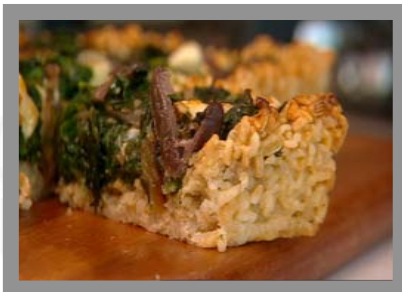


Janella's Recipes

11.12.2006

Brown Rice Spinach Pie



Ingredients

- 2 cups day old organic rice
- 3 eggs
- 1 onion, sliced
- 2 tbs olive oil
- 2 bunches silverbeet, shredded
- 1 cup feta, big chunks
- 3/4 cup black olives, pitted and halved
- Cracked pepper
- 1 tsp ground cinnamon

Method

Beat eggs into rice and season.

Now press into a greased pie dish and bake until brown and crunchy, about 20 minutes. Set aside.

Meanwhile, using a wok, slowly caramelise the onions in the oil. Take out.

Now add a little more oil and add some of the silverbeet. Cook until just wilted. Put in a separate bowl. Continue cooking all the silverbeet until finished. Add the feta, olives, cinnamon and pepper into the cooked silverbeet and mix well.

Press onto pie crust and bake for about 15-20 minutes at 180°C.

Gary's Recipes

11.12.200

Rocky Road Quiche

Method

For the pastry, place the flour, salt and butter into food processor and blend into a fine crumb, mix together the egg and the milk then add to the crumbs. Remove and pull together gently into a dough. Line a spring form tin with the pastry, then top with baking paper and fill with baking beans, rice etc (blind bake). Rest in the fridge for 20 minutes.

Place into a moderate oven, 180°C, until golden. Remove and reserve.

For the filling, cut the vegetables chunky and drizzle with olive oil. Season with salt, pepper and thyme. Place into a moderate oven until golden. Cool.

Mix the 4 eggs, salt pepper and cream together. Place the vegetables into the tart with the ricotta crumbled over, and pour in the cream mix – sprinkle with gruyere (optional).

Place into a preheated oven at 160°C for about 40 minutes.

Tear the basil over the tart and drizzle with olive oil.



Ingredients

Short crust pastry

- 1 1/3 cups Flour
- 1 egg
- 180g cold butter, cubed
- Pinch of Salt
- 1 tbsp milk

Filling

- 1/2 Jap pumpkin
- zucchini
- 1 onion red
- 150g baby spinach
- 1/2 sweet potato
- 2 tbsp basil
- salt & pepper
- 100ml olive oil
- sprigs thyme
- 150g ricotta (drained)
- 4 eggs
- 400ml cream
- salt & pepper
- Gruyere, grated
- Basil