

INGREDIENTS

1 garlic clove

1 bay leaf

4 slices thick-cut sourdough
bread (*Prove Patisserie*
recommended)

100g Nduja
(*Glynburn Gourmet recommended*)

150g mozzarella, grated
(*La Casa Del Formaggio*
recommended)

4 slices leg ham
(*Glynburn Gourmet recommended*)

Olive oil

Salt & pepper

Parmesan Reggiano, grated

Chives, finely chopped

Béchamel Sauce

500ml milk

50g unsalted butter

50g plain flour

Serves 2

FOOD SECRETS WITH JANE & EDDIE

RECIPE CARD



NDUJA (ROQUE MONSIEUR)

METHOD

Infuse the Milk

- In a small saucepan over low-medium heat, warm the milk with the bay leaf and garlic clove.
- Do not let it boil; once it reaches a gentle simmer, turn off the heat and set aside.

Béchamel Sauce

- In a separate saucepan over medium heat, melt the butter.
- Once melted, add the flour and stir vigorously with a rubber spatula to form a roux. Cook for 1–2 minutes, stirring continuously to prevent sticking.
- Gradually add the warm milk in quarters through a strainer or sieve. Stir vigorously after each addition to avoid lumps.
- It should be smooth and silky. Season with salt and set aside to cool.

Sandwich

- Preheat a frying pan over low-medium heat.
- Spread a thin layer of Nduja on each slice of bread.
- Layer the mozzarella, ham, a sprinkle of salt and pepper and then another layer of mozzarella before topping with the second slice of bread (spread-side down).
- Butter bread on the outside of the sandwich.
- Add a generous drizzle of olive oil to a frying pan and cook the sandwich for 2–3 minutes per side, until golden and crispy, with the cheese beginning to melt.
- Remove from the heat and place sandwich in a baking tray.

Finish in the Oven

- Spoon a generous amount of Béchamel Sauce over the top of the sandwich.
- Transfer to the oven and grill for 8–10 minutes, until the béchamel is golden and bubbling.

To Serve

- Let the sandwich rest for 5 minutes before serving to enhance the texture and flavour.
- When ready to serve, garnish with Parmesan Reggiano and chives.



Notes - A roux is a cooked mixture of equal parts flour and fat.

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INGREDIENTS

Labneh

500g natural yoghurt
(Moo Foods recommended)
2 teaspoons sumac
1 teaspoon ground cumin
2 lemons, zested
Salt

Garnish

Extra virgin olive oil *(Rio Vista
Nothing But Olive Oil recommended)*
100g blanched almonds,
crushed
1 tablespoon coriander seeds,
crushed
Salt

Flatbread

490ml warm water
7g (1 sachet) dry yeast
780g plain flour
Salt
Fresh oregano, for garnish
Extra virgin olive oil *(Rio Vista
Nothing But Olive Oil recommended)*

Serves 2

FOOD SECRETS WITH JANE & EDDIE

RECIPE CARD



WHIPPED LABNEH WITH OLIVE OIL FLATBREAD

METHOD

Labneh

- Line a strainer with a chux cloth and place it over a bowl.
- Spoon the yoghurt into the lined strainer, pressing it gently.
- Fold the cloth over the yoghurt and place a small plate on top to add pressure.
- Refrigerate overnight, allowing the whey to drain into the bowl.
- The next morning, transfer the thickened yoghurt to a mixing bowl.
- Stir in the cumin, sumac, lemon zest and salt. Adjust seasoning to taste.
- Set aside until ready to serve.

Garnish

- In a small saucepan, preheat the extra virgin olive oil over medium heat, ensuring there is 1cm of oil covering the base of the pan.
- Add crushed almonds and coriander seeds to the hot oil.

- Cook until the almonds have browned slightly.
- Remove from the heat and add a pinch of salt.

Flatbread

- In a large mixing bowl, whisk together warm water and yeast.
- Add the flour, a dash of olive oil and pinch of salt.
- Mix by hand or with a stand mixer until combined.
- Knead for 8–10 minutes until smooth and elastic.
- Place the dough in a lightly oiled bowl, cover with cling film and let it rise until doubled in size in a warm spot.
- Once risen, divide the dough into 10–12 equal portions and shape each into a ball.
- Place the dough balls on an oiled tray, cover with cling film, and let them rest for another 20–30 minutes.

