



Shelf Control

TENINA HOLDER

Welcome to Shelf Control,

the course that helps you get your shelf together.

We have been working on this course for a little while now and our favourite recipes are all **pickle related**. We cannot wait to hear what yours are going to be. Have fun, no stress, and save money!

‘**Pantry**’ is an antique word with simple logic: **Cooking** is simpler and faster when you already have the ingredients. We’ve identified three levels of pantries amongst our peeps — essential, expanded and expert — so whether you’re beginning to cook, stretching toward new flavours or an old hand with wide-ranging tastes, you’ll be prepared. Our definition of pantry encompasses refrigerator, freezer and cupboard, so our new definition of pantry is not just all three of these kitchen storage areas, but is **Shelf Control**!

The success of this course is entirely up to you. You control what you do and don’t want to do. What you would love to store or will never use. The timing is up to you too. If you rush through this in three days (look at you go) then well done. If it takes you all year and then some more time, no biggie. Do it in your own time. The most important part of the course is that you gain something from it long term. You may learn a little or a lot depending on how organised a person you are. What we hope for is some form of Shelf Control with the course providing you with the motivation and impetus to begin!

The **Thermomix** is your friend for this course. The reason I originally purchased a Thermomix was for convenience. Then, as I delved deeper into the cult that is Thermomix ownership, I realised that there were so many ways to improve my family’s eating habits (which I already thought were pretty healthy) by making dishes from scratch that I found things became a little less convenient. So, this is both a salute and a return to convenience. Some of these recipes will take some time and planning, but once you have them on your shelves, life will be simpler and much healthier.

Happy Mixing
Tenina & Team



Before You Begin

If you can't see it, you're probably not going to use it. A storage space with more shelving is the most efficient configuration for ingredients. Drawers or slide-out shelves also help tremendously with visibility. If I had my dream kitchen, there would only be drawers...no cupboards at all!

Designated spaces. Make sure you have designated spaces for everything you intend to keep in your shelf controlled kitchen. This will help with not over stocking any one item, or running out of things that you use regularly.

Store everything you can in clear containers. Airtight glass or hard plastic ones are best, and available in many shapes, sizes, and systems. Rectangular shapes make the best use of space. (But the glass jars look very rustic and cute!)

Keep a roll of white tape or stickers and some permanent markers in a kitchen drawer. It'll help you make quick labels.

Clear the Decks

Clear the decks. Take everything out of your pantry and fridge, give it a hard look and decide what you can get rid of.

Be ruthless. If you haven't used it in a year, get rid of it. Keep what looks and smells good. 'Expiration, sell by' and 'best before' dates are not good guidelines. Some are determined by regulators, others by manufacturers, and most are arbitrary. Properly stored, some unopened ingredients, like canned fish, can last for years; others, like dried herbs, start declining in quality the moment they are sealed in a container. (Go get the Urbipod now and grow them fresh!) See the articles in the course for more info.

Assess what remains. Then organise it according to the logic that makes sense to you: Your nut butters might be with the condiments, or the breakfast items, or the baking supplies. It is entirely up to how you organise your family life and meal prep.

Be ready to gain Shelf Control. We have divided this course into three sections, The Essential, The Expanded and The Expert. Take each section one at a time, or jump straight to expert, or just pick and choose from amongst the tasks. It is your kitchen, your plan. We know you will find plenty to be going on with here, but don't feel like you have to do everything in the specified weeks. You can really run this course as it suits you.

Recommended Ingredients and Equipment

- [The Urbipod](#) the year round fresh herb garden on your kitchen (or in my case, laundry) bench.
- [The Spat-oo-lah-lahs](#) A minimum of two per kitchen is highly recommended.
- [The Best Bread Mats](#) Also a minimum of two per kitchen is recommended.
- [The Best Nut Milk Bags](#) are available on my site.
- [The Healthiest Drink Brew Choc](#), every pantry needs some. I don't leave home without it...seriously.
- [The Most Ethical Vanilla](#) plus it is next level delicious.
- [The Most Pristine Pink Salt on the planet](#) available in bulk
- [Tonka Beans because you need them](#) for expert shelf controllers only
- [The Essential Oils](#) I use the most throughout this course



The Essential Shelf Control

The foundation layer for all types of cooks, this is where everyone should start. There's so much to be done with these basics. The rule here is stock your shelves mostly with what you're confident using, and what you love to eat. You'll use everything again and again. No waste! Shelf Control...you totally have this!

Apple Scrap Vinegar

Cafe de Umami Butter

Chicken Stock Powder

Dried Apricot Preserves

French Baguettes

Fresh Pasta

Homemade Whole Egg Mayo

Landsdale Curry Powder

Marinara Sauce (Basic Pasta Sauce)

Nutty Seeded Crackers

Peanut Butter and Crunchy Peanut Butter

Raspberry Jam

Simple Umami Paste

Spicy Skinless Sausages

Teriyaki Sauce

Thermomite



Apple Scrap Vinegar

This is pretty fun...homemade vinegar, apple cider vinegar to be precise. A little alcohol going on in the kitchen never hurt anyone! The great thing about this recipe is that you don't really need to use good fruit, you can make the Apple Crumble High Pie or similar first and just literally use the scraps from the apples, as the name suggests. THEN...think of the flavourful possibilities? (This recipe includes a raspberry vinegar...what should be next?)

Makes a lot



NEED:

1-2L filtered water

raspberry Vinegar

1 tbsp honey or raw sugar per

fresh raspberries as needed

200ml water used

2 tsp honey

1 organic green apple with skin, core, sliced

DO:

1. Place the water into a large non reactive jar (glass or ceramic) and stir in the sugar.
2. Add the apple, you don't necessarily need it all. You can even use scraps left over from making an apple pie.
3. Cover with nut milk bag, a piece of cheesecloth or linen tea towel. Leave on your kitchen bench (no refrigeration) as directed.
4. Stir vigorously **once or twice a day for 1 week** if using sugar, **2 weeks** if using honey. The liquid will become very frothy as fermentation begins, especially after stirring.
5. When the colour of the liquid begins to deepen, taste it for the acidity. It should taste slightly acidic.
6. Strain out all the solids and return to the jar or bowl. Keep at room temperature for **up to 1 month**, until it is vinegary. The healthy bacteria that create vinegar require oxygen for the process, so it is important not to seal the container with a lid until the vinegar is as strong as you want it to be.
7. Transfer into a glass bottle and keep in a dark pantry or cupboard until use.

To make raspberry vinegar, add as many raspberries to a sterilised jar or bottle as you would like, with the honey. Fill to 1cm off the top of the lid with apple scrap vinegar. Seal and keep in the fridge. Use for salads or as a drinking vinegar.



Cafe de Umami Butter

With only a little wink of apology to Monsieur Dupont and his wonderful recipe, Café de Paris Beurre, this is another great way to use Umami Paste to increase your flavour enjoyment. I personally love this on crackers. Or chicken, or beef, or fresh bread. So delish!



NEED:

200g butter cubed

3-5 capers

1 garlic clove

handful fresh chives

handful flat leaf parsley

2 tsp French mustard

2 tbsp white wine

30g umami paste

1/2 tsp curry powder

pinch pink salt flakes to taste

DO:

1. Place all ingredients into the Thermomix bowl and blend **15-20 sec/speed 8**.
2. Roll into a sausage shape and wrap in baking paper. Freeze until use. Slice off a piece as required.



Chicken Stock Powder

Homemade stock powder is not a shocker...is it? (Some ppl think so, but not us...we are all about shelf control after all!) I love being able to grab a tablespoon or two of this stock powder, add it to water, and gain the full chicken flavour without hours of prep. You know: killing the chook to make the stock, to make the chicken soup, to make the pot pie, to ... you get the message. The cost savings on liquid stock and, more importantly, your time (eventually) are significant.

Makes 500g



NEED:

skin and carcass of roasted chicken	20g celery seed
2–3 sticks celery, including leaves	40g dried mushrooms
2 carrots, peeled and sliced	40g dehydrated peas
1 onion, quartered with layers split	100g pink salt flakes
100g dried onion flakes	

DO:

1. Preheat oven to **160°C** and line a large baking tray with paper.
2. Spread chicken skin, and break up carcass and spread across paper. Add vegetables in a single layer if possible. Bake for **40 minutes**, then reduce heat to **140°C** and leave in oven until all vegetables are dried out. (You can use a dehydrator for this process if desired.)
3. Remove as much flesh from the carcass as possible and place all baked vegetables, skin and chicken into the Thermomix. Discard the carcass. Blend for **1 min/speed 9**.
4. Add all remaining ingredients and blend a further **20 sec/speed 10**.
5. Spread out onto a lined baking tray and return to the oven (**140°C**) for around an hour.
6. Re-blend **10 sec/speed 10** before storing in airtight jar in the fridge.
7. Keep refrigerated and use in place of stock cubes at a ratio of **1 tablespoon to 1 stock cube**, or as directed in recipes on my site.
8. This will keep indefinitely in the fridge due to the high salt/fat content.



