



Vanilla Zulu

culinary adventures

AROUND
THE WORLD
RECIPE
BOOK

by Mel Townsend



Welcome to Vanilla Zulu Culinary Adventures!

We are so excited to have you for a cooking class! Please make yourself at home! Feel free to ask questions and get involved, it's the best way to learn.

This booklet is designed to provide inspiration and creativity. Each recipe will be able to be adapted to suit your culinary tastes, as well as help you improvise using our recipes with a variety of replace ingredients.

Make notes as you please. Experiment with friends and family...

Pease make time in the week following your class to at least try some of the recipes for practice so that we can fix any mistakes you still may be making. We are always here for you on a quick facebook message or email once you leave us today!

Chef Mel Townsend





WE'RE WILD ABOUT FOOD!

VANILLA ZULU COOKING SCHOOL

Vanilla Zulu is an interactive cooking school in Wilston, Brisbane. Classes are designed to inspire and motivate even the most shy or reluctant cooks by keeping it simple, fast and fresh. Cooking classes should be interactive and fun, whilst teaching you new skills in the process!

At Vanilla Zulu our classes are specifically designed to make cooking less intimidating, increase your skills and confidence, and allow you to explore your unique flair.

In addition to our regular courses, Vanilla Zulu Cooking School is ideal for private dining, team building and corporate events! An alternative way to entertain staff, colleagues, friends, family and dinner guests.

ABOUT MEL, EXECUTIVE CHEF

Mel Townsend runs the show – she's the Vanilla Zulu Executive Chef and Facilitator, with more than 22 years experience.

Her intoxicating enthusiasm and dynamic people skills will have your teams fully engaged and hungry to flex their culinary muscles.

Mel is also a professional team builder, working with organisations to ensure session objectives are clear, prioritised and outcomes exceeded.



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INGREDIENTS

- 450g bakers flour
- 1sachet dried yeast (7g)
- 5ml sugar and 5 ml flour
- 340ml lukewarm water (or half water/half milk)
- 5ml salt
- 30ml oil
- Optional - ½ teaspoon dried lavender
- 1 sprig chopped fresh rosemary

VERSATILE BREAD

METHOD

Add the yeast to the warm water , 5ml flour and sugar, stir and set aside.

Place the flour (and lavender and rosemary, if using) in a large bowl and add the water mixture and oil. Mix until it forms a firm dough. Place on a floured bench and knead for 5-7 minutes.

Place the dough into a greased bag (or bowl –cover so it doesn't dry out) and allow to prove until doubled in size (at least 15 minutes on a warm day, longer if it's cool). Remove from the bag and shape as required on a floured surface.

Allow to prove for a second time for about 10 minutes in its shape and then bake in a pre- heated oven of 180 c for about 15 minutes until golden. To test if it is cooked, tap on the bottom of the bread and it will sound hollow.

Best served warm.

INGREDIENTS

- 450g bakers flour
- 1sachet dried yeast (7g)
- 5ml sugar
- 340ml lukewarm water (or half water/half milk)
- 5ml salt
- 30ml oil
- Optional - ½ teaspoon nigella seeds
- ½ teaspoon mustard seeds (optional)

NAAN

METHOD

Add the yeast to the warm water and sugar, stir and set aside.

Place the flour (and seeds if using) in a large bowl and add the water mixture and oil. Mix until it forms a firm dough. Place on a floured bench and knead for 5-7 minutes.

Place the dough into a greased bag (or bowl –cover so it doesn't dry out) and allow to prove until doubled in size (at least 15 minutes on a warm day, longer if it's cool). Remove from the bag and shape as required on a floured surface.

Allow proving for a second time for about 5 minutes in the shape and then cooking in a pan over a medium heat, a few minutes on each side, and brush with butter before serving. Add crushed garlic and chilli to the butter if you like!

This is not the traditional way to do this, but not everyone has a tandoori oven at home so a pan will do!

Best served warm.

INGREDIENTS

(SERVES 4)

BRAISED DUCK

- 1 Whole Duck, trimmed
- 1-teaspoon Ras el Hanout/curry powder
- 1-teaspoon turmeric powder
- Zest of one lemon or orange
- Salt and pepper to season
- Water to bind this paste
- 2 l weak chicken stock
- 2 onions sliced or quartered

SPICED CARROT PURÉE

- 750 g carrots peeled
- 30ml lemon oil or olive oil
- salt and pepper
- pinch ras el hanout or curry powder to season

DELECTABLE BRAISED DUCK WITH SPICED CARROT PURÉE

METHOD

Rub the duck with a paste made with the water, spices and zest. Rub into the skin of the duck and then add the remaining paste to the stock. Place the stock and the onions into a baking tray and then add the duck breast side up.

Cook in a hot oven of 230c for about 30 minutes until the breast is browned, then turn the duck over and cook for another half an hour before turning breast back up to brown again for another half an hour. You can add your carrot to roast at the half an hour to go mark! So your minimum cooking time here will be one and a half hours. If the breast isn't quite brown enough, pop the grill on for about five minutes and watch closely!

