



May, 2017  
Super Food Ideas, National

Section: General News • Article type : News Item • Audience : 91,711 • Page: 52  
Printed Size: 3197.00cm<sup>2</sup> • Market: National • Country: Australia • Words: 1730  
Item ID: 751557617

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# ***IT'S ALWAYS ABOUT THE FOOD***

What started as six Jewish women from Sydney sharing family recipes and stories, has now turned into a global community and two bestselling cookbooks. Here, the Monday Morning Cooking Club shares more people's recipes and stories from their latest book







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BOOK EXTRACT MONDAY MORNING COOKING CLUB

DANA SLATKIN'S  
STRAWBERRY  
RHUBARB COBBLER, p55

**THE INFO**

+ KID FRIENDLY  
+ SUPER EASY

**\$1.98**  
PER SERVE

50

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»» *Laurelle Ritz: I'm a second-generation Australian and I'm thankful for my Russian and Eastern European heritage. Living in multicultural Melbourne gives me a unique take on food and flavour, and I love combining my Jewish heritage with modern food to create new dishes for my family and friends.*

### LAURELLE RITZ'S SPINACH AND RICOTTA GNUDI

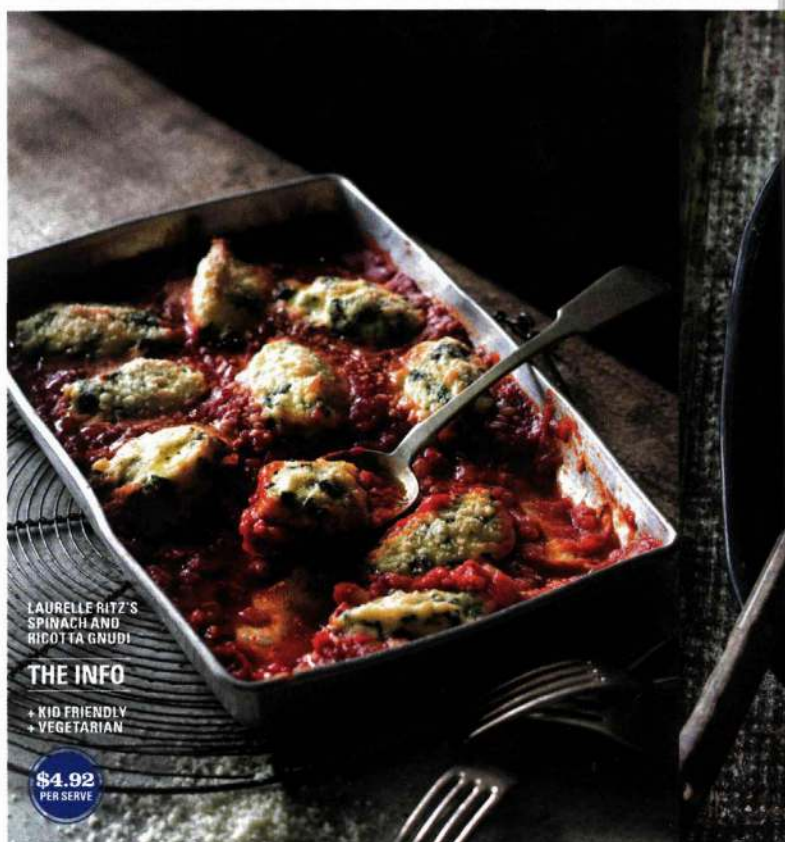
**SERVES 4**

**PREP 25 MINUTES**

**COOK 40 MINUTES**

500g ricotta cheese  
2 eschalots, finely chopped  
1 garlic clove, crushed  
20g butter  
100g English spinach leaves  
1 egg, lightly beaten  
½ cup grated parmesan, plus ½ cup extra  
½ cup plain flour  
1 litre MMCC's Essential Tomato Sauce  
(see recipe, right)

- 1 Preheat oven to 180°C/160°C fan-forced.
  - 2 Place the ricotta in a paper towel-lined colander. Set aside to drain until needed.
  - 3 In a heavy-based frying pan over medium heat, cook eschalot and garlic in the butter for 2 minutes or until golden. Add spinach. Reduce heat to low. Cook, stirring from time to time, for 2 minutes or until softened. Transfer to a separate colander. Using a wooden spoon, press any excess liquid from spinach. Remove from colander. Roughly chop.
  - 4 Mix ricotta, egg, parmesan, flour and spinach in a bowl. Season with salt and pepper.
  - 5 Bring a large saucepan of salted water to the boil. With two dessert spoons, mould the mixture into quenelles (oval shapes) and slip into the boiling water. Do this in batches of about 5 or 6 at a time. Simmer for a few minutes or until they float to the surface. Remove with a slotted spoon and drain on paper towel. Repeat until all the gnudi are cooked.
  - 6 Pour tomato sauce into a large baking dish about 22cm x 30cm. Place the gnudi on top of the sauce and sprinkle with extra parmesan. Bake for 20 minutes or until the gnudi are hot and the sauce is bubbling.
- NUTRITION:** (per serve) 2214kJ; 33.8g fat; 16.7g sat fat; 23.7g protein; 31.8g carbs; 5g fibre; 98mg chol; 791mg sodium.



