

## SARA RECIPE EXAMPLES

These recipes are provided as examples of tried and true hash house recipes. Feel free to adapt or to use your own favourite recipes. This list will be continuously updated. A few guidelines for cooking and freezing buckets of food are also provided.

1. Before you cook your food, contact the Event Coordinator to make sure you'll be able to drop your food off at the freezer or have it picked up on the day it is cooked.
2. When choosing what to cook you will be coordinating with the other bucket cookers for the event. It is often good to have 2 buckets of the same dish, rather than lots of single buckets. So, if you're just cooking one bucket, it might be good to make sure someone else is cooking another bucket from the same recipe.
3. A balance of vegetarian and meat-containing dishes is needed for each event. It's often simplest to make all soups vegetarian, and then have a mix of meaty and non-meaty mains. The HH coordinator will help with assignment of dishes.
4. Please do your best to make your dish gluten-free. Often this is a simple matter of choosing a gluten-free stock and not including flour or other ingredients that include gluten. Please also avoid using nuts in your dishes.
5. All dishes should have a detailed ingredients list (include brand names of stock etc) included on the lid of the bucket and emailed to the Event and HH coordinators.
6. When filling buckets, leave a gap of 10cm at the top to allow for expansion during freezing

### Tarnya's Tomato Red Lentil Soup

(Filled to 9 Lt mark in a 10 Lt Bucket)

Ingredients List

7 Lts of Vegetable Stock using Massell Brand Stock powder –  
2 Teaspoons powder makes 1 Litre of stock. (no MSG, Gluten Free)  
24 Large Carrots sliced thinly  
8 large Onions roughly chopped  
20 Teaspoons ground cumin powder  
32 cloves of crushed garlic (or ready made jar)  
4 – 5 cans of crushed Tomatoes 800gm (use your judgment)  
4 sticks of celery (not absolutely compulsory)  
6 cups of red washed lentils (1.5kg) do not soak but do wash.  
16 Tablespoons of Tomato paste. Fresh Coriander and parsley to garnish.

Of course you may need to distribute evenly across 2 x 5 litre pots

## METHOD

1. Using some of the vegetable stock, sauté carrots, onions, cumin, garlic, tomato paste and celery. It's important to ensure the carrots are thinly sliced as if they take longer than 20 mins to cook the red lentils will be cooked and stick on the bottom of your pot. You will then be in danger of burning the lentil. (100 Litres later – and experience tells me to chop carrots finely!)
2. Cook stirring until onions and carrots are softer.
3. Stir in washed lentils.
4. Pour in remaining vegetable stock. (I suggest you boil the kettle and simply pour in 7 litres of hot water and add 14 teaspoons of Massell stock powder)
5. Pour in 4 x 800gm Cans chopped tomatoes. Leave the 5<sup>th</sup> can out and see if you need it.
6. Cover and simmer for 15 mins. It only takes 15 mins to cook the lentils before they stick on the bottom of your pot. So make sure your carrots can cook in this amount of time...

### Speedy Minestrone (1 bucket)

- 150g butter
- 5 onions, sliced
- 5 cloves garlic, crushed
- 5 sticks of celery, chopped
- 5 carrots, chopped
- 5 x 425g cans crushed tomatoes
- 5 x 310g cans red kidney beans, drained
- 4 litres of water
- 5 teaspoons gluten-free vegetable stock powder (Vegeta Gourmet Stock is one gluten free brand)
- 2 cups of small pasta shapes

Heat butter in large saucepan, add onion and garlic, stir over medium heat for about 2 mins until onion is soft. Add celery and carrot, stir over heat further 2 mins. Stir in undrained crushed tomatoes, beans, water, vegetable stock and pasta. Bring to boil, reduce heat, cover, simmer for 30 mins.

