

# Spring recipes



# About Karen

I'm Karen McFarlane and my Food Love has been with me for as long as I can remember. I grew up on a farm in Victoria where my next door neighbour was a ten minute bike ride away. It was a very serene place to grow up, and I know how fortunate I was to have such a childhood where we grew our vegetables, milked our cows, collected fresh eggs and picked fruit to bake in pies on the weekend. My Mum is an amazing baker and I have the fondest memories of helping her to bake our family favourites most Sunday afternoons, just as the sun started dipping below the front veranda.



Growing up, I would often take over Mum's kitchen to cook up something different to our usual Mediterranean menu. I remember cooking many things from the Australian Women's Weekly Chinese cookbook and trying to perfect Margaret Fulton's meat pie.

The kitchen was where I loved to be, and it still is. These days, my Food Love has grown to include recipe writing, food photography and food styling. When I'm not in the kitchen, I also tend to my veggie garden at home, as well as growing and harvesting produce from our family farm.

After working for several years in the media industry, I left my job to raise my three young children and open the door to my foodie future. I now work as a Food Stylist and have been involved with magazines, MasterChef, the Melbourne Food and Wine Festival and now Falcon Australia. In my spare time I also develop, style and photograph recipes for my website [foodlove.com.au](http://foodlove.com.au).

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*All recipes, food Styling and photography by Karen McFarlane, [foodlove.com.au](http://foodlove.com.au)*



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# NEXUS

## 90cm & 110cm

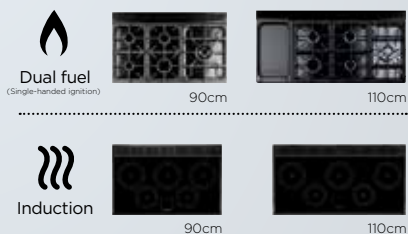


*Available in dual fuel & induction*

### KEY FEATURES

- 2 Ovens: Main programmable multifunction oven (LH) and fan oven (tall on 90 models) (RH)
- Handyrack (LH)
- Separate deluxe Glide-Out Grill™ with 4-way trivet (dual-circuit)
- Door-width towel rails
- Premium Hi-Fi-style precision rotary controls
- 90 Models:
  - Gas hob with 5 burners, including a multi-ring burner, a wok cradle and a non-stick griddle
  - Induction hob with 5 cooking zones
- 110 Models:
  - Gas hob with 5 burners, including a multi-ring burner, a wok cradle, multi-zone with 2 ceramic zones and a non-stick griddle
  - Induction hob with 5 cooking zones
  - Bread proving/storage drawer

### HOB OPTIONS



- Black    ■ Stainless Steel
  - White   ■ Slate
- Trim: Brushed Chrome

# PROFESSIONAL+

## 90cm & 110cm

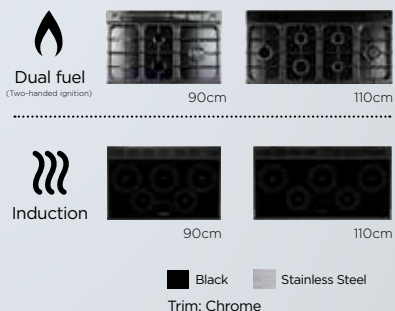


*Available in dual fuel & induction*

### KEY FEATURES

- 2 Ovens:
  - 90 Models: Both fan ovens with main oven programmable (LH)
  - 110 Models: Main conventional oven (LH) and programmable fan oven (RH)
- Handyrack (LH)
- Separate Glide-Out Grill™ with 2-way trivet (dual-circuit)
- Door-width towel rails
- 90 Models:
  - Gas hob with 5 burners, including a multi-ring burner, a wok cradle and a non-stick griddle
  - Induction hob with 5 cooking zones
- 110 Models:
  - Gas hob with 6 burners, including a multi-ring burner, a wok cradle and a non-stick griddle
  - Induction hob with 5 cooking zones
  - Storage drawer

### HOB OPTIONS



# PROFESSIONAL+FX

100cm



*Available in dual fuel*

## KEY FEATURES

- 2 Multifunction ovens
- Main oven programmable (LH)
- Integrated grill with 2-way trivet and deep grill pan
- Gas hob with 5 burners, including a multi-ring burner, a wok cradle and a non-stick griddle
- Full cooker width storage drawer
- Door width towel rails