LAURELLE RITZ'S SPINACH AND RICOTTA GNUDI

#### THE INFO

KID FRIENDLY  
VEGETARIAN

\$4.92  
PER SERVE

### MMCC'S ESSENTIAL TOMATO SAUCE

**MAKES ABOUT 6 CUPS**

**PREP 10 MINUTES**

**COOK 2 HOURS 30 MINUTES**

¼ cup extra virgin olive oil  
2 onions, finely chopped  
¼ cup tomato paste  
2 garlic cloves, bruised  
4 x 400g cans Italian diced tomatoes

- 1 Heat the oil in a deep frying pan over medium-low heat. Cook the onion for about 20 minutes or until very soft, but not brown.
  - 2 Increase heat to medium-high. Add the tomato paste. Cook, stirring, for 1 minute. Add the garlic and the tomatoes. Season with salt and pepper. Bring to the boil, stirring occasionally. Reduce heat to low. Simmer for 2 hours, stirring from time to time. Remove and discard the garlic cloves.
- NUTRITION:** (per cup) 714kJ; 10.1g fat; 1.3g sat fat; 4.4g protein; 15.3g carbs; 3.7g fibre; 0mg chol; 144mg sodium.

»» *Ronit Robbaz: For me, food is the bridge between cultures, worlds and people. It is about people coming together and sharing their love, their tribal ancestral memories, their passion and love for this earth and its abundant harvest.*

