



# COOK

food to share

Good food brings people together and nobody knows that better than Dean Brettschneider and his teams at Baker & Cook and Brettschneider's Baking & Cooking School. Dean's irresistible range of pastries, cakes and meals – served up at his bakeries and taught at his cooking school – draw people together, and he shares many of these favourite recipes in this book.

With nutrient-packed breakfasts, tasty light bites, hearty one-pot wonders – and the best flavours from East and West, this collection of more than 70 tried-and-tested recipes is a must-have for anyone who enjoys cooking and eating good food. Carefully written with clear and detailed steps, the recipes will guide home cooks to recreate these dishes to share with family and friends.

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DEAN BRETTSCHEIDER

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DEAN BRETTSCHEIDER  
WITH JENNA WHITE AND HELEN BURGE

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## Introduction

Growing up in rural New Zealand in the 1980s, I always looked forward to our family meal in the evenings. It was a time when the four of us, my parents, my brother and I, would sit around the dining table at home to share a meal together. The meals may have been simple, but it was a time to catch up with one another and talk about our day.

On Sundays, the extended family would meet up at my grandmother's house for a roast dinner. All the platters of home-made food, lovingly prepared throughout the day, were placed at the centre of the table for us to help ourselves freely to, for second helpings and more, as we enjoyed the conversation around the table. To me, those dinners were the epitome of comfort and sharing food.

When I opened Bretttschneider's Baking & Cooking School in 2016, my family dinners were at the back of my mind. In an era of fast food and ready-to-eat meals, I wanted to keep the art of baking and cooking alive. I knew that if people understood quality ingredients and proper baking and cooking techniques, they would also appreciate what it means to share a home-cooked meal with family and friends. And this has proved true.

Many of those who attend our classes tell us that they want to be able to bake and cook to share good food with people they love. The desire to create food to share has never been stronger.

The recipes in this book include dishes taught at the school and served at Baker & Cook that have become firm favourites among our students and diners. What made these dishes so popular is not just their fresh and vibrant flavours, but that they are perfect for sharing. And that was our guiding principle in selecting the recipes for this book.

We hope you'll enjoy these dishes as much as we do!

Happy cooking!

Dean Bretttschneider





## Snacks & Light Bites





# For Review Only

## MUSHROOM AND THYME PÂTÉ WITH CROSTINI

Makes about 500 g (1 lb 1½ oz) pâté

*This pâté was created for our annual Festive Cookery classes as an alternative to foie gras. Whilst foie gras it is not, we found that the mushrooms, roasted cashews and thyme provide a beautiful depth of flavour. Try this tasty vegan pâté, spread onto a crisp crostini and finished with a whisper of fragrant truffle oil. Delish!*

### INGREDIENTS

250 g (9 oz) mushrooms,  
such as portobello, Swiss  
brown, shiitake and/or  
white button  
1 Tbsp extra virgin olive oil  
½ brown onion, peeled  
and finely chopped  
2 cloves garlic, peeled and  
finely chopped  
3 sprigs thyme, leaves  
picked  
100 g (3½ oz) cashew nuts,  
roasted  
1 Tbsp balsamic vinegar  
2 Tbsp Italian parsley  
Salt, to taste  
Freshly ground black  
pepper, to taste  
2 Tbsp quality truffle oil

### CROSTINI

1 baguette  
2 tsp sea salt flakes  
1 tsp dried oregano  
Olive oil, as needed

### METHOD

Clean the mushrooms with a damp paper towel and roughly chop. Set aside.

Heat the olive oil in a pan over medium heat. Add the onion, garlic, mushrooms and thyme, and sauté until fragrant and the onion is translucent. Set aside to cool.

Place the cooled mushroom mixture, cashew nuts, balsamic vinegar and parsley in a food processor and pulse until the mixture is smooth. Add some water, if needed. Season with salt and pepper.

Transfer the pâté to a clean airtight jar. Smooth the top and cover with truffle oil. Chill before serving with crostini.

Prepare the crostini. Pre-heat the oven to 150°C (300°F).

Slice the baguette thinly and place flat-side up on baking trays. Sprinkle evenly with the sea salt flakes and dried oregano, then drizzle lightly with olive oil.