## HOB OPTIONS



**Dual fuel**  
(Single-handed ignition)



100cm



Black



Stainless Steel

Trim: Chrome



# PROFESSIONAL+FX/FXP

90cm



*Available in dual fuel*

## KEY FEATURES

- One large single cavity multifunction oven with twin fans
- Energy Saving Panel (E.S.P) to create a smaller multifunction oven (RH)
- Selection of shelves and trays for single or smaller oven provided
- Programmable oven in large or divided mode (with E.S.P. inserted)
- Integrated grill with 2-way trivet
- Gas hob with 5 burners, including a multi-ring burner, a wok cradle and a non-stick Teppanyaki griddle
- Full cooker width storage drawer
- Full door width towel rail
- Pyrolytic cleaning (FXP model only)

## HOB OPTIONS



**Dual fuel**

(FX- Two-handed ignition)  
(FXP- Single-handed ignition)

90cm



Black



Stainless Steel

Trim: Chrome

## ENERGY SAVING PANEL

Our revolutionary Professional+ FX/FXP range cookers feature a unique energy saving panel (E.S.P) that allows you to split the oven in half - creating a truly flexible appliance, offering the best of both worlds. The 114 cubic litre (full capacity) oven is ideal for large family dinners, but it can be transformed quickly and easily into a compact, economical single oven for smaller meals.

# CLASSIC DELUXE

90cm & 110cm



*Available in dual fuel*

## KEY FEATURES

- 2 Ovens: Main programmable multifunction oven (LH) and fan oven (tall oven on 90 models) (RH)
- Handyrack (LH)
- Rapid Response™ heats up 30% faster than fan oven
- Separate Glide-Out Grill™ with 4-way trivet (dual-circuit)
- Detachable mini splash back
- 90 Model:
  - Gas hob with 5 burners, including a multi-ring burner, a wok cradle and a non-stick griddle
  - Heat indicator on fan oven, reminiscent of traditional wood burning range cookers
- 110 Model:
  - Gas hob with 5 burners, including a multi-ring burner, a wok cradle, a multi-zone with 2 ceramic zones and a non-stick griddle
  - Storage drawer

## HOB OPTIONS











Dual fuel  
(Single-handed ignition)



90cm



110cm

- |   |  |
|---|--|
|  Black       |  Royal Pearl  |
|  Cream       |  Cranberry    |
|  White       |  Racing Green |
|  Olive Green |  |
|  Royal Blue  |  |

Trim: Chrome or Brass



# CLASSIC

## 90cm & 110cm

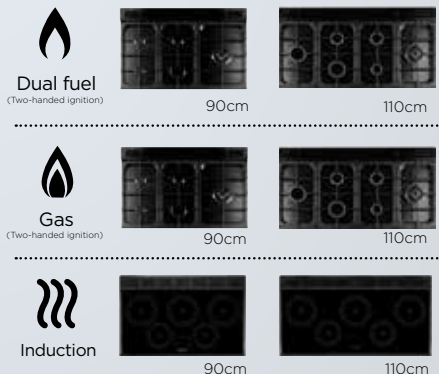


*Available in dual fuel, gas & induction*

### KEY FEATURES

- 2 Ovens:
  - 90 Models: Dual fuel & induction Both fan ovens. Gas Main conventional gas oven (LH) and fan electric oven (RH)
  - 110 Models: Dual fuel & Induction Main conventional oven (LH) and programmable fan oven (RH). Gas Both conventional ovens
- Handyrack (LH)
- Separate Glide-Out Grill™ with 2-way trivet (dual-circuit)
- Detachable mini splash back
- 90 Models:
  - Gas hob with 5 burners, including a multi-ring burner, wok cradle and a non-stick griddle
  - Induction hob with 5 cooking zones
  - Heat indicator on fan oven reminiscent of traditional wood burning range cookers
- 110 Models:
  - Gas hob with 6 burners, including a multi-ring burner, a wok cradle and a non-stick griddle
  - Induction hob with 5 cooking zones
  - Storage drawer

### HOB OPTIONS



Black Cream

Cranberry

Trim: Chrome

# KITCHENER

90cm



*Available in dual fuel*

## KEY FEATURES

- 2 Fan ovens (RH tall oven) with programmable main oven (LH)
- Handyrack (LH)
- Separate grill with 2-way trivet (dual-circuit)
- Gas hob with 5 burners, including a multi-ring burner
- Door width towel rails

## HOB OPTIONS



Dual fuel  
Two-handed ignition



90cm

Black Cream

Stainless Steel

Trim: Chrome

## FALCON SPRING RECIPE SERIES

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# Spicy chicken wings



Difficulty  
Easy



Prep time  
20 mins



Cooking time  
16 mins



Serves  
4

## ingredients

1 ½ kg chicken wings  
1 tsp five spice powder  
1 clove garlic, minced  
1 tbs sesame oil  
2 tbs Shaoxing wine  
1 tbs caster sugar  
¼ cup light soy sauce

½ cup plain flour  
½ cup rice flour  
Vegetable oil, for deep frying  
1 long red chilli, thinly sliced diagonally, to serve  
1 spring onion, thinly sliced diagonally, to serve  
¼ bunch fresh coriander sprigs, to serve

## method

Cut the wing tips off and discard then cut wings in half through the joint.

