

High Rotation

A master set of Dad's best recipes for Hannah and Angus

Alan Cadogan
'Dad'



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DEDICATION

This book is dedicated to Hannah and Angus.

To Hannah, because, like a judge on Ru Paul's Drag Race, you always encourage me to elevate my creative output and are never afraid to open a new seam of exploration and discovery for me to pursue.

To Angus, because your decision to become vegetarian threw down a gauntlet of challenge and inspired me to return to some almost forgotten basics and reinvigorate everything I cook - and for your thirst for knowledge and the deep wonder and passion you bring to the kitchen and to life.

This is your almanac for the kitchen, your guide to easily prepared, and even restaurant quality meals at home, and a blueprint for finding the joy and inspiration in the food that I have loved to prepare for us. Nothing tastes better than a meal someone else has cooked but even when it's just for one you can still make some damn fine food.

About the Writer

Alan Cadogan's finest achievement is the raising of two beautiful children into fine adults. In addition, he is a skilled urban designer, businessman, artist, bad ukulele player ...and he cooks.

Acknowledgements

I would like to acknowledge the assistance of the following people in the making of this book: Hannah and Angus, my children and meal guinea pigs over their entire childhood and their adulthood, and for their assistance with some of the photography; Julie, with whom I shared a great passion for cooking and entertaining for a time; Cat, who is ever supportive of my cooking and so much more; Dorota, who helped me to validate this process and a whole lot more; Mandy who helped me with proofing and editing; and everyone for whom I have ever had the pleasure to cook and who has helped inspire this collection of recipes.

What is a best recipe?

A former partner of mine, whose name was also Alan, but that's another story, once noted that my kids weren't afraid to give feedback, and were a tough crowd: "it's ok, but it's not your best, Dad... ..it's a bit overly sweet... ..the broccolini is a bit underdone". He thought cooking at my place was high pressure - like being a contestant on MasterChef.

What to do when you get blunt feedback? Sharpen, and feed back!

So this book collects the best of those honed family recipes, sharpened, retested, and cooked countless times. Of course we cook a lot more things, but these recipes are the best of the best, the most asked for, the most craved. These are the ones on high rotation at Chez d'Oges. So essentially, this is a love letter to my kids as they leave the nest and forge their own futures and cook their own meals. I hope this is a useful guide and a reminder of great times.

Dadsplain

Similar to Mansplaining, Dadsplaining is when a father answers his child's question, no matter how simple, with long-winded, undesired and tangentially relevant information and life advice.

Some cooking is high precision - but a lot isn't. Look for the cedilla "˘" in front of any measurements or times, which I use to mean "roughly/approximately" ahead of any measures. That way you'll know when to be slap-dash, and when to colour inside the lines.

Some cooking is by weight but mostly it's by volume, and it's soft converted into weight. I like volumes because it's how I cook - a handful of this, a dash of that. But weights are essential for things like calculating the kJ in a meal. Weights also work with an engineering style of bachelor cooking - one set of digital kitchen scales with a tare function and you'll never need to wash up extra measuring cups and spoons. So this book has the weights (and the energy) in a table at the back if you prefer to 'bach' it.

This book uses Australian metric weights or volumes as well as Australian metric cup and spoon measures:

1 cup = 250ml, 1 tablespoon (tbsp.) = 20ml, 1 teaspoon (tsp.) = 5ml.

For most water based ingredients 1ml of a liquid = 1gram, and 250ml (a metric cup) weighs 250g (that's why we love metric - are you listening, America?).

(To be technical water weighs exactly 250g per cup at sea level, for milk it's 250.13g, soy milk is 250.13g, vinegar is 251g, wine is 245g. It gets less reliable with oils and sauces - but oils are less dense so lighter ~231g per cup, while sauces can vary - Kikkoman Soy Sauce is 308g. Oops, Dadsplaining.)

Despite this, I often 'soft convert' a cup into 240ml for making ½ or ¼ of a recipe, because 240 is so beautifully divisible into halves, thirds, quarters and sixths... and ½ or ¼ of the 10ml difference really isn't going to matter.

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The Basics

Essential Things for the Fridge and Pantry

Ingredients above and beyond the basics

Breadmaking (hard) Flour
Cardamom
Chilli Powder
Chinese 5 spice
Cinnamon
Dijon Mustard
Dried Yeast
Extra Virgin Olive Oil
Garlic*
Ginger*
Kecap manis (a thick sweet soy sauce)
Masa Harina (nixmatalized maize flour)
Maple Syrup
Mayonnaise, Kewpie brand
Mirin
Olive Oil, Black Truffle Flavoured
Oyster Sauce
Rice Flour (the Asian kind, not the European)
Rice Wine Vinegar
Sesame Seeds (Black and White)

** Yes, fresh is best, but... minced into a paste and in a tube is so convenient and loses so little flavour that it's usually my preference. So these recipes use a 5cm squeezed line as a substitute for for a clove of garlic and a knob of ginger.*

Equipment above and beyond the basics

A set of **Global Knives**, or an equivalent good quality, set of sharp knives – Global are the best and they have a lifetime guarantee.*

A **Spiral Cutter** – I have a cheapie plastic one and it's fine.

A **Flat Based Wok**, mine is non-stick from Woolworths and it's very fine.

A **Stick Food Processor** for blitzing – mine has a small enclosed basket attachment and a whisk as well as the stick – it does everything I've ever needed from blitzing to whisking to chopping to cake batters to soups. It'll work hard and you'll probably want to replace it after a few years hard labour.

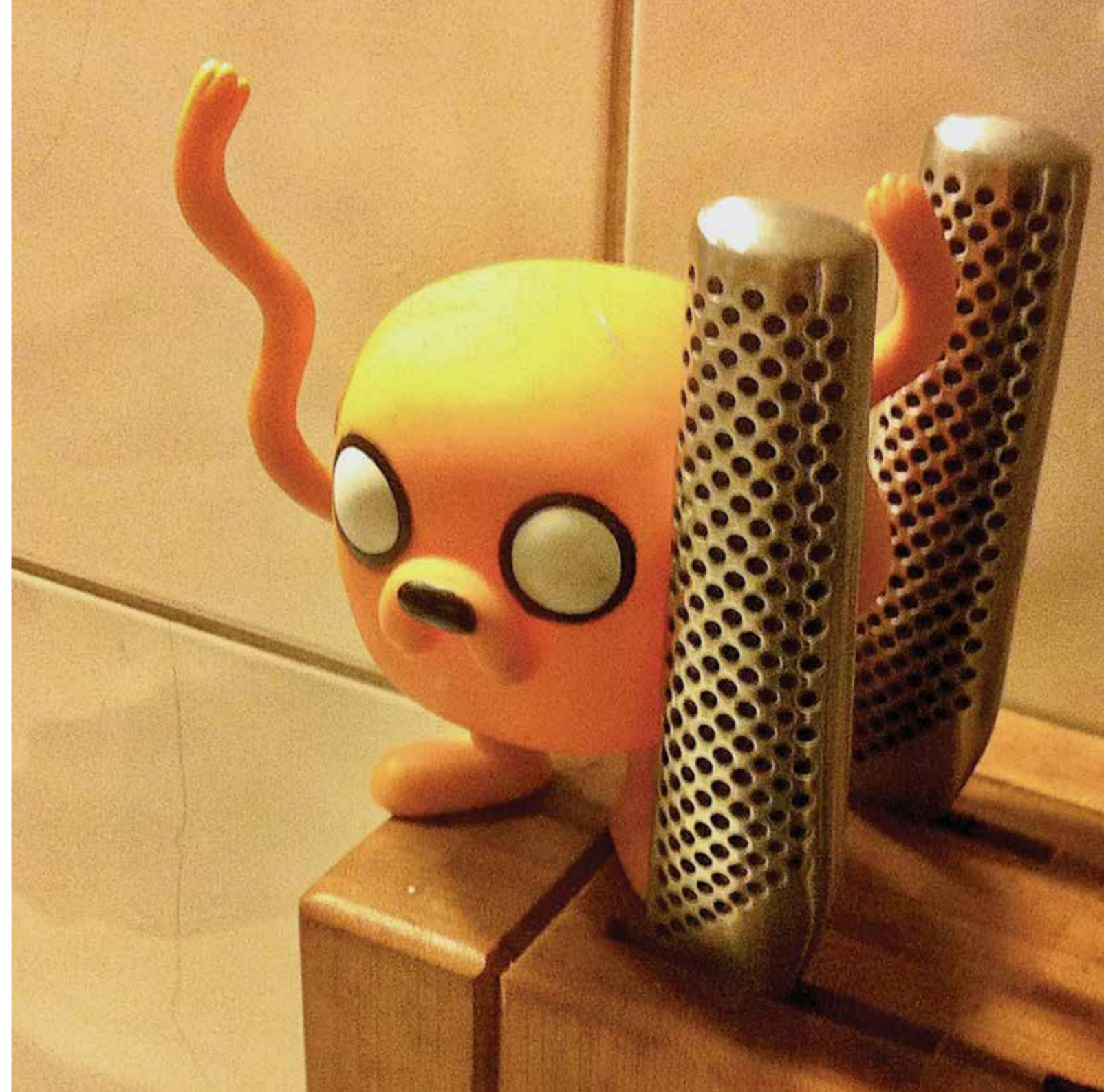
Some okay quality **Non-Stick Pans** – ideally two medium and a little one for doing nuts or a single omelette. Look after them, but don't expect them to last forever – you'll want to replace them after a few years.

A set of **Digital Scales** with a tare function.

You don't need a **Deep Fryer**, but it helps.

You don't need a **Taco Press**, but it helps.

** My large Global knife broke in two at the hilt whilst cutting – wait for it – watermelon (and the soft pink bit not the rind). I rang Global, they said wrap it well so it won't stab the postie and we'll replace it – no receipt needed – they're made to last and they back it with a lifetime guarantee. A new one arrived a week later. I love Global.*



How to BBQ

I learned to properly barbeque from my then father-in-law, an engineer by training. Barbequing for him was not a blokey give-it-a-go, check, prod, and repeatedly turn, "she'll be right" procedure – it was a precision activity. It changed my barbequing, which tended to produce leather offerings, into something succulent and magical. I had to unlearn all I had known about the barbeque...

Good cuts of meat

Marinate

Time

A Hot, Preheated BBQ

Oil

Trust

Stopwatch

Resting Time

1. Select good cuts of meat. Sometimes this will be expensive.
2. Marinate the meat to give it additional flavour and moisture.
3. Give the marinate time to work. At least an hour. Preferably more.
4. When it's time to BBQ, preheat the BBQ. Don't come in cold. So remember to allow 10-15mins for the BBQ to warm up to hot. Give it time to work.
5. Lightly oil the meat, not the plate. Oiling the plate results in extra spatter and smoking excess oil.
6. Trust yourself. We are only going to turn the meat once. Five minutes for the first side and five for the next. Less for thinner cuts or rarer cooks – more for well done. Learn how your BBQ performs and time your cooking. This is a precision activity. Malcolm used a stopwatch.
7. The only exceptions to turning once are:
 - Sometimes it is a good idea to first sear each side of the meat for just 10 seconds on each side to prevent it from sticking to the grill
 - Sausages can and should be turned as often as you like
 - Chicken thighs may need a second turn if they're thick – press them flat with tongs to flatten them and give them a second turn.
8. Rest meat before carving (i.e. leaving it in a bowl for 5 mins). This allows the meat to relax, and to take back in all the juices that the high heat has pushed out of it. Rested meat is tender meat.

Go Veg Eggplant, capsicum, firm tofu, veggie burgers, cauliflower steaks... go wild.

Dadsplain Once I accidentally left a BBQ on very low all night, with a whole red capsicum on the plate that I was roasting for something later but had forgotten. The pure carbon sculpture that was there in the morning was eerily beautiful, if unintentional.