Place the trays in the oven and bake for 10 minutes, then turn the crostini over to bake the underside for another 10 minutes until crisp and golden.



# For Review

## BLUE CHEESE PALMIERS WITH QUAIL EGGS

Makes 16 palmiers

*Delicate and sophisticated, this pre-dinner French pastry is simple to prepare. Even if you are new at cooking quail eggs, just follow Jenna's method carefully and you should be able to produce perfectly cooked quail eggs every time.*

### INGREDIENTS

- 1 sheet store-bought puff pastry, 25 x 25-cm (10 x 10-in)
- Plain flour, as needed
- 50 g (1¾ oz) blue cheese
- ½ lemon, grated for zest
- 3 sprigs thyme, leaves picked
- 1 egg, mixed with some milk for egg wash
- 8 quail eggs
- A few sprigs micro celery

### ONION JAM

- 2 Tbsp olive oil
- 3 medium onions, peeled and chopped
- 2 bay leaves
- 1 sprig rosemary, leaves picked
- 2 Tbsp red wine vinegar or balsamic vinegar
- 50 g (1¾ oz) brown sugar
- 1 Tbsp black mustard seeds
- 1 Tbsp yellow mustard seeds
- 1 tsp salt

### METHOD

The onion jam can be prepared in advance and kept in an airtight jar in the refrigerator for up to 3 days. To prepare the jam, heat the olive oil in a heavy bottom saucepan over medium heat. Add the onions, bay leaves and rosemary and brown well over low-medium heat, stirring constantly to prevent sticking. Add the vinegar and stir well to deglaze the pan. Add the sugar and mustard seeds. Cover and cook over low heat for about 30 minutes. The finished onion jam should be quite thick with a shiny, rich brown colour. Set aside to cool completely before using or storing.

Place the sheet of puff pastry on a lightly floured work surface. Spread with some onion jam, leaving a 1-cm (½-in) border on each side. Finely crumble the blue cheese over the onion jam, then sprinkle with the lemon zest and thyme leaves. Brush the borders with egg wash.

Carefully roll up one side of the puff pastry towards the centre, then repeat with the other side, meeting in the middle. Place in the refrigerator for 30 minutes.

Preheat the oven to 220°C (425°F).

Remove the rolled pastry from the refrigerator. Use a sharp knife to cut it into 16 slices, each about 1-cm (½-in) thick. Arrange on a lined baking tray.

Brush the top of each slice with egg wash and bake for 12-15 minutes, or until the cheese is melted and the pastry is puffed and golden.

In the meantime, prepare the quail eggs. Boil a small pot of water and add the eggs. Cook for 2 minutes 10 seconds, then remove with a slotted spoon and plunge immediately into iced water to stop the cooking process. Allow the eggs to cool for 10 minutes before peeling in the water. Slice in half using a sharp knife.

Place a quail egg half on each warm palmier. Garnish with micro celery.







## Breakfasts & Brunches



# For Review Only

## AÇAÍ BREAKFAST BOWLS

Serves 4

*Açaí bowls have become quite the trend and what is there not to love? This ice cream-like superfood bowl can be raw and vegan. It looks as pretty as a picture and is as light as a flower, but it packs a massive nutritional punch.*

### INGREDIENTS

200 g (7 oz) frozen açai  
purée  
250 ml (8 fl oz) apple juice  
220 g (8 oz) frozen  
strawberries  
2 medium bananas, peeled

### TOPPING SUGGESTIONS

2 Tbsp blueberries  
8 strawberries, hulled and  
sliced  
2 medium bananas, peeled  
and sliced  
2 Tbsp black chia seeds  
2 Tbsp goji berries  
2 Tbsp grated coconut,  
toasted  
2 Tbsp sunflower seeds,  
toasted  
8 cherries, pitted and halved

### METHOD

Place the frozen açai pouches under cool running water for 10–20 seconds. Open the pouches and empty the purée into the blender.

Add the apple juice, frozen strawberries and banana and blend for 3 minutes, or until the mixture is smooth and creamy, like a frozen slushy or thick shake.

Transfer to 4 small serving bowls. Finish with toppings of your choice and garnish as desired.







