



ORIGIN LPG

WINTER WARMER RECIPES



At Origin, we believe that winter is a time to enjoy the warmth of good meals and home comforts. That's why we've created this book of easy and delicious recipes to help you get through the cold months ahead.

And as one of Australia's largest suppliers of LPG, we've upped the ante by creating meals that can all be cooked just by using a gas-powered stove-top!

With LPG users living in every Australian state and territory, we've also made sure that our recipes use simple, everyday ingredients that can be found in any location.

Our full recipe collection can be found at originlpg.com.au/recipes.

We hope you enjoy creating and sharing these meals. Please tell us what you think by joining the conversation on our Facebook, Twitter and Instagram pages.



TABLE OF CONTENTS

-
- | | |
|-----------|---|
| 4 | Split pea and lentil soup with pomegranate swirl |
| 5 | Pan-roast chicken with winter fruits |
| 6 | Lamb, pumpkin and orzo braise |
| 7 | Coconut and chilli beef curry |
| 8 | Pan-fried barramundi with pistachio herb pesto |
| 10 | Lamb cutlets with honeyed carrots and gremolata |
| 10 | Braised beef in beer |
| 11 | Beef shanks with red wine, mushrooms and olives |
| 12 | Beetroot fritters with zucchini tzatziki |
| 13 | Pan-fried chicken with tahini sauce |
| 14 | Pulled pork tortillas |
| 15 | Black mussels in cider with blue cheese croutons |
| 16 | Spicy sausage pasta |
| 17 | Vanilla ice-cream with salted caramel sauce and walnuts |
-



SPLIT PEA AND LENTIL SOUP WITH POMEGRANATE SWIRL

SERVES **4** | PREP **20 mins** | COOKING **40 mins**

2 tbs olive oil

1 onion, chopped

3 garlic cloves, crushed

1 carrot, chopped

1 celery stick, sliced

2 tsp ground coriander

1/2 tsp red chilli flakes

1/2 cup yellow or green split peas,
rinsed and drained

1/2 cup red lentils, rinsed and drained

6 cups chicken or vegetable stock

1 cup frozen broad beans, thawed
and peeled

2 tbs pomegranate molasses

2 tbs chopped flat-leaf parsley

Heat the olive oil in a large saucepan. Cook onion, garlic, carrot and celery over medium heat, stirring, for 5 minutes or until softened. Add the coriander and chilli flakes and cook for 1 minute.

Add split peas, lentils and stock and bring to the boil. Reduce heat and simmer for 30 minutes or until split peas and lentils are cooked and soft.

Add beans and heat through. Season with sea salt and freshly ground black pepper. Drizzle with pomegranate molasses and sprinkle with parsley.



PAN-ROAST CHICKEN WITH WINTER FRUITS

SERVES **4** | PREP **15 mins** | COOKING **45 mins**

1/4 cup raisins

2 tbs olive oil

25g butter

4 chicken marylands

1/2 cup chicken stock

2 tsp fresh thyme leaves

1 red onion, cut into wedges

1 pear, peeled and cut into wedges

2 apples, cut into wedges

Place the raisins in a small bowl and cover with boiling water. Soak for 15 minutes. Drain and reserve.

Heat half the oil and half the butter in a large heavy-based flameproof pot over medium heat. Brown the chicken on both sides.

Add the stock and thyme, lower the heat and cover tightly. Cook for 30 minutes or until cooked. Add a little more stock during cooking if necessary.

In a large frying pan, heat remaining oil and butter. Add onion and cook over medium heat for 3-4 minutes or until soft.

Add pears and apples and cook, turning once, for 3-4 minutes or until soft. Add raisins and heat through.

Serving suggestion:

Steamed brown rice and green beans.



LAMB, PUMPKIN AND ORZO BRAISE

SERVES **4** | PREP **15 mins** | COOKING **2½-3 hours**

2 tbs olive oil

1 kg lamb shoulder, fat trimmed and cut into 4cm cubes

2 onions, sliced

2 cinnamon sticks

1 tsp dried chilli flakes

1 tsp dried oregano

400g can cherry or diced tomatoes

3½ cups chicken stock

400g jap pumpkin, cut into 4cm pieces

200g orzo or risoni pasta

Heat oil in a large heavy-based flameproof pot. Brown the lamb in batches over high heat. Transfer to a plate.