How to Poach Eggs

I'm astounded by the plethora of contraptions for poaching eggs – the solutions to a problem that does not exist. Poaching eggs is easy, but there are some tricks...

Eggs

Water

White Vinegar, ~1-2 Tablespoon

1. Select fresher eggs. The protein in the white holds together better in fresh eggs. Use older eggs for scrambling, or omelettes or baking.
2. Select a frying pan with sides about as high as an egg. Fill it most of the way with water, and bring it to the boil. If you use a typical saucepan with tall sides, it's a lot further for the egg to fall, and that will result in a spread out egg as it crashes through the water and rolls out along the bottom of the pan.
3. Add the vinegar to the water. I'm told the acid in the vinegar helps the protein in the whites to clump together, but even if it doesn't, I like the flavour it adds.
4. Once the water is boiling drop the heat to very low. If the water is churning like a hot tub, so will your egg.
5. Crack the eggshell and before opening it, bring it down close to the top of the (now reasonably still) water. Open the shell over the water so it only has to fall the shortest of distances.
6. Turn the heat up to medium and cook to your desired yolk consistency – about 4.5 mins for 'walking' (See Dadsplain below). Don't turn them, but you can use a spoon to waft water over on top of the egg to help the top part of the egg to cook. Take the eggs out with a slotted spoon in the order you placed them in the pan, taking a few seconds to tilt the spoon and drain any water caught in the egg white folds.
7. Top with sprigs of dill, thyme or pesto.

Go Veg Sorry folks – I don't have a satisfactory veg alternative for eggs.

Go Low Eggs are a great complete food full of protein and super low in carbs.

Dadsplain Yolks, like distinguished gentlemen fathers, should never run but rather walk.



Cauliflower 'Couscous'

Serves 2 | Total preparation time 10 mins | Full attention cooking time 10 mins | ~204kJ per serve

Cauli-cous...? I love rice in almost all its forms, but as my father says "There's nothing graceful about old age" and rice is all carbohydrate. (He will then optimistically add, "but it's better than the alternative"). As I've grown older I've realised that I can't just pile away the carbs and not expect to keep them on. This easy to make low energy alternative to rice or couscous is quick to prepare and tastes great. Is it better than the alternative - sometimes it is.

Cauliflower, ~1 cup chopped

Canola oil, 1-2 tsp.

Chicken Flavour Stock Powder, 1 tsp.

White Pepper, 1 tsp.

Sumac, ½ tsp.

(or other spices you like)

1. Wash and dry cauliflower and cut into medium sized chunks to go in your food processor chopper. Blitz in batches on a medium speed (or using only a few blitzes if yours doesn't have a speed control) until coarsely chopped and resembling rice in texture - only a few seconds on medium speed.
2. Heat oil in a wok or non-stick saucepan on high heat, and add all ingredients.
3. Stir fry over high heat until the cauliflower just starts to soften and maybe browns just a little in places.
4. Serve in bowls and top with stir fried vegies, oven roasted vegies, katsudon or karaage.

Go Veg You've already gone veg! But you can also substitute broccoli stems, white radish (daikon), wombok cabbage, or different cabbages. Find the one you like and then experiment with different oils or adding pine nuts or almonds to the mix to bring it out of the background and performing as a lead.

Go Low While a cup of white rice will add 2,600kJ, you'll hardly notice this alternative with only 300kJ and few carbs.

Bachelor Food Prepare a whole cauliflower in advance and freeze portions to defrost in a hot frypan when needed.



Pickled Radish

Serves many meals | Total preparation time 24 hours | Full attention cooking time 5 mins | ~15kJ per serve

This recipe always reminds me of one of my all time favourite movies - *Spirited Away*.

Daikon (White Radish), 1 large

White Sugar, ~1 heaped tablespoon

Salt, ~1 heaped tablespoon

Rice Wine Vinegar, 20ml

Turmeric, ½ teaspoon

Boiling Water

1. Thoroughly clean a 500ml glass jar including a final rinse in boiled water.
2. Add sugar, salt, vinegar, and turmeric.
3. Slice daikon into 3-5mm discs, and then into quarters.
4. Add the daikon to the jar, and top with enough boiled water to cover the daikon, and once the lid is on, roll it around a few times until the dry ingredients are well dissolved.
5. Cool, and keep in the fridge. The daikon will be pickled ready to eat in 24 hours, but will improve with additional time, up to three months or more.
6. Serve on soba noodles, karaage, katsudon, or add to salads for a sweet-sour crunch.



Go Veg You already have!

Go Low You already have - pickled daikon is low kilojoule food ~10kJ a slice (~2 calories).

Dadsplain Although fresh daikon is white, the pickled form turns yellow. I'm told this will occur naturally after several months... but adding just a little turmeric is a perfectly fine and fast pickle colouring alternative.

Off Piste This recipe works just as well with red radishes, and they turn a lovely pink - just omit the turmeric.



Pomodoro

Serves 6 | Total preparation time 30mins to 2 hours | Full attention cooking time 10 mins | ~284kJ per serve

When Angus announced he had acquired a STD (sexually transmitted diet - as his then girlfriend was vegan, he had become vegetarian), instead of providing meat-and-three-veg without the meat, I took it seriously. I went back into my university undergraduate memories and my mate Tom, who taught me this from a recipe book without pictures (!) in the kitchen of a phenomenal share house in Arundel Street, Forest Lodge, next to Sydney University, and coincidentally just around the corner and a spit away from where Hannah and I now live.

Mix with penne pasta, top with freshly grated Parmesan cheese and serve with a pear, rocket and shaved Parmesan salad dressed with truffled olive oil. It's also your perfect pizza base topping.

Olive Oil, 1 tablespoon

Butter, 1 tablespoon

Garlic, ~5cm of paste

Diced Tomatoes, 2 x 400ml cans

Black Pepper, decent grind

**Chicken Flavour Stock Powder,
2 tbsp.**

**Wine of any kind, a decent splash
(maybe ¼ to ½ a cup)**

1. Heat butter and olive oil over medium-high heat in a wok until just sizzling.
2. Add garlic and stir until just browned - Do not let your attention waver as it is easy and very undesirable to burn the garlic.
3. When the garlic begins to turn golden add tomatoes all at once and stir.
4. Add wine and stock and reduce heat to a very low simmer and cook stirring occasionally for 30 mins to 3 hours as available, until it is reduced into a rich thickness (being careful not to let it catch and char on the bottom of the wok/pan).
5. Serve over penne, or spoon onto a pizza base or bottle for later.

Go Veg You've already gone veg!

Bachelor Food Make an extra batch or two and put into a sterilised jar - it'll keep in the fridge for around a month.

Dadsplain You have to cook food for about 3 hours to fully erase all traces of alcohol. Food baked or simmered in alcohol for 15 minutes still retains 40 percent of the alcohol. After an hour of cooking, 25 percent of the alcohol remains, and even after two and a half hours there's still 5 percent according to a study by the U.S. Department of Agriculture's Nutrient Data Lab (reported at <https://www.foodnetwork.com/how-to/packages/food-network-essentials/cooking-wine-does-alcohol-burn-off>). This matters if you're calculating energy or on your P plates.

Pomodoro is infinitely variable robust or fancy vegetarian deliciousness. Use white wine or red. Maybe balsamic vinegar. Cook the sauce very slowly for hours for a finer texture (with a clove of garlic pierced by a toothpick suspended in it, removing both before passing the sauce through a sieve) for fancier performances. Leave it rough and chunky for more bucolic fare. Add cream. Add prosciutto, cooked in the pan at the start. Add both. Add torn fresh basil leaves by the bunch. Or lemon thyme. Slow fry garlic in burnt butter to start. Add a hint of chilli powder. Add sautéed sliced eggplant. Use it as a base for puttanesca and add whatever veggies and leftovers and jars of olives and things you can find in your 'whore's' kitchen. Add seafood and Pernod to class it up and luxuriate it. Or try it with fresh whole tomatoes when they're in season and fresh and cheap as! Experiment. Enjoy.



Spiral Cut Zucchini 'Pasta'

Serves 1 | Total preparation time 10 mins | Full attention cooking time 10 mins | ~142kJ per serve

Super basic, and super healthy, this is your low carb, low kJ, fresh alternative to pasta. It's really quite astonishing how little flavour the zucchini brings, and how well it holds sauces and maintains a satisfying bite equivalent to pasta. Yes, there's no substitute for gnocchi, or a really creamy fettuccini boscaiola, but for weekday fare, especially if for whatever reason you're looking to lower your kJ or your carbs, this is easy as. With this dish you can easily cater for multiple eating choices with different carb or energy bases using the same pasta sauce – low energy on zucchini, or high carb on pasta. Or a mix of both for something in the middle.

Zucchini, 1 medium

1. Spiral cut zucchini using a spiral cutter (you don't need the most fancy one – a basic plastic one from Kmart works fine for me – just be careful when washing it not to cut yourself).
2. Microwave or steam zucchini until softened and hot (about 2-3mins).
3. Drain any liquid from the zucchini bowl, and mix in pasta sauce and top with grated Parmesan or nutritional yeast (see below).

Go Veg You've already gone veg!

Go Low You've already gone low.

Off Piste You're already substituting zucchini for pasta – give nutritional yeast a try as a Parmesan alternative for double substitution! Yellow and yummy, Angus calls nutritional yeast 'fish flakes' for its shape (but not, thankfully, for its smell or taste). Buy it in the organic aisle at Woolworths and other retailers.



Teriyaki Marinade

Serves 2 | Total preparation time 5 mins | Full attention cooking time 5 mins | ~160kJ per serve

The essential Japanese flavour, I used to think this was so wild and exotic that it must involve hard-to-get ingredients and Japanese dark magic. Surprise... quite the opposite!

Soy Sauce, ~33ml

Mirin, ~33ml

Rice Wine Vinegar, ~33ml

Sesame Oil, ~5ml

1. Combine all ingredients and use as a marinade.
Yep... that's it.

Go Veg You already have!

Go Low Full of flavour, but not full of energy – only 160kJ per serve

Bachelor Food Turns boring chicken and stir fry veg into a masterpiece with almost no additional effort. Add it near the end and simmer down over high heat until it thickens (or if there's too much moisture add a tablespoon of rice flour and stir in – it will thicken as it boils).

Off Piste Add brown sugar to aid caramelising if it's for a BBQ marinade. Add some ginger for a little extra flavour and subtle heat. Blitz with a whole peeled medium sized onion and a squirt of Kewpie mayo for a sensational salad dressing.



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Dinner

Braised Pork Belly in Vermicelli Salad

Serves 3 | Total preparation time 1- 8 hours | Full attention cooking time 30 mins | ~1,536kJ per serve

The longer and slower the pork is braised the more luxurious this becomes. Sometimes I cook the meat in a small saucepan instead of a wok - it's more manageable - and cook on the lowest of heats the whole afternoon until the meat falls apart when gently nudged.

Pork Rashers 2-3cm thick, ~400g

Ginger, 5cm of paste

Garlic, 5cm of paste

Chinese 5 Spice, 1 tsp.

Ground Coriander, 1-2 tsp.

Turmeric, 1-2 tsp.

Brown Onions, 2 thinly sliced

Soy Sauce, 30-50ml

Keçip Manus Sauce, 30-50ml

Carrot, 1 grated or spiral cut

Daikon, ¼ cup grated or spiral cut

Iceberg Lettuce, 1 cup finely shredded

Noodles (somen, glass noodles) or rice

1. Heat a wok or small saucepan and toss in pork rashers, sear until browned - no more than one or two minutes per side.
2. Add spices, onions (cut in crescents), ginger and garlic and cook for 1 minute.
3. Add sauces and water to just cover the meat, reduce heat to a very low simmer, cover with a lid and cook on very low heat for at least 1 hour and ideally for several hours until you can break it apart with a nudge from a spoon.
4. Serve rashers on a salad bowl of shredded lettuce or other greens, coriander leaves, grated daikon and carrot, glass noodles or rice vermicelli or medium grain steamed rice. Garnish with fried shallots, sliced green onions and mint leaves - anything really - try peas, soy beans etc.
5. Add pan juices as a dressing or use a Thai styled sour dressing - mix crushed garlic, chilli, palm sugar (or use sweet chilli sauce instead of fresh chillies and sugar), fish sauce (vegan if you can find it) and lime juice.
6. Alternatively the pork can be the star of a miso and ramen soup.

