



Alawa Kitchen

Food Tour of the World Recipe Collection 2022



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ABOUT THIS RECIPE COLLECTION

In 2022 the theme for Kitchen was Food Tour of The World. The students had a lot of fun exploring the cuisines of many countries and cooking delicious food.

Where possible, produce from the farm was used in these recipes

This recipe collection is designed to be interactive with links to photos and videos

Look for this symbol to  take you to further information

JACKFRUIT



ROSELLA



Potato Rogan Josh

Ingredients

- 1 tbsp vegetable oil
- 1 brown onion, finely sliced
- 1/2 cup (150g) rogan josh curry paste
- 2 tomatoes, finely chopped
- 2 cup (150ml) chicken stock
- 500g cauliflower, trimmed, cut into florets
- 500g baby potatoes, halved
- 200g green beans, halved
- steamed basmati rice, to serve
- natural yoghurt, to serve
- coriander leaves, to serve



Notes

We used tomato from the farm and some snake beans



Method

1. Heat oil in a large heavy-based saucepan over medium heat. Add onion and cook, stirring, for 5 mins or until light golden and
2. Add curry paste and tomato to the pan and cook, stirring, for 2 mins or until fragrant.
3. Add stock, 1 cup of water, cauliflower and potato.
4. Reduce heat to low and simmer for 40 mins or until cauliflower and potato are tender.
5. Add beans to the pan and cook for a further 5 mins.
6. Serve curry with rice, a dollop of natural yoghurt and coriander leaves.

Spanakopita Triangles

Ingredients

- 1/2 tbs olive oil
- 1/2 brown onion, finely diced
- 2 cloves garlic, crushed
- 140 baby spinach leaves
- 1/4 bunch kale, stalks finely chopped, leaves torn
- 2tbsp mint, chopped
- 2tbsp continental parsley, chopped
- 2 free range eggs
- 125g ricotta
- 50g feta crumbled
- 180g filo pastry
- 50g butter melted
- 1 tbsp sesame seeds



Notes

Prep	cook	serves
30min	45min	20

Description

Buttery, flaky pastry, this is easy spanakopita recipe is a great way to use up leftover greens

Method

1. Preheat the oven to 180 fan forced and line a tray with baking paper
2. Heat oil in a large pan over medium heat. Add onions and garlic, cook, stirring for 5 minutes or until soft. Add in the kale and spinach and cook until wilted and moisture has evaporated . Transfer to a medium bowl
3. Add herbs, 1 egg, ricotta and feta and mix to combine. Season with pepper
4. Lay 1 pastry sheet on the bench and brush with butter, place the second sheet on top. Cut lengthways into thirds. Place a heaped teaspoon of mixture onto the bottom corner and fold up to create a triangle. Continue folding, brush last strip with butter to stick. Complete with remaining filling.
5. Lightly beat the second egg and brush triangles and sprinkle with sesame seeds.
6. Bake for about 20 minutes or until golden.

French Crepes

Ingredients

- 150g plain flour
- 310 ml milk
- 2 eggs
- 20 g butter melted
- extra melted butter to grease



Notes



Method

1. sift the flour into a bowl. Make a well in the centre. Whisk in the milk and eggs. Stir in the butter. Don't overwork the batter this can result in tough crepes cover and place in the fridge for 1 hour. This helps to create light crepes. The mixture should be smooth like cream
2. Heat a little extra butter in a non-stick frying pan over medium heat until foaming. If the pan is not hot enough the crepe may stick, and if the pan sizzles loudly when adding the batter it is too hot. Add enough batter to thinly coat the base, and tilt the pan to create even thickness.
3. If the pan is at the correct temperature it should take just a minute before the edge curls and the base turns golden lacy and thin enough to see through. Flip and cook for a further minute before transferring to a plate.