Add onion to pan and cook over medium heat, stirring, until softened. Add cinnamon, chilli and oregano and cook for 1 minute or until fragrant. Return lamb to saucepan.

Add tomatoes and stock and bring to the boil. Reduce the heat and cook for 2½-3 hours or until lamb is tender. Skim off any excess fat.

Add pumpkin and orzo and cook for 15-20 minutes or until tender. Season with sea salt and black pepper.

Serving suggestion:
Greek salad.



COCONUT AND CHILLI BEEF CURRY

SERVES **4** | PREP **20 mins** | COOKING **3 hours**

1 tbs canola oil

1/3 cup Thai red curry paste

1kg beef chuck steak, cut into cubes

1/2 cup water

400g orange sweet potato, cut into chunks

1 medium eggplant, cut into chunks

1/2 cup coconut milk

1/2 cup desiccated coconut

1 lime, zest grated and juiced

1 tbs brown sugar

1 tbs tamarind paste

Heat a large heavy-based flameproof pot. Add the oil and curry paste and cook for 1-2 minutes or until fragrant. Add beef and toss through to combine.

Add water and bring to the boil. Reduce heat to low and simmer, covered, for 2 hours.

Add sweet potato, eggplant, coconut milk, desiccated coconut, lime zest, juice, brown sugar and tamarind. Bring to the boil again and reduce heat to low.

Simmer, covered, stirring occasionally for 1 hour or until tender.

Serving suggestion:

Sprinkle with shredded kaffir lime leaves and sliced fresh chilli. Accompany with steamed rice and Asian greens.



PAN-FRIED BARRAMUNDI WITH PISTACHIO HERB PESTO

SERVES 4 | PREP 20 mins | COOKING 10 mins

1 tbs olive oil

10g butter

4 x 150g barramundi fillets

¾ cup shelled unsalted pistachios

⅓ cup flat-leaf parsley leaves

⅓ cup mint leaves

¼ fresh dill

3 tsp lemon juice

1 tsp finely grated lemon zest

½ cup olive oil

⅓ cup water

Heat a large frying pan over medium-high heat. Add oil and butter and cook barramundi for 3-4 minutes on each side or until cooked.

Meanwhile place pistachios, parsley, mint and dill in a food processor. Pulse to chop finely.

Add lemon juice, zest, oil and ⅓ cup water. Pulse to combine. Season with sea salt and black pepper. Serve with barramundi.

Serving suggestion:

Sprinkle with some extra chopped pistachios and dill. Accompany with a baby spinach and avocado salad.



LAMB CUTLETS WITH HONEYED CARROTS AND GREMOLATA

SERVES **4** | PREP **10 mins** | COOKING **10 mins**

12 lamb cutlets, trimmed

2 tbs olive oil

2 tsp chopped fresh rosemary

10g butter

2 bunches baby carrots, trimmed

1 tbs honey

2 tsp finely grated lemon zest

1 garlic clove, chopped

2 tbs finely chopped flat-leaf parsley

Heat char-grill to hot. Rub the cutlets with half the oil. Sprinkle with rosemary and season with sea salt and black pepper. Cook the cutlets for 2 minutes each side or until cooked to medium.

Meanwhile, heat the remaining oil and butter in a large frying pan. Add the baby carrots and cook for 4-5 minutes, turning occasionally, or until just tender.

Add honey and cook for another minute or until the honey caramelises.

Combine lemon zest, garlic and parsley. Sprinkle over the carrots and lamb.

Serving suggestion:
Steamed baby potatoes.

Note:
Gremolata is a chopped herb condiment made of lemon zest, garlic and parsley.



BRAISED BEEF IN BEER

SERVES **4-6** | PREP **20 mins** | COOKING **2½-3 hours**

1 tbs canola oil

1 brown onion, chopped

1 leek, sliced

1kg gravy beef, cut into chunks

2 tbs flour

1 orange

440ml can Guinness

2 bay leaves

400g can diced tomatoes

2 tbs tomato paste

½ bunch kale or silverbeet, stalks removed and shredded

Heat oil in a large heavy-based flameproof pot. Add onion and leek and cook over medium heat for 5 minutes, stirring, or until softened.

Toss meat and flour in a bowl. Add to the pot and stir to combine. Finely grate the orange zest and squeeze juice into the pot. Add Guinness, bay leaf, tomatoes and tomato paste. Stir to combine and bring to the boil.