Go Veg Go Veg Unfortunately there really is no vegan substitute for pork belly.

Go Low ~1,100kJ per serve by substituting noodles with konjac noodles or more shredded Chinese cabbage.

Bachelor Food Yes ideally use fresh garlic and ginger, but I use tubes of ginger and garlic paste - for me it has all the flavour and keeps well without the prep and stinky fingers - they look like toothpaste tubes so don't mix them up... unless it's for a prank.



Cheer Bear Pasta Sauce (Bolognese)

Serves 8 | Total preparation time 6 hours | Full attention cooking time ~30mins | ~1,421kJ per serve plus carbs

Named after Cheer Bear, one of the Care Bears (and I hasten to add because it was told to be her favourite dish, not because it is made with minced Care Bears) the name is a deception used to help Hannah, who as a bub was a fussy eater, decide that this dish should be on High Rotation! Adapted from Marcella Hasan's classic Ragu, it is a perennial favourite and a comfort food.

Butter, ~25g

Olive Oil, ~25ml

Brown Onions, 2-4

Celery, half a bunch

Carrots, 4

Pork Mince, 500g

Beef (or veal) Mince, 500g

Full Cream Milk, ~1 cup

Red (or white) Wine, ~1 cup

Tomatoes, 4 cans diced

Nutmeg, ½ tsp.

1. Melt butter and olive oil in a large pot over medium-high heat.
2. Blitz onions, add to the pot, and stir until they begin to turn clear.
3. Blitz the celery then the carrots and add to the pot.
4. Add meats and stir until reasonably easily distributed and any remaining chunks are not too big (otherwise you'll get meatballs).
5. When most of the meat is browned, add milk and simmer for 10-15 mins. Then do the same with the wine.
6. Add tomatoes and stir. Also add nutmeg (omit for Hannah) and stir.
7. Once the mixture comes to the boil drop the heat to the lowest of low simmers and cook very slowly for 4-8 hours. The longer and slower the cooking, the better and more caramelised and flavourful the sauce.
8. Adjust for seasoning with a generous amount of salt and pepper.
9. Serve over pasta, rice, couscous, zucchini 'pasta' or as a filling for toasties.

Go Veg I have made this using textured vegetable protein and blitzed mushrooms to replace the meat, which was tasty, but getting the textures right is difficult. Maybe leave this one to the carnivores unless you're prepared to do your own research.

Bachelor Food Make a huge batch and freeze in portions - a great 'I-really-can't-be-bothered-cooking-but-don't-want-takeaway' meal. Also, celery is cheaper as whole bunches, but hard to store, so buy a whole bunch, chop it all and freeze extras for next time.

Dadsplain Bolognese isn't really Italian (probably it's Aussie or American), but if it were it would be made with giant, slow cooked chunks of beef and pork - which I have done, and it was delicious - I recommend trying it. It failed, however, to impress the harsh child critics compared to its Aussie/American ground/mince meats alternative, and so that delicious version never made it into high rotation.



Chicken Katsudon

Serves 2 | Total preparation time 45 mins | Full attention cooking time 45 mins | ~2,824kJ per serve plus carbs

This was Angus' signature dish using pork when he was in his teens – he would lovingly prepare it for the family – but it was Hannah who trailblazed the first cooking of this at home, and then almost never cooked it again – classic Hannah.

Sushi Rice 180ml

or Short/Medium Grain Rice

Canola Oil, 1 tablespoon plus about 250ml extra oil for shallow frying

Brown Onions, 2 medium

Eggs, 3

Plain Flour, ~¼ cup for coating fillets

Panko Breadcrumbs, ~½ cup
or home made breadcrumbs

Chicken tenderloins, 4 flattened
or use pork loin chops

Soy Sauce, 90ml

Chicken Stock Powder, 2 heaped

Kewpie Mayo, Katsu Sauce, Sesame Seeds and Seaweed Snacks, sliced

1. Cook rice in a rice cooker or by your preferred method.
2. Slice onion (into long crescent shapes – think longitude) and fry using a little oil over medium heat in a frypan until translucent and just browning – about 10mins.
3. Heat remaining oil (about a cup, so that it is 1cm deep in a frying pan) over medium-high heat in a separate frypan suitable for shallow frying.
4. Put flour on a small plate, beaten egg on a second plate and breadcrumbs on a third – to make a mini assembly line – lightly coat meat in flour first, then egg, then press into panko and place in the pan of hot oil to shallow fry. Turn after about 2-3mins to cook both sides.
5. Remove meat from pan and rest on kitchen paper to absorb excess oil.
6. While meat is resting add remaining soy sauce and chicken stock powder plus 90ml of water to the pan with the onions and simmer.
7. Slice meat into strips and carefully add it on top of onions.
8. Lightly beat eggs with a dash of soy and pour slowly over sliced meat sitting on the onions and keep cooking until it is mostly firm.
9. Serve on rice and top with katsu sauce, slivered seaweed, Kewpie mayo, sliced shallot, pickled daikon or sushi ginger and sesame seeds.

Go Veg Marinate firm tofu in soy, kecap manis, sweet chilli or spices, coat in breadcrumbs and fry instead of meat.

Go Low There's no avoiding the high kilojoules of fried food, and air fryers can't do batters, so just go with it. Fasting needs occasional feasting.



Dad's Real Tacos

Serves 3 | Total preparation time 1-2 hours | Full attention cooking time 45 mins | ~1,777kJ per serve

Finally a taco that bends to hold the filling, but also smells deliciously of fresh corn.

Masa Harina, 1.5 cups

Cornmeal, 2 cups

Small Mushrooms, 1 cup

Olive Oil, spray

Sumac, Chilli and Paprika, 1 tsp.

Avocado, 1-2

Lime, 1-2

Cabbage, ~1 cup thinly sliced

Carrot, 1 grated

Onion, 1 thinly sliced/diced

Kewpie Mayo, 10ml

Rice wine vinegar, 20ml

Dijon Mustard, 1 teaspoon

Sour Cream or Greek Yoghurt

Grated Cheese

1. Make coleslaw by mixing the mayo, mustard and vinegar in a small bowl and adding to the cabbage, carrot and onion and stand for an hour or so to let its flavours develop.
2. Preheat oven to 180°C. Cut mushrooms into quarters, place in a baking tray, spray with olive oil and sprinkle with spices. Bake for 45 mins.
3. Make a guacamole mashing avocado, lime juice and salt/pepper.
4. Combine masa harina, cornmeal and water until the mix comes together into a ball, adding only as much water as necessary (usually around 1 cup). Rest the dough for an hour.
5. Roll dough into ping pong ball size rolls, and then press between plastic sheets (a medium size clip lock bag is about the right size – cling wrap is too thin) into 15cm diameter discs using a cast iron taco press (worth the investment) or a rolling pin, or between two heavy cutting boards.
6. Carefully peel the pressed tacos from the plastic and fry in a dry frying pan over high heat for about 2 mins each side.
7. Fill (not overfill) tacos with the fillings, sour cream and cheese and enjoy.

Go Veg You've already gone veg! It's also great with meats like pulled pork, or chicken.

Off Piste Instead of masa harina, use plain white flour and add olive oil (about ¼ cup per cup of flour) lightly knead the dough and allow it to rest in the fridge for an hour (to allow the gluten to form strands) for the most delicious flat flour tortillas. You can also add cheeses, sliced red capsicum, pineapple, shredded lettuce, jalapeno – whatever you like into your taco fillings.

Dadsplain Masa harina is special flour made from maize (corn) soaked in an alkaline solution (nixtamalised) to soften the hard corn 'bran' and then ground. It's hard to get, and different to cornmeal (which is mechanically ground corn/maize) but absolutely worth the effort. Traditional tacos don't use the cornmeal as well, but I like the texture it adds.



Ella's Nachos

Serves 4 | Total preparation time 1 hour | Full attention cooking time 30mins | ~3,128kJ per serve

Shared with us by one of Hannah's great friends, this is easy, tasty, and highly adaptable.

Olive Oil, ~1 tbsp. for stir frying

Onion, 1 medium diced

Red capsicum, 1 diced

Garlic, 5cm of paste

Turmeric, 2 teaspoons

Cumin, 2 teaspoons

Paprika 1 teaspoon

Black Pepper ½ teaspoon

Ground Coriander, 1 teaspoon

Other Vegetables

Tomato, 2 cans diced

Beans, 1 can

Corn chips, large packet

Mozzarella, ~1 cup

Sour Cream and Guacamole

Go Veg Omit the cheese and sour cream, and add extra guacamole and a spicy salsa sauce to keep up the moisture.

Off Piste Leaves like lettuce rocket etc. should be added to the saucepan at the end just before putting it in to bake. Don't add mushrooms.

Dadsplain Guacamole is super easy – smashed avocado and lime juice, seasoned with salt and pepper. Optionally add finely diced onion, tomato, paprika, or extend with Greek yoghurt (which will help preserve any leftovers in the fridge). Consider adding chilli sauce – tobasco or chipotle for a little spice.

1. Heat olive oil in a pan over medium-high heat.
2. Fry onion until translucent (3-4 mins).
3. Add garlic and capsicum and continue to stir fry (2-4 mins).
4. Add all spices and fry until fragrant without burning (~1-2 mins).
5. Add your mix of optional veggies (zucchini, cabbage, carrot, cauliflower, sweet potato, chick peas, lentils – anything really, but not mushrooms) and stir fry for a few minutes.
6. Add the can of beans (drained) – (these could be red kidney, borlotti, black beans or any probably) and cans of tomatoes and stir.
7. Turn heat to low and simmer for 30 mins to let flavours develop and for it to thicken a little. Preheat the oven to 160°C.
8. Place corn chips into low ovenproof dish. Cover with nachos mix and top with cheese. Bake until cheese is melted, about 15 mins.
9. Serve with sour cream, guacamole and spare lime quarters.



Karaage Chicken with Stir Fry

Serves 2 | Total preparation time 1-2 hours | Full attention cooking time 30 mins | ~2,785kJ per serve plus carbs

When I first made this I was astounded at how nourishing the chicken was, and how easy it had been to prepare and cook. The wonderful explosion of the dry flour batter in the frying, and the ease of it all was the antithesis of the rich satisfying flavour.

Chicken Tenderloins, 6-8

Soy Sauce, 50ml

Ginger, 5cm of paste

Canola Oil for deep frying

Rice Flour, about ¼ cup

White Pepper, 1 tsp.

Kewpie Mayo, Katsu Sauce, Sesame Seeds, and sliced Seaweed Snacks

Onion, 1 medium

Broccoli Florets, ~1 cup

Bean Sprouts, ~1 cup

Soy Sauce, ~25ml

Mirin, ~25ml

1. For the Karaage Chicken: Chop tenderloins into bite-sized chunks – cubes around 2-3cm.
2. Place in bowl with ginger and soy sauce and marinate at least 30 mins.
3. Heat oil in a deep fryer or pan to 180°C.
4. Using your fingers, dip each chicken piece in flour and pepper mix, and place in the hot oil. Fry for 4 minutes or when pieces are a dark gold colour.
5. Place chicken pieces on absorbent paper to rest and serve with Kewpie Mayo, katsu Sauce sesame seeds and Seaweed Snacks, sliced into slivers and serve on steamed rice.
6. For the Stir Fry: Slice onion (into long crescent shapes – think longitude) and fry using and a spicy salsa sauce a little oil over high heat in a wok or frypan until translucent.
7. Add broccoli and bean sprouts and toss/stir fry for a couple of minutes.
8. Add any leftover ginger and soy sauce marinade to the wok, and a splash of additional soy sauce and mirin.
9. Stir fry – if it starts getting too dry cover with a lid (to partly steam the veg and to retain sauce) until cooked about 3 minutes, and serve.