Dried Apricot Preserves

This is truly an all year round jam. We love it. I always use Australian dried apricots (as opposed to the sweeter Turkish apricots) and it is truly delicious. You can use fresh apricots, but I have actually found that the dried apricots work so well, and are cheaper in fact.

Makes 500g jar



NEED:

400g apricots dried (Australian)

200g sugar

370g water

100g fresh lemon juice

DO:

1. Place apricots and water into the Thermomix bowl and cook **10 min/100°C/Reverse/speed 1**.
2. Add remaining ingredients and cook **20 min/90°C/Reverse/speed 1**.
3. Pour into hot sterilised jars and cool. Try not to eat it all on the first sitting...If you would like it a little less thick, add extra lemon juice after cooking and testing set.



French Baguettes

I love making bread. I also love the French law that only allows bread to have 4 ingredients. Salt, flour, water and yeast. And look what they do with just those 4 ingredients. It is amazing.

2 large or several smaller baguettes

DF

V

NEED:

2 tsp fine grind salt

380g room temperature water

650g bakers flour

2 tsp dried yeast

DO:

1. Place ingredients into the Thermomix bowl in the order listed. Mix **10 sec/speed 6**.
3. Knead **1 min/dough** setting. Allow to 'rest' for **5-10 minutes**. (Go shower, water the garden, plan the toppings for this most delish bread, put on your make up!)
4. Turn out into oiled bowl and cover completely with plastic wrap so the air will be trapped and allow to double. (This may take **up to 3 hours or longer** on a cold day.)
5. The dough will be quite hard and dense and yet flexible.
6. When happy with the rise, punch down and roll into two (or more) rectangular shapes. Fold in both long sides towards each other. Tuck in the ends and seal all together by pinching the dough together. Roll until you have a baguette shape with pointy ends. (This is achieved with practice, pressing down on each end with the sides of your hands as you roll the baguette.)
7. Turn over so that the seam is down and you have a nice smooth top. Place onto baking paper and allow to rise again covered with a floured tea towel.
8. Preheat pizza stone in a **220°C** oven. When ready to cook, slice several slashes almost vertically, down the dough. Place in steam oven and steam for 10 minutes.

OR

- I. Bring 1L water to boil in the Thermomix bowl **8 min/Varoma/speed 2**.
- II. Lay the loaves onto a piece of baking paper and onto the tray of the Varoma.
- III. Steam **10 min/Varoma/speed 4**. If you are using this method you will find you need to make many smaller baguettes, rather than 2 large ones.
- IV. Carefully transfer to hot oven and cook for a further **10-15 minutes**. Loaf should sound hollow when tapped, but crackly when squeezed gently. The sound of Paris!

Fresh Pasta

There is nothing quite as delicious as silky home made pasta, cooked to perfection then teamed with a perfect flavourful sauce. Make more for a bigger family, make a day of it on a weekend, dry it out and eat it for weeks ahead. Delish.



NEED:

500g bakers flour, plus some more generous

pinch pink salt flakes

5 eggs

SERVE:

1 batch Hey Pesto (see page 69)

1 batch Marinara sauce (see page 21)

DO:

1. Place all pasta ingredients into the Thermomix bowl and mix **6 sec/speed 6**.
2. Knead **3 min/dough** setting. Remove dough from bowl, wrap and rest for at least **30 minutes**.
3. Using a pasta roller, roll and laminate the pasta dough several times before cutting into desired pasta shape.
4. Cook in plenty of boiling salted water for approximately **2-3 minutes** or until cooked to your liking.
5. Toss through the sauce of choice.
6. Serve with plenty of grated parmesan cheese.



Whole Egg Mayonnaise



NEED:

1 clove garlic (optional)	pinch pink salt flakes
1 egg	freshly ground pepper
2 tsp Dijon mustard	250g flavourless oil (pre-weighed into a pourable vessel)
20g apple cider vinegar	

DO:

1. Place garlic into the Thermomix bowl and chop **3 sec/speed 7**.
2. Add egg (white and yolk), Dijon, vinegar, salt and pepper and set timer to **4 min/37°C/speed 4**. When the timer reaches **3 minutes**, hold the measuring cup down and pour all the oil straight onto the lid of the Thermomix. The oil will slowly trickle into the bowl and blend into perfect mayonnaise.

If the mayo is not as thick as you would like (this can depend on the size of the egg used), you can add a little more oil in the last step. Do remember however, that the mayo will thicken once cooled in the refrigerator.

Tip: Instead of holding the MC down, you can fill it with water so it will not float once the oil is poured onto the lid.



Landsdale Curry Powder

Curries in India at least are usually named for their place of origin, so I couldn't help myself, this is a Landsdale Curry Powder...it is semi-authentic, leaning towards a Madras, but is not hot enough for that. I created it for a shortbread recipe, but we use it elsewhere as well. Very mild, add heat as desired when making your curry of choice. It will keep well in an airtight container, better in the fridge than the pantry. Curry in a hurry...sorted.

Makes 200g approx.



NEED:

2 tsp coriander seeds	1 whole nutmeg
2 tsp cumin seeds	1/2 tsp whole cloves
1 tsp fennel seeds	2 tsp ground cardamon
1/2 tsp yellow mustard seeds	2 tsp ground ginger
1 cinnamon stick, broken into pieces	1/4 tsp turmeric
10 peppercorns	pinch ground chillies (optional)

DO:

1. Place all ingredients into a dry frypan and toast over a high heat until the spices just start smoking.
2. Remove from heat immediately and allow to cool.
3. Place into the Thermomix bowl and mill **40 sec/speed 10**.
4. Store in airtight container until use.
5. This recipe can easily be doubled.



Marinara Sauce (Basic Pasta Sauce)

In Australia, we probably wouldn't call anything without seafood in it 'marinara', but, in fact, the Italian origin of marinara sauce is that it was made and eaten by mariners. It is a deep-red tomato sauce and is pretty damn good on almost anything that requires sauce (you will see it referenced many times in Tenina's America the cookbook). It may just become a fridge staple in your house as it has in mine.

NEED:

25g Extra Virgin Olive Oil (EVOO)	1 tsp fennel seeds
1 red onion, peeled and halved	generous pinch pink salt flakes
4 cloves garlic	freshly cracked black pepper
120ml red wine	2 tsp coconut sugar (optional)
2 x 400g diced tinned tomatoes	fresh basil leaves and stalks, to taste

DO:

1. Place oil, onion and garlic into the Thermomix bowl and chop **3 seconds/ speed 5**.
2. Add red wine and cook **10 minutes/Varoma/speed 1/spatter guard**.
3. Add tomatoes, fennel seeds, salt and pepper and cook **20 minutes/100°C/speed 1**.
4. Taste and adjust seasoning, adding sugar if required.
5. Add basil and stalks and allow to infuse through the sauce while it cools. Remove the basil prior to use.
6. Store in sterilised bottles in the fridge until use.



Nutty Seeded Crackers

Crunchy, salty, satisfying. The perfect delivery system for high fat camembert or pate or even roasted pumpkin or beetroot with some feta. Our Ploughwoman's Pickle Dip is absolutely amazing with these crackers...just saying.

Serves 20+



NEED:

50g shredded coconut

50g whole almonds

60g linseed

40g pepitas

100g sunflower seeds

100g chia seeds

2 tbsp psyllium husks

500g water

2 tsp pink salt flakes plus some more

1 tbsp chilli flakes

generous grind of black pepper

DO:

1. Preheat oven to **160°C/320°F** and line 2 oven trays with baking paper.
2. Place all ingredients into the Thermomix bowl and blend **10 sec/speed 6**.
3. Divide the mixture evenly between each tray, and spread as thinly as possible with a spatula. Sprinkle with a little extra salt if desired. Bake **1 hour**.
4. Break into pieces and return to the oven, which has been switched off and leave in oven until cold. Serve with desired toppings.

