



 cooleman court

Foods that Warm the Soul

MY COMMUNITY COOKBOOK

The heart of your home

If your home had a heart, where would it be? We recently asked our team this question and the response was unanimous:

My kitchen.

Gone are the days when it was an afterthought, a space limited to preparing food. Today our kitchens are a place where our family and friends debrief over dinner and learn about each other's day. Occasionally we find refuge with a cup of tea. We've had the unavoidable "can I see you in the kitchen?" chat and it's also where we've stolen kisses...

With the kitchen in mind, we want to give you a glimpse of our heart beyond our stores. By sharing recipes that bring us comfort and joy, we hope to stay connected with our wonderful community.

Bon appétit!

- Cooleman Court Team

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Lemon Chicken



Serves: 5

Prep Time: 20 minutes

Cook Time: 40 mins

"Can be made in one hour and it is delicious"

By: William Leslie

Ingredients:

1 kg chicken thighs
Rind from 2 lemons
1 large onion thinly sliced (optional)
Plain flour
Salt and pepper
Butter (optional)
1/2 teaspoon cayenne or 1 tsp paprika
1/4 cup soy sauce
1/2 cup olive oil
1/2 cup lemon juice
4 cloves garlic

Method:

- Remove fat from chicken and cut into serving size pieces
- Roll chicken pieces in a flour/paprika mix until coated
- Place chicken in a casserole with the onion and a small amount of the oil and butter, then put the casserole in the oven at 200-220°C to brown for about 15 to 20 minutes.
- Mix remaining oil, lemon juice, rind, soy sauce, crushed garlic.
- Turn the chicken over, pour the mix over chicken, and return to oven for a further 15 or 20 minutes until browned.

Bacon, spinach and tomato quiche.



Serves: 6

Total Time: 50 mins

*"It's perfect for my partners
lunch/breakfast, healthy and fun to
make!"*

By: Philippa Simpson

Ingredients:

- 2 sheets frozen shortcrust pastry, just thawed
- 3 middle bacon rashers, chopped
- 1 small brown onion, finely chopped
- 5 eggs
- 1/2 cup (125ml) milk
- 1/2 cup (60g) shredded cheese
- 250g spinach, fresh
- 125g cherry tomatoes, halved

Method:

- Preheat oven to 180°C. Cut 1 pastry sheet in half. Place the 2 halves, slightly overlapping, over 2 sides of the whole pastry sheet. Press edges firmly to seal. Carefully line a 3.5cm-deep, 23cm (base measurement) fluted tart tin/glass pie dish. Use a sharp knife to trim excess pastry
- Line the pastry case with baking paper. Fill with pastry weights or rice. Place on a baking tray. Bake for 10 mins. Remove the paper and weights or rice. Bake for 10 mins or until pastry is light golden
- Cook the bacon, spinach and onion in a non-stick frying pan over medium heat for 3 mins or until onion is soft and spinach is wilted. Set aside to cool
- Whisk the eggs, milk and cheese in a bowl. Season. Arrange the spinach and bacon mixture in pastry case. Pour over the egg mixture. Top with tomatoes. Bake for 30-35 mins or until filling is just set

Lentil Soup



Serves: 2

Total Time: 1 - 1.5hrs

"It's a family favorite since childhood!"

By: Peter Wyatt

Ingredients:

375g McKenzie green lentils

140g tomato paste

6 large potatoes - peeled and cut

4 large carrots - peeled and cut

1/4 kent pumpkin (800g-1kg)

1/3 cup extra virgin olive oil

Approx 1 tbs salt (or to taste)

Method:

- Prepare lentils to packet instructions. In a large saucepan add lentils to 1.5 litres of water, bring to boil and place on simmer
- Add tomato paste, oil and half the salt
- Add potatoes and carrot simmer for around 30 minutes. If too thick add more water till it's at a good consistency
- Add pumpkin cut into 1 cm cubes. Let it simmer until most pumpkin has melted. Taste the food when you add pumpkin.
- It may already have enough salt but if not, add a little at a time and let simmer with the food before adding more.

Audrey & Kevin's Cauliflower Soup



Serves: 1-2

Total Time: 15 mins

"This recipe was a huge favourite of my parents, Nanna and Poppa O'Keefe. Both are no longer with us but are forever lovingly remembered. They would be well in their 90's if they were still around now."