Go Veg Instead of meat, use tofu, and handle gently so that it doesn't break.

Go Low There's no avoiding the high kJ of fried food, and air fryers can't properly do batters... so replace your steamed rice carbs with cauliflower couscous or similar and don't have it every night despite the temptation.

Off Piste Keep the stir fry onion base, but substitute any pair of vegies for the stir fry – eggplant & sweet potato, sugar snap peas and broccoli – you get the idea... the picture shows broccolini and sweet potato 'wedges'. You can also toss the cooked chicken in a soy sauce, sugar, and the zest and juice from an orange for *Orange Glazed Chicken* – so yum!



Pad See Ew

Serves 4 | Total preparation time 30 mins | Full attention cooking time 30 mins | ~2,019kJ per serve

Fast and nourishing – don't skimp on the sauces, and handle gently to avoid breaking the noodles. This is a quick, great Asian meal – I have been known to prepare this in 15 minutes, but 30 minutes is more easily achievable.

Pad See Ew Rice Noodles, 1 packet

Canola Oil, 1 tbsp.

Garlic, 5cm paste

Chicken Thigh Fillets, 500g

Carrot, 1 medium sliced on the diagonal

Mushrooms, 2 sliced

Gai Lan (Chinese broccoli), 1 bunch

Kecap Manis, ~4 tbsp.

Oyster Sauce, ~4 tbsp.

Light Soy Sauce, ~4 tbsp.

Eggs, 2 lightly whisked

White Pepper, ~½ teaspoon

Bean Sprouts

Lemon, ½ cut into wedges

1. Bring a pan of water to the boil, and add noodles. Cook for 5 minutes.
2. While noodles are cooking, heat oil in a wok, add garlic, chicken sliced into thin pieces, mushroom and carrot. Cook until chicken has browned and nearly cooked.
3. Wash gai lan (Chinese broccoli) especially near the base (to remove any stray grit), chop into 3cm lengths, and place in the wok still wet with its rinsing water. If the stalks are thick add them a few minutes ahead of the leafier parts.
4. Drain noodles and add them gently to the wok on top of the gai lan.
5. Add all the sauces and stir gently with a wooden spoon (to minimise breaking of the noodles).
6. Fold in whisked eggs and white pepper, squeeze on the juice of half a lemon and serve.
7. Top with bean sprouts and the remaining lemon cut in wedges.

Go Veg Marinate firm tofu in the three sauces then add to the wok in place of chicken, keeping the marinade to add later.

Go Low Sorry folks, but this one is all about the carbs. Omit, or savagely reduce the amount of noodles and use less of the more sugary kecap manis and oyster sauce to suit the reduced volume for a lower kilojoule count.



Pizza

Serves 2 | Total preparation time 1 to 4 hours | Full attention cooking time ~30mins | ~2,000kJ per pizza plus toppings

Pizza is so simple – why buy a “pizza base” to have it break in a freezer when it’s so easy, tasty and damn good fun to make bases from scratch. Add your own pomodoro (again – so easy see recipe, page 20) and create a family bonding experience as everyone adds individual toppings to their bases elbow-to-elbow on the kitchen bench. Is it really Friday without pizza night? High rotation!

Hard Bakers Flour, 2 cups

You can use supermarket ‘plain’ flour but it can be a bit cake-like rather than bread-like

Warm Tap-Water, around 1-1½ cups

Dried Yeast, 10-15g

Pizza Toppings to Your Choice

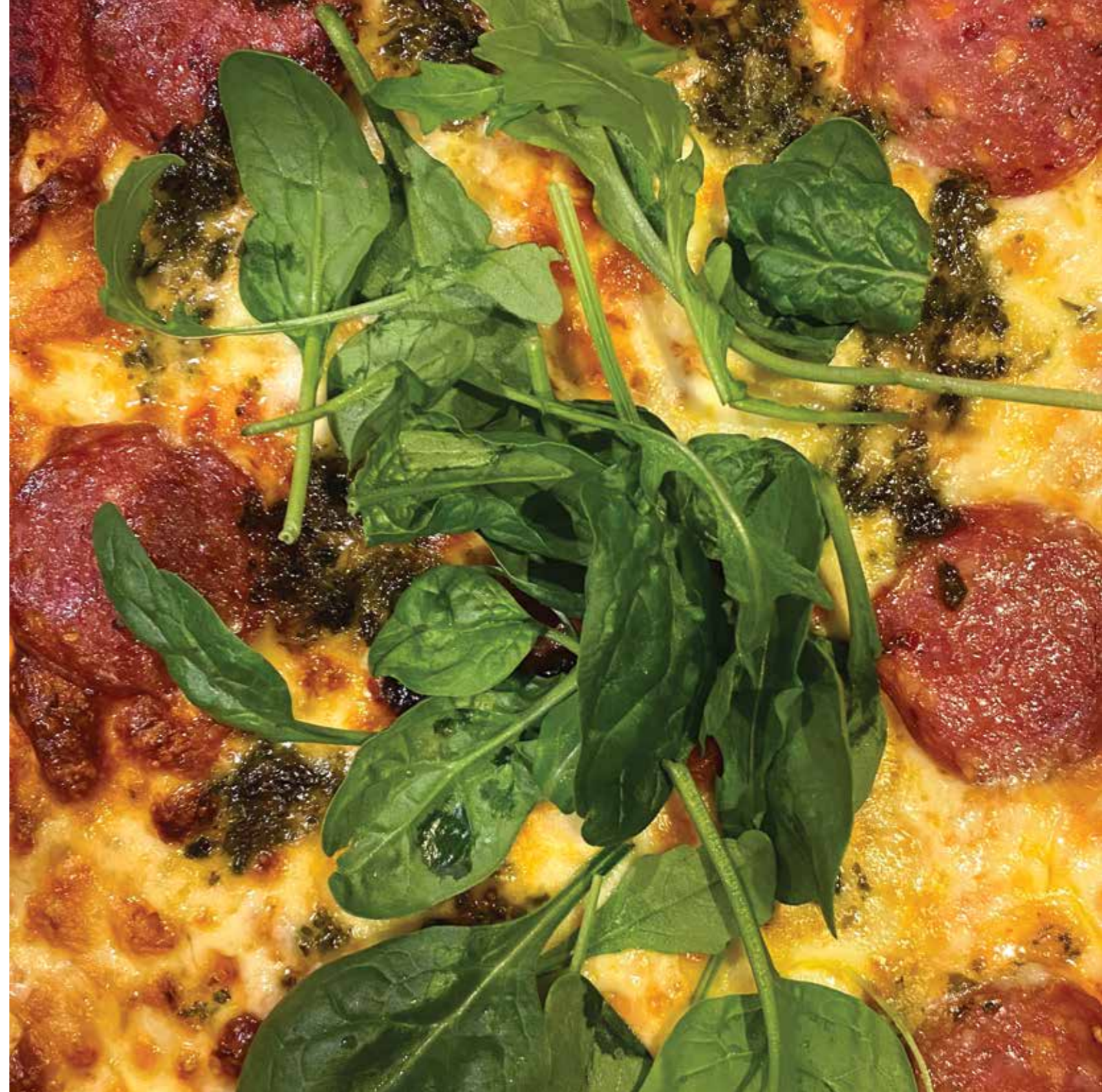
Spread with pomodoro sauce (see recipe on page 20, or store bought) and add anything the colour of the Italian flag – e.g. bocconcini, basil and prosciutto – more than three toppings is often too many

1. Combine flour, water and yeast in a large bowl with a wooden spoon (or with your hand) and mix until it all forms into a ball.
2. Turn out onto a floured bench and knead (push the dough with the heel of your hand away from you along the bench, pick it up rotating it 90 degrees – a 1/4 turn – place it back down at the front of the bench and repeat).
3. Place dough back in the bowl in a warm place to prove (when the yeast grows and releases CO₂ bubbles), covered with a lid or a damp tea-towel.
4. After about 1-2 hours (halfway) punch it down – a single punch to the centre to knock the air out of it and let the yeast regrow its bubbles.
5. Leave to prove a second time (about 30-60mins).
6. Preheat oven to 180°C.
7. Roll dough into flat bases inside a non-stick baking tray or on a very-well-floured pizza stone and add pomodoro and your favourite toppings.
8. Increase oven to 220°C and bake until toppings brown and it smells cooked (about 15-20 mins). Cut with a rolling pizza knife and serve.

Go Veg You’ve already gone veg!

Bachelor Food Pizza shops prepare their dough hours in advance, but really this dough is so forgiving you can ignore most of the steps – even avoid almost all the kneading and most of the proving – and still have success. A few laps of the dough in the mixing bowl with a wooden spoon and a 15 minute “prove” was my “best dough ever” according to harsh child critics.

Dadsplain The moisture content of flour is affected by the weather and how it is stored, so it’s impossible to be precise about the exact amount of water to add. With practice you’ll just know. If the dough is too wet add a little more flour until it isn’t. Kneaded dough should look soft and dimpled like baby buttocks, which Dads will intuitively recall.



Rice Paper Rolls

Serves 2 | Total preparation time 45mins | Full attention cooking time 45mins | ~3,753kJ per serve (3 rolls)

Such a lovely summer evening meal, with cool and spicy fillings and the delight of barbequed pork - so good, SO good..

Pork rashers, 400g 2-3cm thick

Ginger, 5cm paste

Garlic, 5cm paste

Soy Sauce, ~25ml

Curry Paste, ~2 tsp.

Coconut Cream, ~50ml

Peanut Butter, ~¼ cup

Glass Vermicelli Noodles

Carrot, 1 medium grated

Iceberg Lettuce, finely shredded

Wombok Cabbage, finely shredded

Red Capsicum, ½ thinly sliced

Mint Leaves, ½ cup

Coriander Leaves, ½ cup

Fried Shallots, 2 tbsp.

Rice Paper Sheets, 6

Sour Cream and Guacamole

1. Marinate the pork in ginger garlic and soy for at least 30mins.
2. BBQ the pork until cooked, and until much of the fat has rendered, including placing the rind sides down to get them to form crackling.
3. Rest the meat for at least 5 mins and then carve into small pieces. Transfer meat to a bowl to serve.
4. For saté sauce, fry curry paste (red or green) in a small pan on medium heat until fragrant - 1 min. Add coconut milk and peanut butter and cook until melted and combined. Simmer using very low heat until thick, being careful not to burn. Transfer to a bowl to serve.
5. Place the glass noodles in a bowl and cover with boiling water. Set aside for 5-10 mins. Drain and place in a bowl to serve.
6. Arrange other ingredients in small bowls or on a platter to serve.
7. Place all the bowls and platters on the table with a packet of rice paper sheets and a large bowl of cold water.
8. Make your own roll by first dipping the rice paper sheet into the cold water for 10 seconds, placing it on your plate, and filling with the sauces and fillings as you like, being careful not to overfill. Fold up the bottom of the now flexible rice paper and roll the remaining edges to enclose the fillings.
9. Optionally, dip the rolls into *Nam Pla Prik* Thai dipping sauce.

Go Veg Use a protein alternative like a grilled tofu, or maybe a falafel or tempeh sausage.

Dadspain *Nam Pla Prik* is a Thai dipping sauce all about the balance of sour, salty, sweet and spicy. Mix crushed garlic, chilli, palm sugar (or use sweet chilli sauce instead of fresh chillies and sugar), fish sauce (vegan if you can find it), and lime juice. Don't use a store bought one - they're all too sugary.



