

# BANKSTOWN Bites

## RECIPE BOOK

FOOD FESTIVAL



**CELEBRITY CHEFS**

Adrian Richardson  
Alvin Quah



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# Ricotta Cheese Gnocchi, with Buttered Peas, Mint and Parmesan Cheese

**Adrian Richardson**

**Serves 4**

A nice variation is to fry a little garlic in oil and add some freshly chopped ripe tomatoes and some basil, stir for a few minutes, and add the cooked gnocchi.

In this recipe, I have used 150 grams of flour. Depending on the ricotta, you may need more flour or hopefully less (the less flour the lighter and tastier the gnocchi).

## Ingredients

- 500g fresh ricotta cheese
- 150g fresh grated Parmesan cheese
- 1 egg, beaten
- 150g plain flour, sifted
- Pinch salt
- Pinch ground white pepper
- 100g flour for dusting



## Method

1. Mash the ricotta with a fork. Add the egg, flour, Parmesan, and a pinch of salt and pepper.
2. Using a fork, then your hands, mix until dough forms, the mixture will be very soft, so be very gentle.
3. On a flour dusted bench, roll into logs the diameter of a 10-cent piece, then cut into 2cm knobs.
4. To cook the gnocchi, gently place into salted boiling water. Stir very gently with a wooden spoon. When the gnocchi rise to the surface (approximately 1-2 minutes), they are cooked.
5. Serve with freshly grated Parmesan.

## Here is a great way to serve your Ricotta Cheese Gnocchi

- ¼ cup extra virgin olive oil
  - 4 cloves garlic, crushed
  - 1 onion, finely diced
  - 1 cup peas
  - 1 cup asparagus, sliced
  - 1 cup zucchini, diced
  - 1 cup broad beans, outer skin removed
  - 1 bunch picked mint leaves
  - 1 bunch picked basil leaves
  - 1 bunch roughly chopped parsley
  - 200g Parmesan cheese
1. In a large pan, add the olive oil, garlic and onion. Sauté over medium heat for 4-5 minutes until soft.
  2. Add your green vegetables and stir for 2 minutes, then add your uncooked gnocchi to the boiling water and cook as per packet instructions.
  3. When your gnocchi is cooked, add to the pan and add the herbs.
  4. Season with salt and pepper and serve with grated Parmesan.

NB: you can substitute any of the green vegetables for spinach.



# Duck San Choy Bao

**Alvin Quah**

Makes 20 canapes



## Ingredients

- 2 tbsp peanut oil
- 7 red Asian shallots, finely chopped
- 4 cloves garlic, finely chopped
- 2cm young ginger, finely chopped
- 2 coriander roots, finely chopped
- ¼ cup sesame seeds
- 500g minced duck
- ½ cup Shaoxing wine
- 2 tbsp fish sauce
- 1 tbsp tamarind puree
- 2 tbsp hoisin sauce
- 3 kaffir lime leaves, finely shredded
- ½ cup raw peanuts, deep fried and finely chopped
- 1 bird's eye chilli, deseeded and finely sliced
- 20 mint leaves, finely shredded
- 20 witlof leaves





## Method

1. Heat the peanut oil in a wok and fry shallots, garlic, ginger, coriander roots and sesame seeds until they start to colour.
2. Add the duck and continue cooking for another minute and then add Shaoxing wine, stirring constantly to prevent the meat from clumping.
3. Add fish sauce, tamarind puree and hoisin sauce and cook for another 3 minutes.
4. Stir in the kaffir lime leaves, peanuts, chilli and mint then remove from the heat.
5. Allow to cool slightly before spooning portions into individual witlof leaves.