- Preheat a heavy-bottomed frying pan over medium heat.
- Lightly oil a work surface and roll out each dough ball to ½ cm thickness.
- Add a small amount of oil to the pan and cook each flatbread for 2–3 minutes per side, until golden with slight charring.

To Serve

- Spoon the labneh into a serving bowl, using the back of the spoon to create a well in the centre.
- Dress labneh with the almonds and coriander seed oil mix for an added crunch.
- Arrange the warm flatbreads around the bowl, drizzle with the almond and coriander flavoured oil, a pinch of salt and oregano.



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INGREDIENTS

Olive Preserve

200g pitted kalamata olives,
roughly chopped

2 shallots, finely diced

2–3 tablespoons parsley,
finely chopped

White wine vinegar

Extra virgin olive oil (*Rio Vista*
Nothing But Olive Oil recommended)

Pepper

Salad

2 zucchini, sliced into thin rings

2 sprigs fresh mint, finely chopped

2 sprigs fresh basil, finely chopped

2 sprigs fresh dill, finely chopped

Half a bunch of chives, cut into 1cm
barrels

2 shallots, sliced into thin rings

Extra virgin olive oil (*Rio Vista*
Nothing But Olive Oil recommended)

White wine vinegar

Salt

2 burrata

(*La Casa del Formaggio recommended*)

Basil

Sourdough bread

(*Prove Patisserie recommended*)

Serves 4

FOOD SECRETS WITH JANE & EDDIE

RECIPE CARD



BURRATA WITH KALAMATA OLIVE PRESERVE



METHOD

Olive Preserve

- In a small bowl, combine kalamata olives, shallots and parsley.
- Add a touch of white wine vinegar and a glug of extra virgin olive oil.
- Season with pepper. Stir until combined.
- Store in an airtight jar in the fridge; it will keep for months. (This preserve is versatile and can be used on pizzas, pastas, or salads).

Salad

- Place the zucchini rings in a large mixing bowl.
- Add a generous pinch of salt and massage it into the zucchini, then allow the zucchini to sit for 20–30 minutes.
- After the zucchini has rested, discard any liquid in the bottom of the bowl and pat the zucchini dry with paper towel.
- Add the mint, basil, chives, dill and shallots to the bowl.
- Dress the salad with extra virgin olive oil and white wine vinegar and toss gently to combine.

To Serve

- Arrange the burrata in a large serving bowl.
- Spoon the salad around the burrata.
- Drench the burrata and salad with the olive preserve.
- Garnish with basil leaves and serve with sourdough for a perfect accompaniment.

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FOOD SECRETS WITH JANE & EDDIE

RECIPE CARD



COFFIN BAY OYSTERS WITH GIN MIGNONETTE



INGREDIENTS

60ml white balsamic vinegar
1 teaspoon yellow mustard seeds
or 1 teaspoon seeded mustard
2 shallots, finely diced
½ lemon, zest and juice
4 tablespoons gin
120ml extra virgin olive oil (*Rio Vista
Nothing But Olive Oil recommended*)
12 freshly shucked oysters
(Coffin Bay or any local variety)
Fresh dill, for garnish

Serves 2–4

METHOD

Mignonette

- In a small saucepan, bring the white balsamic vinegar to a simmer. Add the mustard seeds, then remove from heat and allow to cool. (If using seeded mustard, skip this step).
- In a mixing bowl, combine vinegar and mustard seed mixture (or seeded mustard), shallots, lemon zest and gin. Stir well to incorporate.
- While whisking continuously, slowly drizzle in the extra virgin olive oil to emulsify the dressing.
- Taste the mignonette and add lemon juice to taste.

To Serve

- Arrange oysters on a bed of rock salt.
- Spoon a small amount of the mignonette over each oyster and garnish with dill.