Roasted Honey Soy Winter Vegetables

Serves 4 | Total preparation time 2 hours | Full attention cooking time 30 mins | ~972kJ per serve

Originally a honey soy chicken wings recipe, over time we just learned that we didn't really need the meat. A tasty, nourishing and beautifully caramelised, feel-good meal for cooler evenings to warm the house with deliciousness.

Onion, medium 1 diced

Red capsicum, 1 diced

Eggplant, 1 medium diced

Sweet Potato, diced ~1 cup

Potato, diced ~1 cup

Pine Nuts, ¼ cup sprinkled

Garlic, 5cm paste

Ginger, 5cm paste

Soy Sauce, 50ml

Honey, a good blob ~25ml

Olive Oil, 2 tbsp.

Rocket or Spinach Leaves, ~1 cup

1. Preheat oven to 160°C. Place vegies and pine nuts in a baking dish. The dish should be well filled, as vegies will shrink while cooking.
2. Mix ginger, garlic, sauces and honey in a cup and stir to make a thin paste / marinade. Pour the marinade over vegies and place in the oven.
3. After about an hour, briefly take dish out of the oven to turn over the vegies using a spatula to mix the sauce through and even out the cooking.
4. About 20-30 mins before serving, turn oven up to 220°C. Keep your eye on the vegies checking every few minutes. If the top edges start to brown, turn them over again.
5. Once vegies look roasted and their sauce has thickened, take out of the oven. Stir through a handful of greens and serve on cauliflower couscous, or with sourdough bread that has been brushed with olive oil and char grilled.

Go Veg You already have.

Go Low You already have, so long as you avoid the bread, and don't serve it on a big plate of carbs (use cauliflower couscous, see page 16).

Bachelor Food Vegies are so much cheaper than meat, and this is a one dish meal. If you make a single portion you could eat it directly out of the baking dish and avoid using any plates at all minimising all that annoying, superfluous washing up.



Soba Noodles with BBQ

Serves 2 | Total preparation time 30 mins to 6+ hours | Full attention cooking time 30 mins | ~3,086kJ per serve

Infinitely variable and always restaurant quality – soba noodles can be prepared in as little as 30 mins. This is the MOST asked after of all the meals here – the highest of the Highly Rotated. This is also a great last minute entertainer – serve it in fancy bowls and it looks like a posh, midweek masterpiece even though you've prepared it all without a break in the conversation or breaking a sweat.

Soy Sauce, ~50ml

Mirin, ~50ml

Rice Wine Vinegar, ~50ml

Palm Sugar, ~1 tbsp.

(or brown sugar, maple syrup)

Sesame Oil, ~1 teaspoon

Organic Soba Noodles, 2/3 pack

(180 of 270g) (or somen, ramen, etc.)

Beef - Fillet Steak ~300g

(or chicken thigh fillets, salmon fillet or tofu)

Mushrooms, 2 Big Flat

Broccolini, 1 Bunch

(or broccoli, snow peas, sugar snap peas, corn cob slices, anything crunchy in season)

Kewpie Mayo, pickled daikon, sesame seeds and sliced Seaweed Snacks

Go Veg Marinate firm tofu in soy, kecap manis, sweet chilli or spices and BBQ carefully (lightly oil the plate, or use a pan, as it can be fragile) instead of meat.

Go Low ~2,500kJ per serve by substituting noodles with konjac noodles, and being restrained with Kewpie and katsu toppings.

Bachelor Food It's already bloke food as it involves a BBQ. With care, you can prepare this using the BBQ and only one extra pan!

1. Combine soy, mirin, rice wine vinegar, sugar and sesame oil in a bowl with the chicken and marinate in the fridge for at least 15 mins (or up to a day).
2. Add mushrooms to the BBQ and turn it on. After 10 mins when the bars are hot, add meat and char grill for 4-6 mins a side (less for fish, more for chicken) turning only once. If using chicken instead, press thicker chicken fillets with the tongs to ensure pieces are cooked through. Rest meat and 'shrooms in a clean bowl. Keep the marinade and rested juices.
3. Steam greens until tender (about 5 mins) – drain them and plunge them into cold water. Reheat them by plunging in boiling water (or the soba water) before serving. This ensures they won't overcook while you're juggling tasks.
4. Cook noodles (4 mins soba or follow instructions). Serve into bowls.
5. Slice rested meat and mushroom and serve on noodles.
6. Bring reserved marinade to the boil together with any juice from the rested meat bowl. Drizzle over sliced meat, mushrooms, greens and noodles.
7. Sprinkle with black or white sesame seeds, add pickled daikon or sushi ginger and thinly sliced seaweed, green onion, and kewpie mayo to taste.



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Brunch

Dad's Crepes

Serves 2 | Total preparation time about an hour | Full attention cooking time 20 mins | ~2,016kJ per serve (2-3 crepes) plus toppings

An early favourite when I would drizzle the batter into the pan to create various shapes to order – Pokémon silhouettes were popular, as were kids on skateboards, but dots were most requested, requiring a relatively thin batter, dripped into the hot pan to make tiny circles and allow them to cook through without turning them over. The first crepe almost never works – use it as a sacrifice to the ever-watching, ever-hungry Bowie.

Plain Flour, 1 cup

Milk, ~ 1 cup

Brown Sugar, about 1-2 tbsp.

Eggs, 2

Butter, ~10g plus extra for the pan

1. Put all ingredients into a Nutribullet or equivalent and blitz them until smooth. Add milk if it is a little dry – you want a good pouring consistency like fresh cream.
2. Rest the mix in the fridge for at least 30 mins. After resting, adjust the mix for consistency by adding milk (or water) if necessary.
3. Heat two non-stick frying pans side by side on a cooktop.
4. Melt about half the butter in each pan.
5. Pour a little of the batter in to the pan, making a circle (or sculpting various requests) and lift the pan tilting it to encourage the batter to spread.
6. When there are bubbles appearing in the top, encourage the crepe / pancake to let go by running a spatula under its edges. Now lift the frypan and tilt it to be upside down directly over the second pan, letting the pancake's wet side fall directly down. This sounds like extra effort, but its much more reliable than flipping the pan, and it halves cooking time.
7. Serve plain, with lemon and sugar, with summer fruits and cream or whatever you like, or eat them as "dots".

Go Veg I don't have an easy veg solution for the eggs. Substitute the butter with coconut oil, which adds a sweet richness.

Go Low Omit all ingredients but the eggs and poach them. Sorry – it's crepes.

Off Piste Instead of topping with fruit (strawberries or blueberries) blitz them into the batter – it's a different flavour and texture and works well with frozen fruit. Adding baking powder will give thicker, breadier pancakes rather than thinner crepes.



Dad's French Toast

Serves 2 | Total preparation time 12 hours | Full attention cooking time 10 mins | ~3,718kJ per serve

An occasional weekend treat, and our traditional family Xmas breakfast, this is an easy but luxurious brunch. Sure, you have to plan and start it the night before, but the next morning it's a 10 minute cook and richly satisfying. Hungry teens will want three slices, but two is enough for the rest of us.

Sourdough Bread, 1 loaf unsliced

Eggs, 1 per 2 sliced of toast

Milk, about 50ml per slice of toast

Brown Sugar, ~2 Tablespoons

Spices - I like Nutmeg, but Cinnamon, Cardamom, Cloves and others all good - about ¼ tsp. per 2 slices

Butter, for pan frying

Whipped Cream to serve

Fresh Berries, to serve

1. The night before, slice the loaf into thick (~3cm) slices - 2 per person.
2. Mix the eggs, milk, sugar, and spices in a cup or bowl and whisk with a fork until well combined.
3. Place the sliced bread in a bowl with a lid (or a snugly fitting plastic container) and pour the mix over the bread aiming to completely over all sides. Let the mix soak in overnight, ideally turning over the containers once or twice. The bread should absorb most or all of the mix.
4. Heat a large frying pan over high heat and melt a little butter in it spreading it evenly. Carefully remove the slices of bread (they may be quite fragile having absorbed the liquid) and place in the frying pan. Turn the slices after about 3 mins, when the bread has a deep golden colour, and even a little slight charring.
5. Serve with fresh berries and whipped cream.

Go Veg I don't have a solution for the eggs. Substitute the butter and cream with coconut oil and coconut cream alternatives.

Go Low Omit all the ingredients but the eggs and poach them in the morning. Sorry - it's French toast. Better still, why not Go High adding crispy bacon drizzled in maple syrup.

Bachelor Food It's fried bread and eggs, dressed up as something posh, and cooked in only one pan - almost the definition of bachelor food.



Dad's Overnight Oats Almost Bircher Muesli

Serves 1 | Total preparation time 12 hours | Full attention cooking time 5 mins | ~1,484 kJ per serve

The hardest thing about this is remembering to soak the oats the night before. A proper bircher muesli would soak the grains in apple juice and add yummy rich things like cream and all manner of nutty, berry, seedy additions to create a complex wonderful mix – but it's not for every day. This version is.

Rolled Oats, 75g (a handful, ~180,ml)

Sultanas, 30g

Water

Green Apple, half

Strawberries, 2 medium

Soy Milk, ~100ml

Cinnamon, 1 teaspoon

Buckwheat Groats, about 25ml

Blueberries and Pan Roasted Almonds to top

1. Put the sultanas and oats in a bowl and cover with water (or with soy milk for a slightly richer taste). Cover and put in the fridge overnight.
2. In the morning, blitz the apple and strawberries for about 3 seconds using a medium setting – aiming for chunks the size of rice (not a paste).
3. Add to the oats with the soy milk and buckwheat, and mix – then add the cinnamon, other toppings and serve.

Go Veg You already have!

Go Low You already have – under ~1,500kJ per serve, under ~1,200kJ without the almonds.

Off Piste Use a grater and grate the apples if you don't have (or don't feel like using) a blitzer – the different texture is lovely. Also infinitely variable, add or substitute white peaches for the apple in summer, add raspberries, flaked almonds, all manner of different nutty, fruity things, either soaked overnight or as toppings. Try unstabilised oats and steel cut oats that are more complete but need a full overnight soaking (standard rolled oats can get by with 1 hour of soaking if you wake up having forgotten). Also consider soaking alternatives – traditionally oats are soaked in apple juice but I find this too sweet – try soaking in green tea chai and get a whole lot of extra flavour without extra kilojoules.



Dad's Scrambled Eggs

Serves 2 | Total preparation time 10 minutes | Full attention cooking time 10 mins | ~1,645kJ per serve

Infinitely variable, this is a quick, luxurious and healthy morning meal.

Butter, 1 tbsp.

Baby Spinach Leaves, 1 handful

Eggs 5-6

Feta Cheese, about ¼ block

More Butter, 2 tbsp.

1. Melt butter over medium heat and add spinach, tossing until silky – about 1 minute.
2. Whisk eggs, feta and a couple of chunks of soft butter in a small bowl.
3. Add egg mixture to the pan with the spinach.
4. With a spatula, push the mixture a few times from the outside of the pan through the middle to the opposite side starting at different places around the pan being careful not to overwork the eggs.
5. Remove eggs from the pan while still very slightly runny – or rather 'walky' – about 2-3 mins – they will finish cooking on the plate.
6. Serve with half an avocado and bacon or smoked salmon.

Go Veg I don't have a solution for the eggs. Substitute the butter and cream with coconut oil or a nut oil.

Go Low Don't add toast.

Bachelor Food Cooked in only one pan, ten minutes to make and high protein – definitely bachelor food.

Off Piste Add pieces of diced speck or pancetta to the pan before the spinach for a meatier fare.



Elevated Porridge

Serves 1 | Total preparation time 15 mins | Full attention cooking time 15 mins | ~1,545kJ per serve

Infinitely variable and this is a simple, inexpensive way to elevate that most basic of healthy, sometimes uninspiring, breakfast staples – porridge. Super quick, but pay attention – every step can burn in seconds so don't go off and try to multitask on something else while you're making this.

