



Vanilla Zulu

culinary adventures

EAT
YOURSELF
SEXY
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

- 200g smoked chicken breast fillets, sliced thinly (use smoked salmon if you prefer!)
- 50ml -100ml fat free yogurt
- 1 tablespoon freshly chopped mint and/or basil
- 1 granny smith apple, cored and finely sliced
- Half a cup fennel, julienne
- 1 cup finely chopped broccoli
- Lots of ground black pepper, 1 teaspoon grainy mustard
- 1 cucumber, make into ribbons using your peeler (or slightly roast zucchini ribbons instead)
- Slices of roasted sweet potato, lightly coated in your favourite spice...be creative

HOME-SMOKED CHICKEN, MAYO AND MINT GOURMET STACKS

METHOD

Place the sweet potato on a large white platter or individual dinner plates. Mix the chicken, yogurt, fennel, mint and apple together and mix. Place a large tablespoon of this in the center of the sweet potato.

Now use a cucumber or zucchini ribbon to wrap around the filling to create a neat little stack....easy! And so gorgeous!

Now garnish with lots of ground black pepper and fresh rocket or mustard cress and serve! Drizzle with herbed oil if you're feeling daring!

TO SMOKE THE CHICKEN OR SALMON

As per demo: Place the chicken or salmon seasoned on a rack. The rack need to fit into a pot or wok and keep the chicken or salmon off the base.

Put about 3 tablespoons either tea, lavender or wood sawdust on the base of the pan or wok and then put the lid on and smoke hot and fast for about 12 minutes. Remove the skin of the salmon and crisp in oven.

To get the chicken to smoke faster, simply butterfly as per demo!

MOROCCAN SCENTED MINI MEATLOAVES WITH CUCUMBER AND CUMIN DIPPING SAUCE

METHOD

These are wonderful to make in advance and then cook up as needed!

Fry the onions and the mince in a nice hot pan adding the turmeric and the garlic and the cumin/ras el hanout. When browned and fragrant, season to taste and then add the zest and juice of the lemon or lime.

Place into the baking dish and then pour the custard over the mince. Bake for about 12-15 minutes until just done, these will cook faster in smaller dishes so beware!

TO WRAP OR GARNISH

Zucchini ribbons slightly roasted (use your blowtorch or griddle pan)

DIPPING SAUCE

1 cup plain fat free yogurt, Pinch of salt and large pinch cumin, 2 tablespoons each cucumber and red onion.

INGREDIENTS

- 1 teaspoon olive oil
- 1 large onion finely chopped
- 1 clove garlic finely crushed
- 3ml turmeric powder
- 400g lean beef/pork/chicken minced
- Salt and pepper to taste, Half a teaspoon cumin or our ras el hanout
- Zest of one lemon or lime
- 1 whole egg beaten, seasoned and mixed with 125ml milk or lightly sour cream (light)

INGREDIENTS

- 450g bakers flour or use half and half white and wholemeal
- 1 sachet dried yeast (7g)
- 5ml sugar and 5ml extra flour
- 320ml lukewarm water (or half water/half milk)
- 10g salt
- 30ml oil
- Half a cup assorted seeds

SEEDED WHOLEMEAL WRAPS

METHOD

Add the yeast to the warm water/milk and sugar, 5ml extra flour stir and set aside until the yeast has started to bubble and foam.

Place the flour, selected seeds or ingredients such as olives, nigella seeds, edible petals, porcini etc in a large bowl and add the yeasty water mixture and oil. Mix until it forms a firm dough. Place on a floured bench or in a machine with the dough hook 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 divide into 8 -12 equal parts depending on size needed.

Roll out dinner plate size and then cook in a dry pan as per demo, a few minutes on each side or until nicely browned.

Serve with the smoked chicken and salad as a wrap, or as a dipping bread!

Top with Vanilla Zulu's famous ideas like scented olive oils, sexy cheeses, shaved prosciutto or the toppings of your choice. Allow to prove for a second time for about 10-20 minutes in its shape until the bread is fluffy and doubled in size. Then bake in a swearword hot oven (220°C) for 10 - 15 minutes.



TRUFFLED MUSHROOM 'PIZZA' WITH CAULI AND SWEET POTATO TOPPING

METHOD

Salt and pepper to season, Parmesan cheese finely grated on zester to make Parmesan snow :)

Top the mushroom with the roasted sweet potato and then the cauli, drizzle with the oil and then garnish with the cheese, bake for about 10-12 minutes until done...delicious!

INGREDIENTS

- 4-6 large brown mushrooms, wrapped in greased foil to protect them in the oven
- 1 cup cauliflower mash (simply simmer cauli in milk and/or stock until tender, season and then mash)
- 1 cup roasted sweet potato slices
- 2 tablespoons truffle/lemon/orange oil (from deli or supermarket)

COMPLEXION BUSTING CHOCOLATE SALAMI

METHOD

Melt the chocolate in the microwave for about 1 minute until you can stir it smooth, add the remaining ingredients and then roll up as a 'salami' coating it in either nut dust, biscotti dust or coconut and then chill before slicing or even rolling into 'goodie' balls...check your skin for a healthy glow soon after eating these!

INGREDIENTS

- 200g 75% good quality chocolate
- 100ml coconut cream
- ½ cup toasted coconut shredded
- ½ cup toasted cashews (unsalted)
- ½ cup pistachios or other nuts, almonds are cheaper
- ½ cup dates or dried fruit
- 1 teaspoon vanilla bean paste

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**

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