By: Helen Reardon

Ingredients:

1 medium cauliflower
½ cup of cream
2 egg yolks, beaten
60g of butter
1 onion, finely chopped
2 tablespoons of plain flour
1 cup of water
1 chicken stock cube
2 teaspoons of curry powder
1 tablespoon of chopped chives
salt and pepper to taste

Method:

- Trim the cauliflower and cut into large florets. Wash well. Place in a large pan and cover with water. Bring to the boil
- Reduce the heat and cook covered until just tender
- Remove from the heat. Drain the cauliflower, reserving two cups of the liquid
- Melt the butter in the pan. Add the onion and sauté until tender. Stir in the flour and cook for a minute or two. Gradually stir in the water and add the crumbled stock cube. Mix well
- Reserve two large cauliflower florets. Place remaining cauliflower and reserved liquid in blender. Blend on medium speed until mixture is smooth. Add to the pan
- Combine cream, beaten egg yolks and curry powder, and add to the pan. Stir well
- Cut reserved florets into small pieces and add to the pan. Bring to the boil while stirring. Reduce heat and simmer for two minutes
- Stir in the chives. Season with salt and pepper. Serve with crusty bread.

I'm not like others...
I know what I want
for dinner.

I've been thinking
about it since lunch.

Turkey Chilli Con Carne



Serves: 4

Cooking Time: 30 mins

"It's quick, light, healthy and beautifully warming for a cold winters day."

By: Keely Langshaw

Ingredients:

1 tbsp coconut oil
1 onion, diced
1 red capsicum, diced
2 tsp garlic, minced
500g turkey mince
1/8 tsp chilli powder
1/4 tsp onion powder
1 tsp dried thyme
1 tsp turmeric
1 tsp dried oregano
2 large tomatoes diced

140g tomato paste
400g can red kidney beans, rinsed and drained
salt and pepper, to taste
natural coconut yogurt & shallots to serve

Method:

- Heat the oil in a large pan or pot on medium heat
- Add the onion, capsicum and garlic and cook for 5 minutes, stirring occasionally
- Increase the heat to high and cook the mince for 5 minutes, breaking up any lumps with a wooden spoon
- Add the herbs, tomatoes, stock and tomato paste and bring to the boil
- Reduce heat and simmer for 20 minutes, stirring occasionally
- Add the kidney beans and season with salt and pepper
- Heat through for 5 minutes before serving
- Top with a dollop of natural coconut yogurt and shallots

Chickpea & Vegetable Curry



Serves: 4

Total Time: 40 mins

"It's a super easy and wholesome family meal"

By: Scott Alexander, Facilities
Manager - Cooleman Court

Ingredients:

Korma curry simmer sauce

tin of coconut milk

two tins of chickpeas

tin of diced tomatoes

your favourite frozen vegetables (cauliflower, carrot, peas, beans, potato and broccoli work well)

rice, cashews or other nuts to serve

Method:

- Saute your vegetables in a pan
- Rinse your chickpeas and pat dry
- Add the chickpeas to the pan
- Add the tin of tomatoes and the korma sauce
- Mix in the coconut milk and simmer for 20 minutes
- It's ready to serve with rice

Curried Eggs & Broccoli



Serves: 4

Cooking Time: 15 mins

"Simple, tasty and healthy"

By: Dianne Garner

Ingredients:

2 tbsp oil
2 tbsp curry powder
1 tbsp grated ginger
2 tsp crushed garlic
2 large onions, chopped
800 ml coconut milk
broccoli
6 hard boiled eggs
cooked white rice

Method:

- Heat oil and add curry, ginger and garlic. Cook for 20 seconds and then add onions.
- Cook for 5 minutes or until softened
- Add coconut milk and stir until it boils
- Add broccoli and eggs
- Cover and simmer for 5 minutes
- Serve over rice

Mid-Week Turkey & Spinach Rissoles



Makes: 8 rissoles

Total Time: 30 mins

"A quick mid-week dinner that will satisfy the whole family. "

By: Holly Arthur, Marketing Assistant - Cooleman Court

Ingredients:

500g turkey mince

1 egg

2 pieces multigrain bread

2 handfuls spinach leaves

2 tsp Italian seasoning

2 tsp olive oil

rice to serve

Method:

- Blend multigrain bread into bread crumbs
- Beat the egg
- Chop spinach into fine pieces
- Combine bread, egg, spinach, turkey mince, olive oil and seasoning
- Once combined, form into 8 even balls
- Lightly oil a pan on medium heat
- Cook for approximately 8 minutes on each side (or until cooked through)
- Serve on a bed of rice

If we're not meant to
have midnight snacks,
why is there a light in
the fridge?