### RONIT ROBBAZ'S LAMB TAGINE WITH DATES

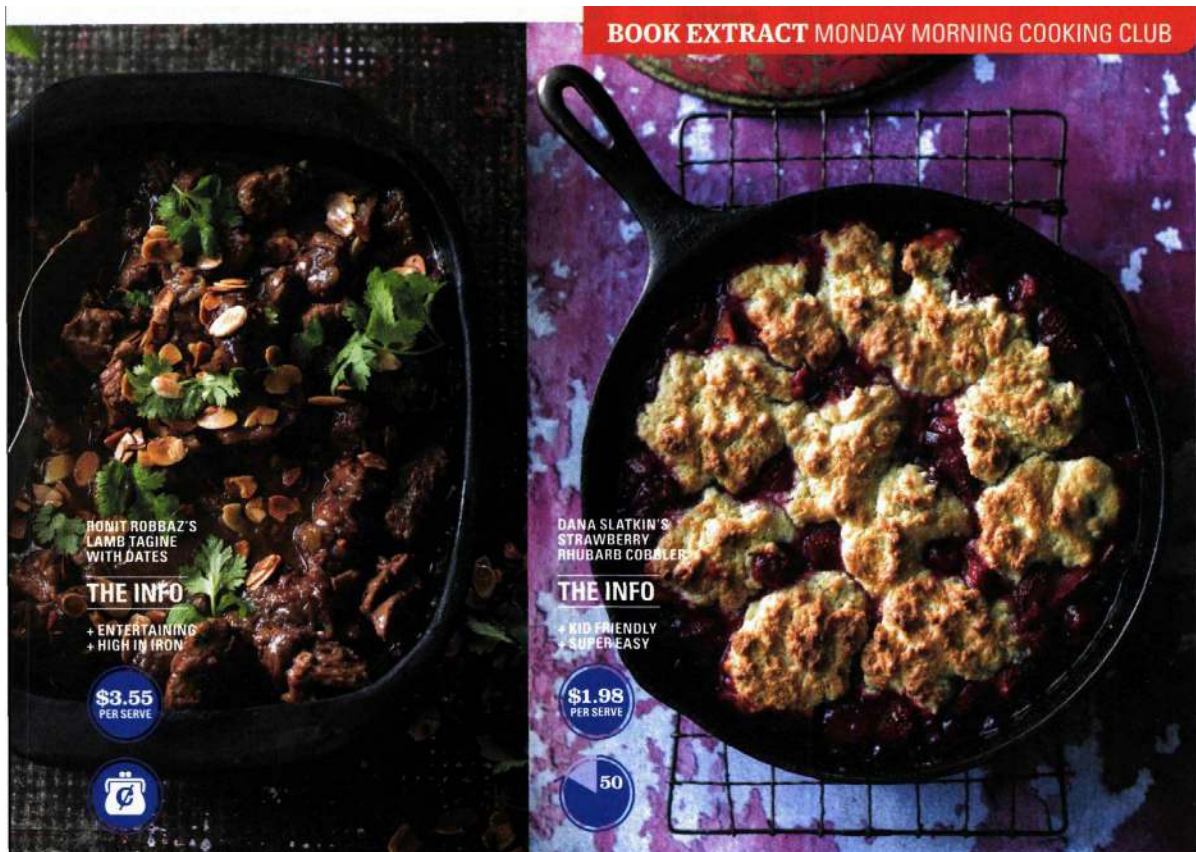
**SERVES 6**

**PREP 25 MINUTES**

**COOK 2 HOURS 40 MINUTES**

½ cup olive oil, plus 1 teaspoon extra  
2 onions, roughly chopped  
1 teaspoon ground ginger  
1 teaspoon ground cinnamon  
1 tablespoon ground cumin  
½ teaspoon ground black pepper  
1.2 kg boneless lamb shoulder, cubed  
1½ cups water or beef stock  
1 tablespoon coconut or raw sugar  
Pinch of saffron threads  
Sea salt and ground black pepper  
2 tablespoons lemon juice  
150g medjool dates, pitted, halved  
½ preserved lemon





**½ cup flaked or slivered almonds**  
**Fresh coriander and steamed couscous,**  
**to serve**

- 1 Heat oil in a large heavy-based flameproof casserole dish over medium heat. Add onion. Cook for 10 minutes or until softened. Add ginger, cinnamon, cumin and pepper. Cook, stirring, for 1 minute or until fragrant. Increase heat to high. Add lamb. Cook, tossing, until browned on all sides.
- 2 Add the water (or stock), sugar, saffron and 1 teaspoon salt. Reduce heat to low. Cover. Simmer for 2 hours, stirring occasionally to prevent the sauce sticking.
- 3 Add lemon juice. Season with pepper. Top with dates. Cover. Simmer for a further 10 minutes or until the dates are plump.
- 4 Meanwhile, rinse the preserved lemon. Remove and discard the membrane and pulp. Cut into thin strips. Add to the lamb. Mix gently. Cook for a further 15 minutes or until the lamb is fork-tender.
- 5 Heat the extra olive oil in a small frying pan over medium heat. Add almonds. Cook for 2 minutes, stirring often, until golden. Immediately transfer to a plate to prevent

almonds from burning. Sprinkle tagine with almonds and coriander. Serve with steamed couscous.  
NUTRITION: (per serve) 2371kJ; 40.1g fat; 11.2g sat fat; 38.6g protein; 13.1g carbs; 2.6g fibre; 110mg chol; 812mg sodium.

*»» Dana Slatkin: I almost became a lawyer but after working in a trattoria in Venice I fell in love with the way cooking could bring people together. That's when I knew I was destined for a career in food.*

#### **DANA SLATKIN'S STRAWBERRY RHUBARB COBBLER**

**SERVES 8**

**PREP 15 MINUTES COOK 40 MINUTES**

- 2 bunches (about 600g) rhubarb, trimmed**  
**¾ cup caster sugar**  
**1 heaped tablespoon plain flour**  
**450g strawberries, hulled, halved**  
**Vanilla ice-cream or crème fraîche, to serve**  
**Cobbler Topping**  
**1 cup plain flour**  
**2½ tablespoons caster sugar**  
**1½ teaspoons baking powder**  
**Pinch of sea salt**

**60g cold unsalted butter, cubed**  
**¼ cup milk**  
**2 tablespoons thickened cream**

- 1 Preheat oven to 200°C/180°C fan-forced. Grease an 18cm-round ovenproof frying pan.
- 2 Cut rhubarb into 1cm-thick slices. Toss with sugar and flour. Place in pan. Bake for 15 minutes or until rhubarb starts to break down and juices bubble around the edges.
- 3 **Meanwhile, make Cobbler Topping** Combine flour, sugar, baking powder and salt in a large bowl. Using your fingers, rub in the butter until coarse crumbs form. Add milk and cream, mixing until just combined and sticky (it will be quite thick).
- 4 Place the strawberries on top of the rhubarb. Drop clumps of the topping over the fruit (the fruit doesn't need to be covered with topping as it will spread during baking). Bake for 25 minutes or until the topping is golden brown and the filling is bubbling. Serve with vanilla ice-cream or crème fraîche.  
NUTRITION: (per serve) 1147kJ; 8.7g fat; 5.5g sat fat; 4.2g protein; 44.1g carbs; 3.3g fibre; 17mg chol; 172mg sodium. >





