

COOKING UP A STORM

SUMMER / AUTUMN RECIPES WITH LYN CRAM



**BRAIDWOOD BUTCHERY**

**Greek Saganaki-style Lamb Loin Chops with Grilled Haloumi and Capsicum**

Serves 4

**Ingredients:**

- 8 lamb loin chops
- 1 red & 1 yellow capsicum cut into wedges
- 225g Haloumi, cut into 4 slices
- 400g punnet cherry tomatoes, halved
- Baby spinach leaves

**Marinade:**

- 1 tbsp. chopped fresh oregano (plus extra to serve)
- 2 tbsp olive oil
- 3 crushed cloves garlic
- juice 1 lemon
- Freshly ground black pepper

**Method:**

Combine marinade ingredients in small bowl with pepper. Place chops on large tray.  
Place capsicum and haloumi in large bowl, add a little of the marinade and toss to coat evenly.  
Brush remaining marinade over lamb.  
Heat BBQ to medium hot and grill lamb for 4 mins per side. Remove and allow to rest.  
Grill haloumi for 1-2 mins per side, grill capsicum wedges till char marks appear.  
Return haloumi and capsicum to the bowl and squeeze a generous amount of lemon over the lamb and vegetables. Serve with spinach leaves, tomatoes and crusty bread.

**WYNLEN HOUSE FARM**

**Cooking with Japanese Cucumber**

This season we have been growing these delicious Japanese cucumbers. They are a little dryer and have less seeds than a

European cucumber. They are delicious when cooked. Try the following recipe from Genius kitchen which I have adapted a little to my own taste.

A large Japanese cucumber, 1 chili or more if you like it hot, 5 finely sliced garlic cloves, tablespoon of light soy sauce, teaspoon of rice vinegar, 5 torn basil leaves, teaspoon of sesame oil, canola oil for frying.

Cut the cucumber in half lengthwise and then cut each half into slices about 1/4 inch thick. Heat the wok over a high flame, add the oil and add the cucumber and fry for a few minutes until the slices are a little golden. Add the chili and garlic to the wok and stir-fry adding the soy sauce as you go. Add the vinegar and mix well. Add the herbs and stir a few times, take off the heat and stir in the sesame oil and serve.

**MARJORIE LEMIN**

**Apple Cake with Maple Syrup**

A rich and very satisfying dessert cake

**Ingredients — for the cake:**

- 1 Granny Smith apple or 1/2 cup apple puree (baby food variety is fine)
- 3 large Granny Smith apples, extra
- 3 cups self-raising flour
- 1 teasp mixed spice
- 1/2 tsp nutmeg
- 2 cups sugar
- 1/2 teasp salt
- 1/2 cup (125g) firm butter
- 3 large eggs
- 1/2 cup peanut oil
- 2 teasp vanilla essence

**Ingredients — for the sauce:**

- 1 cup Canadian maple syrup
- 1/2 cup thick cream

- 50 g butter
- Good pinch salt

**Method**

Preheat the oven to 180° C  
Generously grease a babka tin (or 20cm round tin with a central funnel). Dust with flour and set aside.

If you are using fresh apple to make the puree – peel, core and chop the apple and simmer with 2 tablesp water until very soft.

Puree or fork mash & set aside  
Peel, core and dice the remaining three apples

In a bowl, mix together the flour, mixed spice, nutmeg, sugar & salt  
Rub the butter through with your fingertips until the mixture resembles fine breadcrumbs

In a separate bowl, whisk together the eggs, oil and vanilla until smooth.

Add the pureed apple and mix well.  
Using a wooden spoon, combine the flour mixture with the egg mixture, then fold in the diced apple pieces,  
Pour the batter into the prepared tin and bake for 45-50 mins or until golden and firm on top  
Remove cake from oven and allow to cool in the tin, then gently turn out.

**For the syrup:**

Mix together the maple syrup, cream, butter and salt and bring to the boil. Simmer for 2 minutes then cool slightly. Serve the syrup spooned around the cake with a scoop of vanilla ice-cream or thick cream

(from 'Bake your cake and eat it too!' by Tamara Milstein)

**MARJORIE LEMIN**

**Apple Slaw**

- 1/2 cabbage (wombok is fine)
- 2 carrots
- 2 apples
- 1 cup mint



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**Slaw:**

Slice all finely & mix together.  
(toss sliced apples in lemon juice to stop browning)

**Sauce:**

- Mix together:
- 1 tablesp Dijon mustard
- 3/4 cup mayonnaise
- Juice of 1 lemon
- 1 tablesp caster sugar

When ready to serve, pour sauce over cabbage mixture.

Toss to mix well

Sprinkle with chopped peanuts.

**ARMONDE from BEES R US**

**Jackie French's favourite baklava**

- 1 packet filo pastry
- 1 cup water
- 1 cup honey
- Juice of 2 lemons
- 250g melted butter
- 3 cups finely chopped walnuts or almonds
- 1 tsp cinnamon
- Half cup whole cloves

Mix walnuts with cinnamon. Place 2 sheets of filo on a baking tray.

Brush with butter then scatter on half a cup of walnuts. Repeat until walnuts are used up. Place a final 2 layers

of filo on top. Cut into small squares with a sharp knife. Place a whole clove downwards into each square. Bake at 200° till top is brown, about 30-40 mins.

Take out of oven and pour almost boiling syrup on at once. Leave to cool then store in a sealed container for up to a fortnight.

**Syrup**

Boil the remaining butter, honey, lemon juice and water for 5 minutes. Pour onto the Baklava straight away, or bring to the boil again before you pour it on.

**Pears in sherry and honey**

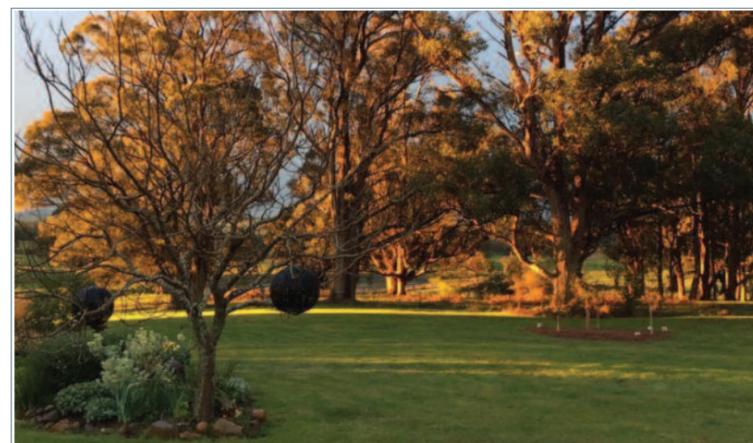
- Peel 6 pears leaving stalks
- Melt 1/2 cup honey

Add one cup of sherry, 1 clove, 1 teaspoon grated orange rind and a small piece of cinnamon stick.

Pour liquid over pears and cook in ovenproof dish with lid on.

Cook slowly until pears are soft and pink and the liquid has thickened slightly.

Serve hot or cold with cream or ice cream.



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Contact Bec and George by email at: [stay@baringa65.com.au](mailto:stay@baringa65.com.au)