basil)

To make the cheese

Put the cashews into a small pot with the garlic and cover with water. Bring to a boil and boil till tender. This will take about 15-20 minutes. Drain all but around 2 tablespoons of the water.

Pour the nuts & cooked garlic into a blender and add the de-frosted peas, (extra garlic), a pinch of salt, lemon juice and spices. Start to blend tamping down to break up. Add the olive oil and continue blending. Add a little extra water a bit at a time if it is still a bit thick. Season well and put into a container

To make the spice mix

Put all the seeds, nuts and spices into a dry frypan and toast over a medium heat till fragrant and starting to colour. Be careful at the end. Once it gets really hot it can burn. Immediately tip into a dish to cool.

Lay all of the tart cases onto a tray. Put the tray into a hot oven for 2 minutes to refresh the pastry. Fill each case with a big spoon of cashew pea cheese. Make a little dent in the top of each. Sprinkle generously with the spice mix, extra peas and sprouts. Put a small drop of olive oil and a grind of salt and pepper onto each tart before serving



Tiny Tomato Tarte Tatin with Goat Curd and Basil

Vegetarian

- Pre- heat the oven at 180 C / 350 F. You will need 6 small ramekins (4 in /10 cm) or 4 small spring form single serve cake tins or even small tart cases. Lined with a small round of paper
- Makes 6-8 small tarts

Pastry

- 200 gm / 7.05 oz plain flour
- 100 gm / 3.5 oz butter
- 2 Tablespoons water
- 6 small ripe tomatoes quartered , seeds removed

Syrup

- 4 tablespoons brown sugar
- 100 ml / 3.38 fl oz Ximenez sherry vinegar or balsamic vinegar
- 2 Tablespoon olive oil

For the pastry

- Combine the flour, butter and a pinch of salt in the food processor. Process until it resembles fine breadcrumbs. Add the water and pulse till just combined. Turn onto a bench and press together, wrap and put in the fridge for 1/2 an hour.
- Next put the tomatoes in a colander, lightly salt and leave to drain.
- Put the sherry vinegar brown sugar and olive oil into a small pot and bring to the boil. Simmer until the sugar is dissolved and the syrup is reduced by about 1/2. Pour into the base of the ramekins or tins tart tin or similar. Put a drained tomato or two on top of the syrup skin side down.
- Roll out the pastry between two pieces of baking paper to about 2 mm thick. Cut out circles that will fit into the top of your tins or ramekins. Tuck the edges down into the tin. Rest these in the fridge for 10 min.
- Put onto a baking tray and bake 30min, or until golden.
- Cool slightly, and run a knife around the sides before turning out onto a tray.
- Serve with goat curd, black pepper and shredded basil



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The end