# Handmade Seafood Fettuccini, with Salmon, Prawns, Mussel's, Chilli and Garlic

**Adrian Richardson**



## Ingredients

- 500g plain flour, sifted
- 5 eggs (55g)
- Salt and pepper to taste





## Seafood sauce

- ¼ cup olive oil
- 1 tsp sliced chilli (add as much as you like)
- 4 cloves chopped garlic
- 8 large raw prawns, shelled and deveined
- 100g calamari rings
- 500g mussels, scrubbed and debearded
- 100g scallops, deveined
- 100g large, diced fish, bones removed, diced in 2cm pieces
- ½ cup chopped continental parsley
- Salt and pepper

## Method

1. Mix all ingredients and kneed by hand or in a mixer with the dough hook attached, roll out as desired.
2. Place a large pot filled with water on the stove and bring to the boil.
3. In a large fry pan on medium heat, add the oil, chili, and garlic.
4. Stir for a few minutes until fragrant and golden.
5. Add the prawns, calamari, scallops and fish and sauté on high heat for two to three minutes.
6. Add the mussels and cover with a lid, this will help to cook the mussels and bring out the juices.
7. Add the pasta to the boiling salted water, stirring constantly.
8. When the pasta is cooked, strain and place into the pan and toss well.
9. Add parsley and season.
10. Serve.





# Nasi Goreng with XO Sauce

Alvin Quah

Serves 4-6

## Ingredients

### XO Sauce – makes 1 cup

- 2 cups vegetable oil
- 1 medium-sized brown onion, finely diced
- 10 garlic cloves, finely diced
- ½ cup dried shrimp, soaked in water for 20 minutes then drained and finely diced
- 1½ cup dried red chilli
- 4 large red chillies, deseeded and finely diced
- ½ cup finely chopped jamon (Spanish prosciutto)
- 1 tsp salt
- 2 tsp sugar

### Topping:

- 1 fried egg
- 1 tbsp coriander leaves
- 1 large red chilli, sliced

## Nasi Goreng

- 2 tbsp vegetable oil
- 1 tbsp minced garlic
- 1 tbsp minced ginger
- 1 onion, finely diced
- 2 birds eye chilli, finely sliced
- 4 coriander roots, finely chopped
- 2 tbsp dried shrimp, soaked for 20 minutes in cold water then drained
- 4 tbsp XO sauce
- 2 Asian sausages (lup cheong), sliced
- 3 eggs, lightly beaten
- 200g green prawns, shelled, deveined, head discarded
- 100g green beans, thinly sliced
- 5 fresh shitake mushrooms, finely diced
- 2 cups cooked rice, cooled in the fridge for at least 2 hours
- 3 tbsp thick soy sauce
- 2 tbsp light soy sauce
- 1 tbsp fish sauce



## Method

### XO sauce

1. Heat  $\frac{1}{2}$  cup of oil in a wok over high heat until it starts to smoke. Add the onion, garlic and dried shrimp and cook for 1 minute, stirring constantly to prevent the mixture from colouring.
2. Add remaining oil, chillies and jamon. Reduce heat to medium-high, then cook for 15 minutes, stirring constantly.
3. In the last couple of minutes, add the salt and sugar. Remove from heat and transfer to sterilised bottles, reserving 2 tbsp of oil.

### Nasi Goreng

1. Return wok with oil to stove top over high heat. When oil starts to smoke, sauté garlic, ginger, onion, chilli and coriander roots for 2 minutes or until fragrant.
2. Add dried shrimp and cook for another 1 minute. Add XO sauce and lup cheong and cook for 1 minute.
3. Pour beaten eggs and spread mixture around the wok to ensure a thin layer of egg mix. Cook for 2 minutes then agitate with a wooden spoon to break the omelette.
4. Add prawns, beans, and shitake mushrooms then cook for another minute.
5. Add cooked rice and mix to combine. Cook for another 3 minutes. Stir in the sauces.
6. Serve on a plate and top with a fried egg, coriander leaves and sliced red chilli.



# Pan Seared Barramundi with Seafood and Saffron (or Murray Cod)

**Adrian Richardson**

Serves 2. Time 30 minutes



## Ingredients

- 2 x 250g Barramundi fish fillets, skin on
- 3 shallots, finely chopped
- 300g mussels, beards removed
- ¾ cup white wine
- Salt and pepper
- 4 tbsp extra virgin olive oil
- 250g fresh scallops
- 12 oysters in shell
- 250g prawns
- 150g butter
- 1 tbsp Noilly Pratt
- 1 hand full of snow peas, sliced
- 1 bunch asparagus, sliced
- 1 bunch dill
- 1 bunch chives
- 1 bunch chervil