Store in an airtight container for several weeks in the fridge.

Pro Tip: To crisp up these crackers should they not be as fresh as you would like, place into a **160°C/320°F** for **approximately 10 minutes** or until their crispness is restored to your liking.



Peanut Butter and Crunchy Peanut Butter

NEED:

500g roasted peanuts

75g golden caster sugar

2 tsp pink salt flakes

DO:




1. Place all the nuts onto a baking paper lined tray and into a cold oven set to **200°C**.
2. Roast for **10 minutes**. I know they are already roasted, this extra roasting gives you the lovely colour and depth of flavour we are looking for in traditional peanut butter.
3. Meanwhile, create a sugar praline by placing the sugar into a dry frying pan and onto a medium heat. Do not stir. Shake the sugar occasionally and then as it starts to melt, a little more frequently so that the sugar melts equally. When it is all melted it should be a beautiful amber colour.
4. Scrape the melted sugar onto a Silpat mat. Let it set. It will not take more than a few seconds. Break it into pieces.
5. Place 400g of the hot peanuts into the Thermomix bowl with sugar praline and salt. Blend **30 sec/speed 8**. Scrape down sides of bowl and lid.
6. Blend **30 sec/speed 7**. Remove any peanut butter from the bowl that you would like to have as smooth peanut butter.
7. Add remaining peanuts and blend **6 sec/speed 6**. This is your crunchy peanut butter.
8. Store in airtight containers in the pantry.



Raspberry Jam

For those in the know, raspberry jam will set at 105°C and so if you have a Thermomix 5 or Thermomix 6 you will be able to know exactly when that temperature has been achieved.

Having said that, we have basically figured it out for you here with a cooking time that is accurate if using frozen raspberries. However if you use fresh raspberries, timing may vary. Just make sure you use the wrinkle test before jarring up the jam.

Approx. 700g jar   

NEED:

400g raspberries (we used frozen)

1 tbsp vanilla bean paste

200g sugar

DO:

1. Place all ingredients into the Thermomix bowl and cook **25-35 min/Varoma/speed 1/spatter guard** on top of lid in place of the MC.
2. Check the consistency of the jam by placing a spoonful onto a cold plate. If it wrinkles up when pushed, the jam is ready. If not, cook a further **5 min/Varoma/speed 1** at a time and check after each time period, up to **30 minutes more**, until it has reached the consistency that you like.
3. Pour into sterilised jar and allow to cool before serving.



Simple Umami Paste

Makes up 500g jar

GF

NEED:

80g parmesan cheese, cubed

2-3 anchovies

3 tbsp dulse flakes (sea vegetable
available at health food stores)

2 tbsp balsamic vinegar

80g walnuts, roasted

½ x 400g tin (200g) chopped tomatoes

DO:

1. Place parmesan, dulse flakes and walnuts into the Thermomix bowl and mill **10 sec/speed 10**.
2. Add remaining ingredients and blend **6 sec/speed 6**.
3. Spread into an ice cube tray, and freeze until use.
4. Pop one or two frozen cubes into dishes as required.

If you don't freeze it, store in sterilised jar in the fridge and use **within 2 weeks**.



Spicy Skinless Sausages

Don't skip the fat!! Sausages are all about a ratio of meat, fat and something such as the rice, to hold them together. These are completely delicious, I know the snagger connoisseurs out there will agree.



NEED:

1 red chilli	100g cooked rice
2-3 cloves garlic	250g pork fillet, cubed
2 stalks lemongrass, white part only	150g beef mince
1 tbsp peppercorns	60g lard
30g fish sauce	water for steaming
juice 1 lime	oil for frying

DO:

1. Place chili (chilli), garlic, lemongrass and peppercorns into the Thermomix bowl and mince **10 sec/speed 7**.
2. Add fish sauce, lime juice, rice, meats and lard. Blend **15 sec/Reverse/speed 8**. Test to see if it is holding together when pinched. You may need to add another **5-10 seconds** to the blend depending on how big your pork pieces are.
3. Line the Varoma dish and tray with baking paper.
4. With wet hands, form sausage shapes and place onto the baking paper.
5. Pour enough water into the Thermomix bowl to reach the 1L mark and bring to the boil **8 min/100°C/speed 3**.
6. Set Varoma into position and cook sausages **15 min/Varoma/speed 3**.
7. Meanwhile, heat a frypan to a medium heat and drizzle with a little oil. Pat the sausages dry with a paper towel to prevent spitting and fry until golden.
8. Serve with chilli jam on the side.

Teriyaki Sauce

I love to whip up a batch of this quickly, then marinate chicken or beef before grilling ... but feel free to use it in all and sundry as required in recipes of choice. Works a charm, and totally keeps in the fridge (due to the whey) for weeks -- no way? Yes whey!

NEED:

30g fresh ginger peeled	40g Chinese cooking wine
4-5 garlic cloves	30g rice wine vinegar
40g honey	200g tamari or soy sauce
30g sesame oil	1-2 tbsp liquid whey (liquid from plain yoghurt)

DO:

1. Place ginger and garlic into the Thermomix bowl and mince **6 sec/speed 6**.
2. Scrape down sides of bowl and add remaining ingredients. Blend **10 sec/speed 10**.
3. Warm **2 min/37°C/speed 3**.
4. Pour into sterilised jar and leave on the kitchen bench for **24 hours** before refrigerating.
5. Can be used immediately, but develops more flavour over time.



ThermoMite



NEED:

100g Chinese black vinegar

20g miso paste

50g coconut sugar

50g liquid aminos or tamari sauce

50g black sesame seeds, toasted

2 tsp garlic powder

DO:

1. Place vinegar and sugar into the Thermomix bowl and caramelize **10 min/Varoma/speed 2/spatter guard** in place.

2. Add all remaining ingredients and blend **1 min/speed 10**. Scrape down mixture from lid and sides of bowl and blend **20 sec/speed 6**.

3. Scrape into a sterilised jar and keep sealed in the fridge between uses.

Just like vegemite, you need to use this sparingly as it is very strong in flavour.

NOTE:

DO not attempt to replace the black sesame seeds with Nigella seeds, which are often taken to be the same. They are not. If you cannot source the black sesame seeds, you can just use toasted white sesame seeds or find some black tahini and use the same amount in place of the toasted seeds.

Expanded Shelf Control

For the cook who has a grasp of the basics, but wants to be able to stretch toward new options and flavours. Here, long-lasting, punchy ingredients like tahini, hoisin sauce, coconut milk and other non-dairy milks, sherry vinegar and capers are stocked alongside classics: limes with lemons, jasmine rice as well as long-grain, almond butter in addition to peanut butter.

Almond Milk

Banana Milk

Bloody Mary

Classic Butter Chicken

Coconut Milk and Coconut Flour

Kasundi Paste

Oat Milk

Sweet Garlicky Hoisin Sauce

Teriyaki Pork with Pineapple

Worcestershire Beef and Mushroom Noodles

Worcestershire Sauce



Almond Milk

There is nothing quite as yum as freshly made almond milk. I confess once the dates and vanilla are added I cannot stop drinking it. Totally delicious. If you don't want it sweetened, it still can benefit from a pinch of salt, as it just needs something. Like bread or pasta, that salt just changes it and makes the flavour balanced.

So if you are dairy free and it's costing you a mortgage to keep the non-dairy milks in the house, this is your ticket! Moooo.

Makes a lot

GF

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NEED:

300g almonds

1 L additional water plus some more

3 fresh dates, pitted

1 pinch pink salt flakes

2 cups water

1 tsp vanilla bean paste

DO:

1. Soak almonds and dates for a few hours in the 2 cups of water. Drain and rinse. (**Overnight** is preferred.)
2. Place the drained almonds and dates into the Thermomix bowl with 1L of water. Blend **2 min/speed 10**.
3. Strain through a nut milk bag and remove the solids.
4. Return the almond milk to the Thermomix bowl with additional water if desired, salt and vanilla or any other flavours of your choosing. Blend **1 min/speed 10**. Refrigerate until use.



Banana Milk

This is hardly a recipe...but it is amazing. We have been making this for a while now, here and there. It is yummy, a great afternoon pick me up and really, if you wanted to make it an all out milkshake, you just have to add ice cream.

So let the kids make this themselves, channel your inner childhood nostalgia, without the nasties.