Apple Tarte Tatin

Ingredients

- 25g unsalted butter
- 4 medium apples, peeled, cored, quartered
- 125g caster sugar
- 1 sheet frozen puff pastry, partially thawed
- 100ml water



Notes

We enjoyed this with some whipped cream and Ms Elsa's amazing vanilla ice cream



Method

1. preheat oven to 200C fan-forced. Grease a 6cm-deep, 20cm (base) round cake pan. Line base with baking paper.
2. Combine sugar and water in a small frying pan over medium heat. Stir through the sugar until dissolved. Turn up the heat and bring to the boil.
3. Without stirring, continue to boil the syrup until it begins to caramelize.
4. Remove pan from heat and add butter and swirl again to combine
5. Add the apples and cook on medium heat to soften the apples
6. Transfer the mixture neatly into the tin and arrange so that apples are evenly spaced.
7. Cover with the sheet of pastry tucking in the edges
8. Bake in the oven for 25 minutes or until the pastry is golden.
9. Cover tin with a plate and turn out onto it so the pastry is on the bottom and the apple mixture on top
10. Enjoy with cream and ICE CREAM!!

Feta and Lemon Dip

Ingredients

- 1cup crumbled feta cheese
- 1 tbsp grated lemon zest
- 1-2 tbsp lemon juice
- 1 garlic clove, minced
- 6 tbsp olive oil
- pinch of red chilli flakes



Notes

We used fresh Alawa farm citrus in this recipe



Method

1. Place the feta, half the zest, juice, garlic and 2 tbsp of oil into a bowl
2. Mix until combined but still chunky
3. Spoon into serving bowl, drizzle with oil and sprinkle with chilli flakes and remaining zest
4. Serve with cut up vegetables and crackers

Pita Bread

Ingredients

- 1tsp dried yeast
- 1tsp caster sugar
- 1/2 cup warm water
- 1 1/2 cups plain flour
- 1tsp salt
- 1tsp extra virgin olive oil
- plain flour, for dusting



Notes

Enjoy with a tasty curry



Method

Combine yeast and sugar in a small bowl. Add warm water. Whisk to dissolve yeast. cover. Stand in a warm place for 10 minutes or until frothy.

1. Sift flour and salt into a large bowl. Add yeast mixture and oil. Stir with a butter knife until a rough dough forms. Turn out onto a floured surface. Knead for 5 minutes or until smooth and elastic.
2. Place dough in a large lightly oiled bowl. Cover. Stand in a warm place for 1 hour or until doubled in size.
3. Preheat oven to 230 degrees 210 fan force. Punch down dough. Turn out onto a floured surface. Divide into 4 portions. Using a lightly floured rolling pin, roll out 1 portion into a 16cm roll.
4. Place a baking tray or pizza stone in oven for 10 minutes or until hot. Place 1 dough round on on hot tray. Bake for 3 minutes or until golden and puffed like a balloon. Remove from oven. Wrap in a clean tea towel to keep warm repeat with remaining dough.

Spanish Omelette

Ingredients

- 300g potato (peeled, thinly sliced)
- 5 eggs
- 1/2 onion (medium, finely sliced)
- 1 cup frozen peas
- 1 tomato (diced)
- 1/2 capsicum (diced)
- 3 tbs olive oil
- salt and pepper



Notes

We used a variety of Alawa Farm produce in these omelettes including herbs, eggplant, cherry tomato and snake beans



Method

1. lightly salt the potatoes slices
2. place a large frying pan on high heat and add 2 tbs olive oil. When the oil is hot add the potato slices. Turn and separate them over heat for 5 minutes try to keep them moving enough that they don't brown.
3. Lower the heat and add the onion to the frying pan and place a lid on the pan to cover. Move the potato and onion slices around the pan every couple of minutes until both are just cooked through.
4. In a mixing bowl, add the eggs and lightly whisk until the whites and yolk are just combined. Add salt and pepper.
5. When the onions are cooked, add them to the whisked eggs. Add the rest of the vegetables.
6. heat the remaining 1 tbsp of olive oil in the frying pan and allow to come back to a high heat. Pour the egg and vegetables mixture into the pan and immediately turn the heat down to low.
7. cook for 15 mins or until there is no liquid egg on top of the omelet. Turn the omelette by flipping onto a dinner plate and then sliding it back into the pan.
8. cook for another 5 mins. Serve in slices with a salad.