Walnuts, about 8 whole or the equivalent in pieces

Butter, ~1 tablespoon

Banana, 1 sliced on the diagonal about 1cm thick

Rolled Oats, 75g (a handful, ~180,ml)

Milk, about 200ml

Maple Syrup

1. Pan roast walnuts dry in a small frying pan or saucepan over medium/high heat. Paying close attention to ensure they brown but don't burn. Remove from the pan and set aside.
2. Drop butter in the hot pan and swirl to coat the base. Place sliced banana in the pan and cook until browned – about one minute – turning once.
3. Add oats. After a minute add the milk and reduce heat to very low. Simmer, stirring occasionally until the porridge thickens, being careful not to let the porridge catch on the base of the pan.
4. Serve, top with the walnuts and maple syrup and a little extra milk.

Go Veg You already have!

Go Low You already have ~1,500kJ per serve. Or go lower using green tea chai instead of milk, and resist the urge to add a luscious splash of fresh pouring cream – mmm. Strike a balance.

Off Piste also good with pecans instead of walnuts. Try pan roasted flaked almonds with strawberries that have been macerated in balsamic vinegar overnight. Try peaches and almonds. Or rhubarb (stewed with a little ginger, or even with strawberries and plums that are getting a little old to eat 'fresh' but are perfect to stew), lemon juice, and a dollop of mascarpone.



Omelette

Serves 1 | Total preparation time 15 mins | Full attention cooking time 15 mins | ~2,937kJ per serve

The scrambled eggs of dinners, this is super easy, super variable, nourishing, quick, often healthy, and a quintessential bachelor meal. Plus you get to break eggs!

Butter, 1 tbsp. for frying

Onion, ½ finely diced

Ham, a few slices chopped

Red Capsicum, ¼ finely diced

Eggs, 3, lightly whisked

Cheese, ½ cup of tasty or mozzarella or both, grated

1. Pan fry onion over medium heat until translucent.
2. Add red capsicum, and ham and cook until soft and caramelising. Set aside in a bowl.
3. Pour whisked eggs in to the pan and allow them to cook for a minute. Return the onion/ham/capsicum mix to half the pan on top of the eggs.
4. Add grated cheese. Once the cheese has melted and the eggs turned mostly solid, about 3-5 minutes, fold the omelette over on itself to create a half-circle shape (ideally fold it over directly on the plate as you slip it out of the pan).
5. Season and serve.

Go Veg Delete ham and add any vegies you like.

Go Low Use less cheese, or replace tasty cheese with a lower energy cheese like feta (bring down the total energy to ~2,000kJ).

Off Piste So many variations – as many as there are ingredients – try pancetta, canned tuna and tomato, chicken and mushroom. Or fewer additions – egg and cheese, or even just plain egg.



Spicy Ramen Noodle Soup

Serves 1 | Total preparation time 10 mins | Full attention cooking time 10 mins | ~3,620kJ per serve

My Korean friend BK taught me how to take packet noodles and elevate them into something grander, while respecting the instant, one-pan nature. He'd probably be horrified by this version of ramen, but I love it.

Spicy Ramen Noodles, 1 packet

(I only use Nong Shim, Shin Ramyun)

Broccoli, half a head cut into florets

Mushrooms, a few, sliced

Red Salmon, 1 small can

Egg, 1

1. Bring about 2 cups of water to the boil in a small pan over high heat.
2. Add noodle packet spice and herb sachets.
3. Add broccoli and mushrooms. Place the disc of dried instant noodles on top and encourage it to soften and fall into the water using chopsticks.
4. Once noodles have softened and are nearly cooked, turn down heat and break an egg into the water, breaking the yolk with the shell on the way down. Using chopsticks, encourage the egg to meander through and thicken the soup.
5. Empty can of salmon into a serving bowl, and slowly pour the noodles and soup on top. Enjoy, but let it cool down a little before diving in – So spice! So spice!

Go Veg Leave out salmon, and consider tofu, extra beans and spinach.

Go Low We're going for convenience over calories on this one.

Bachelor Food Cooked in only one pan, ten minutes to make and high protein – definitely bachelor food.



Bachelor's Christmas Lunch Sandwich

Serves 1 | Total preparation time 10 mins | Full attention cooking time 10 mins | ~3,700kJ per serve

Families can be tough, especially with divorces, multiple sets of parents, and doubly so at Christmas. I find it best to reduce rather than add to the stress. My kids and I celebrate with a light summer meal on a hot Christmas Eve (often the Rice Paper Rolls recipe on page 44) followed by a relatively light Xmas breakfast of French Toast with Summer Berries (page 54). That leaves me solo for Christmas lunch and dinner. Sometimes I find an orphans' Christmas and tag along, but sometimes a solo Christmas is just what is needed (put on Star Wars and it's a Han Solo Xmas). Once you decide Christmas is just another day, most of the stress melts out of it. So I celebrate with a simple sandwich with all the trimmings. Buon Natale!

Grainy, nutty, fancy bread

Roast Turkey Breast, ~4 slices

Avocado, ~½

Garlic Aioli, !2 tbsp.

Brie, sliced

Cranberry Jelly

Beetroot, ~4 slices

Rocket, a handful ~½ cup

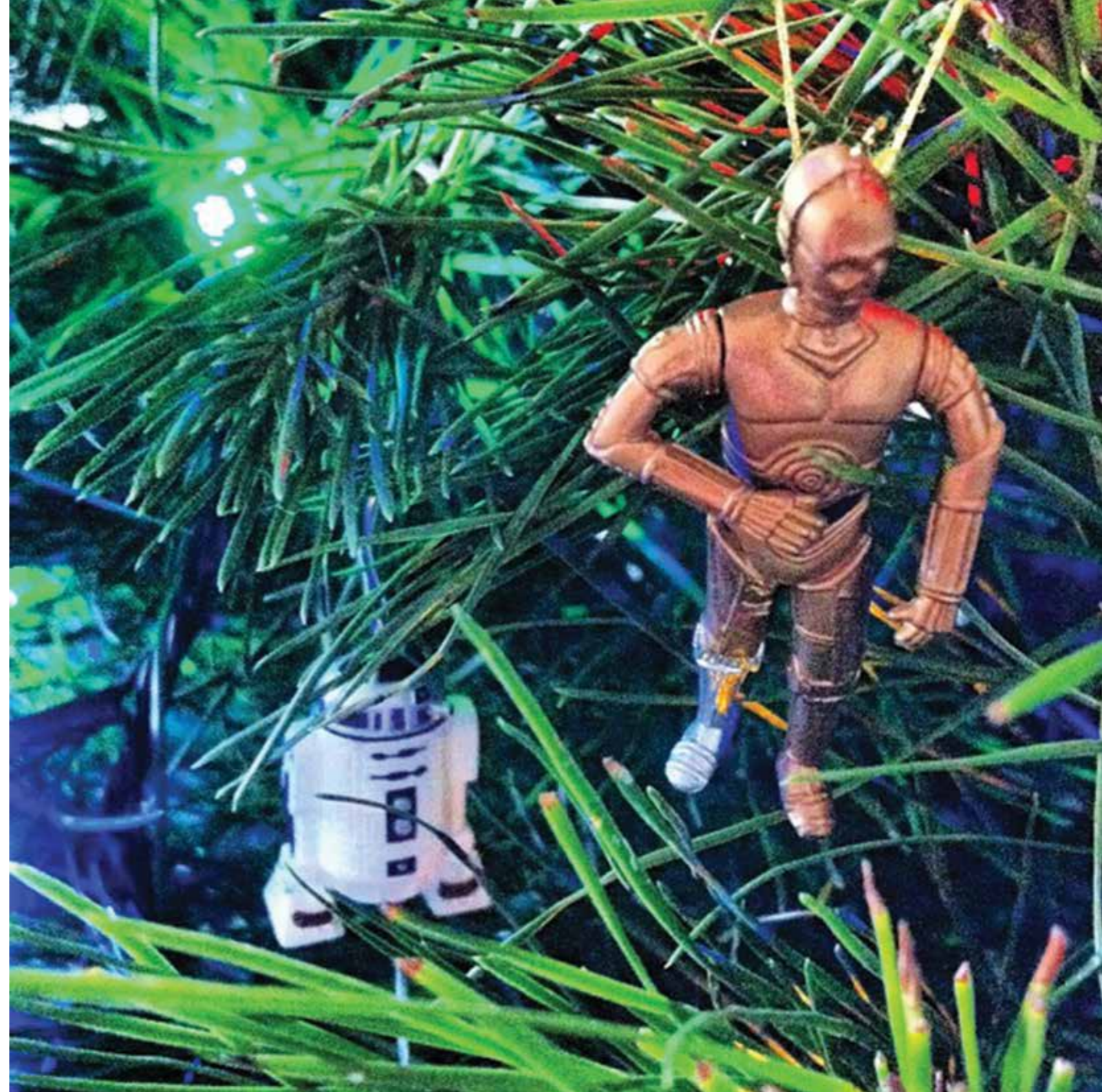
Salt and Pepper

1. Combine all ingredients into a sandwich.
2. Consume with a glass of Prosecco. Okay... several glasses, some with Aperol, orange, ice and topped with soda water.
3. Relax in front of quality science fiction, or looking out at the beach.

Go Veg Nope – it's Xmas!

Go Low It's not exactly a low calorie sandwich, but hey – it's Christmas! Plus, you're way ahead of all the overeating happening almost everywhere all around you. Ditch the bread if you must and convert into a salad.

Bachelor Food It's a Xmas club sandwich – weren't sandwiches invented by bachelors (in fact if I'm not mistaken, Lord Cadogan, who surely had to be an ancestor of mine, was present at their invention)? Definitely bachelor food.



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Bring a Plate

Apple Pastry Roses

Makes 12 | Total preparation time 2 hours | Full attention cooking time 1 hour | ~1,000kJ each

So posh – people will wow – and wonder how you made these intricate beauties – and yet so simple.

Puff Pastry

**Fuji or Pink Lady or other Red Apples,
3-4 large**

Apricot Jam

Icing Sugar for dusting

1. Preheat oven to 180°C. Prepare a sheet of puff pastry as a horizontal strip (about 7.5cm high and 30cm wide, give or take).
2. Wash an apple, halve it and remove the core. Cut the apple half into very thin slices – like latitude – starting at the poles and working through the equator to the other pole, so the result is a set of semicircular thin apple slices. Don't worry about the little ones near the poles – we only need the medium to big ones.
3. Melt the apricot jam in a microwave or small pot.
4. Brush the first strip of puff pastry with a little melted jam.
5. Lay the apple semicircle slices on the puff pastry strip: Place the largest semicircle of apple in the centre of the strip so that the flat base of the semicircle aligns with the horizontal mid line of the sheet, and so the curved edge sits about 1-2cm above the top of the pastry strip. Place the next semicircle next to the first disc so that they overlap by 50% and repeat until the top half of the pastry is covered with overlapping apple pieces.
6. Fold the bottom half of the pastry strip up over the apple slices to be level with the top and press lightly. Roll the strips into a circle to create the rose flower shape, and place in a lightly greased muffin tin.
7. Bake until golden brown and until the pastry has risen, about 15-20 mins.
8. Dust with icing sugar and cinnamon and serve warm.

Go Veg You already have, other than the butter.

Go Low Nope – it's baking.



Poleslaw (Blue Poles Coleslaw)

Serves 5 | Total preparation time 30 mins | Full attention cooking time 30 mins | ~510kJ per serve

Food should be witty and fun if it can be. For a long time, I've liked the idea of recreating major works of art in food. This one in homage to Jackson Pollock's famous "Blue Poles" at the National Gallery of Australia in Canberra.

Rectangular platter

Apple cider vinegar, ¼ cup

Sugar, 1 teaspoon

Kewpie Mayo, ¼ cup

Mustard, 2 teaspoons.