Serves 2 **GF** **DF** **V**

NEED:

2 bananas, frozen

200g iced water

Optional additions

1 teensy pinch ground turmeric

1 tsp vanilla extract

1 tbsp pure maple syrup

DO:

1. Break the bananas into pieces and place into the Thermomix bowl with water and any other ingredients you are using.

2. Blend **2 min/speed 10**. Add ice if you wish. Enjoy.



Bloody Mary

As we have now got a homemade Worcestershire Sauce recipe as part of the Shelf Control course, our thoughts naturally turned to ways to use said sauce and voila...Bloody or Virgin Mary it is! You will be delighted with this brunchy cocktail/mocktail. Leave out the booze for the mocktail and call it spicy tomato juice...but how clever are you, having made your own Worcestershire?? Pretty clever we think.

Serves 2

GF

DF

NEED:

2 handfuls of ice

60g vodka

30g fresh lemon juice

tabasco sauce, to taste

1 tbsp Worcestershire Sauce (see page 55)

pinch pink salt flakes

120g tomato juice

2 tbsp pickle juice (see Quick Veggie Pickles recipe)

pinch raw caster sugar

2 stalks of leafy top celery

lemon slices to garnish

DO:

1. Fill 2 tall glasses with ice.
2. Place all ingredients, except celery and lemon slices into the Thermomix bowl. Combine **10 sec/speed 6**.
3. Pour into glasses.
4. Garnish with celery and lemon.



Classic Butter Chicken

I think the most misunderstood dish in Indian Cuisine is this one! It is probably ordered more frequently in Indian restaurants around the globe and as takeaway than any other and there are probably more variations of this dish than the amount of people ordering it! I think that the minute you mention Butter Chicken to a true Indian cuisine buff, you may get a little eye roll and even a side to side head shake! It is a very Anglicised version of Indian cuisine. But that doesn't mean it isn't delish!



NEED:

1 brown onion peeled and halved	140g tomato paste
4 cloves garlic	4 heaped tbsp Kasundi Paste (see page 46)
40g fresh ginger, peeled	800g chicken thighs boneless and skinless, cut into large pieces
20g fresh turmeric, peeled	60g butter
50g Extra Virgin Olive Oil (EVOO)	400g basmati rice
1 tsp ground coriander	1 handful fresh coriander leaves
2 pinches pink salt flakes	
150g cream	

DO:

1. Place onion, garlic, ginger, turmeric and EVOO into the Thermomix bowl and chop **5 sec/speed 5**. Scrape down sides of bowl and lid.
2. Saute 5 min/Varoma/speed 1.
3. Add ground coriander, salt, cream, tomato paste and Kasundi and combine **5 sec/speed 4**. Cook **5 min/100°C/speed 1**.
4. Insert Butterfly before adding the chicken. Make sure the sauce is covering the chicken by stirring with a spatula, cook **15 min/Butterfly/100°C/speed 1/MC off**, place the Varoma dish on top of the lid to help make a thicker sauce through evaporation. Time taken to cook chicken can vary slightly based on how large the pieces are.
5. Pour butter chicken into another container. Place butter on top and allow it to melt before stirring through.
6. Without cleaning the Thermomix bowl, pour in 1 L of water and insert the basket. Weigh out the rice, add a pinch of salt and cook **15 min/100°C/speed 4**. This method will give you a lovely saffron coloured rice to serve with the Butter Chicken.
7. Serve garnished with fresh coriander.

TIP: Spray the Butterfly with EVOO or other oil prior to cooking with it. It will make a big difference with cleaning later.

Coconut Milk and Coconut Flour

When you unexpectedly run out of coconut milk or cream, here you go! EASY. And actually quite a lot cheaper than buying it by the tin. The one caution I would give you is that you must use an organic coconut or you will end up with very little fat content, which is after all what you are hoping for in a coconut cream or milk. The best part about it is that you also get the by-product, coconut flour, which is also outrageously expensive if you purchase it, by dehydrating the leftovers. EASY times two. Go for it. Never buy those pantry items again. Thanks Shelf Control!



NEED:

300 gram shredded coconut (organic)

1 litre warm water

DO:

1. Place coconut into the Thermomix bowl and mill **10 sec/speed 10**.
2. Add hot but not boiling water to the Thermomix bowl to 1L mark. Blend **2 min/speed 10**.
3. Pour mixture through nut milk bag and squeeze out solids. Spread solids across a paper lined baking tray.
4. Use milk or cream (as it cools it will separate) as directed in recipes of choice. We like to add a pinch of salt and a dash of vanilla extract to our coconut milk to balance out the taste.
5. Spread coconut solids onto a tray and place into a cool oven set to **160°C**.
6. Dry bake for around **10 minutes**. Reduce temperature to **100°C** and continue to dry out until completely dry. You can either mill it again at this stage prior to storing in an airtight container, or just store as is. This is your coconut flour and can be used in recipes as directed.



Kasundi Paste



NEED:

40g Extra Virgin Olive Oil (EVOO)

1 tbsp black mustard seeds

2 tbsp ground cumin

2 tbsp chilli powder

20g fresh turmeric

30g fresh ginger

5 cloves garlic

1 red chilli

2 x 400g tins diced tomatoes

120g brown malt vinegar

60g coconut sugar or dark brown sugar

1 tsp pink salt flakes

DO:

1. Heat the oil in a frying pan and toast the seeds, cumin, and chilli powder.
2. Place the slightly cooled mixture into the Thermomix bowl and blend **5 sec/speed 8**.
3. Add turmeric ginger, garlic and chilli and chop **5 sec/speed 7**. Scrape down sides of bowl sauté **5 min/Varoma/speed 1**.
4. Add all remaining ingredients and cook **60 min/100°C/speed 1/spatter guard** in place. Set Kasundi aside to cool slightly before pouring into hot sterilised jars.

This will keep in the fridge for up to **3 months**.



Oat Milk

We thought it was time to create an oat milk which has gained a lot of popularity through cafe culture of late. I had tried to do a recipe years ago but without success as I was treating the oats much the same as nuts. We ended up with something not unlike a good wallpaper paste and not at all drinkable! (It sounds so appealing right?)

So as part of our plant based milk series for the Insider Club, I did some research and we nailed it. This oat milk has the same texture as regular milk, it didn't froth up as we had hoped it might, but if you are looking to replace everyday milk with something else, this is easy, cheap and super quick. Quicker than running to the shop if you ran out of milk. No soaking required, no heat required. Just instantaneous oat milk. You are welcome.

Makes 1-2L



NEED:

150g rolled oats	1 pinch pink salt flakes
cold water for rinsing	1 tsp vanilla extract
300g iced water for blending, plus some more to finish	sweetener of choice if desired

DO:

1. Weigh oats into the simmering basket. Rinse thoroughly under a running tap until the water runs almost clear.

Tip the oats into the Thermomix bowl and add the 400g water to the bowl. Blend **20 sec/speed 10**.

2. Strain the mixture through a nut milk bag, without being too vigorous. The more you activate the oats, the more chances of that gluey consistency you really want to avoid.

3. Rinse out the Thermomix bowl and return the oat milk to the bowl with water up to 500g approximately, plus the salt and vanilla. Blend **5 sec/speed 3**.

4. Pour into a jar or jug and use **within 3 days** of making as you would any other milk.

Sweet Garlicky Hoisin Sauce

This dipping sauce is next level delicious and ingeniously created by our friend Jenny Lam whose book *Eat Like a Viet* is a stunning family food journey of discovery. No Thermomix required for this one.

NEED:

500 mls hoisin sauce

1 tbsp Extra Virgin Olive Oil (EVOO)

2 cups water

3 cloves garlic, minced

1/4 cup raw caster sugar

DO:

1. Place hoisin sauce, water and sugar into a pot. Bring to the boil, stir with a whisk and turn off.
2. In a separate small frypan, fry garlic in EVOO on low heat until evenly golden. Add to the sauce.
3. Can be kept for ***up to a month*** in the fridge.



Teriyaki Pork with Pineapple

When life gets tough, the tough get organised. This one is SO quick and easy and super delicious. I fed it to my grandies who happened to drop by just at the right moment, and even they loved it...it is so yummy and will be on regular rotation here. Remember, when you plan to Shelf Control, you take control!