Jamie Oliver's Potstickers

Ingredients

- . 2 spring onions finely sliced
- . 100g Chinese cabbage
- . 100g Assorted greens shredded finely
- . 200g mince
- . 2 tsp sesame oil
- . 1 tsp Fish sauce
- . 2 tablespoons soy sauce
- . 1 tsp ginger
- . 2 tsp of garlic
- . 30 gyoza wrappers



Notes



If the water reduces too quickly, top up with a splash more halfway through
These are lovely served with a sweet chilli dipping sauce

Method

1. Place spring onions and greens in a bowl with the mince, sesame oil, fish sauce and soy sauce.
2. Add in the ginger and garlic, season with a good pinch of pepper, then mix well to combine.
3. To make the potstickers, lay the gyoza wrappers on a clean work surface and cover with a damp tea towel to stop them from drying out and place a small bowl of water alongside it.
4. Place 1 teaspoon of the filling onto the middle of a wrapper, brush the edges with a little water, then fold the wrapper. Repeat with the remaining ingredients, you should end up with about 25.
5. Heat oil in a large non-stick frying pan over a high heat, then add the potstickers, bottom-side down, in a single layer. Reduce the heat to medium and fry for 2 minutes, or until the undersides are golden.
6. Pour 1cm of water into the pan, bring to the boil, then cover and reduce to a medium-low heat. Simmer for 6 to 8 minutes, or until the liquid has almost evaporated
7. Remove the lid and fry for a further minute, or until the undersides are crisp.

Mini Aussie Pies

Ingredients

- 1/2 brown onion (finely chopped)
- 1 tbs butter or olive oil
- 1 cloves garlic (finely chopped)
- 1/2 medium carrot (finely chopped)
- 1 small potato (finely chopped)
- 1/4 cup peas (you don't need to use)
- 200g beef mince
- 1 teaspoon herbs
- 1 tbs tomato paste
- 1 Worcestershire sauce or soy sauce
- 1 pinch of salt and pepper
- 1/2 cup beef liquid stock
- 1/2 tbsp plain flour



Notes

You can put any variety of vegetables in the pies as long as they are finely diced
We used some snake beans from the farm



Method

1. Preheat the oven to 200°C (180°C fan-forced)
2. Gently cook onions in butter in a large frying pan. Add garlic after a couple minutes and saute for a minute.
3. Add the carrot and potato and continue to cook until soft, then add the peas and cook for a further couple of minutes.
4. Add the beef and cook until it is well browned, then add the herbs and saute for 1 minute.
5. Stir through the tomato paste, sauce, salt and pepper, then add the beef stock and simmer for a few minutes.
6. Add the flour, mixing well, and allow to simmer for 15 minutes.
7. Grease a 12-hole muffin tin.
8. Using a cookie cutter or empty glass jar, cut out circles to fit into the muffin holes and for the lids of the pies (you can also stretch out the pastry circles a little further with your hands for the bottom of the muffin holes).
9. Spoon in approximately two tablespoons of mince mixture into each hole (be careful not to overfill), then top with the lid and press sides down gently to seal the pie.
10. Brush the top of each pie with egg wash.
11. Bake in the oven for about 20 minutes or until golden.