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*My mother was born in Poland but grew up and spent most of her life in Hastings, New Zealand. Our grandparents had immigrated there in 1919 and were part of the foundations of an isolated but observant Jewish community that thrived for many years. Eve's traditional upbringing placed food at the centre of her family life and cooking seemed to be so natural for her. It was in baking that she really excelled. It was her favourite pastime and she would always produce tins full of fresh biscuits. Mum passed away in 2003 and her 10 grandchildren still remember hanging off their nana's apron strings while she effortlessly made them their favourite treats. At the top of their list were her yoyos, which always truly melted in the mouth with every bite.*  
- Martin, Eve Winecier's son



This is an edited extract from *It's Always About the Food* (\$49.99, HarperCollins) by The Monday Morning Cooking Club. On sale nationally at all good bookshops.

### EVE WINECIER'S YOYOS

**MAKES 16**

**PREP 20 MINUTES (PLUS COOLING)**

**COOK 15 MINUTES**

175g unsalted butter, at room temperature

¼ cup icing sugar, sifted

¼ teaspoon vanilla extract

1½ cups plain flour, sifted

¼ cup custard powder, sifted

#### Filling

50g butter, softened

½ cup icing sugar, sifted

2 tablespoons custard powder, sifted

1 Preheat oven to 180°C/160°C fan-forced.

Line a baking tray with baking paper.

2 Using an electric mixer, beat butter and icing sugar until light and fluffy. Add vanilla, flour and custard powder. Mix gently until a dough forms. Roll teaspoons of dough into walnut-sized balls and place on prepared tray (you will need 32 balls). Flatten the top of each ball with a fork.

Bake for 12 minutes or until just golden underneath. Stand on tray for 5 minutes. Transfer to a wire rack to cool completely.

3 **Make Filling** Using an electric mixer, beat butter, icing sugar and custard powder together until smooth.

4 Place ½ teaspoon of filling on the flat side of ½ of the biscuits. Sandwich with remaining biscuits. Serve.

**NUTRITION:** (each) 767kJ; 11.6g fat;

7.6g sat fat; 1.6g protein; 18g carbs;

0.5g fibre; 21mg chol; 26mg sodium.

*My parents escaped from communist Budapest together with my adored grandmother in 1956 and headed for Adelaide. Dad was the only pastry cook in Adelaide making challah [a traditional Jewish bread]. He was also renowned for his delicious jam ring biscuits, which still remain a favourite of mine today.*

- Susie Owen, Zoli Romer's daughter

### ZOLI ROMER'S JAM RING BISCUITS

**MAKES 36**

**PREP 30 MINUTES (PLUS 30 MINUTES REFRIGERATION)**

**COOK 15 MINUTES**

**YOU'LL NEED A 4CM AND 7CM ROUND COOKIE CUTTER FOR THIS RECIPE.**

2 cups plain flour, plus extra for dusting

2 cups self-raising flour

400g unsalted butter, at room temperature

1 ¼ cups icing sugar

2 eggs, lightly beaten

1 tablespoon vanilla sugar

½ cup apricot or strawberry jam

1 Preheat oven to 180°C/160°C fan-forced.

Line a large baking tray with baking paper.

2 Using an electric mixer, beat the flours, butter, icing sugar, egg and vanilla sugar together until a dough is formed. Roll the dough into a disc and wrap in plastic wrap. Refrigerate for 30 minutes.

3 On a lightly floured surface, roll out dough until 2mm to 3mm thick. Using a 7cm round cookie cutter, cut 40 circles from dough. Using a 4cm round cookie cutter, cut out the centre of 20 of the circles to form a ring. Re-roll and cut dough trimmings to make another 16 circles and 16 rings. Place the circles and rings on prepared baking tray. Bake for 15 minutes or until pale golden. Cool biscuits on trays.

4 Spread jam on circles. Top with rings, pressing gently to secure. Serve.

**NUTRITION:** (each) 692kJ; 9.5g fat;

6.1g sat fat; 2g protein; 17.7g carbs;

0.6g fibre; 28mg chol; 59mg sodium. ■





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EVE WINECIEC'S  
YOYOS

**THE INFO**  
+ KID FRIENDLY  
+ MAKE AHEAD

**\$0.14**  
EACH



**ZOLI ROMER'S JAM  
RING BISCUITS**

**THE INFO**  
+ KID FRIENDLY  
+ MAKE AHEAD

**\$0.17**  
EACH



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