Red Cabbage, 1 cup very thinly sliced

Wombok Cabbage, 1 cup very thinly sliced

Onion, 1 very thinly sliced (semicircles, not crescents)

Carrot, 2 medium spiral cut

Coriander Leaves

Purple Asparagus Spears

1. In a large bowl combine a little mustard, apple cider vinegar, sugar and kewpie mayo, mix in the salad vegetables and toss to dress the coleslaw.
2. Randomly and messily arrange the salad mix on the platter.
3. Spray a wobbling line of extra kewpie mayo over the salad. Repeat with the mustard, using a piping bag, or a clip lock bag with the corner cut to achieve fine wiggly line work.
4. Trim the hard ends from the asparagus and quickly blanch and then cool the spears, aiming to minimise any colour loss.
5. Arrange spears at vertical angles inspired by Pollock's *Blue Poles* "/\ \ \/"
6. Serve, and ask other cooks why their salads do not resemble great art.



Go Veg You already have!

Go Low You already have at ~500kJ per serve. Pick other low energy plates at your event.

Off Piste Consider your next creation - is it a meatloaf inspired by the works of Rothko or cut-out toast ala Sidney Nolan.



Pork & Green Bean Sausage Rolls

Serves 6 | Total preparation time 1 hour | Full attention cooking time 30 mins | ~3,322kJ per serve

Inspired by a traditional Chinese dish of snake beans and pork mince this is a sweet, spicy and fun twist on a sausage roll.

Puff Pastry

Pork Mince, 500g

Snake Beans (or green beans), ~200g

Water Chestnuts, medium can

Bamboo Shoots, medium can

Soy Sauce, ~ ¼ cup

Kecap Manis, ~ ¼ cup

Garlic, 1 clove

Ginger, knob

Chinese Five Spice, ½ teaspoon

Chilli, ½ teaspoon

Rice Flour, ~2 tablespoons

1. Preheat oven to 200°C.
2. Prepare a sheet of puff pastry as a vertical strip 15cm wide.
3. Mix all other ingredients in a bowl. If the mix is too loose, mix in a little rice flour.
4. Place a vertical line of the filling left of the midline of the pastry sheet. Don't overfill the rolls – this line shouldn't be too full.
5. Lift the left edge of the pastry over the line of filling and roll into a sausage roll shape. Cut into suitable lengths with a sharp knife, and wet the knife regularly in water so that it doesn't drag on the pastry.
6. Place on non-stick baking paper on a baking tray with the pastry seam down and leaving enough space between each for the pastry to puff.
7. Bake until golden brown and until the pastry has risen, about 15-20 minutes.
8. Serve with tomato sauce and kecap manis.

Go Veg Use tempeh and spices as an alternative to the pork. It will be a different roll, but still good.

Go Low Nope – it's pastry.

Bachelor Food Freeze extra rolls raw, to be baked when watching the Sydney Swans away games on weekends.



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Snacks

Appetiser Pizzas

Serves 2 | Total preparation time 1 to 4 hours | Full attention cooking time ~30mins | ~862 kJ per serve

As variable as pizza, and a great way to use any excess bits of dough before diving into the full pizza course.

Pizza Dough, from the recipe earlier, ~1/3 of the amount

Ginger, a smear

Garlic, a smear

Olive Oil, a drizzle

Keçip Manis

Green Onions, thinly sliced

Sesame Seeds, a generous sprinkle of black and white

Parmesan Cheese

1. Make a dough using the Pizza recipe on page 42. Preheat oven to a hot 220-240°C.
2. Spread out dough thinly on a pizza stone or a non-stick baking dish.
3. Smear/arrange/place other ingredients on the dough (enough to cover the surface with a reasonable spread) using your fingers like finger-painting at kindergarten. Have fun.
4. Bake for 10-15 mins or until cooked and browning.
5. Rest rolls for a few minutes before serving to avoid mouth burns.

Go Veg You already have!

Go Low Nope – it's pizza.

Off Piste Also good with rosemary, butter, olive oil, garlic and sea salt. Butter fried rosemary on fresh bread is heaven!

Dadsplain If you make a rectangular pizza you can still get long triangles – rather than habitual half and half again rectangles try long, crosswise, sawtooth angles – think: “/\\\\”.



Zucchini Crackers and Kimchi

Serves 1 | Total preparation time 3 days+ | Full attention cooking time 15 mins | ~17kJ per 'cracker'

Look, its abundantly simple, but surprisingly satisfying.

Zucchini, 1 medium

1. Cut zucchini to make discs about 3mm thick.
2. Drop a dollop of kimchi onto each disk and serve.

Wombok Cabbage, ~2 cups

Dried Chilli Flakes, 2 tsp.

Fish Sauce, 2 tbsp.

Sugar, 2 teaspoons

Ginger, 5cm of paste

Garlic, 5cm of paste

Green Onions, 3 finely sliced (on the diagonal)

1. Cut wombok cabbage into 3-5cm pieces and place it in a bowl. Add the salt and enough warm water to cover it and set aside for 1-2 hours.
2. Rinse cut cabbage in cold tap water three times and drain.
3. In a large jar combine all other ingredients. Gradually add cabbage, put the lid on and roll around the jar (or stir) so that cabbage is well covered. Leave a decent airspace at the top of the jar, ~3cm.
4. Set jar aside at room temperature for 3 days to begin to ferment. Open the lid occasionally to release pressure from fermented gas.
5. Store in the fridge after 3 days for up to 3 months.

Go Veg You already have!

Go Low You already have ~100kJ for 6 topped 'crackers'.

Off Piste Also good with pesto topping or olive tapenade instead of kimchi.



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Cocktails

Barrel Aged Negroni

Makes 2L | Total preparation time 6 weeks | Full attention cooking time 30 mins

Exquisitely bitter and almost smoky with the addition of oak, an aged negroni is sophistication in a glass. An introduction into aged cocktails, you'll need a 2 litre oak barrel for this, but it's not a huge investment and the result is stunning.

Gin, 700ml

Campari, 700ml

Vermouth, Red, 700ml

Orange Peel, flamed

1. Swell the oak barrel by filling it halfway with cold water for 12 hours, and then filled to the top for 12 more, until there is no water dripping from anywhere.
Dadsplain: Small gaps open in dry barrels, but wet wood expands sealing these minor gaps.
2. Empty water and replace with a mix of cold water and 2 teaspoons of citric acid. Stand for a day then drain. Rinse one final time with fresh tapwater.
Dadsplain: Spirits have concentrations of alcohol that are partly antibacterial, however the citric acid as a first step antibacterial agent will not adversely affect the flavour imparted by the barrel and is a wise move.
3. Fill the barrel with equal parts of Gin, Campari and Vermouth.
4. Wait 4-6 weeks for the barrel to age the mix, imparting subtle oak flavour.
5. Refill the barrel when empty. It's better to decant the cocktail after 6 weeks into bottles and refill it rather than decant glasses straight from the barrel.
Dadsplain: Alcohol can react with exposure to air, creating compounds that impart an unwelcome flavour, so half-filled barrels aren't a wise move.
6. If you want to take a break, clean your barrel using step 2 - don't just leave it to dry with the last batch as this could encourage unwelcome moulds.
7. Serve over a large cube of ice with flamed orange peel.

Dadsplain Legend has it that the negroni originated in Florence in 1919 named after Caffè Casoni Negroni. Its blonde cousin, the Cardinale uses white vermouth and was allegedly named after its resemblance to red cardinals' robes. Give both a try.

Off Piste Try small additives to your mixes... maybe half a dozen coffee beans, or a peel of an orange - hold them in place for easier later removal with modified teabag. Find your signature cocktail and age it.



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Nutrition

Weights, Kilojoules and Calories

The Basics

Cauliflower Couscous

Ingredient	g	kJ	Cal
Cauliflower 2 cup	100	105	25
Canola Oil 1 tsp.	5	166	40
Chicken Stock Powder 1 tsp.	<5	1	0
White Pepper 1 tsp.	2	30	7
Sumac ¼ tsp.	1	0	0
Total 2 serves	208	407	97
Total per serve	104	203	49

Pickled Radish

Ingredient	g	kJ	Cal
Daikon 1 cup	88	84	20
White Sugar 1 tbsp.	13	204	49
Salt 1 tbsp.	18	0	0
Rice Wine Vinegar 25ml	25	3	1
Turmeric ½ tsp.	1	14	3
Total 20 serves	145	305	73
Total per serve	7	15	4

Pomodoro

Ingredient	g	kJ	Cal
Olive Oil 15ml	14	500	120
Butter 1 tbsp.	14	420	100
Garlic 5cm of paste	10	44	11
Diced Tomatoes 800g	800	572	137
Black Pepper 1 tsp.	2	22	5
Chicken Stock Powder 1 tbsp.	<5	2	0
Wine ½ cup (10% alcohol left)	125	143	34
Total 6 serves		1703	407
Total per serve		284	68

Spiral Cut Zucchini Pasta

Ingredient	g	kJ	Cal
Zucchini medium	200	142	34
Total 1 serves	200	142	34
Total per serves	200	142	34

Teriyaki Marinade

Ingredient	g	kJ	Cal
Soy Sauce 33ml	30	129	31
Mirin 33ml	33	4	1
Rice Wine Vinegar 33ml	33	4	1
Sesame Oil 5ml	5	181	43
Total 1 serves	101	318	76
Total per serves	50	159	38

Dinners

Braised Pork Belly in Vermicelli Salad

Ingredient	g	kJ	Cal
Pork Rashers 400g	400	2628	628
Ginger 5cm of paste	10	44	11
Garlic 5cm of paste	10	67	16
Chinese Five Spice 1 tsp.	<5	0	0
Ground coriander 2 tsp.	4	45	11
Turmeric 2 tsp.	4	57	14
Brown Onions 2 med	200	335	80
Soy Sauce 40ml	~40	156	37
Kecap Manus 40ml	~40	533	127
Carrot 1 med	60	105	25
Daikon ¼ cup	22	21	5
Iceberg Lettuce 1 cup	55	32	8
Glass Noodles ½ cup	40	584	140
Total 3 serves	805	4607	1101
Total per serve	268	2628	628

Cheer Bear Pasta Sauce (Bolognese)

Ingredient	g	kJ	Cal
Butter 25g	25	750	179
Olive Oil 25ml	25	832	199
Brown Onions 2 med	200	335	80
Celery 1.5 cup	240	141	34
Carrots 6 stalks	240	420	100
Pork Mince 500g	500	3360	803
Beef Mince 500g	500	3500	837
Full Cream Milk 1 cup	250	649	155
Red Wine 1 cup (alcohol cooked off)	250	226	54
(alcohol cooked off)	250	226	54
Tomatoes 4 cans	1600	1144	273
Nutmeg ¼ tsp.	<5	12	3
Total 10 serves	3830	11369	2717
Total per serve	383	1137	271

Plus

Pasta 125g dry	125	1831	438
Total per serve	508	2968	709

Or

Spiral Cut Zucchini 200g	200	142	34
Total per serve	583	1279	305

Chicken Katsudon

Ingredient	g	kJ	Cal
Canola Oil 1 tbsp.	5	166	40
Oil absorbed 40ml (est.)	37	1381	330
Brown Onions 2 med	200	335	80
Eggs 3	150	879	210
Plain Flour ¼ cup	30	449	107
Panko Crumbs ½ cup	30	418	100
Chicken tenderloins 4	300	1233	295
Soy Sauce 90ml	90	351	84
Chicken Stock 1 tbsp.	<5	2	0

Kewpie Mayo 10ml	10	303	72
Katsu Sauce 15ml	17	84	20
Seaweed Sheets 2	5	127	30
Pickled Daikon 2 tbsp.	7	15	4
Sesame seeds 1 tsp.	3	71	17
Total 2 serves	879	5648	1350
Total per serve	440	2824	675