## Method

1. Put the mussels into a large pot with one of the chopped shallots and  $\frac{1}{2}$  cup of white wine on medium-high heat. Cook until the shells open and transfer to a bowl. Once cooled, take the mussels out of their shells.
2. In a hot pan over medium-high heat, add half the extra virgin olive oil and seasoned Barramundi, skin side down. Cook until the skin is crispy and turn over to the other side until meat is almost cooked through. Remove from the pan.
3. In the pan, add the remaining olive oil, remaining two shallots, butter and prawns and cook over medium heat for a minute. Add the remaining  $\frac{1}{4}$  cup of white wine and the Noilly Pratt to the pan and allow the prawns to poach in the liquid. Add the asparagus and snow peas to the pan and stir through.
4. Add the scallops at the last minute to the pan as they cook quickly, then toss through the mussels and oysters. Add the Barramundi to the pan to heat up and absorb the sauce. Take out of the pan and add to a plate to rest.
5. Add in the remaining herbs to the pan, stir through until combined and transfer to the plate with the Barramundi.



# Prosperity Salad

**Alvin Quah**

Serves 6-8 as part of shared meal



## Ingredients

### Pickled vegetables

- ½ cup of finely shredded red cabbage
- ½ cup of celery, sliced into thin strips
- 2 tsp salt
- 2 tsp sugar

### Dressing

- ¼ cup plum sauce
- 1 tbsp vinegar
- 1 ½ tbsp honey
- 2 tsp golden syrup
- Juice of half a lemon

## Salad

- 1 ½ cup Asian vermicelli, cooked as per manufacturer's instructions then refreshed in cold water
- ½ cup finely shredded carrots
- ½ cup finely shredded daikon
- ½ cup finely shredded Asian cabbage (wombok)
- 5-10 string beans, finely sliced (diagonally)
- ½ cup red capsicum, finely sliced
- ½ cup yellow capsicum, finely sliced
- 2 radishes, sliced into thin circular shapes
- ¼ cup pomelo
- ¼ cup wonton skins, cut into 2-3cm squares and fried until golden
- ¼ cup peanuts, roasted and crushed
- ¼ cup coriander, roughly chopped
- 1 ½ tbsp sesame seeds, lightly toasted
- ½ cup salmon pieces (sashimi grade), sliced into strips

## Method

1. In a small bowl, add red cabbage and 1 tsp each of salt and sugar. Gently massage the mixture with your hands and allow to stand for 20 minutes. At the end of the 20 minutes, squeeze out and discard excess liquid and set cabbage aside. Repeat the same process to pickle the celery.
2. For the dressing, whisk ingredients in a bowl until well combined.
3. Place noodles on a large plate. Arrange vegetables on top of noodles then sprinkle pomelo, wonton, peanuts, coriander and sesame seeds.
4. Top with salmon pieces then pour dressing over the salad and toss.