# For Review Only

## COCONUT CHIA BREAKFAST CUPS

Serves 4

*We feature these coconut chia breakfast cups in our Raw Treats class, and it has become a real hit amongst health-conscious home cooks. Given the popularity of these breakfast cups, we produced a similar breakfast bowl, and it is now a regular favourite on the Baker & Cook menu.*

### INGREDIENTS

90 g (3<sup>1</sup>/<sub>3</sub> oz) white chia seeds  
360 ml (11<sup>1</sup>/<sub>2</sub> fl oz) coconut milk  
250 ml (8 fl oz) organic oat milk  
1 Tbsp raw honey

### TOPPING

Vanilla yoghurt, to taste  
Raw honey, to taste  
A handful of fresh berries such as raspberries and blueberries  
2 Tbsp coconut flakes, toasted  
4 Tbsp almonds, toasted and roughly chopped

### METHOD

Place the chia seeds, coconut milk, oat milk and honey in a large bowl and mix together. Refrigerate for 30 minutes until the chia seeds are gelatinous.

Divide the mixture among 4 glasses and return to the refrigerator for another 30 minutes. The chia seeds can also be left to sit overnight.

When ready to serve, top the chia with yoghurt, a drizzle of honey, fresh berries, coconut flakes and almonds. Garnish as desired.





## Salads & Vegetables



# For Review Only

## GADO GADO WITH SATAY SAUCE

Serves 6

*Gado gado is a healthy Indonesian salad that is full of vegetables and protein, served with an aromatic and, sometimes, spicy peanut sauce. It contains all the elements of a complete vegetarian meal and packs an awesome flavour punch. There is no wonder that it is a staple to millions in our neighbouring island country.*

### INGREDIENTS

#### SATAY SAUCE

- 1 Tbsp vegetable oil
- 1-2 red chillies, deseeded and sliced
- 2 shallots, peeled and sliced
- 2 cloves garlic, peeled and sliced
- 1 stalk lemongrass, white part only, sliced
- 1 lime, grated for zest and juice extracted
- 100 g (3½ oz) roasted skinned peanuts
- 1½ Tbsp Indonesian sweet soy sauce (*kecap manis*)
- 1 Tbsp grated palm sugar
- ½ tsp salt
- 85 ml (2½ fl oz) hot water

#### GADO GADO

- 400 g (14⅓ oz) firm tofu
- Cooking oil, as needed
- 300 g (11 oz) new potatoes
- 1 large carrot
- 3 eggs
- Salt, as needed
- 200 g (7 oz) choy sum
- 200 g (7 oz) napa cabbage
- 6-8 shallots
- Vegetable oil, as needed
- 1 cucumber, sliced
- 2-3 sprigs coriander leaves
- 1 red chilli, sliced
- Cassava chips, as desired

### METHOD

Prepare the satay sauce. Heat the oil in a small frying pan over medium heat. Add the chillies, shallots and garlic and stir-fry for 5 minutes or until softened.

Transfer the contents of the pan to a food processor. Add the lemongrass, lime zest and juice, peanuts, Indonesian sweet soy sauce, palm sugar and salt. Pulse to combine. With the motor running, gradually add the hot water and process until the sauce is smooth.

Prepare the gado gado ingredients. Cut the firm tofu into 0.5-cm (¼-in) slices. Heat some oil in a pan over medium heat and fry the tofu until golden. Remove and drain well on paper towels.

Wash and scrub the potatoes, then cut into halves. Peel and slice the carrot into batons. Bring a pot of lightly salted water to a boil. Add the potatoes and carrot and cook for 8-10 minutes, until just tender.

Boil another pot of water and cook the eggs for 5-6 minutes. Remove and place into a bowl of iced water and leave until the eggs are cold. Peel and cut into halves.

Cut the choy sum into 5-cm (2-in) lengths. Roughly chop the napa cabbage. Boil a fresh pot of water and add a big pinch of salt. Blanch the choy sum and cabbage for 1-2 minutes or until just tender. Remove and refresh in iced water. Drain well.

Peel the shallots and finely slice into rings. Heat some oil in a frying pan and cook slowly over low heat until golden and crisp. Remove and drain on paper towels.