Place the five spice, garlic, sesame oil, Shaoxing wine, sugar and soy in a large non-metallic bowl and mix to combine. Add chicken wings and coat with marinade. Cover and refrigerate for 30 minutes, or overnight if you have time.

Place the plain flour and rice flour in a large bowl and whisk to combine. Allow excess

marinade to drip off the wings then coat with flour, shaking off any excess.

Half fill a large saucepan with oil to 160°C. Working in batches, fry the wings for 7-8 minutes until golden brown and cooked through. Drain on paper towel and transfer to serving dish.

Sprinkle wings with sliced chilli, spring onion and coriander. Serve.







# Lemongrass beef with vermicelli noodles



Difficulty  
Easy



Prep time  
15 mins



Cooking time  
15 mins



Serves  
4

## ingredients

200g rice vermicelli  
1 tbs vegetable oil  
3 lemongrass stalks (white part only), finely chopped  
1 clove garlic, minced  
2cm fresh ginger, minced  
400g beef fillet, trimmed & thinly sliced

1 tbs fish sauce  
½ tsp caster sugar  
1 lime, juiced, plus extra to serve  
1 head butter lettuce leaves  
¼ bunch fresh coriander, roughly chopped  
¼ bunch fresh mint, leaves picked  
¼ cup roasted peanuts, chopped

## method

Cook vermicelli according to packet instructions. Drain. Rinse under cold water and drain again. Set aside.

Heat oil in a wok over medium heat. Add lemongrass, garlic and ginger. Stir fry for 1 minute until fragrant (do not brown). Increase heat to high. Add half the beef and stir fry for 2-3 minutes until just cooked. Transfer to a plate and cook remaining beef for 2-3 minutes.

Return beef to wok. Add fish sauce, sugar and lime juice and toss to coat. Remove from heat.

Place lettuce leaves on serving plates and top with vermicelli. Arrange beef over the top and garnish with coriander, mint, peanuts and extra lime. Serve.



# Salmon poke bowl



Difficulty  
Easy



Prep time  
20 mins



Cooking time  
20 mins



Serves  
4-6

## ingredients

2 cups sushi rice, rinsed  
1 tbs vegetable oil  
600g skinless salmon fillets  
2 avocados, diced  
1 cup edamame beans  
1 cucumber, diced  
½ cup pea shoots, to serve  
1 tbs sesame seeds (black & white)

*Dressing*  
1 tsp finely grated ginger  
1 tsp sesame oil  
2 tbs mirin  
2 tbs light soy sauce  
1 tbs lime juice

## method

Cook rice according to packet instructions. Cover and set aside.

Meanwhile, place edamame in a heat proof bowl and cover with boiling water. Stand for 1 minute then drain. Refresh under cold water and drain again.

Heat oil in a large frypan over medium-high heat. Season salmon with salt and pepper and cook for 2-3 minutes a side for medium, or until cooked to your liking. Transfer to a plate.

Once cool enough to handle, flake salmon into chunks.

Make the dressing by combining all the ingredients in a small bowl and whisking to combine. Divide rice among 4-6 serving bowls. Top with salmon, avocado, edamame and cucumber. Garnish with pea shoots and sprinkle with sesame seeds. Serve drizzled with dressing.





# Cevapcici with flat bread & almond salsa



Difficulty  
Easy



Prep time  
30 mins



Cooking time  
15 mins



Serves  
6-8

## ingredients

½ cup spicy ajvar  
½ cup mayonnaise  
16 small flat breads, to serve  
Olive oil, for brushing

### *Cevapcici*

700g beef mince  
300g lamb mince  
½ white onion, grated or finely diced  
2 clove garlic, minced  
2 tsp salt  
2 tbs finely chopped continental parsley

### *Almond Salsa*

½ bunch continental parsley, chopped  
2 medium tomatoes, deseeded & finely diced  
½ white onion, finely diced  
½ cup roasted almonds, chopped  
½ lemon, juiced  
1 tbs extra virgin olive oil  
Sea salt & freshly ground black pepper

## method

To make cevapcici, place all ingredients in a large bowl and season with pepper. Use hands to mix ingredients together for 2-3 minutes until slightly sticky. Form mixture into 16 small log shapes and place on a tray lined with baking paper. Refrigerate for 30 minutes.