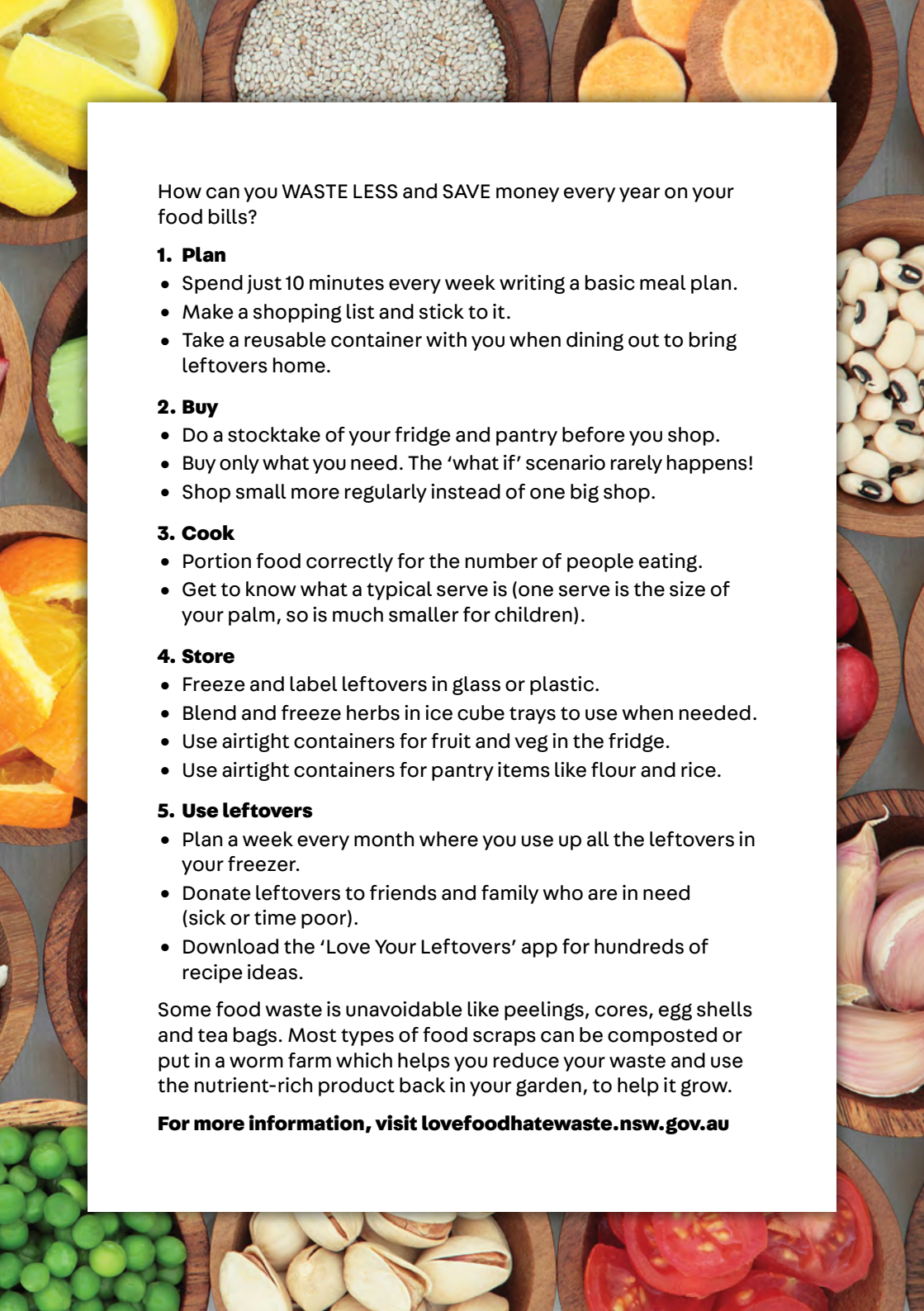




**The average household throws away more than \$1,000 in wasted food every year.**

Producing food uses a lot of resources like water, fertiliser and energy. Food is such a precious thing, so why throw it away? When food goes to landfill, the rotting process generates greenhouse gases which are harmful to the atmosphere.

CBCity is a very culturally diverse community and, in most cultures, food is used to show love and respect to other people. By showing the same love and respect to the food you buy, you will save money and help the planet.



How can you WASTE LESS and SAVE money every year on your food bills?

### **1. Plan**

- Spend just 10 minutes every week writing a basic meal plan.
- Make a shopping list and stick to it.
- Take a reusable container with you when dining out to bring leftovers home.

### **2. Buy**

- Do a stocktake of your fridge and pantry before you shop.
- Buy only what you need. The 'what if' scenario rarely happens!
- Shop small more regularly instead of one big shop.

### **3. Cook**

- Portion food correctly for the number of people eating.
- Get to know what a typical serve is (one serve is the size of your palm, so is much smaller for children).

### **4. Store**

- Freeze and label leftovers in glass or plastic.
- Blend and freeze herbs in ice cube trays to use when needed.
- Use airtight containers for fruit and veg in the fridge.
- Use airtight containers for pantry items like flour and rice.

### **5. Use leftovers**

- Plan a week every month where you use up all the leftovers in your freezer.
- Donate leftovers to friends and family who are in need (sick or time poor).
- Download the 'Love Your Leftovers' app for hundreds of recipe ideas.

Some food waste is unavoidable like peelings, cores, egg shells and tea bags. Most types of food scraps can be composted or put in a worm farm which helps you reduce your waste and use the nutrient-rich product back in your garden, to help it grow.

**For more information, visit [lovefoodhatewaste.nsw.gov.au](http://lovefoodhatewaste.nsw.gov.au)**

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