Serves 6

GF

DF

NEED:

THE MARINADE:

1 clove garlic
20g fresh ginger, peeled and sliced
150g soy sauce
50g mirin
50g Teriyaki Sauce (see page 32)
50g raw caster sugar
1 tbsp honey
1 tbsp sesame oil
2 tbsp cornflour

THE REST:

1-1.5 kg pork fillet cut into bite size pieces
Extra Virgin Olive Oil (EVOO) as needed
2 cloves garlic crushed and chopped roughly
1 red onion cut into wedges
2 red capsicums de-seeded and cut into strips
1 small pineapple, peeled, cored and cut into pieces
toasted sesame seeds to garnish
1 handful fresh coriander leaves to serve
steamed rice to serve

DO:

1. Place all of the marinade ingredients into the Thermomix bowl and blend **10 sec/speed 10**.
2. Pour over pork fillet to marinate for **at least 1 hour**.
3. Heat the EVOO in either a wok, or electric frying pan or similar. Saute the garlic and onions until just browning and very fragrant. Push to one side of the pan, away from the heat.
4. Add the somewhat drained pork pieces and cook these until they are browning well on the outside. Cook a further **5 minutes**, scraping the stickiness from the pan, add in the drained marinade.
5. We added around a cup of water, just to keep everything moving well around the pan.
6. Add the capsicum strips and pineapple and cook for **5 minutes**.
7. Serve immediately over rice, sprinkled with sesame seeds, and garnished with loads of coriander...unless that is not your favourite. In which case, use some herbs of your choice.



Worcestershire Beef and Mushroom Noodles

Thanks to Shelf Control, you will NEVER buy Worcestershire Sauce again. This recipe alone is worth making it for!

It is super quick, the perfect family mid week meal, and all you have to do really is cut up a few things, (pre-make your own Worcestershire) and bam...dinner is served.

Serves 4-6 **DF**

NEED:

1 kg beef fillet, sliced thinly	2 onions, peeled and sliced into half moon pieces
1 tbsp cornflour	400g mushrooms of choice, sliced or broken into pieces
2 tbsp Worcestershire Sauce plus some more to serve (see page 55)	300-400g spaghetti pasta
3 tbsp tamari or soy sauce	pink salt flakes to taste
1 tbsp coconut sugar	herbs of choice to garnish, we used Vietnamese mint
Extra Virgin Olive Oil (EVOO) as needed	

DO:

1. Slice the beef into stir fry strips.
2. Place the cornflour, Worcestershire sauce, tamari and sugar into a bowl big enough to marinate the beef, and whisk together.
3. Add the beef and make sure it is well coated. Cover and leave at room temperature for up to an hour, or refrigerate if marinating any longer.
4. Follow the cooking directions for the spaghetti pasta for al dente pasta, but subtract 2-3 minutes from what they suggest. We will be cooking this again in a wok so we want to under-cook the pasta. Drain and rinse off the starch immediately. Set aside.
5. Heat some EVOO in a wok till very hot and fry off the onions for around 5 minutes.
6. Add the mushrooms until softened, adding the beef strips and all the marinating liquid at the end. Cook a further 5 minutes before adding the drained noodles.
7. Heat through the noodles stirring to coat them with the sauce.
8. Taste and add salt if you wish. Serve immediately with fresh herbs of choice and extra Worcestershire sauce on the side...that stuff is amazing!



Worcestershire Sauce

If you are not that familiar with Worcestershire Sauce (you mustn't be English) then think of it as another version of Umami. Not that great on its own, but really fantastic to add depth of flavour to a host of other dishes or recipes.

Makes a lot

GF

DF

NEED:

120g shallots, peeled and halved

30g Extra Virgin Olive Oil (EVOO)

200g tinned diced tomatoes

1 tsp black pepper freshly ground

1 tsp ground cardamon

1/2 tsp ground cinnamon

1 tsp ground ginger

1/2 tsp ground cloves

1/2 tsp chilli powder

30g fish sauce

360g apple cider vinegar

140g honey

DO:

1. Place shallots and EVOO into the Thermomix bowl. Chop **3 sec/speed 6**. Sauté **5 min/Varoma/speed/MC off**.

2. Add tomatoes. Cook **5 min/Varoma/speed 1**.

3. Add remaining ingredients and combine **30 sec/speed 8**. Scrape bowl and repeat.

This will separate as it cools, but just keep it in a sterilised jar in the fridge and give it a good shake before use. It improves with age...like a lot of things around here!

The Expert Shelf Controller

For the cook who likes taking global flavours, new methods and viral recipes for a spin.

Here, the sauces get fancier, the chocolates darker and the cheeses funkier. These ingredients are just a fraction of what's out there, but by stocking them, you will be able to cook almost any recipe you come across and experiment with creating your own.

We can only recommend from this point on because you have really come a long way and probably have more ideas as to what to use your amazing ingredients for, than we do!

Almond Butter

Basil Oil

Corn Chips

EVOO Fridge Dough

Fermented Cola

Garlic Confit and Garlic Oil

Ginger ale

Hey Pesto

Notella; Hazelnut Chocolate Spread

Pickled Beetroot Caprese Salad

Ploughwoman's Lunch

Ploughwoman's Pickle Dip

Ploughwoman's Pickle

Quick Veggie Pickles

Raspberry Balsamic Reduction

Raspberry White Chocolate Parfait

Red Tamarillo Lemonade

Raspberry White Chocolate Parfait

Red Tamarillo Lemonade

Sausage Focaccia with Pickles

Spicy Chilli Jam

Sunbutter Chocolate Cups

Sunbutter with Hemp Hearts

The Shelf Control Pickle Salad



Almond Butter

Almonds contain lots of healthy fats, fibre protein, magnesium and vitamin E.

The health benefits of almonds include lower blood sugar levels, reduced blood pressure and lower cholesterol levels. They can also reduce hunger and promote weight loss. Vitamin E is anti aging... there, I got you on board didn't I?

All things considered, almonds are as close to perfect as a food can get.

Makes 250g jar



NEED:

200g almonds

2 tsp vanilla bean paste

30g pure maple syrup

1 pinch pink salt flakes

DO:

1. Place almonds onto a lined tray and into a cold oven set to **180°C**. Roast for **15 minutes** until all the nuts are well toasted and golden.
2. Place the still hot almonds into the Thermomix bowl with all the remaining ingredients and blend until smooth. (Approx **40 sec/speed 8**.) Don't over blend as this will cause separation which is not good.
3. Store in sterilised jar until use.

Basil Oil

Basil oil is just a beginning. You can really make a big splash with any leafy herb in oil, using this recipe. They also make fantastic gifts. I love this oil as a drizzle on a plate for a garnish. It is intensely green and beautiful. Bear in mind that may not be the case with all herbs!

Herb Suggestions: thyme, tarragon, summer savory, oregano, coriander, marjoram, chervil, chives, dill, mint, parsley, bay leaf, sage.

If you don't already have a herb garden in full swing, it is time to check out the Urbipod, you will never regret having fresh herbs at your fingertips year round.



NEED:

1 handful fresh basil leaves

1 lemon juice, and finely grated zest

120g Extra Virgin Olive Oil (EVOO)

1 pinch pink salt flakes

DO:

1. Place basil into the Thermomix bowl and chop **4 sec/speed 6**. Scrape down sides of bowl.
2. Add EVOO through hole in lid while blades are running at **speed 6**.
3. Add lemon juice and zest and seasoning to taste and combine **3 sec/speed 6**. Set aside until ready to serve.

To make a Basil Cream, use equal amounts of the basil oil with whipping cream and whip together with a balloon whisk. Use immediately to drizzle. Refrigerate to dollop.



Corn Chips

Viva the homemade corn chip...not just a plain old tortilla chip (which we also do really well) but a ridgy didge corn chip. We LOVE these.

Makes a lot



NEED:

180g yellow polenta

1 tsp smoked paprika

20g Extra Virgin Olive Oil (EVOO)

160g boiling water

1 tsp pink salt flakes

plenty of coconut oil for deep frying

20g psyllium husk

DO:

1. Place all ingredients except coconut oil into the Thermomix bowl and combine **20 sec/speed 6**.
2. Tip out onto a floured silpat mat and push together. Allow the dough to rest for **5 minutes**.
3. Roll the dough out as thinly as you can using another silpat mat or piece of baking paper on top so as to prevent sticking.
4. Cut into rounds or shapes as desired.
5. Heat enough oil to **180°C** in a small saucepan so that you can submerge the chips while cooking. Keep the temperature as steady as you can while you cook the chips in small batches. Transfer them to a paper towel lined tray and sprinkle with additional salt to taste whilst still piping hot..
6. Eat hot with guacamole or other tomato salsas.

OR

Keep in a Ziploc bag in the crisper drawer of your fridge for freshness. These make amazing Nachos!!