Reduce heat to low and simmer, covered, for 2½-3 hours or until meat is tender. Stir in the shredded kale and cook for 1-2 minutes or until wilted.

Serving suggestion:
Mashed potato.

Note:
This recipe is very easy because you don't need to brown the beef.



BEEF SHANKS WITH RED WINE, MUSHROOMS AND OLIVES

SERVES **4** | PREP **15 mins** | COOKING **3 hours**

2 tbs olive oil

4 x 350g beef shank slices (osso bucco cut)

2 onions, cut into wedges

250g middle bacon, trimmed of fat and chopped

3 garlic cloves, crushed

1 tbs flour

1 cup red wine

2 tbs tomato paste

1 tsp fresh thyme leaves

½ cup Sicilian green olives

300g button mushrooms, halved

2 tbs flat-leaf parsley leaves

5 springs fresh thyme

Heat oil in a large heavy-based flameproof pot. Brown the beef shanks over high heat in two batches.

Add the onion and bacon and cook over medium heat for 4-5 minutes or until golden. Transfer to a plate.

Return all the beef to the saucepan. Add garlic and flour and cook for 1 minute or until fragrant.

Slowly stir in wine and then tomato paste and thyme. Stir to combine and add the reserved onion and bacon.

Bring to the boil. Reduce heat and simmer, covered, for 2½-3 hours or until the meat is tender. Stir through the olives.

Just before serving, heat remaining oil in a frying pan. Add mushrooms and pan fry until golden and cooked. Stir into beef and sprinkle with parsley and fresh thyme.

Serving suggestion:

Rocket and pear salad with soft polenta.



BEETROOT FRITTERS WITH ZUCCHINI TZATZIKI

SERVES 4 | PREP 20 mins | COOKING 15 mins

400g cooked fresh beetroot

1/2 cup crumbled feta

2 green shallots, sliced

2 tbs chopped fresh dill

2 tbs chopped flat-leaf parsley

2 eggs, lightly beaten

1/2 cup panko breadcrumbs

1/4 cup plain flour

1/4 cup self-raising flour

1/4 cup olive oil

Tzatziki

1 small zucchini, grated

1 garlic clove, crushed

200g Greek yoghurt

1 tbs chopped fresh dill

1/4 tsp dried mint

To make the tzatziki, combine zucchini, garlic, yoghurt, dill and mint in a mixing bowl. Cover and refrigerate while you make the fritters.

Coarsely grate the beetroot into a large mixing bowl. Add feta, green shallots, dill, parsley, eggs, breadcrumbs and flours and stir to form a thick batter. Season with sea salt and black pepper.

Heat 1 tablespoon of oil in a large frying pan. Spoon in 2 tablespoons of batter to make a fritter and cook 4 fritters at a time in the pan.

Cook for 2 minutes on each side or until golden and cooked through. Transfer to a plate and keep warm while you cook the remaining fritters.

Accompany with the tzatziki.

Serving suggestion:

Steamed spinach and couscous.

Note:

You can buy vacuum-packed, cooked fresh beetroot at most supermarkets and some greengrocers.



PAN-FRIED CHICKEN WITH TAHINI SAUCE

SERVES **4** | PREP **15 mins** | COOKING **10 mins**

2 tbs olive oil

2 garlic cloves, crushed

2 tsp fresh thyme leaves

¼ cup lemon juice

600g chicken breast fillets, sliced

2 tsp sesame seeds

½ tsp dried oregano

½ tsp fresh thyme leaves (extra)

Tahini sauce

2 tbs tahini (sesame seed paste)

1 cup natural yoghurt

1 tsp sumac

Combine oil, garlic, thyme and lemon juice in a shallow glass bowl. Add chicken and coat with mixture. Cover and refrigerate for 30 minutes.

Heat a small frying pan and cook sesame seeds for 1-2 minutes, stirring, or until golden. Place in a small bowl and add oregano and thyme. Season with sea salt and black pepper.

Combine tahini and yoghurt. Add a little lemon juice if the mixture is too thick. Set aside.

Heat a large frying pan over high heat. Cook the chicken for 2 minutes on each side or until golden and cooked. Sprinkle with sumac and sesame seed mixture. Serve with tahini yoghurt.

