COOKBOOK · 109 RECIPES FROM 23 COUNTRIES

Flavors of Asia and the Pacific

From Japan to New Zealand









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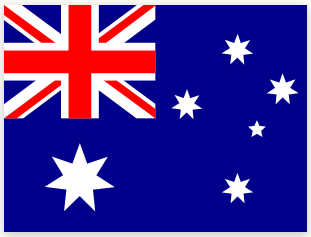
INSIDE THIS BOOK

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Every recipe here is written for an ordinary home kitchen, in large print, with the story of the dish. Measures are as cooks in each country use them; taste as you go.

Tick the ingredients as you shop: every list has boxes.

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AUSTRALIA AND NEW ZEALAND

Australia

Australians usually eat three meals a day: breakfast, lunch and dinner, with a morning or afternoon tea break for many. Everyday food has British roots, such as meat pies, roasts and fish and chips, but waves of migrants brought Italian, Greek, Lebanese, Vietnamese, Chinese and Indian cooking, and good espresso coffee is found in almost every town. The warm climate makes outdoor eating popular, from a backyard barbecue with friends to a sausage sizzle outside the hardware shop. Aboriginal peoples have eaten native foods, from seeds and nuts to fish and game, for tens of thousands of years, and the macadamia nut is a native Australian plant. Some favourite sweets, such as pavlova and Anzac biscuits, are loved on both sides of the Tasman Sea, and Australians and New Zealanders still argue, in a friendly way, about who made them first.



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AUSTRALIA · MAIN

Meat pie

SERVES 6 2 H 30 MIN ALL OVER AUSTRALIA

A hand-sized pie of minced or diced beef in thick gravy, with a shortcrust base and often a flaky top. It is eaten hot, straight from the hand, usually with tomato sauce squeezed on top.

You need

- [ ] 2 sheets ready-made shortcrust pastry and 2 sheets puff pastry (or pastry for a 23 cm pie dish)
- [ ] 750 g beef chuck steak, cut into small cubes, or beef mince
- [ ] 1 large onion, finely chopped
- [ ] 2 tablespoons plain flour
- [ ] 2 tablespoons oil
- [ ] 500 ml beef stock
- [ ] 2 tablespoons tomato sauce (ketchup), plus extra to serve
- [ ] 1 tablespoon Worcestershire sauce
- [ ] Salt and pepper
- [ ] 1 egg, beaten, to glaze

Method

1. Heat the oil in a large pan and brown the beef in batches. Add the onion and cook until soft.
2. Stir in the flour, then slowly add the stock, tomato sauce and Worcestershire sauce. Cover and simmer gently for about 1 hour 15 minutes (30 minutes if using mince), stirring now and then, until the meat is tender and the gravy is thick. Season, then cool the filling quickly (spread it in a shallow dish) and put it in the fridge within 2 hours. It keeps there for up to 2 days.
3. Heat the oven to 200 °C. Line a greased pie dish (or 6 small pie tins) with shortcrust pastry, fill with the cold meat, and cover with puff pastry. Press the edges to seal and cut a small slit in the top.
4. Brush with beaten egg and bake for 25 to 30 minutes (35 to 40 minutes for one large pie), until golden and the filling is piping hot.
5. Rest for 5 minutes, as the filling is very hot, and serve with tomato sauce.

Did you know? The meat pie has been described as Australia's national dish, and it is the classic snack at a football match. Food rules say a commercial meat pie must be at least 25 percent meat.