Meanwhile, place all the salsa ingredients in a bowl and season with salt and pepper. Mix to combine and set aside.

Combine ajvar and mayonnaise in a small bowl. Mix well to combine and set aside.

Heat a teppanyaki, grill plate or large frypan over medium heat. Cook flat breads for 1-2 minutes a side until golden and heated. Set aside and cover with a clean tea towel to keep warm. Lightly brush cevapcici with olive oil and grill for 8-10 minutes, turning, until cooked through.

Dollop some ajvar mayonnaise on warm flat bread, sit cevapcici in the middle and spoon some almond salsa over the top.







# Asian crispy chicken burgers



Difficulty  
Easy



Prep time  
30 mins



Cooking time  
10 mins



Serves  
6

## ingredients

¼ cup sriracha  
375ml buttermilk  
6 skinless chicken thigh fillets, cut in half horizontally if thick  
½ cup plain flour  
½ cup rice flour  
Vegetable oil, for deep frying  
6 burger buns, halved  
Japanese mayonnaise, to serve

*Salad*  
350gm Chinese cabbage (wombok), shredded  
2 carrots, thinly julienned  
1 continental cucumber, deseeded & thinly julienned  
½ red onion, thinly sliced  
1 cup roughly chopped fresh mint

*Dressing*  
1 clove garlic, minced  
2 tbs lime juice  
2 tsp fish sauce  
1 tsp caster sugar

## method

Place the sriracha and buttermilk in a large bowl and whisk to combine. Add chicken thighs. Cover with plastic wrap and refrigerate for 30 minutes, or overnight if you have time.

Place the plain flour and rice flour in a large bowl and whisk to combine. Remove chicken from marinade and allow excess to drip off. Season chicken with salt and dust in flour, shaking off any excess. Transfer to a plate.

Half fill a large saucepan with oil to 180°C. Cook chicken, in batches, for 5 minutes, or until cooked through. Drain on paper towel.

For the dressing, whisk together all the ingredients in a large bowl. Add the cabbage, carrot, cucumber, onion and mint. Toss to combine.

Place a mound of salad on the base of each bun, followed by crispy chicken and a squeeze of mayonnaise. Top with bun lid and serve.



# Indian lamb curry with almonds



Difficulty  
Easy



Prep time  
20 mins



Cooking time  
75 mins



Serves  
6

## ingredients

4 cloves garlic  
4cm piece fresh ginger, finely grated  
2 onions, divided, diced  
60g almonds  
1 kg lamb shoulder, cut into 3cm cubes  
40g ghee  
2 cinnamon sticks  
6 cloves  
2 tsp ground coriander

8 cardamom pods, ground in a mortar and pestle  
1 tsp salt  
200ml cream  
1 tsp garam masala  
1/3 cup flaked almonds, toasted, to serve  
Roti bread, to serve  
Melted butter, for brushing

## method

Preheat oven to 140°C Fan. 

Place garlic, ginger, 1 onion, almonds and 1/4 cup water in a small food processor and blend into a smooth paste. Transfer to a large bowl, add the lamb and mix to coat. Cover and refrigerate for 1 hour, or overnight if you have time.

Heat the ghee in a large flame-proof casserole. Add remaining onion and cook for 5 minutes until soft. Add lamb and cook, stirring, for 10 minutes until browned. Add cinnamon, cloves, cardamom, coriander, salt and 1 cup hot water. Cover with lid and transfer to oven for 1 hour, or until lamb is tender.

Just before the lamb is done, heat teppanyaki plate or non-stick frypan over medium heat. Cook roti bread for 1-2 minutes a side until golden and heated. Brush with melted butter and keep warm.

Remove cinnamon sticks and cloves. Add cream and garam masala and stir to combine. Serve curry sprinkled with toasted flaked almonds and roti bread.





# Honey glazed pork



Difficulty  
Easy



Prep time  
15 mins



Cooking time  
75 mins



Serves  
4-6

## ingredients


1.5kg pork belly, skin scored & deboned  
2 tsp sea salt  
1 onion, thinly sliced  
500ml chicken stock  
1 lemon, juiced

1/3 cup honey  
2 tsp sesame oil  
Steamed bok choy, to serve  
Steamed jasmine rice, to serve

## method

Preheat oven to 200°C Fan assist. 

Rub salt all over pork, including the skin. Place the sliced onion in the bottom of your roasting tray and sit the pork belly on top. Pour in the stock, lemon juice and honey, ensuring the skin isn't covered, and rub sesame oil over pork skin. Roast on the middle shelf for 45 minutes, topping up with extra stock or water if necessary, until the sauce has reduced and the skin is crisp.