EVOO Fridge Dough

This dough is amazing and is better when left in the fridge longer. It is easy to roll and use when it is cold, so don't worry about bringing it to room temperature before rolling it for whatever purpose you end up using it for. I love it for flat breads and it is of course the perfect pizza dough or gozleme or even a sort of naan if you wanted. Ah-mazing. On the spot. No waiting. Dinner done!

Makes a lot

DF

V

NEED:

660g water

15g dry active yeast

1 tbsp sugar

1kg bakers flour (plus some more)

75g Extra Virgin Olive Oil (EVOO)

1 pinch pink salt flakes

DO:

1. Place water, yeast and sugar into the Thermomix bowl and warm **2 min/37°C/speed 1**. Allow mixture to sit in the bowl until it starts bubbling.
2. Add all remaining ingredients and blend **10 sec/speed 6**.
3. Knead 3 min/dough setting. If the dough is just too wet, add another 50g flour and continue kneading.
4. Tip dough out into a large oiled bowl and cover with a cloth.
5. Allow dough to double in size (**at least 2 hours**) and then allow it to keep rising until it deflates and flattens.
6. Transfer into a container with a lid and refrigerate until use. You can use this dough for up to **2 weeks**. It is easier to handle when cold.



Fermented Cola

As far as colas go, we think this is the cream of the crop and tastes very adult and pretty darned delicious as well as being a great substitute for that other nasty thing I love!

This will last in the fridge for literally months due to the fermentation (which is good for you right?). Serve at will diluted with plenty of sparkling water, or alcohol of choice.

Makes a lot

GF

DF

V

NEED:

2 large oranges	250 gram dark brown sugar
2 lemons	2 drops cinnamon bark oil
4-6 limes	1 drop lavender oil
20g fresh ginger grated with a microplane	1 tsp vanilla extract
1 fresh rosemary sprig	1 tsp citric acid
1 star anise pod, slightly crushed	1/2 tsp dried active yeast
1/2 fresh nutmeg finely grated	sparkling mineral water to dilute as needed
2-3 kaffir lime leaves	
2 cups Apple Scrap Vinegar (see page 06)	

DO:

1. Squeeze the citrus fruit, cut the rinds into small pieces and place juice and rinds into a large jar with a lid.
2. Add grated ginger, rosemary sprig (whole), star anise, grated nutmeg and the kaffir lime leaves. Pour the vinegar over all of this and muddle with a spatula handle or wooden spoon.
3. Heat the brown sugar in a frying pan over a medium heat until it has darkened and smells a little smoky. You need to work quickly at this point, scrape the molten sugar onto a silpat baking mat and allow to cool until brittle. Break into pieces and transfer to the Thermomix bowl. Mill **4 sec/speed 8**.
4. Tip the milled sugar on top of the fruit and vinegar mixture and stir vigorously. Leave this at room temperature for **2-3 days**, stirring occasionally.
5. Strain the fruit and all other solids out, and return the liquid to a size appropriate glass bottle. Add the oils, vanilla, citric acid and yeast. Stir with a spatula and then seal the bottle. Again leave it at room temperature for around **2-3 days**. Shake the bottle occasionally just to make sure the yeast has dissolved, but be careful, bubbles will start to form from this point.
6. When you open the lid and get that nice fizz sound, it is ready to keep refrigerated. It is quite strong, so serve diluted with ice, lime slices and plenty of San Pellegrino. YUM!



Garlic Confit and Garlic Oil

Confit garlic has never been so simple. Use it as you would any other garlic. It is sweeter, gentler on the palate, and definitely not as strong on your breath either, so knock yourself out and get on with the confit!

NEED:

4-6 whole heads garlic, broken into cloves

water to cover garlic

ice bath to blanch

300-350g Extra Virgin Olive Oil (EVOO)

1 lemon, juiced

pink salt flakes to taste

DO:

1. Place garlic cloves into simmering basket and set aside.
2. Place 1L water into the Thermomix bowl and bring to the boil, **8 min/100°C/speed 3**.
3. Insert basket into the Thermomix bowl and cook **30 sec/100°C/speed 4**. Remove garlic and immediately place into an ice bath.
4. Peel garlic and drain water from Thermomix bowl. Place peeled garlic and all remaining ingredients into the Thermomix bowl and cook **60 min/80°C/Reverse/speed soft**.
5. Separate garlic cloves from the oil and use separately or keep them in the oil and just use as needed.
6. Garlic will keep well if submerged in oil in a sterilised jar in the fridge. The oil will solidify so is not pourable from the fridge. It is safe to keep strained oil in the pantry.

TIP:

- A jar of confit garlic makes a wonderful gift. The cloves can be used in any recipe that calls for garlic. It has a gentler, more subtle flavour when confit and is delicious in everything!
- The oil will add extra punch to any savoury dish requiring oil as a dressing.
- The amounts of garlic and oil used in this recipe will vary depending on the size of the garlic cloves used.



Ginger Ale

The difference between ginger ale and ginger beer is pretty simple; ginger ale is a ginger flavoured drink that is carbonated with soda or sparkling water. Ginger beer is a brewed drink, often non alcoholic, but it can also be alcoholic. It is usually a little bit stronger in ginger flavour than ginger ale. So there you have it in a nutshell.

Makes a lot

GF

DF

V

NEED:

100g fresh ginger scraped and chopped

sparkling mineral water to taste

700g filtered water plus some more

ice to taste

200g raw sugar

limes and lemon slices to garnish

200g fresh lemon juice

DO:

1. Place ginger into the Thermomix bowl and chop **3 sec/speed 5**. Add the water and cook **8 min/80°C/Reverse/speed 1**. Allow to infuse in the bowl until cooled.

2. Strain well and rinse the Thermomix bowl out. Return the mixture to the bowl and add sugar. Cook **4 min/80°C/speed 1**. Cool before adding lemon juice. Keep this mixture in a sterilised jar in the fridge.

3. To serve, splash some ginger syrup into a glass over ice, top up with sparkling water and serve with lime and lemon slices.

Hey Pesto



NEED:

100g pine nuts

Extra Virgin Olive Oil (EVOO) to taste

100g parmesan, cubed

pink salt flakes to taste

2 handful fresh basil leaves

1 lemon, juice and zest

3-5 cloves garlic or confit garlic

DO:

1. Gently toast pine nuts in a dry pan until toasted and golden. (Watch the whole time!) Set aside.
2. Place parmesan into the Thermomix bowl and mill **10 sec/speed 10** until very fine.
3. Add the garlic, basil into the Thermomix bowl and blend **5 sec/speed 7**.
4. Add pine nuts and then in a steady stream add at least 60g EVOO, possibly more, through the hole in lid whilst the blades are rotating on **speed 3-4**.
5. Add salt and lemon juice, zest to taste. (This will preserve colour and add a zing!)

Notella; Hazelnut Chocolate Spread

Makes 500g jar



NEED:

100g hazelnuts, roasted and skinned

50g sugar

3 tbsp cocoa powder

100g butter

100g dark chocolate

1 tsp vanilla bean paste

100g whole milk

1 pinch pink salt flakes

DO:

1. Place nuts and sugar into the Thermomix bowl and mill **10 sec/speed 10**.
2. Add remaining ingredients and cook **8 min/60°C/speed 3**.
3. Pour into jars until cool and completely set. Store in the fridge until use.



Pickled Beetroot Caprese Salad

LUNCH is served...the Shelf Control course is about organising your pantry in such a way that you can whip up something THIS delicious in a few minutes. Which is exactly what happened. We loved this light lunch, it vanished in minutes, and I should have doubled it. (Word to the wise!)

This is super easy to assemble, once you have the pickles pickled! Which only take about a week for the beetroot. Less for the onion. Quickie Veggie Pickles are not called that for nothing! So enjoy this one...share pics and please hashtag #shelfcontrolcourse We cannot wait to see what you think.

Serves 4-6



NEED:

100g butter

2 generous handful fresh sage leaves

pink salt flakes as needed

100g pine nuts

1 batch Quickie Veggie Pickles (beetroot and red onion specifically)

220g drained bocconcini, torn into pieces

DO:

1. Place most of the butter into a shallow fry pan and increase the heat until it is foaming and starting to brown, reduce the heat and fry the sage in batches.
2. Transfer the sage to a plate with a paper towel and salt them while hot.
3. Add more butter as needed, increase the heat and then reduce it as needed to get the right beurre noisette effect! When all the sage is crispy, add in the pine nuts. There will be more butter than you need, but they will soak it up. Stir and cook gently until they are toasted and golden. Set aside.
4. Arrange the pickled beetroot and onion on a large serving platter, add the bocconcini.
5. Finish with the crispy sage, pine nuts and any of the butter that is still in the pan. Serve immediately with bagels or fresh bread.