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INGREDIENTS

Eggplant

3 medium-sized eggplants

1 teaspoon of fermented garlic
(Kimchi Club recommended)

Salt

100ml of milk

2 eggs

1 pack panko breadcrumbs

Flour

Vegetable oil (or other neutral oil)

Salad

4 stalks celery

1 head fennel, including the fronds,
finely sliced

Half a bunch of chives, finely chopped

¼ cup mint, finely chopped

¼ cup dill, finely chopped

¼ cup parsley, finely chopped

1 lemon, juice

Extra virgin olive oil, for dressing *(Rio
Vista Nothing But Olive Oil recommended)*

White wine vinegar, for dressing

Salt

Serves 3

FOOD SECRETS WITH JANE & EDDIE

RECIPE CARD



EGGPLANT COTOLETTA WITH FERMENTED GARLIC

METHOD

Eggplant Cotoletta

- Using a fork or paring knife, poke several holes in the eggplant skin to allow steam to escape during cooking.
- Place the eggplants directly over an open flame, charring the skin, while rotating them to ensure the skin is fully blackened and cracked.
- Once charred, place the eggplants in a bowl and cover tightly with cling film. Let them rest for 20–30 minutes to cool down.
- After cooling, gently peel off the skin and set the flesh aside, leaving the stalk intact.
- Press the eggplants out flat and spoon on ¼ teaspoon of fermented garlic and a pinch of salt to each side of the eggplant, spreading it out evenly.

- Set up your crumbing station with individual bowls of flour, egg mixture (2 eggs per 100ml of milk) and panko breadcrumbs.
- Dust the eggplant with flour, then dip into the egg mix and lastly coat with panko breadcrumbs, ensuring it is evenly coated.
- In a large saucepan, preheat vegetable oil over medium heat, ensuring there is 1cm of oil covering the base of the pan.
- If using a thermometer, heat the oil to 170°C. Alternatively, test the oil by dropping a pinch of breadcrumbs into it; if it sizzles immediately, the oil is ready.
- Fry the crumbed eggplant for 2–3 minutes per side until golden and crispy. Set aside on paper towels to drain any excess oil.

Salad

- Peel the celery to remove the stringy fibres, then finely slice into 5cm batons.
- Finely slice the fennel lengthwise along the grain.
- Combine the fennel and fennel fronds, celery, chopped chives, mint, dill and parsley in a bowl, then dress with olive oil, lemon juice, white wine vinegar and season with salt to taste.

To Serve

- Plate the Eggplant Cotoletta with the salad and serve, drizzling with extra virgin olive oil if desired.



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INGREDIENTS

Duck

4 duck legs
5 sprigs of thyme
5 sprigs of rosemary
4 bay leaves
Pinch of coriander seeds
2 shallots
1 whole garlic bulb
500ml olive oil
500ml vegetable oil
(or other neutral oil)
Salt & pepper

Salad

2 cups cooked freekeh
¼ cup currants
1 shallot, finely sliced
¼ cup roasted pistachios, crushed
2 Packham pears, sliced
¼ cup fresh mint, finely chopped
¼ cup fresh dill, finely chopped
Salt
White wine vinegar
Extra virgin olive oil (*Rio Vista
Nothing But Olive Oil recommended*)

Serves 4

FOOD SECRETS WITH JANE & EDDIE

RECIPE CARD



TWICE-COOKED DUCK LEG WITH FREEKEH

METHOD

Duck Leg

- If desired, remove the thigh bone from the duck legs (ask your butcher to do this if preferred).
- Generously season the duck legs with salt and pepper and refrigerate for 1 hour.
- Once removed from the fridge, brush off the salt and ensure the duck is dry.
- Preheat the oven to 150°C (fan).
- Place duck legs, rosemary, thyme, bay leaves, coriander seeds, shallots and garlic in a deep oven dish. Cover with olive and vegetable oils until the duck is submerged.

- Cover the dish with baking paper and foil, sealing tightly. Roast for 3 hours.
- After 90 minutes, turn the duck legs over—meat should easily pull away from the bone.
- Once cooked remove the duck from the oven and let rest, covered in the oil for approx. 60 minutes to allow the duck to remain moist.
- Heat a saucepan over medium heat. Place the duck skin-side down and cook until the skin becomes browned and crispy. Once crisp, remove the duck from the pan and keep warm.