Moroccan CousCous

Ingredients

- 1 cup cubed vegetables
- 2 Tsp olive oil
- 1/2 cup chick peas
- 1/2 cup couscous
- 1/2 Tsp garlic
- 1/2 Tsp ginger
- 1/2 Tsp cumin
- 1/2 Tsp ground coriander
- Tbsp parsley chopped
- Tbsp mint chopped
- Tsp of lemon juice
- Tsp lemon zest
- 2 Tsp olive oil



Notes

Option is to sprinkle with raisins and slivered almonds

For more flavour use stock instead of water on the couscous

Method

1. Put the chopped vegetables on baking paper on an oven tray,
2. Coat with 2 Tbsp olive oil and roast for 20 minutes, add the chickpeas in the last ten minutes of cooking.
3. prepare the couscous by covering with 1/2 cup of boiling water cover and leave.
4. combine the remaining 2 Tsp olive oil herbs and lemon.
5. combine all the remaining ingredients and stir in the roasted vegetables.

Nasi Goreng

Ingredients

- 1.5 tbsp oil
- 2 garlic cloves , finely chopped
- 1 tsp red chilli , finely chopped
- 1 onion , small, diced
- 3 cups cooked white rice , day old, cold
- 2 tbsp kecap manis
- 2 tsp shrimp paste , optional
- 4 eggs , fried to taste
- 1 green onion , sliced
- Tomatoes and cucumbers, cut into wedges/ chunks
- Fried shallots ,
- Lime wedges



Notes

We made these in 2 ways, one with an egg omelette sliced on top or with egg cooked into the rice



Method

1. Heat oil in a large skillet or wok over high heat.
2. Add chilli and garlic, stir for 10 seconds.
3. Add onion, cook for 1 minute.
4. Add rice, 2 tbsp kecap manis and shrimp paste, if using. Cook, stirring constantly, for 2 minutes until sauce reduces down and rice grains start to caramelize.
5. Serve, garnished with garnishes of choice (green onions, red chilli, fried shallots) and with egg omelette sliced on top

Chicken and Lemongrass Dumplings

Ingredients

- 250g Chicken Mince
- 1 stalk lemongrass (white part only), bruised, finely chopped
- 2cm piece fresh ginger, finely grated
- 2 tsp finely chopped fresh coriander leaves
- 1 tbsp fish sauce
- 2 tsp sweet chilli sauce
- 30 (275g packet) gow gee wrappers



Notes

You can use pork mince if desired

Method

1. Place mince, lemongrass, ginger, coriander, fish sauce and sweet chilli sauce in a large bowl. Stir to combine.
1. Place wrappers on flat surface. Spoon 2 teaspoons mince mixture on 1 half of each wrapper. Brush edges with cold water. Fold over to enclose filling. Pleat edges together to seal. Place on a tray lined with baking paper.
2. Place a steamer lined with baking paper over simmering water. Cook dumplings, in batches, for 15 minutes or until tender and cooked through. Serve.

Laksa

Ingredients

- 2 cups (500 ml) chicken stock / broth
- 1 cup (250 ml) water
- 3 chicken drumsticks
- 1 1/2 tbsp oil
- 2 garlic cloves, minced
- 2 cm piece of ginger , finely grated
- 1 lemongrass , white part grated,
- 2 birds eye chilli, finely chopped
- 1/2 cup (175g) laksa paste
- 400g can coconut milk
- 2 tsp fish sauce
- 200g vermicelli noodles
- 80g bean sprouts
- 80g / 2.5 oz tofu puffs , cut in half



Notes



Suggested garnish:

Fresh coriander / cilantro
Lime wedges
Crispy fried shallots
Finely sliced red chilli

Method

1. Place Chicken Stock, water and chicken drumsticks in a medium saucepan over high heat. Bring to simmer, then reduce to medium high.
2. Cook for 25 minutes or until chicken flesh is falling off the bone and liquid reduces by about 1/3.
3. Discard skin, pull flesh off the bone and place in bowl, discard bone. Set broth aside.
4. Heat oil in a large saucepan or small pot over medium low heat. Add garlic and ginger, sauté for 20 seconds, then add lemongrass and chilli. Cook for 1 minute.
5. Add laksa paste. Turn heat up to medium and cook for 2 minutes, stirring constantly, or until fragrant.
6. Add chicken stock, coconut milk, fish sauce. Place lid on and simmer on for 10 minutes.
7. Adjust to taste using lime juice and fish sauce. Add tofu puffs. Leave on turned off stove with lid on for 5 minutes.
8. Prepare noodles per packet directions.
9. Divide noodles between 2 bowls. Top with shredded chicken.
10. Pour broth over chicken. Top with beansprouts. Sprinkle with Garnishes you choose to use. Serve with Laksa Chilli Sauce on the side.

