

## Recipes from Melbourne Cup

### Cous Cous Salad

#### Ingredients

2 tablespoons of olive oil  
2 cups Pearl cous cous  
4 cups chicken stock  
1/4 cup fresh thyme  
1 green apple  
1 cup of dried cranberries  
1/2 cup slivered almonds

#### Dressing

1/4 cup apple cider vinegar  
3 tablespoons maple syrup  
1/4 cup olive oil  
Salt and pepper to taste

#### Method

Toss cous cous in olive oil in saucepan until toasted- 3-5 mins.

Add chicken stock and bring to the boil. Simmer for 10-12 mins. Drain and rinse in cold water to remove starch. Dice the apple, toast the almonds. Put some dressing over the apple to stop it going brown. Add to cous cous.

Add dried cranberries to the dressing for 10 mins or more to plump them up before adding them to the dish.

Combine dressing ingredients. Taste in case you need more maple syrup or vinegar.

### Sicilian Apple Cake

#### Ingredients

120 gms butter ( melted)  
1 kg green apples  
Zest and juice of 1 lemon  
3 large eggs  
180 gms caster sugar  
150 gms plain flour

1 teaspoon baking powder

100 mls milk

120 gms raisins

100 gms pine nuts

1 teaspoon cinnamon

Icing sugar for dusting cake

#### Method

Grease 24 cm loose bottomed cake tin. If non stick line with grease proof paper.

Set oven to 160 degrees

Toast pine nuts lightly in a frying pan until just starting to colour then remove

Peel, core and slice apples into quarters. Then slice each quarter to moderate thickness.

Toss them with lemon zest and juice and add raisins.

Sift baking powder into flour

Whisk the eggs, vanilla and sugar together until much paler and whisk leaves a trail in the mixture.

On a low mixing speed, or by hand, add the melted butter, flour mixed with baking powder and milk. Mix well but quickly to avoid developing gluten in the flour.

Fold the apple mix into the batter with a big spoon

Spoon mixture into baking tin- the mixture will be very soft but lumpy with the apples

Sprinkle pine nuts on top

Sprinkle cinnamon on top using a sieve preferably

Bake in oven. Check after 35 mins. It can take up to 50 mins.

The cake will be golden on top and firm to touch in the middle.

Dust with icing sugar when cooled.

### Orange Almond Cake

#### Ingredients

5 eggs  
250 gms raw sugar

250 gms almond meal

1 teaspoon bi-carb

2 oranges navel only ( no seeds)

#### Method

Boil oranges for 2 hours or until tender

#### Method

Beat eggs and sugar together in a food processor.

Add oranges and process until fairly smooth.

Add almond meal and bi-carb

Pour into a springform pan, and cook for 45 mins in a moderate oven.

(Can be cooked in other lined pans round or rectangular)