Salad*

- Cook the freekeh according to the package instructions and allow it to cool completely.
- In a bowl, combine the cooked freekeh, a drizzle of oil and white wine vinegar, salt, currants and shallots and allow to sit for 5 minutes. Then add pistachios, pear, mint and dill to the bowl and toss gently to combine.

To Serve

- Plate the duck legs with the salad and serve, drizzling with extra virgin olive oil.
- Pair with a dollop of labneh (from Whipped Labneh with Olive Oil Flatbread recipe) for extra richness.



**Notes - The salad base can be adapted with additions like celery, radish, roasted beetroot, or cooked sweet potato.*

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INGREDIENTS

3 whole lamb necks (order from your butcher in advance)

2 sprigs fresh rosemary, finely chopped

2 onions, diced

2 carrots, diced

2 stalks celery, diced

4 whole garlic cloves

2 bay leaves

10 sprigs of thyme, roughly chopped

Chicken or beef stock, as needed

1 bottle white wine
(Signature Wines recommended)

4 parmesan rinds
(Glynburn Gourmet recommended)

500g pappardelle
(L'Abruzzese recommended)

¼ cup parsley, finely chopped

Olive oil

Parmesan, for garnish
(Glynburn Gourmet recommended)

Salt & pepper

Serves 4

FOOD SECRETS WITH JANE & EDDIE

RECIPE CARD



LAMB RAGU BIANCO WITH PAPPARDELLE

METHOD

Lamb Necks

- Season the lamb necks generously with salt and pepper.
- Heat a large stockpot or cast iron pot over high heat. Sear the lamb necks on all sides until golden brown. Remove lamb and set aside.
- Reduce heat to medium and add the diced onions, carrots, celery, garlic, thyme, bay leaves, rosemary and a pinch of salt. Cook, stirring occasionally, until the vegetables are softened and browned.
- Add the lamb necks back into the pot and cover with stock till necks are almost covered.
- Pour in the white wine and add parmesan rinds. Bring to a boil, occasionally scraping up any bits stuck to the pot.

- Bring the mixture to a simmer, cover and cook on low for 5–7 hours. Alternatively, you can place the pot in a 130°C fan oven for about 5 hours.
- Ensure stock isn't reducing too much; add additional stock or water if required.
- Once the lamb is tender and easily pulls off the bone, remove from the pot and set aside to cool. Strain the stock, and keep liquid and vegetables aside for later use.

Pappardelle

- Cook the pappardelle according to the package instructions.

To Assemble

- After the lamb has cooled, shred the meat from the bone, discarding any bones and tendons. Retain the fat, as it adds flavour.

- In a large frying pan, heat a small amount of olive oil and add the lamb and 1 cup of the reserved stock. Bring to a simmer, allowing the flavours to combine.
- Add the cooked pappardelle to the pan, tossing to coat in the sauce.
- Add 1 cup of vegetable mixture from the lamb pot and toss.

To Serve

- Remove from heat and plate, garnishing with parsley and freshly grated parmesan.



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INGREDIENTS

Fish

1 whole nannygai (around 1kg),
or substitute with barramundi,
whiting or garfish

Extra virgin olive oil (*Rio Vista*
Nothing But Olive Oil recommended)

1 lemon, sliced

3 sprigs thyme

3 sprigs parsley

Salt

Sauce

4 shallots, finely sliced

2 teaspoons, crushed
coriander seeds

2 punnets heirloom cherry
tomatoes (or large heirloom
tomatoes if available), chopped

2 tablespoons mint, finely
chopped

2 tablespoons parsley, finely
chopped

2 lemons, juice

Fresh dill, for garnish

Extra virgin olive oil

Serves 4

FOOD SECRETS WITH JANE & EDDIE

RECIPE CARD



NANNYGAI WITH SAUCE VIERGE

METHOD

Fish

- Have your fishmonger clean and scale the fish. If using a larger fish, score the flesh to ensure even cooking. (You can ask your fishmonger to do this).
- Drizzle with olive oil and season generously with salt.
- Stuff the fish with sliced lemon and sprigs of thyme and parsley.
- Preheat the oven to 180°C fan. Place the fish on a baking tray lined with baking paper and cover with baking paper and foil.
- Cooking time will vary, but the fish is done when the flesh pulls away easily from the spine. Alternatively, insert a metal skewer into the thickest part of the fish and touch it to the back of your hand; if it's slightly warmer than body temperature, it's ready.

