



Cooking

My Favourite Recipes

Want to know two of my favourite meals I like to prepare for residents?

A sure winner is my Moroccan Lamb—tender lamb, slowly cooked with a delicious combination of garlic, lemon, spices and fresh herbs, served with sautéed leeks and mashed potato. A side of buttered green beans is a fantastic compliment with this dish. I never receive a complaint about my Moroccan Lamb.

My second favourite is a sweet, and it's a hit at morning teatime. Deliciously gooey dark chocolate brownies using my own top secret recipe! If you're feeling extra naughty you can add cherries, white chocolate, orange or walnuts. Every time I make these not a crumb comes back.

Emily, Chef at
Bowral House

"A side of buttered green beans goes fantastically with this dish. I never receive a complaint about my Moroccan Lamb."



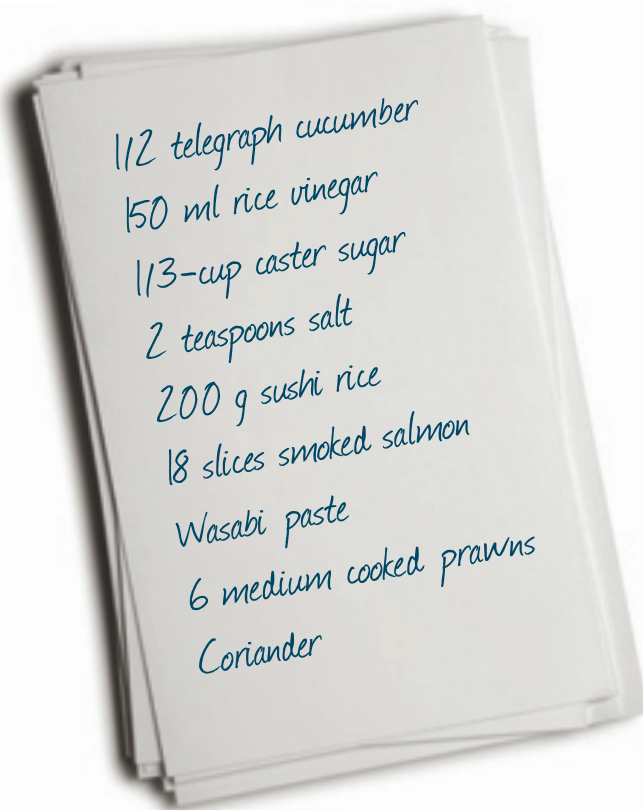
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Sushi Timbales

A Favourite Recipe of the Director of Nursing

This is a very impressive and delicious entrée, which can be made the day ahead. Timbales are $\frac{3}{4}$ cup bowl shaped ramekins.



Line timbales with plastic cling wrap. Grease first with olive oil. Place vinegar, sugar and salt in a saucepan over medium heat. Stir for 1-2 minutes until sugar is dissolved.

Cook rice – 200g of sushi rice with 300 ml of water for 15 minutes. Let cool for 10 minutes and then place on a plastic tray. Spread over tray and sprinkle half the vinegar mixture over rice.

Line timbales with salmon. It doesn't matter if it hangs over sides. Just fold over at end (as this is the bottom).

Fill half the timbale with rice. Add prawn with wasabi then rest of rice. Refrigerate.

TO SERVE:

Remove from timbales. They come out easily. Decorate with coriander leaves, extra prawns (if you like) and cucumber.

Sprinkle with remainder of vinegar mixture. Note: Cucumber should be deseeded and cut into fine strips with a potato peeler.

Barrie, Chef
Wahroonga Nursing Home