Remove and carve and serve with this wonderful carrot purée!

Spiced Carrot Purée

Place the seasoned, oiled carrots in a small baking dish and bake in the hot oven for half an hour until cooked and fragrant. Once slightly cooled place in a blender and add 80ml cream or sour cream and blend to form a smooth paste. Serve with the duck with lovely green micro herbs, fresh peas or similar to brighten up the plate!back up to brown again for another half an hour. You can add your carrot to roast at the half an hour to go mark! So your minimum cooking time here will be one and a half hours. If the breast isn't quite brown enough, pop the grill on for about five minutes and watch closely!

Remove and carve and serve with this wonderful carrot purée!



HOT SMOKED MAPLE AND STAR ANISE SALMON

METHOD

Mix salt and brown sugar together. Pour maple syrup over sugar mix. Coat salmon in sugar mixture, cover and refrigerate for 1 hour.

Place tea leaves and star anise in the bottom of a smoker. Position a baking rack in the smoker and place the salmon on this rack. Cover with a lid and allow salmon to smoke for around 25 minutes, until the salmon is browned on the outside and flaky. Salmon can be served warm or chilled. To serve warm, place salmon on a bed of gourmet mash and blanched green beans drizzled with butter, lemon zest and pistachios. To serve chilled, place salmon on a bed of rocket, pear, parmesan and petals or mix with cream cheese, lemon juice and dill to make a dip.

Don't forget to bling it up.

INGREDIENTS

- ¼ cup salt
- ¼ cup brown sugar
- ¼ cup maple syrup
- 450g -1kg salmon fillet, skin off
- Tea leaves (Jasmine or Russian Caravan)
- Star anise

ONION BHAJI WITH BLING

METHOD

Place the onions, spring onions, chick pea flour, coriander, baking powder, cumin, turmeric and seeds onto a large bowl. Now add the egg and the water and mix to form a smooth thick batter. Check the seasoning, adjust with salt and pepper if necessary. Either fry immediately in hot oil by placing heaped teaspoon or tablespoons of the batter safely into the hot oil. Cook until golden and puffed and then drain on paper towel. You can also seal and keep the batter until later and cook when required. You will need at least 500-750ml oil to fry! Garnish with bling of spring onions and black onion seeds...

TO SERVE

Use a chutney or jam with a bit of chopped coriander, chilli, fried Asian shallots and edible petals. Delicious! For the jam simply boil up 2 cups chopped fruit such as strawberry, plum, pineapple, peaches or a mixture with 1 cup water and half a cup white sugar with 1 teaspoon minced ginger and 1 teaspoon lemongrass. Boil hot and fast, shaking from time to time, until the syrup is nice and thick. Cool and store.

INGREDIENTS

- 1 tablespoon curry paste
- 250ml coconut cream (or coconut milk)
- 2 cups cooked sweet potato (very small cubes)
- 1 teaspoon shredded lime leaves
- Zest and juice of one lime
- Fish sauce to season
- Coriander to garnish

INGREDIENTS

(MAKES 4-6)

- 4-8 fresh lasagne sheets
- 200g cooked crab meat mixed with 400g cooked prawns or cooked firm white fish (snapper or similar)
- For béchamel sauce
- 3 T/50g butter
- 3 T/50g flour
- 600ml milk
- 80g parmesan or pecorino
- ¼ teaspoon turmeric /curry powder
- 3 Tablespoons white wine (optional)
- Salt and pepper

CRAB AND PRAWN LASAGNE WITH PROSCIUTTO PRAWN BLING

METHOD

To make the béchamel sauce – melt the butter in a heavy based saucepan. Remove from heat. Add the flour and stir well to make a ‘roux’.

Gradually stir in the milk, half a cup at a time, stirring continuously. When the mixture is smooth return to the heat while stirring with a whisk. The mixture will thicken. Bring to the boil and cook through for about 1 minute, stirring constantly. . Remove from heat, add the turmeric and season to taste. Stir in the grated cheese and the white wine – you want it to be ridiculously cheesy and decadent! Set sauce aside to cool.

Grease a baking dish. Place a layer of sauce, then lasagne sheets, then 1/3 crab/prawn mix and smother with the cheesy béchamel sauce. Repeat until all meat is used. Finish with a layer of lasagne sheets and sauce and top with grated cheese.

Bake in a moderate oven (180°C) for about 30 minutes, until golden on top and pasta is cooked through.

Wrap 2-4 large tiger or banana prawns with 4 thin slices Prosciutto, fry in a pan with a little olive oil, once first side is brown turn over and cook until second side is done. Remove from hot pan and then burn a lime that has been cut in half, cut side down into pan until it has caramelised and is brown and juicy!

TO SERVE

For a round of applause, garnish a plate with balsamic glaze and black salt, serve up the lasagne, top with the prosciutto prawn bling, petals and black salt. Serve with a fresh salad of pear a rocket and parmesan.