Thai Red Curry

Ingredients

- 1.5 Thai red curry paste
- 1 large garlic cloves, minced
- 1 Tsp fresh ginger , finely grated
- 1.5 tbsp oil
- 200ml coconut milk
- 3 kaffir lime leaves
- 0.5 tbsp sugar
- 1 tsp fish sauce , plus more to taste
- 175g chicken, cut into thick slices
- 75g pumpkin or butternut squash, cut into 1.5cm
- 60g green beans, trimmed and cut into 1.5cm
- 6 Thai basil leaves



Notes

You can use a wide variety of vegetables in this curry, we used poor mans beans from the farm and some Japanese cabbage



Method

1. Heat oil in a large heavy based skillet over medium heat.
2. Add curry paste and Extras (if using jar paste) and cook for about 2 minutes so it “dries out” (see video)
3. Add coconut milk, lime leaves sugar and fish sauce. Stir, then add chicken.
4. Spread chicken out, bring to simmer, then turn heat down to medium. Simmer for about 8-10 minutes or until sauce reduces, the chicken is cooked and the sauce is almost as at the thickness you want.
5. Do a taste test. Add more fish sauce (or even shrimp paste) to add more saltiness, sugar for sweetness.
6. Add pumpkin and beans, stir. Cook for 3 minutes or until pumpkin is just cooked through and sauce is thickened- see video for sauce thickness
7. Remove from heat. Stir through a handful of Thai basil leaves.
8. Serve over jasmine rice, garnished with fresh chilli slices and fresh coriander/cilantro leaves, if desired.

Toor dal tadka

Ingredients

- 250g toor dal (yellow split peas), washed and drained
- 1tsp turmeric
- 1 litre (four cups) water
- 6 garlic cloves
- 1 cm piece of ginger
- Salt
- 2 tbsp vegetable oil
- 1tsp black mustard seeds
- 2tsp cumin seeds
- 2-3 dried chilli powder
- pinch of asafoetida



Notes

- [\[http://www.sbs.com.au/food/glossary/455/Asafoetida\]](http://www.sbs.com.au/food/glossary/455/Asafoetida)



Method

1. Put the toor dal , tumeric and water in a heavy based sauce pan and boil for 40 to 45 minutes or until the peas are soft when pressed between the thumb and index finger.
2. Meanwhile, use a mortar and pestle to pound the garlic, ginger and a good pinch of salt to taste. Heat the oil in a small frying pan over low heat. Add the mustard seeds and allow them to pop. Add the cumin seeds, dried chillies, curry leaves, chilli powder, asafoetida and ginger garlic paste and fry until fragrant. Stir into the dhal.
3. Add the chopped tomato and simmer for another 10 minutes. Season to taste with salt and garnish with coriander leaves.

Yoghurt Flatbreads

Ingredients

- 100 g self-raising flour , plus extra for dusting
- 4 tablespoons Greek yoghurt
- unsalted butter , to serve



Notes

Very easy to make with just 2 ingredients
Enjoy with a curry



Method

1. Pour the flour into a bowl, make a well in the middle, then add the yoghurt. Use your clean hands to mix it together, until you have a dough.
2. Wash and dry your hands, then dust your work surface and hands with flour. Split the dough into 2 equal pieces. Stretch the dough with your hands or roll it out with a rolling pin to about ½ cm thick.
3. Put a large non-stick frying pan on a medium-high heat
4. Once the pan is hot, carefully add the dough to the dry pan and cook for 2 or 3 minutes, or until golden and puffed up. Use tongs to turn the flatbreads over, and cook for the same time on the other side.
5. Remove the flatbreads from the pan and eat with curry

Kiri- Rice Pudding

Ingredients

Ingredients:

- Milk (2 litres)
- Rice (1 cup of round rice)
- Cashews or coconut chopped (2 table spoons)
- Butter 2 table spoons
- Sugar (2 tablespoons or according to your taste)
- 5 Cloves crushed
- 5 Cardamom pods



Notes

Place in a serving dish and garnish with chopped nuts and raisins. You can serve it hot or cold.

