If you have eggs, you have frittata – simple. I usually make more than I need, as it’s delicious served cold for lunch with a salad. The beauty of this recipe is you can add whatever you’ve got in the fridge that needs using up. You can substitute haloumi cheese for the traditional Greek kefalograviera but it won’t be quite as good in this recipe.

**Frittata with zucchini, lemon and kefalograviera**

10 organic eggs  
200 ml pure cream (optional)  
1 teaspoon sea salt  
1 teaspoon freshly ground white pepper  
finely grated zest and juice of 1 lemon  
1 tablespoon ghee (page 219) or 20 g organic salted butter  
1 tablespoon extra virgin olive oil  
1 bunch spring onions, thinly sliced  
6 garlic cloves, thinly sliced  
1 large or 2 small zucchini, coarsely grated  
1 large handful baby spinach leaves  
200 g kefalograviera cheese, coarsely grated  
lemon extra virgin olive oil, to serve  
½ bunch flat-leaf parsley, leaves picked and finely chopped, to serve

Preheat the oven grill to 180°C. Place an oven rack on the middle shelf of the oven.

Crack the eggs into a large mixing bowl, add the cream (if using), salt, white pepper, and lemon zest and juice, and whisk well.

Heat the butter and olive oil in a 28 cm cast-iron skillet over medium heat. Add the spring onion and garlic and cook for 2 minutes, or until starting to colour. Add the zucchini and cook for a further 1 minute, then add the spinach and cook until just wilted. Pour the egg mixture over the top and tilt the pan to ensure an even coverage. Scatter the cheese over the top.

Place under the grill for 8–10 minutes, or until the frittata is cooked through and golden on top.

I like to serve this frittata straight from the pan with some good lemon olive oil and finely chopped flat-leaf parsley on top.

SERVES 6
Mexican spice traditionally includes annatto (achiote) seed, which doesn’t impart a big flavour but does offer its signature yellow colour. It also includes chipotle, a smoked hot chilli pepper. Both of these spices are challenging to purchase easily in Australia. I have added turmeric and smoked paprika to the Mexican spice instead – both are close enough to the real things. The delicious combination below is perfect to share with friends or family.

**Mexican spiced grilled chicken**

8 skinless, boned organic chicken thighs
1 tablespoon Mexican spice mix (page 156)
1 teaspoon sea salt
1–2 tablespoons ghee (page 219), melted or extra virgin olive oil
soft corn tortillas (page 224), to serve
plain yoghurt, to serve

**Corn salsa**
3 sweet corn cobs, husks removed
2 roma tomatoes, seeded and finely diced
1 red onion, finely diced
3 garlic cloves, finely diced
1 green capsicum, seeded and finely diced
½ bunch coriander, leaves and stems finely chopped
6 mint sprigs, leaves picked and finely chopped
finely grated zest and juice of 2 limes
1 tablespoon apple cider vinegar
3 tablespoons extra virgin olive oil

Pat dry the chicken thighs with paper towel, then cut each chicken thigh into quarters and place in a bowl. Add the Mexican spice mix and salt, and rub the chicken in the spices. Cover with plastic wrap and refrigerate for at least 2 hours.

To make the corn salsa, cook the whole corn cobs in a saucepan of boiling water for 3–4 minutes, or until tender. Remove and cool. Cut the corn cobs in half widthwise, and trim off the kernels using a sharp knife, discarding the cobs. Place the kernels and all of the remaining ingredients in a glass or ceramic mixing bowl and mix thoroughly. Refrigerate until needed.

Remove the spiced chicken from the refrigerator and bring to room temperature. Preheat a barbecue grill to high or place a cast-iron grill pan over high heat. Brush the chicken pieces with the melted ghee and cook for 4 minutes, then turn and cook for a further 4 minutes, or until cooked through. Serve with the corn salsa, corn tortillas and yoghurt.

SERVES 4
Cooking with rapadura sugar

Rapadura is pure and organic sugar cane juice with the water removed. Producing sugar this way retains the nutrients. The sugar hasn’t been heated or spun to turn it into crystals. Rapadura tastes more mellow and is metabolised more slowly than refined sugar, and will not result in sharp blood sugar level spikes. For many recipes, you can replace white sugar with rapadura, cup for cup. It does have a caramel flavour and it will darken your dessert or cakes – it’s perfect for chocolate cake recipes.

Although rapadura is my favourite sugar for dessert treats, it is like coarse brown, wet sand to work with. For some recipes, you need to prepare fine-dried rapadura sugar instead. You simply dry it in the oven, let it cool and then process the sugar until fine (see method below). Rapadura contains no anti-caking agent and may clump; just give it a firm shake before using.

Rapadura syrup

3 cups rapadura sugar
5 cups water

Place the sugar and water in a heavy-based saucepan and bring it to the boil. Reduce the heat to low and simmer for 15 minutes, or until all of the sugar has dissolved and the syrup thickens. Pour through a funnel into a tall glass bottle with a seal. The syrup will last indefinitely in the refrigerator.

MAKES ABOUT 900 ML

Fine-dried rapadura sugar

1 kg rapadura sugar

Preheat the oven to 100°C. Line a large baking sheet with baking paper. Spread the rapadura sugar out on the baking sheet and bake for 1½ hours, tossing the sugar every 30 minutes or so. Remove from the heat and allow to cool, then transfer to a blender or use a coffee grinder to process to a fine powder. A Thermomix is perfect for this job if you are lucky enough to have one. It can be stored in an airtight container for up to 6 months.

Wholehearted Food
from the garden
naturally sweet
Everyone, from rock stars to regulars at Mondo Organics, has been raving about our chocolate puddings for years. I have re-jigged this recipe, using roasted dandelion root in place of coffee. The bitterness of the dandelion somehow makes these puddings taste more chocolatey – they are completely irresistible. Here I have made larger puddings to be shared between two, as we do at Mondo.

**Chocolate dandelion puddings**

300 g unsalted organic butter  
300 g good-quality dark chocolate, broken into pieces  
1 cup rapadura sugar  
8 organic eggs  
1 pinch sea salt  
¼ cup brown rice flour  
¼ cup hazelnut meal  
¼ cup raw cacao powder, sifted, plus extra for dusting  
2 tablespoons roasted dandelion root, finely ground  
vanilla ice cream or whipped cream and fresh berries, to serve

Preheat the oven to 160°C. Thoroughly grease four 10 cm individual spring-form cake tins and place them on a baking sheet.

Heat the butter and chocolate in a heatproof bowl over a saucepan of hot, but not boiling, water. Stir until just melted. Remove from the heat and whisk until smooth and cooled slightly. Whisk in the sugar, eggs and salt, until completely smooth.

Combine the flour, hazelnut meal, cacao powder and dandelion in a separate bowl. Fold through the chocolate mixture until just combined – don’t over-mix.

Divide the pudding mixture between the prepared tins until they are almost full. Bake in the oven for 15 minutes, or until the edges have just set – they should still be very wet in the centre and a little sunken.

Remove from the heat and allow the puddings to cool in their tins. When cool, carefully remove from the tins. Serve the chocolate dandelion puddings with vanilla ice cream or whipped cream and fresh berries.

SERVES 8

**NOTE** The puddings can be cooked in advance and stored, covered, in the refrigerator for up to 3 weeks. You will need to preheat them for 8–10 minutes in a 180°C oven until just warmed through, before serving.