Serves 30

## BOLOGNESE SAUCE (Katherine Wilde's recipe)

(makes 4 short tubs)

### Ingredients

10kg premium beef mince (spend the \$ on the lean stuff)  
20 carrots – chopped fairly finely  
20 medium brown onions – chopped  
20 celery sticks – chopped or shredded in food processor  
2 knobs of garlic (about 20 cloves)  
10 roma tomatoes  
1kg mushrooms – chopped  
2kg tomato paste  
1 catering sized tin (I think they are 2.9kg each) of diced tomatoes  
Olive oil  
Spices  
Holbrooks Worcestershire sauce - a very generous splash  
Vegemite – about 2 large tablespoons  
Beef stock cubes x 10 (gluten free)  
Basil – a whole bag (7g I think from Woolies)  
Oregano – as for basil  
Cayenne pepper – about a level teaspoon  
Fresh ground black pepper – to your taste  
Mustard powder – about a teaspoon  
Rosemary – a few teaspoons  
Red Wine – about 500mL or more  
A wave of cinnamon – not too much!!!! Can be very bad if too much

### Method

Fry onion in olive oil until it is clear. Add carrots, celery, and garlic and continue frying. Separately cook beef mince in a little olive oil, then combine with onion, carrot, celery and garlic. Now add the roma tomatoes, mushrooms, tomato paste and tinned tomatoes and stir through.

Now add the spices, tasting as you go to figure out if you've got it right.

Simmer for two hours. Best if not eaten same day as it's made.

## BEEF ROGAN JOSH

420 gr ghee  
28 green cardamon  
7x2.5cm stick cinnamon  
28 cloves  
14 cups chopped onion  
7 tbsp combined ginger & garlic paste  
14 tsbsp coriander powder  
3 tsp red chilli powder  
7 tbsp sweet paprika powder  
3.5 tsp nutmeg powder  
7 cups chopped ripe tomatoes (or canned chopped tomatoes)  
3.5 cups yoghurt  
7 kg beef cut into small pieces  
Salt, to taste

Fresh coriander to garnish `

### Preparation

Heat ghee in a deep heavy-based frying pan. Add whole spices, then fry onions until golden brown. Add ginger and garlic. After a few minutes, add the powdered spices with the tomato and yoghurt. Cook until the ghee separates from the masala mix, adding water if required. Cover the pot and allow to simmer for an hour, until the beef is tender. Garnish with chopped green coriander before serving.

## Spicy chickpea and vegetable soup/stew

6 tablespoons oil  
3 medium onions, chopped  
3 cloves garlic, crushed  
3 tablespoons curry powder  
3 teaspoons ground cumin  
1 ½ teaspoon ground cardamom  
¾ teaspoon ground nutmeg  
Pinch ground alispice  
3 small fresh red chilli, finely chopped  
3 tablespoons finely chopped fresh ginger

6 cups water  
3 large gluten free vegetable stock cubes, crumble  
6 medium carrots, chopped  
6 mediums potatoes, chopped

1 ½ small cauliflowers, chopped  
750g kilo green beans, chopped  
3 medium apples, peeled, chopped  
3 425g-cans of chickpeas, drained  
3 200g-cartons of plain yoghurt  
3 tablespoons chopped fresh coriander

Preparation:

Heat oil in large saucepan, add onion, stir over medium heat for about 2 minutes (or microwave on HIGH for about 3 minutes) or until onion is soft.

Add garlic, curry powder, spices, chilli and ginger, stir over medium heat for 1 minute (or microwave on HIGH for 1 minute).

Remove from heat, gradually stir in combined water and stock cube, stir over high heat (or microwave on HIGH) until mixture boils.

Add carrots, potatoes, cauliflower and beans, cover, simmer for about 10 minutes (or microwave on HIGH for about 8 minutes) or until vegetables are tender.

Add apple, chickpeas, yoghurt and coriander, stir over medium heat until heated through.

#### Thai Style Red Curry Pumpkin Soup

8 litres (10Kg bucket)

- 3 tablespoons vegetable Oil
- 4 Brown Onions
- 8 teaspoons Red Curry Paste (gluten free)
- 12 cups gluten free Vegetable Stock
- 5.5 Kgs Butternut pumpkin, peeled, seeded, coarsely chopped
- 8 Kaffir lime leaves
- 4 cups (1 litre) Coconut Milk
- Coriander leaves to garnish

Heat oil in a large pan over medium heat.

Add the onion and cook, stirring, for 3 minutes or until soft.

Add the curry paste and cook, stirring, for 30 seconds or until aromatic.

Stir in the stock and bring to the boil. Add the pumpkin and lime leaves. Cover and cook for 30 minutes or until the pumpkin is tender. Transfer portions of the pumpkin soup to a blender and blend until smooth or blend with a stick blender.

Store and freeze until required.

On the day: Thaw and heat through. Add coconut milk over a low heat and serve. Top with coriander if desired.