Plus

Sushi Rice 1 cup cooked	180	2678	640
Total per serve	620	5502	1315

Or

Cauliflower Couscous	104	203	49
Total per serve	544	3027	724

Dad's Real Tacos

Ingredient	g	kJ	Cal
Masa Harina 1.5 cups	174	2761	660
Cornmeal ½ cups	61	924	221
Mushrooms 1 cup	85	79	19
Olive Oil 4 sprays	<5	33	8
Spices 2 tsp.	10	48	11
Avocado 2	400	2690	643
Limes 2	40	43	10
Cabbage 1 cup	90	93	22
Carrot 1 med	60	105	25
Onion 1 med	100	167	40
Spinach 1 cup	10	303	72
Katsu Sauce 15ml	17	84	20
Dijon Mustard 1 tsp.	5	21	5
Total 2 serves	732	3554	849
Total per serve	366	1777	425

Ella's Nachos

Ingredient	g	kJ	Cal
Olive Oil 15ml	14	500	120
Onion 1 med	100	167	40
Garlic 5cm of paste	10	44	11
Turmeric 2 tsp.	4	57	14
Spices 6½ tsp.	30	150	36
Cabbage 1 cup	90	93	22
Zucchini 1 med	200	142	34
Cauliflower 1 cup	100	105	25
Carrot 1 med	60	105	25
Corn Chips large bag	220	4206	1005
Tomatoes 1 can	400	286	68
Black Beans 1 can	400	1523	364
Avocado 2	400	2690	643
Limes 2	40	43	10
Mozzarella 1 cup	110	1400	335
Sour Cream ½ cup	120	1000	239
Total 4 serves	2298	12511	2990
Total per serve	575	3128	1495

Karaage Chicken with Stir Fry

Ingredient	g	kJ	Cal
Chicken Tenderloins 6	450	1850	442
Soy Sauce 50ml	47	195	47
Ginger 5cm of paste	10	44	11
Oil absorbed 40ml (est.)	37	1381	330
Rice Flour ¼ cup	40	605	145
White Pepper 1 tsp.	2	30	7
Kewpie Mayo 10ml	10	303	72
Katsu Sauce 15ml	17	84	20
Seaweed Sheets 2	5	127	30
Pickled Daikon 2 tbsp.	7	15	4
Sesame seeds 1 tsp.	3	71	17
Total 2 serves	628	4705	1124
Total per serve	314	2352	562

Plus Stir Fry Vegies

Ingredient	g	kJ	Cal
Canola Oil 15ml	5	166	40
Onion 1 medium	100	167	40
Broccoli Florets 1 cup	90	129	31
Bean Sprouts 1 cup	100	131	31
Soy Sauce 25ml	25	98	23
Mirin 25ml	28	174	42
Total 2 serves	348	865	207
Sub Total per serve	174	433	103
Total per serve with Karaage	491	2785	665

Plus

Medium Grain Rice 1 cup cooked	180	2678	640
Total per serve	671	5463	1305

Or

Cauliflower Couscous	104	203	49
Total per serve	595	2988	714

Pad See Ew

Ingredient	g	kJ	Cal
Rice Noodles	225	1339	320
Canola Oil 1 tbsp.	5	166	40
Garlic 5cm of paste	10	44	11
Chicken Thighs 500g	500	3996	955
Carrot 1 medium	60	105	25
Mushrooms 2	168	155	37
Gai Lan 2 cups	200	218	52
Kecap Manis 4 tbsp.	60	800	191
Oyster Sauce 4 tbsp.	72	154	37
Soy Sauce 4 tbsp.	60	234	56
Eggs 2	100	586	140
White Pepper ½ tsp.	1	15	4
Bean Sprouts 2 cups	200	262	63
Total 4 serves	1661	8074	1930
Total per serve	415	2019	965

Pizza (bases only)

Ingredient	g	kJ	Cal
Hard Flour 2 cups	250	3807	910
Dried Yeast 15g	15	210	50
Total 2 serves	265	4017	960
Total per serve	133	2009	480

Rice Paper Rolls

Ingredient	g	kJ	Cal
Pork Rashers 400g	400	2628	628
Ginger 5cm of paste	10	44	11
Garlic 5cm of paste	10	67	16
Curry Paste 2 tsp.	10	42	10
Coconut Cream 50ml	50	690	165
Peanut Butter ¼ cup	65	1614	386
Vermicelli Noodles	40	584	140
Carrot 1 medium	60	105	25
Iceberg Lettuce 1 cup	55	32	8
Cabbage 1 cup	90	93	22
Red Capsicum 1 med	150	135	32
Mint Leaves ½ cup	50	92	22
Coriander Leaves ½ cup	125	8	2
Fried Shallot 2 tbsp.	2	502	120
Rice Paper Sheets 8	60	870	208
Total 2 serves	1177	7506	1794
Total per serve	589	3753	897

Roasted Honey Soy Winter Vegetables

Ingredient	g	kJ	Cal
Onion 1 medium	100	167	40
Red Capsicum 1 med	150	135	32
Eggplant 1 med	82	86	21
Sweet Potato 1 cup	133	479	114
Low Carb Potato 1 cup	150	286	68
Pine Nuts ¼ cup	34	950	227
Ginger 5cm of paste	10	44	11

Garlic 5cm of paste	10	67	16
Soy Sauce 50ml	50	196	47
Honey 25ml	35	449	107
Olive Oil 30ml	27	999	239
Spinach Leaves 1 cup	30	29	7
Total 4 serves	811	3887	929
Total per serve	203	972	465

Soba Noodles with BBQ

Ingredient	g	kJ	Cal
Soy Sauce 33ml	30	129	31
Mirin 33ml	33	4	1
Rice Wine Vinegar 33ml	33	4	1
Sesame Oil 5ml	5	181	43
Palm Sugar 1 tbsp.	12	201	48
Organic Soba Noodles	180	746	178
Chicken Thigh Fillets	500	3996	955
Mushrooms 2 Big	168	155	37
Broccolini 1 cup	72	84	20
Kewpie Mayo 10ml	10	303	72
Seaweed Sheets 2	5	127	30
Pickled Daikon 2 tbsp.	7	15	4
Sesame seeds 1 tsp.	3	71	17
Total 4 serves	1058	6016	1438
Total per serve	529	3008	719

Brunch**Dad's Crepes**

Plain Flour 1 cup	125	1904	455
Full Cream Milk 1 cup	250	649	155
Brown Sugar 1 tbsp.	9	143	34
Eggs 2	100	586	140
Butter 25g	25	750	179
Total 2 serves	509	4032	964
Total per serve	255	2016	482

Dad's Overnight Oats Almost Bircher Museli

Ingredient	g	kJ	Cal
Rolled Oats 75g	75	223	53
Sultanas 30g	30	380	91
Green Apple ½	70	150	36
Strawberries 2 medium	24	32	8
Soy Milk 100ml	100	140	33
Buckwheat Groats 25ml	15	210	50
Cinnamon 1 tsp.	2	24	6
Blueberries 12	27	65	16
Toasted Almonds 1 tbsp.	10	260	62
Total 1 serve	353	1484	355
Total per serve	353	1484	355

Dad's Scrambled Eggs

Ingredient	g	kJ	Cal
Butter 1 tbsp.	14	420	100
Baby Spinach leaves 1 cup	30	29	7
Eggs 5	5	1464	350
Feta Cheese 50g	50	554	132
More Butter 2 tbsp.	28	840	201
Total 2 serves	127	3307	790
Total per serve	64	1654	395

Elevated Porridge

Ingredient	g	kJ	Cal
Walnuts 8 halves	16	437	104
Banana 1 medium	120	439	105
Rolled Oats 75g	75	223	53
Full Cream Milk 200ml	200	204	49
Maple Syrup 1 tbsp.	20	218	52
Total 2 serves	431	1521	363
Total per serve	431	1521	363

Bachelor Food**Dad's Crepes**

Ingredient	g	kJ	Cal
Butter 1 tbsp.	14	420	100
Onion ½ medium	50	84	20
Ham 50g	50	224	54
Red Capsicum ¼	38	34	8
Eggs 3	150	879	210
Tasty Cheese ½ cup	75	1296	310
Total 1 serves	377	2937	702
Total per serve	377	2937	702

Spicy Ramen Noodle Soup

Ingredient	g	kJ	Cal
Ramen 1 packet	120	2100	502
Broccoli 1 cup	91	129	31
Mushrooms 3	168	155	37
Red Salmon 1 small can	100	650	155
Eggs 1	100	586	140
Total 1 serves	579	3620	865
Total per serve	579	3620	884

Dad's Overnight Oats

Ingredient	g	kJ	Cal
Grainy bread 2 slices	2	960	229
Roast Turkey Breast 4 slices	22	151	36
Avocado ½	100	673	161
Garlic Aioli 2 tbsp.	30	753	180
Brie ½ a small round	50	700	167
Cranberry Jelly 1 tbsp.	35	230	55
Beetroot 3 slices	85	215	51
Rocket ½ cup	30	18	4
Total 1 serves	354	3700	884
Total per serve	354	3700	884

Bring a Plate**Apple Pastry Roses**

Ingredient	g	kJ	Cal
Puff Pastry 4 sheets	668	9352	2235
Pink Lady Apples 3 large	780	1925	460
Apricot Jam ¼ cup	67	675	161
Icing Sugar 1 tbsp.	8	122	29
Total 12 serves	1523	12074	2886
Total per serve	127	1006	240

Poleslaw (Blue Poles Coleslaw)

Ingredient	g	kJ	Cal
Apple cider vinegar ¼ cup	60	0	0
Sugar 1 teaspoon	4	68	16
Kewpie Mayo ¼ cup	60	1820	435
Mustard 2 tsp.	10	26	6
Red Cabbage 1 cup	90	115	27
Wombok Cabbage 1 cup	70	38	9
Onion 1	100	167	40
Carrots 2	120	210	50
Purple Asparagus Spears 5	80	105	25
Total 5 serves	594	2549	609
Total per serve	119	510	122

Pork & Green Bean Sausage Rolls

Ingredient	g	kJ	Cal
Puff Pastry 6 sheets	1000	14028	3353
Pork Mince 500g	500	3360	803
Snake Beans 200g	200	259	62
Water chestnuts medium can	230	418	100
Bamboo Shoots medium can	131	104	25
Soy Sauce ¼ cup	60	234	56
Kecap Manis ¼ cup	60	800	191
Garlic 5cm paste	10	44	11
Ginger 5cm paste	10	67	16

Chinese Five Spice ½ tsp	<5	0	0
Rice Flour 2 tsp	1	14	3
Total 6 serves	40	605	145
Total per serve	2242	19933	4764

Snacks**Appetiser Pizzas**

Ingredient	g	kJ	Cal
Pizza Dough ½ cup (see above)	68	1004	240
Ginger 5cm of paste	10	44	11
Garlic 5cm of paste	10	67	16
Kecap Manis 2 tbsp.	30	400	96
Green Onion 1	25	33	8
Parmesan Cheese 2 tbsp.	10	176	42
Olive Oil 15ml	13	500	120
Total 2 serves	166	1724	412
Total per serve	83	862	206

Zucchini Crackers and Kimchi

Ingredient	g	kJ	Cal
Wombok Cabbage 2 cups	140	78	19
Dried Chilli Flakes, 2 tsp.	5	9	2
Fish Sauce 2 tbsp.	36	53	13
Sugar 2 teaspoons	8	136	33
Ginger 5cm of paste	10	44	11
Garlic 5cm of paste	10	67	16
Green onions 3	75	100	24
Total 12 serves	284	487	98
Total per serve	36	61	12

Plus

Zucchini 6 slices	77	55	13
Total per serve	113	116	25

Energy and weight information in this section were developed from a combination of consulting the relevant product labels, and for fruits, vegetables, meats, by using the MyNetDiary App from the Apple App Store.

Notes