Sweet Banana & Nutella Sausage Rolls



Serves: 6

Total Time: 40 mins

"Banana and Nutella are a match made in heaven."

By: Irimi Dagleis, Centre

Manager - Cooleman Court

Ingredients:

1 x 375 g sheet butter puff pastry
2 x large bananas, peeled
8 tbsp Nutella (or peanut butter)
1 egg, lightly whisked
cinnamon & sea salt for sprinkling

Method:

- Preheat your oven to 190°C
- Thaw the pastry as per packet instructions
- Slice the pastry in half
- Spread 3-4 tbsp of Nutella in a line in the center of each piece of pastry
- Place a banana on top of the Nutella on each piece of pastry
- Roll up and seal the pastry by gently pressing down where the pastry joins
- Slice the pastry rolls into 2-inch slices and place the slices onto a paper-lined baking tray
- Brush the slices with the whisked egg and sprinkle with cinnamon and sea salt
- Bake at 190°C for 20 minutes
- Remove from the oven and set aside to cool for 20 - 30 minutes
- Serve dusted with icing sugar, or with yoghurt swirled with Nutella, or caramel for dipping

Amygdalota (Greek Almond Cookies)



Makes: 12 cookies

Total Time: 15 - 20 mins

"It's so easy that my husband makes it :-)"

By: Nicole Imberger

Ingredients:

4 cups almond flour
1 cup sugar
1 tbsp lemon zest
1 tsp vanilla
a pinch of salt
4 large egg whites
flaked almonds

Method:

- Turn oven to 180°C
- Combine all the dry ingredients and lemon zest
- Combine the egg whites and vanilla and beat until frothy
- Pour together and mix
- Make golf ball sized balls
- Sprinkle with almond flakes and lightly press to make a cookie shape and bake for 15 mins until golden brown

Chewy Anzac Biscuits



Makes: 24 biscuits

Cooking Time: 20 mins

"All the goodness with slightly less sugar"

By: Jessica Thy, Marketing Manager -
Cooleman Court

Ingredients:

1¼ cups oats
1 cup plain flour
½ tsp bicarbonate of soda
pinch of salt
1 ½ cups McKenzie's moist coconut flakes
150g unsalted butter
¼ cup Queen's sugar free maple syrup
1 cup brown sugar
1 tbs water

Method:

- Preheat oven to 180°C. Line two baking trays with non-stick baking paper
- Place the oats, flour and a pinch of salt in a bowl and mix to combine. Set aside
- Place the butter, maple syrup and brown sugar in a saucepan over medium heat and stir until butter melts and sugar dissolves
- Remove from heat and cool slightly. Mix in the bicarb soda and 1 tbs water into the mixture.
- Pour the butter mixture over the oat mixture. Using a wooden spoon, combine butter and oat mixture
- Using 1 tbs mixture each into approximately 24 balls
- Flatten balls slightly with your palm, then bake for 10-12 minutes until golden. Allow to cool for 5 minutes on the tray before transferring to a wire rack to cool completely

"Our kitchen runs on love,
laughter and a whole lot
of sprinkles!"

- Lyla



Cake-pops



Makes: 40 pops

Prep Time: 2 hours

Cook Time: 36 mins

Total Time: 6-7 hours

"Because... SPRINKLES!"

By: Lyla Chrzescijanski

Ingredients:

1 and 2/3 cups (208g) all-purpose flour (spoon & leveled)

1/2 teaspoon baking powder

1/4 teaspoon baking soda

1/2 teaspoon salt

1/2 cup (115g; 1 stick) unsalted butter, softened to room temperature

1 cup (200g) granulated sugar

1 large egg, at room temperature

2 teaspoons pure vanilla extract

1 cup (240ml) whole milk (or buttermilk)

Frosting:

- 7 Tablespoons (100 g) unsalted butter, softened to room temperature
- 1 and 3/4 cups (210 g) icing sugar
- 2–3 teaspoons heavy cream or milk
- 1 teaspoon pure vanilla extract

Coating:

- 40 ounces candy melts or choc coating of your choice
- Sprinkles to decorate

Method

- Preheat oven to 177°C. Grease a 9-inch springform pan

Make the cake:

- Whisk the flour, baking powder, baking soda, and salt together in a medium bowl. Set aside
- Using a handheld or stand mixer fitted with a paddle or whisk attachment, beat the butter and sugar together in a large bowl until creamed, about 2 minutes
- Add the egg and vanilla extract and beat on high speed until combined. Scrape down the bottom and sides of the bowl as needed
- With the mixer running on low speed, add the dry ingredients and milk to the wet ingredients until combined. Manually whisk the batter to ensure there are no large lumps at the bottom of the bowl. Batter will be slightly thick
- Pour the batter evenly into the prepared pan. Bake for 30 - 36 minutes or until a toothpick inserted in the center comes out clean. If the top begins browning too quickly in the oven, loosely place a piece of aluminum foil on top
- Allow the cake to cool completely in the pan set on a wire rack

Make the frosting:

- With a handheld or stand mixer fitted with a paddle attachment, beat the butter on medium speed until creamy, about 2 minutes
- Add confectioners' sugar, heavy cream, and vanilla extract with the mixer running on low. Increase to high speed and beat for 3 full minutes
- Crumble the cooled cake into the bowl on top of the frosting. Make sure there are no large lumps
- Turn the mixer on low and beat the frosting and cake crumbles together until combined
- Measure 1 tablespoon of moist cake mixture and roll into a ball
- Place balls on a lined baking sheet
- Refrigerate for 2 hours or freeze for 1 hour
- Re-roll the chilled balls to smooth out, if needed. Place back into the fridge as you'll only work with a couple at a time
- Melt the coating in a 2-cup liquid measuring cup (best for dunking!). you can use a double boiler or microwave

Coat the cake balls:

- Remove only 2-3 cake balls from the refrigerator at a time
- Dip a lollipop stick about 1/2 inch into the coating, then insert into the center of the cake ball. Only push it about halfway through the cake ball
- Dip the cake ball into the coating until it is completely covered. Make sure the coating covers the base of the cake ball where it meets the lollipop stick
- Very gently tap the stick against the edge of the measuring cup to allow excess coating to drop off
- Decorate the top with sprinkles and place upright into a styrofoam block or box (as explained above)
- Repeat with remaining cake balls, only working with some out of the refrigerator at a time. The cake balls must be very cold when dipping!
- Coating will set within an hour. Store cake pops in the refrigerator for up to 1 week

Vegan Chai Spiced Pumpkin Layer Cake



Serves: 12

Prep Time: 15 mins

Cook Time: 30 mins

"It's easy and tastes divine. The house smells delicious and like Christmas!!"

By: Josie Peoples

Ingredients:

Cream Cheese Frosting

- 4 oz. vegan cream cheese softened
- 4 oz. dairy free butter, room temperature
- 3 cups organic powdered sugar
- 1/2 tsp vanilla extract
- 1-2 tbsp unsweetened almond milk

Cake Mix

- 2 1/2 cups whole wheat pastry flour
- 1 tbsp cinnamon
- 1 1/2 tsp cardamom
- 1 tsp baking powder
- 1 tsp baking soda
- 1 tsp. ground ginger
- 1 tsp nutmeg
- 1/2 tsp allspice
- 1/2 tsp cloves
- 1/2 tsp salt
- 1 cup white sugar
- 1/2 cup coconut sugar
- 1/2 cup coconut oil, softened
- 1 1/2 cup unsweetened almond milk/coconut milk
- 1 cup pumpkin puree
- 2 tbsp apple cider vinegar
- 1 1/2 tsp vanilla extract

Caramel Drizzle

- 1 cup full fat coconut milk
- 1/2 cup coconut sugar
- 1 tsp vanilla extract
- pinch salt
- figs, sliced, to decorate
- toasted hazelnuts, crushed, to decorate

Method:

- Preheat oven to 175°C
- Line three 6" cake tins with parchment paper and spray with cooking spray. Set aside
- In a medium bowl, whisk together the flour, cinnamon, cardamom, baking powder, baking soda, ginger, nutmeg, allspice, cloves, and salt
- In a separate large bowl, add the white sugar, coconut sugar, and softened coconut oil
- Beat, using a hand mixer or stand mixer, until fluffy, 1 minute
- Add the milk, pumpkin, cider vinegar, and vanilla; beat on low speed until well-incorporated
- Pour the dry ingredients into the wet ingredients and fold gently until just combined. Do not over-mix
- Divide the batter among the 3 prepared cake pans. Bake at 175°C for 25-28 minutes or until a cake tester comes out clean (my cakes took closer to 28-30 minutes so keep an eye on them around 25 minutes)
- Remove and cool 10 minutes before turning the cakes onto a wire rack to cool completely