Place the choy sum, cabbage, potatoes and carrot in a large bowl and toss with the satay sauce. Transfer to a serving plate and top with the boiled eggs, cucumber, fried shallots, coriander leaves and chilli. Offer a bowl of cassava chips on the side.





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## FESTIVE BAKED CAULIFLOWER

Serves 6-8

*Queen of any festive table, this impressive but simple dish is deliciously tender and great for sharing. Once you master baking the cauliflower to perfection, you can experiment with different types of dips and salsas.*

### INGREDIENTS

- 1 cauliflower head, trimmed at the base
- 1 clove garlic, peeled and crushed
- 4 Tbsp extra virgin olive oil + more to serve
- A handful of Italian parsley, chopped

### BUTTER BEAN HUMMUS

- 400 g (14<sup>1</sup>/<sub>3</sub> oz) canned butter beans, rinsed and drained
- 80 g (2<sup>4</sup>/<sub>5</sub> oz) tahini
- 1 large clove garlic, peeled
- 3 Tbsp lemon juice
- 4 Tbsp extra virgin olive oil
- 3 tsp ground cumin
- 1 tsp sea salt
- 4 Tbsp water

### OLIVE AND WALNUT SALSA

- 40 g (1<sup>2</sup>/<sub>5</sub> oz) pitted green olives, sliced
- <sup>1</sup>/<sub>2</sub> pomegranate, peeled and seeds separated
- 50 g (1<sup>3</sup>/<sub>4</sub> oz) walnut halves, lightly roasted and roughly broken
- 1 Tbsp pomegranate molasses
- 2 Tbsp olive oil
- <sup>1</sup>/<sub>4</sub> tsp sea salt

### METHOD

Place the cauliflower in the microwave oven and cook on High for 7 minutes. Alternatively, steam until just tender, when a skewer can be inserted into the cauliflower stem with ease.

Preheat the oven to 200°C (400°F).

Place the partially cooked cauliflower on a large baking tray and rub with garlic, then drizzle with olive oil. Place in the centre of the oven and bake for 20 minutes, or until tender and golden in colour.

In the meantime, prepare the hummus. Place the butter beans, tahini, garlic, lemon juice, olive oil, ground cumin and salt into a food processor and blend until smooth. Add the water a spoonful at a time, and blend until the consistency of thickened cream.

Prepare the salsa. Place all the ingredients in a bowl and mix well.

To assemble, spread the hummus over a large serving plate and place the cauliflower in the middle. Top with salsa and chopped parsley. Drizzle with extra virgin olive oil.



# For Review Only

## About the Authors



From left: Helen Burge, Dean Brettschneider and Jenna White

**Dean Brettschneider** is one part professional baker and one part entrepreneur. Internationally recognised as one of the world's best bakers, Dean resides in Singapore where he heads up his baking empire. He is the founder and co-owner of Baker & Cook, Plank Sourdough Pizza, Mo & Jo Sourdough Burgers and Brettschneider's Baking & Cooking School. He is also co-owner of London-based Crosstown Doughnuts. The author of 13 award-winning books on baking, Dean also features on many TV shows that promote baking excellence, travel, food and culture.

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**Jenna White** hails from one of New Zealand's top wine-producing areas, Hawkes Bay. In the past two decades, she travelled around the world working with renowned chefs, including Peter Gordon in London. Previously the Executive Pastry Chef at Flute's Restaurant at The National Museum in Singapore, Jenna joined Baker & Cook and Brettschneider's Baking & Cooking School in 2016 as Resident Chef and Development Chef, where she also teaches bread, pastry and cooking. Jenna is passionate about plating and loves to create vibrant, colourful dishes.

**Helen Burge** is a passionate foodie, cook and entertainer. As a vegetarian, she loves to create dishes that would turn any meat lover's attention to the humble vegetable. Helen joined Brettschneider's Baking & Cooking School as Operations Manager and Tutor in 2016, after the successful publication of her charity cookbook, *After Dinner Mints for Breakfast*. She shares her time between taking raw food and vegetarian cooking classes, managing the marketing and communications needs of Baker & Cook's brands and looking after her two cheeky girls.



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