Method

1. Wash the rice and keep aside. Chop nuts and crush cloves and cardamom using a mortar and pestle.
2. Heat the milk in a heavy bottomed pan.
3. When the milk starts boiling, add the rice, nuts/coconut, crushed spices and sugar. Boil for 10-15 mins.
4. When the milk reduces to 3/4, reduce flame to low, stir the rice occasionally so it doesn't stick to the pan. Cook for 25-30 mins till the rice is cooked and the milk is reduced to half. As the milk reduces the dish will become thick in texture.

Dal

Ingredients

½ litre water
1 cup lentils
½ tsp turmeric
½ tsp salt
2 tsp sunflower oil
½ tsp cumin dried

Oil fry toppings

1 tsp cumin seeds
2 tsp dried chillies
1 tbsp garlic paste



Notes

Adjust the amount of chilli to suit your taste

Method

1. Add water, lentils, cumin powder, turmeric, oil and salt to a saucepan
2. Cook on medium heat for 30 minutes stirring regularly
3. Add water if the mixture starts to get dry

Oil fry topping

1. Heat oil and cumin seeds until the seeds turn brown
2. Take the oil off the heat and add chillies and garlic
3. Fry until the mix goes brown

Add the oil mixture to the top of the dal for serving

Alu Dum-Fried Potato

Ingredients

- 1/2 Litre Water
- 1 Cup Lentils
- 1/2 Tsp Turmeric
- 1/2 Tsp Salt
- 2 Tsp Sunflower Oil
- 1/2 Tsp Cumin Dried

Oil Fry Toppings

- 1 Tsp Cumin Seeds
- 2 Tsp Dried Chillies



Notes

Use a heavy based saucepan or a stir fry pan for cooking the dal. You can add extra seasonal vegetables such as cherry tomato or eggplant to the dal

Method

Add water, lentils, turmeric, oil, cumin powder and salt to saucepan

Cook on medium heat for 30 minutes stirring regularly

Add water if the mixture starts to dry

Oil Fry Toppings

1 Heat oil and cumin seeds until the seeds turn brown

2 Take the oil off the heat and add chillies and garlic

3 Fry until the mix goes brown

Serve the Dal in a dish with the oil fry mixture poured over the top

TURKEY

Turkish Pide

Ingredients

Ms Elsa's DOUGH (MAKES 2 PIDE):

- 500g flour, 1 tsp yeast, 1 tbs olive oil, 300ml water

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SPINACH TOPPING:

- 2 tsp olive oil
- 1/2 onion
- 280g baby spinach
- 1/2 tsp cumin
- 1/2 tsp pepper
- 1/4 tsp salt
- Fetta to top



Notes



You can add any toppings to these

Method

- Preheat oven to 240°C (220°C fan). Roll dough out on a lightly floured surface into an oval shape 40cm/16" long and 20cm/8" wide. Prepare 2 trays with baking paper
- Place a rolled out dough on the tray. Sprinkle with cheese, then sprinkle chosen Topping evenly across the surface, leaving a 2cm border all around. Fold dough: Brush the ends with water. Pinch ends together to seal then fold the sides of the pide in. Bake 15 minutes, until the crust is golden
- Sprinkle with toppings of choice.