Frosting

- Add the vegan cream cheese, dairy free butter, powdered sugar, and vanilla to a mixing bowl
- Beat, using a hand mixer, until smooth and creamy. You'll likely need at least 1 tbsp milk to thin it out, if not a little more

Caramel

- Add the coconut sugar and full fat coconut milk to a small saucepan; bring to a boil over high heat
- Reduce heat to medium-high and boil, stirring constantly, until the sugar mixture reduces, about 10 minutes. It will reduce and become quite thick, but will thicken even more as it cools

Method:

Assembly.

- When cakes have cooled completely, slice the tops off to flatten them out
- Add a layer of frosting between each, then cover the outside of the cake with remainder of the frosting
- Drizzle cool caramel around the edges, then decorate with sliced figs and hazelnuts
- Leftovers can be stored, covered, at room temperature up to 3 days

Epic (easy) Ice Cream Cake



To assemble

1 deep 20cm cake tin with a removable base
2 strips of acetate (flexible plastic paper) or flexible cardboard, each piece 60cm long and 20cm tall

To decorate

Waffle cones,
Mini meringues
Sprinkles
Lollies

Serves: 6

Total Time: 40 mins

By: Yasna Goodwin, Admin
Assistant- Cooleman Court

Ingredients

Shortbread sprinkle crumb
570 g shortbread biscuits, crushed
200 g white chocolate
3 tbs coconut oil
3 tbs sprinkles

Chocolate crunch layer

275 g Oreo cookies, crushed
100 g dark chocolate
3 tbs coconut oil

Ice cream layers

3 litres store bought vanilla ice cream
500 ml store bought strawberry or raspberry sorbet

White chocolate glaze (optional)

200 g white chocolate
2 tbs coconut oil

Method

Shortbread sprinkle crumb

- Place the crushed shortbread into a medium sized mixing bowl
- Melt 200 g white chocolate and 3 tbs coconut oil together and add to the crushed shortbread, stir to combine
- Add the sprinkles, stir to combine and set aside

Chocolate crunch layer

- Place the crushed Oreo's into a medium sized mixing bowl
- Melt 200 g dark chocolate and 3 tbs coconut oil together and add to the crushed Oreo's, stir to combine and set aside

To assemble

- Line the base of a 20 cm round deep and loose based cake tin (or cake tin of your choice) with baking paper
- To support the cake while its freezing, use the two pieces of clear plastic sheet (acetate) or thick cardboard to make the tin taller by placing it around the inside edges of the cake tin, they should overlap most of the way around so there are no gaps
- Place $\frac{3}{4}$ of the shortbread sprinkle mixture into the bottom of the prepared cake tin, press down the mixture and spread it out evenly
- Add $\frac{1}{3}$ of the vanilla ice cream, and spread evenly with the back of a spoon
- Add the rest of the shortbread sprinkle mixture crumbling over the ice cream, sprinkle over an extra 2 tbs of sprinkles
- Add the next $\frac{1}{3}$ of vanilla ice cream, and before smoothing it out, add the strawberry sorbet and an extra spoonful of vanilla ice cream and then smooth over with the back of a spoon, allowing the ice creams to swirl together a little

Method

- Add the Oreo chocolate crunch layer
 - Then add the rest of the vanilla ice cream, smooth over with the back of a spoon and add some extra sprinkles on top. Place the cake into the freezer overnight or for up to 2-3 days
 - When ready to serve, melt the 200 g white chocolate and 2 tbs white chocolate and set aside to completely cool
 - Remove the cake from the tin and place onto a serving plate
 - Drizzle the white chocolate mixture* over the cake and then place the cake back into the freezer for 10-15 minutes to allow the chocolate to set
- *The white chocolate drizzle is optional, you can add the decorations straight onto the ice cream cake if you don't want to add the white chocolate over the top of the cake.
- Remove the cake from the freezer and decorate with waffle cones, mini meringues, lollies and extra sprinkles



*Foods that warm the
soul is all about...*

Forming a connection in the kitchen.

It's about re-connecting with your loved ones and creating meals that not only nourishes your body, but also your soul. Some of the best memories are formed in the kitchen and carried on to the dinner table.