Reduce oven to 180°C Fan. 

Baste the pork with the pan juices and return to oven for a further 20-30 minutes. Rest pork for 15 minutes. Place pork skin-side-down on a board and cut into bite-sized cubes. Serve pork with steamed rice, bok choy and extra sauce.





# Buttermilk pancakes with caramelised bananas



Difficulty  
Easy



Prep time  
15 mins



Cooking time  
20 mins



Serves  
4-6

## ingredients

2 cups self-raising flour  
½ tsp baking soda  
½ tsp salt  
½ cup caster sugar  
375ml buttermilk  
3 eggs, beaten  
1 tsp vanilla extract  
1 cup coconut yoghurt, to serve  
¼ cup flaked almonds, toasted, to serve

*Caramelised Bananas*  
60g unsalted butter, plus extra for greasing  
3 bananas, peeled & sliced diagonally  
½ cup maple syrup  
¼ cup cream  
¼ tsp sea salt

## method

For bananas, place butter in a non-stick frypan over medium heat. Add bananas and cook for 2 minutes, turning once, until lightly golden and caramelised. Transfer to a plate. Add maple syrup to pan and cook for 2 minutes until reduced and thick. Add cream and salt and stir to combine. Return bananas to pan and coat with sauce. Set aside.

Place flour, baking soda, salt and caster sugar in a large bowl and whisk to combine. Add buttermilk, eggs and vanilla and mix until just combined.

Heat teppanyaki plate or large non-stick frypan over medium heat. Lightly grease with butter and working in batches, pour ½ cup of batter onto the plate for each pancake. Cook for about 3 minutes until bubbles appear on top, flip and cook for another 1 minute. Keep pancakes warm while you repeat with remaining batter.

Serve pancakes in a stack, spoon over some bananas, dollop with coconut yoghurt, sprinkle with almonds and drizzle with maple caramel.



# Pistachio & raspberry friands



Difficulty  
Easy



Prep time  
10 mins



Cooking time  
25 mins



Makes  
12

## ingredients

160g pistachios  
250g pure icing sugar, plus extra for dusting  
100g gluten-free plain flour  
½ tsp baking powder

5 egg whites, lightly beaten  
125g unsalted butter, melted  
125g fresh raspberries, plus extra to serve

## method

Preheat oven to 160°C Fan  and grease a 12-hole friand or muffin tin with butter.

Place the pistachios and icing sugar in a food processor and blend until fine. Transfer to a bowl. Add flour, baking powder, egg whites and melted butter and whisk to combine.

Spoon mixture evenly into prepared tin and top friands with raspberries. Bake for 20-25 minutes, or until cooked in the centre. Cool friands in tin for 5 minutes before transferring to a wire rack to cool completely, then lightly dust with extra icing sugar. Serve with extra fresh raspberries.





# Cherry & ricotta crumble cake



Difficulty  
Easy



Prep time  
25 mins



Cooking time  
60 mins



Serves  
10-12

## ingredients

400g cherries, pitted  
1 orange, juiced & zested  
300g firm ricotta  
2 tbs icing sugar, plus extra for dusting  
1 egg

### *Sponge*

175g unsalted butter, melted  
150g caster sugar  
250g self-raising flour  
3 eggs  
125ml milk  
2 tsp vanilla extract

### *Crumble Topping*

60g cold unsalted butter, diced  
60g plain flour  
50g caster sugar  
60g almonds, roughly chopped  
½ tsp ground cinnamon

## method

Preheat oven to 160°C Fan.  Grease a 24cm springform tin with butter.

Place cherries and orange juice in a saucepan over medium heat. Cook for 5 minutes until cherries begin to soften. Strain cherries and reserve cherry syrup. Set cherries aside to cool.

For crumble, rub butter into flour until mixture resembles coarse breadcrumbs. Stir in caster sugar, almonds and cinnamon and set aside.

For the sponge, place all ingredients in the bowl of an electric mixer fitted with a paddle

attachment. Beat until smooth and combined (don't over beat). Pour into prepared cake tin and smooth the top.

Place ricotta, icing sugar, egg and 1 teaspoon of orange zest in a bowl and mix well to combine. Dollop evenly over cake batter then arrange cherries evenly over ricotta. Sprinkle with crumble mixture and bake for 50 minutes until golden and cooked in the centre of the cake. Cool completely in cake tin before transferring onto serving plate. Dust with icing sugar and serve with reserved cherry syrup.



[andico.com.au/falcon/home](http://andico.com.au/falcon/home)



September 2018