## ROASTED VEGETABLE PASTA SAUCE (Sally Caston)

7 large yellow capsicums, diced  
15 large eggplant, diced  
5x 350ml jar of green pitted olives  
4x 150ml jar of capers  
15 onions, diced roughly  
15 cloves of garlic crushed  
1 litre of olive oil  
1/2 cup of caster sugar  
12x 800ml diced tinned tomatoes

Roast capsicums, eggplant, onions and the garlic. Mix well with oil. Cook until roasted to your liking. Upon veg being roasted, combine remaining ingredients and simmer down to a thick tomato based sauce.

Makes x2 buckets

### **Vege Patties (x 100)**

8 cans (710g) of 3-4 bean mix  
8 teaspoons of fresh garlic  
8 cups of chopped parsley  
16 eggs  
8 tablespoons of tomato paste  
8 cups of quick oats  
8 grated carrots  
8 teaspoons mixed herbs  
7 packets of dried vegetable soup (gluten-free)

Mix all ingredients together – form into patties and cook on barbecue.

### **MASSAMAN BEEF CURRY** (1 bucket – 10 litres) (from 200 Curries, Sunil Vijayakar, publisher Hamlyn)

#### **Gluten free**

3.5 stewing beef or chuck steak  
2 litres Massel beef stock (4 generous tsp)  
4 tsp cardamom pods  
12 cloves  
10 star anise (or 1 x 12g packet)  
4 tbsp grated palm sugar (or 4 cubes)  
½ cup fish sauce (8 tbsp)  
8 tbsp tamarind paste  
2.4 litres coconut milk (6 x 400ml cans)  
1 x 210g Thai red curry paste jar (Valcom)  
4 tsp minced lemon grass (or 8 bruised stalks)  
60 small golden shallots – peeled (~500g)  
8 potatoes –peeled and diced  
1½ large butternut pumpkins – peeled and diced

**Place** in large (7 litre), heavy-based saucepan the stock, cardamom, cloves, star anise, palm sugar, fish sauce, half the tamarind paste (4 tbsp) and half the coconut milk (1.5L). Cut the beef into bite-sized pieces and remove most fat. Place beef in the saucepan – it should almost fill the saucepan. Bring to the boil, simmer gently for 1 hour with lid off, then a further 1 hour with the lid on, stirring occasionally. (Because it also simmers at the roagine, you could try skipping the 1 hour with the lid on step.)

**Strain** the beef over a large bowl, reserving the liquid. Remove all the spices. Refrigerate the beef in the SARA bucket. Return the saucepan to a medium heat and add the curry paste and remaining coconut milk (1.5L). Bring to the boil and add the remaining tamarind (4 tbsp).

**Add** the lemon grass, potatoes, shallots and as much reserved liquid as you can fit in the saucepan (leaving some room for the addition of the pumpkin). Simmer, uncovered, for 20-25 minutes - add the pumpkin after 10-15 minutes.

**Add** the saucepan's contents to the beef in the bucket and gently mix it all together.

#### SAUCY CHICKEN AND BACON CASSEROLE

11 large chicken breasts

2 tablespoons olive oil

Bit of butter/marg

3 cloves garlic

10 rashers bacon (or 15-20 rindless short-cut bacon rashers – most fat is pre-removed)

6 leeks

1 bunch spring onions

1kg mushrooms

5 x 400g can chopped tomatoes

4 x 440g can cream of chicken soup (gluten free)

2 cups white wine

10 tablespoons sweet chilli sauce \*

4 tablespoon Worcestershire sauce \* (gluten free)

2 tablespoons soy sauce \* (gluten free)

\* I use somewhere around these quantities, but do a taste test and adjust accordingly! I tend to be heavy handed with the sweet chilli sauce and Worcestershire sauce.

Cut chicken fillets into pieces and fry, in batches, in olive oil. Cook until light golden brown and remove from pan.

Heat butter in pan, add crushed garlic, sliced leeks, sliced spring onions and sliced mushrooms. Cook until mushrooms are soft and leek has broken down.

While this is happening, I microwave the chopped bacon for somewhere around 1 minute on high, so excess fat can be drained off.

Add chicken, together with cooked bacon, undrained tomatoes, undiluted soup, wine and sauces, to the pan and mix well. Can cover and cook for 40 minutes in an ovenproof dish in a

moderate oven to make the chicken more tender – or if tight for time (which is what I normally am), just serve!

Serve with rice.