Ploughwoman's Lunch

The Ploughman's lunch, is a British cold meal, typically served in pubs, consisting of bread, cheese, and assorted accompaniments. It supposedly resembles what a ploughman might have eaten on a midday break in the fields. Although the phrase first appeared in print in the early 19th century, the meal was probably created in the 1950s, and its popularity grew in the 60s, when the Milk Marketing Board featured it in advertising campaigns to boost national cheese sales. At its most basic, the lunch consists of a hunk of cheese, such as cheddar or Stilton, crusty bread, butter, and a pickle or relish, often Branston pickle, a jarred pickled-vegetable relish. Popular additions include chutney, fruit, pickled onions, sliced ham, pork pie, a boiled egg, and pâté.

Move over ploughmen, we think of this as a ploughwoman's lunch, due to the fact it has a little bunch of wild sage flowers! That and we made our own bread, pickled onions, and Ploughwomans Pickle!

NEED:

1 Lazy Sourdough loaf or other rustic bread of choice

mature cheddar cheese as required (30g per serving is usual)

blue cheese, 30g per serving (optional)

creamy rind cheese of choice, 30g per serving

shaved roasted beef, 3 slices per serving

1/4 English pork pie per serving

1/2 Scotch egg per serving or use hard boiled eggs

Ploughwoman's Pickle to taste

cucumber

cornichons

pickled onions,

sliced red onion

tomatoes, or

other salad items as required

DO:

1. Pre-make all the components you love the most...we really love our own sourdough, so that is essential and so is the Ploughwoman's Pickle!
2. Assemble all ingredients on a wooden platter or board and enjoy immediately. Normally served with apple cider and or beer! Look at you, ready to head back to the plough!



Ploughwoman's Pickle Dip

This spread or dip is one such great recipe. It is next level delicious, super simple and you make good use of the Ploughwoman's Pickle not that you need to invent ways to use it up or anything...but you know. It is nice to have other flavours and ideas to use up all that yumminess.

Serve with or without the bagels, though we highly recommend the two as a match made in heaven. Sourdough Discard Crackers are a close second. Add shaved cold cuts, smoked salmon, your red onion pickles, salad of choice. That meal is going to rock your world.

Makes a lot



NEED:

250g cream cheese, cubed

1 sprig fresh dill

50g sour cream

Pinch pink salt flakes

150g Ploughwoman's Pickle

DO:

1. Place all ingredients into the Thermomix bowl. Combine **15 sec/speed 6**.
2. Serve with crackers or bagels, sliced ham, smoked salmon, with your own pickles for dipping.



Ploughwoman's Pickle

Truly British in nature, this amazing pickle or chutney is going to be really great on anything you can think up. Of course, the Ploughwoman's Lunch is the obvious first go to. But whatever you like chutney or pickles with, is going to go really well with this pickle.

Makes a lot

GF

DF

V

NEED:

500g red onion, peeled and roughly chopped

3 cloves garlic

1 large apple including peel and core, roughly chopped

180g carrots, roughly chopped

100g Dates dried, pitted

500g cauliflower florets

3 pinches pink salt flakes

1 tsp dried red chilli flakes

1 tsp yellow mustard seeds

1 tsp coriander seeds

1 tsp ground turmeric

1/2 tsp ground allspice

1/2 tsp ground cinnamon

1/2 tsp peppercorns

70g Worcestershire Sauce (see page 55)

400g apple cider vinegar (you could use your homemade vinegar, but it takes so long...not sure I can do it!)

250g dark brown sugar

3 bay leaves, fresh or dried

DO:

1. Place onion, garlic, apple, carrots and dates into the Thermomix bowl and chop **3 sec/speed 6**.
2. Add all remaining ingredients and cook **60 min/Varoma/Reverse/speed 1** with the Varoma dish on top to prevent spatter.
3. Meanwhile, sterilise jars.
4. Cook a further **20 min/100°C/Reverse/speed 1** with the Varoma dish on top to prevent spatter.
5. While still hot, decant into sterilised hot jars and seal. Allow to come to room temperature before refrigerating.

TIP:

- If this does catch on the bottom of your Thermomix bowl, you could add a little water the next time you make it.
- We didn't actually mind the little caramelised bits on the bottom, and the bowl cleaned up easily.



Quick Veggie Pickles

A homemade pickle is hard to beat. These are so quick and easy, they are less vingarery than purchased pickles and are done within about a week...the longer you leave them (within reason) the better they get. We have used gin in our recipe, this is a flavour and preserving choice, but you can leave it out and replace it with water if that is more your thing. The recipe will still work well.

Try any veggies you love, but in particular these veggies work really well with pickling; cucumbers, green beans, asparagus, beetroot, radishes, onions, caspicums, (bell peppers), zucchini and cauliflower. We also did straight red onion and yellow squash.

Play around with different spice and herb combinations;

Whole Spices: fennel seeds, coriander, cumin, mustard, dill seeds, peppercorns, juniper berries, allspice, whole cloves, star anise,

Aromatics: onion, garlic, ginger, fresh turmeric, horseradish, lemon zest, orange zest, lime zest.

Herbs: dill, parsley, coriander, oregano, basil, thyme, sage, rosemary, chives, spring onions, bay leaves.



NEED:

THE PICKLE LIQUID:

700g apple cider vinegar (or you can use other vinegars of choice or a combination)

150g gin (or add filtered water if you wish, see note)

70g filtered water

2 tbsp pink salt flakes

80g raw caster sugar

1 tbsp fennel seeds

1 tbsp coriander seeds

1 tbsp yellow mustard seeds

1 tbsp black peppercorns

THE PICKLES:

Enough veggies of choice to fill your jars to the brim

4 cloves garlic or more as needed (sliced or whole)

OTHER OPTIONAL ADDITIONS:

whole cloves, dill seeds, whole allspice, fresh ginger slices, fresh chillies or chilli flakes, celery seeds, peppercorns, cumin seeds, star anise herb sprigs of choice, sliced chillies, etc to add flavour to the finished pickles

Quick Veggie Pickles

DO:

1. To make the pickling liquid, place all ingredients into the Thermomix bowl. Cook **10 min/100°C/Reverse/speed 1**.
2. Fill sterilised jars with vegetables of your choice, and garlic, packing the jar very tightly. Adding extras such as garlic, chilli, seeds, herbs as you desire.
3. Pour pickling liquid into jar, stopping 5mm from the top. Seal jar.
4. Leave at room temperature overnight. Then store in the fridge until ready to serve. These will keep very well and in fact taste better after a few weeks.
5. NEVER throw the pickling liquid out. Please see our video regarding this.

NOTE: If your garlic goes blue or green after a few hours or days in the pickling liquid, don't be alarmed. It is perfectly safe to eat. To avoid this you can pre-blanch the garlic (plunge into hot water for 30 secs then transfer immediately to cold.) This may affect the vibrancy of the flavour however.

- We used both gin and filtered water in different batches of pickles. I would say the gin pickles were superior both in texture and flavour. They stayed crunchier longer, which is pretty important with a pickle. You could also use whiskey or vodka. The use of alcohol does speed up the process a little as well.
- There is a difference between pickling and fermenting. As these pickles are not heat treated, they will continue to increase in flavour and the textures will change over time. They must be kept in the fridge, **within 24 hours** after you have made them.



Raspberry Balsamic Reduction



NEED:

160g balsamic vinegar

25g honey

45g raspberries, fresh or frozen plus
some more

1 pinch pink salt flakes

DO:

1. Place all ingredients into the Thermomix bowl and cook **10 min/Varoma/speed 2/spatter guard** in place.

2. Pour through a sieve to remove raspberry seeds and either use immediately or store in a sterilised jar with additional raspberries added to continue infusing.

Try other fruits such as figs, pomegranate, apricots. Or add star anise, fennel etc. Always strain out solids.



Raspberry White Chocolate Parfait

There are absolutely loads of ways for you to use the Raspberry Balsamic Reduction, mostly savoury. So we thought we would create a little quick dessert to use it on as well. I warn you it is potent. I love it, but I did get a little carried away with the amount I drizzled and it was stronger than I would recommend. SO...use caution. But enjoy this super easy dessert. It is an assembly style dessert...get all the elements sorted and you are ready to just throw it all together. Shelf Control...you did it again!