BRULÈ WITH FAMOUS TAPPY TAP SUGAR

METHOD

Bring the cream and vanilla to the boil and then remove from the heat. Now add hot cream in a thin stream to the beaten egg yolks (from a distance-like a long distance relationship) and sugar and mix until smooth. Strain through a sieve to make sure your mixture is perfectly silky, and then pour into your ramekin or baking dishes. Bake in a bain-marie in an oven of 160-170c for about 25minutes until the custards are nicely set.

THE COOKING TIME WILL DEPEND ON YOUR RAMEKIN SIZE SO PLEASE ADJUST COOKING TIME IF NECESSARY.

Remove from oven and cool before adding 1 teaspoon sugar to the top of the custard and using a blowtorch to make the caramelized sugar! You could make these up to three days in advance but you would only caramelize the sugar just before serving.

INGREDIENTS

(MAKES 4-6)

- 300ml cream, scalded (bring to the boil just once)
- 1 vanilla pod, seeds scraped or 1 teaspoon vanilla paste/extract
- 60g sugar
- 4 large egg yolks

INGREDIENTS

ROUGH PUFF PASTRY

- 225g plain flour
- Pinch of salt
- 175g butter, cold but not hard
- 150ml iced cold water

*SALTED Caramel
CUSTARD*

- 250ml milk and 250ml pouring cream
- 50 g butter
- 5 ml vanilla bean extract, 5 ml flake salt
- 80 ml dark brown sugar
- 60 ml cornflour mixed with 60 ml water
- 3 egg yolks
- 300ml stiffly beaten cream

SALTED CARAMEL MILLE FEUILLE

METHOD

ROUGH PUFF PASTRY

Sift the flour and salt into a large bowl. Cut the butter into 1cm cubes and toss in the flour. Stir in the water quickly with a spoon to form a soft pliable dough. Roll out lightly and evenly making sure you keep the pastry cool to a 10 x 30 cm rectangle. Mark into three sections and then fold one end over the middle and the opposite end over that to make an open ended parcel. Seal the edges with your hand or rolling pin. Turn so that the fold is on the right and then roll and fold in the same way for three more turns. This will create lovely layers in the pastry! Chill down for about 20 minutes. Roll out and then cut into neat triangles. Bake on a floured tray in an oven of 180c for about 12-18 minutes until brown. Allow to cool and then cut into layers horizontally.

SALTED CARAMEL CUSTARD

METHOD

Heat the milk, cream and butter and sugar until just under boiling point.

Remove from heat and add the vanilla.

Mix cornflour with the water to a smooth paste.

Add the cornflour mixture to the warm milk mixture and stir until smooth.

Add the egg yolks and once again, stir until smooth.

Heat slowly over a low temperature until boiling point, stirring continuously, and then remove from heat and allow to cool to room temperature.

Now fold in the stiffly beaten cream and then use to layer with the pastry as per demon.

GLACE ICING

2 cups icing mixture mixed to a smooth paste with 1-3 tablespoons hot water and some vanilla to flavour.

CARAMEL GLAZE

Heat ½ cup sugar and ¼ cup water together until it forms a toffee. Add 1-tablespoon cream and 1 tablespoon butter. Stir to combine and then use to garnish the slice!

Thank you for booking a class at Vanilla Zulu Culinary School

**We hope you enjoyed your time at Vanilla Zulu.
We'd love for you to visit us again sometime soon, perhaps for
one of our other 3 hour cooking classes such as**

- 🍴 **Rustic Italian**
- 🍴 **A Taste of the Mediterranean**
- 🍴 **Modern Thai Fusion**
- 🍴 **Spanish Tapas Master Class**
- 🍴 **Eat Yourself Sexy Master Class**
- 🍴 **African Culinary Safari**
- 🍴 **Vegan Master Class**
- 🍴 **Middle Eastern Master Class**
- 🍴 **Moroccan Master Class**
- 🍴 **Asian Fusion Master Class**

Or do you want to take your skills to the next level? Thinking of opening a food business, B&B or just want to rule in your kitchen then our Six Week Chefs Skills course (six consecutive Monday nights) and Advanced Chef Skills Course (3 weeks) are definitely for you. You could be ready for MasterChef or MKR sooner than you think!

Details of all our classes can be found on our website. Once you make your selection, we'd love to offer you a fabulous \$20 off your next class booking. Simply enter the code: FIRST at checkout.

One more thing, tag us (@vanillazulu) in your photos from today's class on Instagram or Facebook and we'll enter you in our monthly social media draw. You could win your next cooking class on us! Each photo equates to one entry. Have private accounts? Just email us with some screen shots of your posts - we can't have you missing out!

Finally, if you have any feedback for us we'd love to hear it. We put our heart and soul into the Vanilla Zulu experience, and really hope you enjoyed yourself.

We look forward to welcoming you back at Vanilla Zulu soon.



**Greetings from Chef Mel Townsend
and The Vanilla Zulu Team**