Serving suggestion:

Warm Lebanese bread, olives and char-grilled vegetables (e.g. pumpkin, red capsicum, zucchini).



PULLED PORK TORTILLAS

SERVES **6** | PREP **15 mins** | COOKING **40 mins**

2 tbs canola or sunflower oil

1.4 kg pork scotch fillet, cut into 6 pieces

1 cup fresh orange juice

1 tsp dried red chilli

1/3 cup red wine vinegar

1 tbs dried oregano

2 tsp cumin seeds

1/4 cup caster sugar

100ml white wine vinegar

2 red onions, thinly sliced

12 tortillas

Heat oil in a large heavy-based flameproof pot. Brown the pork until golden. Combine juice, chilli, vinegar, oregano and cumin in a jug and pour over pork.

Bring to the boil, reduce heat and simmer, covered, for 2-2½ hours or until very tender. For the last half hour of cooking remove lid to allow cooking juices to reduce.

Remove pork and reduce sauce until thick. Return pork to pot. Using 2 forks, shred the pork into strips.

Meanwhile, cook sugar and vinegar over a medium heat until sugar dissolves. Pour over onions and cool.

When ready to serve, heat a frying pan over high heat. Warm the tortillas by cooking them for 30 seconds each side.

Wrap in foil while you cook the remaining tortillas. Top the warm tortillas with pork and onions.

Serving suggestion:

Avocado, lime wedges, grated carrot and coriander.



BLACK MUSSELS IN CIDER WITH BLUE CHEESE CROUTONS

SERVES **4** | PREP **10 mins** | COOKING **15 mins**

20g butter

1 leek, chopped

3 garlic cloves, crushed

2 x 1kg packets cleaned, live black mussels

375g bottle dry apple cider

1/3 cup chopped flat-leaf parsley

4 slices sourdough bread

120g soft blue cheese e.g. Blue Castello

Heat a large saucepan over medium heat. Add butter and leek and cook, stirring, for 5 minutes or until softened. Add garlic and cook for another minute or until fragrant.

Meanwhile, place mussels in a colander and drain. Rinse with cold water and drain again. Place in saucepan with cider.

Cover and cook over high heat, shaking occasionally, for 3-5 minutes or until mussels open.

Spoon mussels and broth into big bowls to serve and sprinkle with parsley.

Meanwhile, heat a char-grill on high. Toast the bread on both sides. Spread with cheese and serve with the mussels.

Serving suggestion:
Green salad.



SPICY SAUSAGE PASTA

SERVES **4** | PREP **15 mins** | COOKING **40 mins**

1 ½ tbs olive oil

1 onion, chopped

2 red capsicum, sliced

4 fresh chorizo sausages, skins removed and chopped

2 tsp cumin seeds

2 x 400g cans diced tomatoes

2 tsp brown sugar

1 tbs red wine vinegar

500g penne pasta

50g feta, crumbled

2 tbs chopped fresh chives

Heat half the oil in a large saucepan. Cook onion and capsicum over medium heat, stirring, for 5 minutes or until softened.

Meanwhile heat a large frying pan over medium heat. Add remaining oil and cook the sausage meat until golden. Add cumin seeds and cook for 1 minute.

Add sausage mixture to saucepan, along with tomatoes, sugar and vinegar.

Bring to the boil. Reduce heat and simmer, covered, for 30 minutes or until cooked.

Cook pasta in a large saucepan of salted boiling water following packet instructions. Drain and toss with sausage sauce. Serve sprinkled with feta and chives.



VANILLA ICE-CREAM WITH SALTED CARAMEL SAUCE AND WALNUTS

SERVES **4** | PREP **5 mins** | COOKING **10 mins**

20g butter

1 tbs brown sugar

½ cup raw walnuts, chopped

Vanilla ice-cream to serve

Caramel sauce

1 cup cream

1 cup brown sugar, extra

60g butter, extra chopped

1 tsp vanilla paste

¼ tsp sea salt

Heat butter and brown sugar in a small frying pan. Cook walnuts over medium-high heat for 2 minutes or until caramelised. Lift out with a slotted spoon and cool. Discard remaining butter mixture.

Place cream, extra brown sugar and butter in a saucepan. Cook over medium heat, stirring, for 4-5 minutes or until thickened. Add vanilla paste and sea salt.

Serve warm or at room temperature with vanilla ice-cream. Sprinkle with walnuts.