- Once cooked, remove baking paper and foil and place under the grill at 220°C for 5 minutes to crisp the skin.

Sauce

- Cook the shallots, in olive oil in a pan over low heat, gently for 20–30 minutes until tender, ensuring they don't brown. Add the coriander seeds halfway through cooking the shallots.
- When the fish is ready to be served, heat the shallot and coriander oil and add tomatoes to the oil. Cook until they have softened slightly. Season with salt and add mint and parsley. Add lemon juice to taste.

To Serve

- Place whole fish on a serving platter, with the salad on the side.
- Pour the sauce over the cooked fish, and garnish with dill.



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RECIPE CARD



LEMON CURD & RASPBERRY CANNOLI



INGREDIENTS

3 lemons, zest
5 lemons, juiced or 510mls lemon juice
8 eggs (6 egg yolks & 2 whole eggs)
200g caster sugar
20g cornflour
70g unsalted butter
12 mini or 6 large cannoli shells
1 punnet raspberries
Icing sugar, for dusting

Serves 6

METHOD

- Whisk together lemon zest and juice, egg yolks, whole eggs, caster sugar and cornflour until fully combined.
- Transfer the mixture to a saucepan over medium heat. Stir continuously, alternating with a rubber spatula to scrape the bottom and sides to prevent sticking.
- As the mixture heats, it will thicken rapidly. Have a tray ready to pour it into immediately.
- Taste a small amount to ensure the curd is fully cooked and free of a floury texture.
- Remove the saucepan from the heat. Fold in the butter until fully incorporated.
- Pour the curd through a strainer, removing lumps and remaining lemon zest.
- Transfer the curd into a tray and cover it with cling film, pressing it directly onto the surface to prevent a skin from forming. Refrigerate until completely cooled.
- Once chilled, spoon the lemon curd into the cannoli shells, filling them all the way.
- Garnish each cannoli with a raspberry on both ends and dust generously with icing sugar before serving.

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RECIPE CARD



QUINZI'S TRIFLE

INGREDIENTS

600ml thickened cream
4 tablespoons caster sugar
1 vanilla bean
500g mascarpone
(La Casa Del Formaggio recommended)
2 packs Quinzi's chocolate candy almonds, roughly chopped
1 pack Quinzi's chocolates of your choice (e.g. white chocolate coated raspberries), roughly chopped
Seasonal fruit and berries of your choice (e.g. strawberries and apricots), sliced for layering
1 bottle limoncello
1 pack ladyfinger biscuits

Serves 6–8

METHOD

- In a large mixing bowl, whisk together the thickened cream and caster sugar until thick and fluffy. Place into the fridge while assembling the other ingredients.
- Using a sharp knife, split the vanilla bean lengthwise and scrape the seeds from the inside with the back of the knife.
- In a mixing bowl, gently combine the mascarpone and vanilla bean seeds.
- Roughly chop all Quinzi's chocolates and candy almonds. Set aside.
- Slice the fruit.
- Set up a production line with separate bowls for the limoncello, cream mixture, mascarpone mixture, ladyfinger biscuits, chocolates, almonds, sliced fruit and a large trifle serving bowl.
- Begin assembling the trifle by spreading a layer of the cream mixture at the base of the bowl, followed by the mascarpone mixture.
- Scatter with chopped chocolates, almonds and sliced fruit.
- Dunk the ladyfinger biscuits in the limoncello, making sure they absorb the liquid without becoming too soggy and layer in the bowl.
- Repeat the layering process, ensuring the final layer is the cream mixture. Garnish generously with seasonal berries.
- Refrigerate for 1–2 hours before serving for the best texture. The trifle can also be stored overnight.



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