Serves 6

GF

NEED:

WHITE CHOCOLATE CUSTARD:

150g white chocolate callets
50g cornflour or plain white flour
1 tonka bean
180g egg yolks
500g milk

THE REST:

200g mascarpone
1 tsp vanilla bean paste
fresh or frozen raspberries to taste
raspberry coulis to serve
very scant drizzle raspberry balsamic reduction per serving (see page 83)
mini meringues (optional)

DO:

1. Place the chocolate, cornflour or flour, and tonka bean into the Thermomix bowl and mill **10 sec/speed 10**.
2. Add remaining custard ingredients and cook **8 min/80°C/speed 4**. Cook further **3 min/90°C/speed 4**. Cool slightly before dividing between serving glasses or bowls equally. Cool to room temperature before proceeding.
3. When ready to serve, whip the mascarpone and vanilla as you would any cream, using the butterfly. It whips MUCH quicker than cream, so don't get distracted, probably will only take **around 6-8 seconds**.
4. Arrange custard, fruit, coulis, mascarpone, more fruit and then just a touch of the reduction in glasses. Top with meringues if using or more berries...so cute!



Red Tamarillo Lemonade

I love Tamarillos... also called tree tomatoes, deliciously tangy and they are packed with massive doses of vitamin C.

Makes 2L



NEED:

100g raw sugar

2 tamarillos, stalk end removed

200 - 300g ice cubes, plus some more for serving

500 - 900g sparkling mineral water plus more as needed

2 limes pithy ends removed

lime slices to garnish

2 lemons, pithy ends removed, quartered

fresh mint to garnish

DO:

1. Place sugar into the Thermomix bowl and mill **10 sec/speed 10**.
2. Add ice, all the fruit and approximately 300-400g water. Press Turbo **1 sec/2-3 times**.
3. Strain through simmering basket and add remaining water to taste. Garnish and serve over more ice.



Sausage Focaccia with Pickles

Well hello delicious lunch!

As you have gone through the Shelf Control course, we hope you have realised there are limitless ways to use the ingredients you are creating. We thought a few suggestions would be helpful though. Here is such a recipe. SO good.

Makes 4 **DF**

NEED:

1 batch [Focaccia Dough](#) Just the dough, ready to use

1-2 Italian spiced sausages per focaccia

Extra Virgin Olive Oil (EVOO) as required

pink salt flakes to taste

1 Batch Quickie Veggie Pickles of your choice, we used red onion and radishes

fresh thyme to garnish

DO:

1. Prepare the focaccia dough as directed and until you are ready to cook it.
2. Preheat the oven to **220°C** or hotter and lightly oil a deep 30cm x 20cm baking tray. I used cast iron to get the high temperature.
3. Divide the dough into 4 pieces and push into large rounds on the tray. Massage the oil into the surface of the dough, dimpling it with your fingers. Sprinkle with a few salt flakes.
4. Skin the sausages and crumble the meat onto the centre of each focaccia equally. Drizzle with EVOO, cover and allow to rest for a further **30 minutes**.
5. Bake **20 minutes** until the sausage is fragrant and the bread is dark golden brown.
6. Serve with plenty of pickles of choice, garnish with fresh thyme and we think these would go really well with a cold beer. What are your thoughts?



Spicy Chilli Jam

THIS JAM...it has become such a favourite condiment for us. I am pretty sure you will be addicted too. It is authentically Vietnamese in origin, (though as always, I have changed it to suit my own ends!) However, it really will go very well with anything that needs a little punch of sweet heat.

Makes a lot



NEED:

250g red chillies	45g fish sauce
150g ripe tomatoes, roughly chopped	100g raw caster sugar
1 head of garlic, peeled	30g sesame oil
3 shallot peeled and halved	50g Extra Virgin Olive Oil (EVOO)
30g Extra Virgin Olive Oil (EVOO)	2 tbsp toasted sesame seeds

DO:

1. Use disposable gloves for this recipe preparation and save yourself a lot of grief later.
2. De-seed the chillies and place into the Thermomix bowl. Add the tomatoes.
3. Place garlic, shallots and EVOO into the Thermomix bowl and chop **5 sec/speed 6**. Cook **5 min/Varoma/speed 1**.
4. Add fish sauce and sugar and cook **25 min/Varoma/speed 1**. Blend **20 sec/speed 8**. Scrape bowl and repeat.
5. Add sesame oil, EVOO and sesame seeds and combine **10 sec/speed 4**.
6. Pour into a sterilised jar and keep in the fridge between uses.



Sunbutter Chocolate Protein Cups

Sunbutter, as opposed to peanut butter, is nut free as it is made from sunflower seeds.

These are healthy, but do not keep out of the fridge very well, so you cannot send these to school, I'm afraid. Guess you'll just have to serve them as after school nut free snacks to the neighbourhood kids, who frankly will down them in the time it takes to explain there are no nuts in them! You can also add in the very popular hemp seed as an addition which will add creaminess.



NEED:

200g sunflower seeds	1 tbsp hemp seeds
80g coconut oil	1 pinch pink salt flakes
60g coconut sugar	2 tsp vanilla bean paste
1 tsp lucuma powder	1 handful chocolate chips as needed
20g maca powder	

DO:

1. Place silicone cupcake liners into a 12 hole muffin tin. Set aside.
2. Place sunflower seeds onto a lined baking tray and into a cold oven set to **200°C** for **10 minutes**.
3. Remove and cool slightly. Set aside about 2 tbsp of the toasted seeds.
4. Place all ingredients, except the chocolate chips, into the Thermomix bowl and blend **3 min/37°C/speed 8**. Stop and scrape down sides of bowl and lid as needed.
5. Divide mixture between the 12 muffin holes and keep tapping the tin very firmly on the bench until the mixture levels off and becomes glossy.
6. Decorate with reserved sunflower seeds and chocolate chips. Place into the freezer for **at least 30 minutes** until completely solid. Store in an airtight container in the freezer.

Sunbutter with Hemp Hearts

The school suitable sandwich butter! Super simple, yet completely delicious. I am a bit in love with it. You will love it slathered on toast, with bananas or apples as a dip, on pancakes or waffles, as ice cream topping. There is a long list of where this will show up. We have plans afoot. 'Butter' make some now!



NEED:

200g sunflower seeds

1 tbsp hemp seeds

80g coconut oil

1 pinch pink salt flakes

60g coconut sugar

2 tsp vanilla bean paste

DO:

1. Place sunflower seeds onto a lined baking tray and into a cold oven set to **200°C** for **10 minutes**.
2. Remove and cool slightly.
3. Place sunflower seeds and all remaining ingredients into the Thermomix bowl and blend **2 min/speed 8**.
4. Stop and scrape down sides of bowl and lid as needed. Store in a sterilised jar in the cupboard for **up to 3 months** or in the fridge indefinitely.



The Shelf Control Pickle Salad

NEED:

THE SALAD BIT:

2 handful iceberg lettuce chopped

2 handful rocket/arugla or other greens of choice

200g purple cabbage, shredded (use the new cutter, it's amazing!)

100g feta or soft cheese to taste
fresh herbs to taste

THE CROUTONS:

3 slices Lazy Sourdough loaf or other sourdough of choice

Extra Virgin Olive Oil (EVOO) as needed

2 tsp Italian herb seasoning
(oregano, basil, chilli flakes, rosemary)

1 pinch pink salt flakes

1 tsp garlic powder

THE DRESSING:

2 tbsp Basil oil pre made, as needed
(see page 59)

2 tbsp Apple Scrap Organic Cider Vinegar (06)

2 tbsp pickle juice from Quickie Pickles

DO:

NOTE: Clearly you need to have made the pickles for this recipe to work...plus the basil oil and then there is the vinegar...

1. Assemble the salad by chopping the greens and tossing them in a large salad bowl. Top with all of the pickles you want to use. The more the merrier. Some of them will be better if chopped into bite sized pieces. Top with the herbs and cheese.

2. Make the croutons by dicing the sourdough into cubes. Heat EVOO in a large frying pan and fry the bread until crispy, adding all the seasoning towards the end so it doesn't burn. Cool slightly before adding to the salad.

3. To make the dressing place all ingredients into the Thermomix bowl and blend **10 sec/speed 8**. Serve with the salad.

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