Pumpkin Scones

Ingredients

- 40g butter softened
- 1/4 cup caster sugar
- 1 egg beaten lightly
- 3/4 cup mashed pumpkin
- 2 1/2 cups self raising flour
- 1/2 tsp ground nutmeg
- 1/3 cup milk



Notes

We used a fresh pumpkin from the farm and microwaved it until it was soft enough to mash



Method

1. Preheat the oven to 240C. Line a baking tray with baking paper
2. Beat butter and sugar in a bowl with electric beaters until light and fluffy
3. Gradually beat in the egg
4. Stir in pumpkin and dry ingredients and enough milk to make a soft sticky dough. Knead the dough on a floured surface until smooth
5. Press dough out evenly to a 2cm thickness
6. Dip a 5cm round cutter into flour and cut out as many as you can from the dough
7. Place scones on the tray and paint with a little extra milk
8. Bake for about 15 minutes

MASTERCHEF WINNERS

Eggplant Stirfy

Ingredients

- Make the sauce from scratch but... recommended ingredients:
- Worcestershire sauce
- Soy sauce
- Ground nutmeg
- Salt
- Pepper
- Sugar
- For the stir-fry
- 250g mince beef
- 6 thai eggplants
- Rice
- For serving:
- 3 sticks basil
- Lemon (optional)
- Chilli (optional)



Notes

Semester 1 winners had beef, eggplant and basil to create an amazing meal



1. Chop up the eggplant into half a centimetre pieces
2. Now make the sauce you can just stir it but if you want to be all fancy and show off you can blend it
3. Cook the beef mince, sauce and the eggplant until brown. also cook the rice
4. When the cooking is done you put it all together and serve with optional ingredients

MASTERCHEF WINNERS

Pineapple upside-down cake

Ingredients

- 565g/ 20 oz canned pineapple slices in juice (not in syrup,
- 12 – 18+ maraschino cherries
- 60g/ 4 tbsp unsalted butter , melted
- 1/2 cup brown sugar
- 1 1/2 cups flour
- 1 tsp baking powder
- 1/4 tsp baking soda (sub 1 tsp baking powder)
- 1/4 tsp salt
- 1/3 cup milk ,
- 1/4 cup pineapple juice , reserved from can
- 1/4 cup sour cream , full fat (sub plain yogurt)
- 1 tsp vanilla extract
- 115g/ 1 stick butter , unsalted, softened
- 3/4 cup white sugar
- 2 large eggs , at room temperature (Note 4)
- Any leftover pineapple .



Notes

Term 4's winner made a stunning pineapple upside down cake



Method

- Preheat oven to 180°C/350°F (160°C fan).
- Dry fruits: Line a tray with paper towels or a tea towel, then place pineapple and cherries on. Pat dry with paper towels. Pour melted butter into a 23cm/9" cake pan at least 5cm/2" deep. Brush butter up the sides. Sprinkle sugar over the base, roughly spreading it out. Arrange pineapple: Place one pineapple ring in the centre, then surround with either halved pineapple rings or whole ones. Decorate with cherries as desired. Flour Mixture: Whisk flour, baking powder, baking soda and salt in a bowl.
- Whisk milk, sour cream, pineapple juice and vanilla in a 2nd bowl. In a third bowl, beat the butter and sugar for 2 minutes on speed 7 (handheld mixer) until fluffy. Add eggs one at a time, beating for 20 seconds in between.
- Add 1/3 of the Flour Mixture, then mix in using a rubber spatula. Add 1/2 the Milk Mixture, mix in. Add half the remaining Flour Mixture, mix. Add all the remaining Milk Mixture, mix. Then mix in the last of the Flour Mixture. Stir in the leftover pineapple pieces.
- Spread batter over pineapple layer, smooth and level the surface.
- Bake for 30 minutes. Remove, loosely cover with foil, then bake for a further 15 minutes until a toothpick inserted into the centre comes out clean.
- **Cool 20 minutes:** Remove cake from oven and leave inside pan to cool for 20 minutes.
- **Flip!** Run a butter knife around the inner edge of the cake pan. Put a plate or serving platter over the cake, then flip. Tap base / shake pan gently then lift slowly. Voila!
- **Cool** completely before serving.