



The Big Couch's SIGNATURE DISH COOK BOOK

with thanks to



We Found

Perth's Best Signature Dish on The Big Couch.



We cast the net across Perth and beyond, to find Perth's best Signature Dish on The Big Couch.

In the end it came down to a final ten, who met at Challenger TAFE - Beaconsfield to have a Signature Dish cookoff.

Judging were MasterChef finalists Josh and Trevor, along with Shane, Clairsy and Kath from The Big Couch.

In the end, Michael from Beechboro won with his magnificent Dolmathes. This dish in particular impressed the judges because, quite simply, he nailed everything he needed to in order to impress the judges.

Here are the final ten recipes for you to cook and enjoy.

Bon Apetit



Jeanette's

Slow Roasted Crispy Pork Loin with beans and chorizio

Get the oven really hot (240 deg C) and while you wait mix some salt, a tsp of smoked spanish paprika, juice of a lemon and some olive oil together. Score the skin of a 3kg rib end loin of pork (the bit with all the chops) in a criss cross pattern then rub the red spicy mixture getting into the score lines and all over the skin. Put the meat in a high sided roasting tray and shove in the oven for 30 minutes.



While that's roasting cut up 3 red onions, 200g of chorizio, halve 2 handfuls of fresh ripe tomatoes and take the lids of 2 tins of chopped tomatoes, 2 tins of black eyes beans and 2 tins of borlotti beans. Peel and chop 5 cloves of garlic.

Remove the meat and turn down the temperature to 180degC. Take the pork out the roasting tray and set to one side . Spoon out half the fat (if there's lots) and put the tray on the hob (those long thin burners in the middle are perfect for this - what else do you use them for?). Add the onions, 6-8 whole chillis (red, green, yellow - i like it colourfull!), the chorizio, 6 bay leaves, 2 sprig of rosemary (excellent with pork) and 4 tsp of the smoked spanish paprika and fry gently - scraping of all the sticky stuff from the bottom of the roasting tray. Add the tins of tomatoes, black eyed beans and borlotti beans, the garlic a handful of parsley and a wineglass of water and stir it all together for a minute or so. Stick the pork onto the top , stick it back in the oven and cook for about an hour until the skin is all crispy and the meat moist and tender.

When cooked take the pork out and tray and let it rest, season the sauce in the tray with salt and pepper and a slosh of red wine vinegar (tangy), remove the whole chillis (they have done their job) stir it all together and serve!

I serve with rice, crusty olive bread, tortilla's, sour cream, feta and olive salad ..anything really!! (after my husband's chopped up the roast into the chops - ALWAYS get the butcher to start this... otherwise the troops get restless waiting!).



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Kate's

Spinach and Ricotta Cannelloni with toasted pinenuts and chorizo

- Fresh english spinach leaves
- Ricotta cheese
- Pinenuts
- Fresh chorizo sausage
- Tomato paste
- Tinned tomatoes
- Cannelloni shells
- Mozzarella cheese to top



A fresh and tasty twist on traditional cannelloni. By toasting the pinenuts and chorizo you can create amazing flavours that penetrate every bite!

Depending on how many folks you are feeding, adjust the amounts.

Slice the chorizo and cut each slice into quaters. In batches on a hot frying pan, toast the pieces until they have almost burnt on the outside. Next toast the pinenuts, remember to keep them moving around the pan so they dont burn.

Chop the spinach roughly and add to ricotta cheese in a mixing bowl. Add the chorizo and pinenuts. Mix these together well and fill your cannelloni shells with a teaspoon or a method that suits you. Mix tomato paste and tinned tomatoes in another bowl. Line a baking dish with the cannelloni and pour the tomato mixture over the top making sure the sauce surrounds all the cannelloni otherwise it will dry out. Top the dish with cheese and pop in the oven for about 30 minutes on 180C.

Goes beautifully with garden salad, particularly rocket.



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Claire's

Champagne Crayfish with Handmade Fettucini

- 50gm Pancetta finely sliced
- ½ clove of garlic crushed
- 1 Large glass of Champagne
- 1 Tbsp Mascapone
- 100ml Cream
- 1cm piece of blue cheese
- 1 Crayfish
- Freshly cracked black pepper
- Chives
- Baby Brocolini



Fry pancetta in a dry pan until crispy.

Pour champagne in a large pan, bring to a simmer. Stir in garlic and mascapone add blue cheese and stir until melted. Add cream and cook slowly until sauce begins to thicken. Then add cooked pasta and shredded cooked crayfish.

Serve with brocolini, chives and freshly cracked black pepper and a sprinkle of pancetta.

For the hand-made fettucini, take 250 gm semolina flour, 250 gm plain flour and 6 free range eggs. Chuck everything in a bread maker on dough setting, when combined remove and knead until nice and soft.

Put in plastic wrap for at least ½ hour, then flatten in small batches in a pasta machine and slice up into fettucini. Use extra flour if needed.

Cook in boiling water.



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Michael's

Dolmathes

(or dolmades as non Greeks would call them)

The filling basically comprises of crushed tomatoes, mince, rice, diced onion, salt & pepper, cumin, mint, lemon, grape vine leaves, olive oil, cup water.

In a large fry pan, fry the onion and then the mince until brown. Add the tomatoes, 2 tea spoons of cumin, 1 tea spoon of mint and salt and pepper, mix well. then place 1 and a half cups of rice to the mince and mix through for a couple of minutes, the rice should still be crunchy before you put them in the leaves, very important not to over cook the rice.



Blanch as many vine leaves as you need. Place one leaf flat on an easy rolling surface and place about two heaped teaspoons of the mix into the centre of the leaf and then roll into a parcel. Line the pan with the dolmathes until all leaves are used. Place around 4 or 5 leaves flat and over the top of the ones in the pan. Pour water into pan and 1 cup of Olive oil.

Squeeze one medium sized lemon over the dolmathes as well. Place a bowl upside down over the dolmathes and then put on to a low flame for approx 30 - 45 minutes, depending on how many you make. Serve plain or with plain yoghurt as a condiment or good old Tzatziki...



VOTED BEST DISH



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Annie's

Lemon Meringue Pie

The Base

- 200g butter
- 1/2 cup icing sugar
- vanilla essence (if you want)
- 2 cups flour (can use gluten-free, I usually use half a cup of cornflour with the rest plain flour)

Cream butter and icing sugar, add flour, try to beat - it will go quite crumbly. Then just press it into the pie dish - I use a springform cake tin. Bake at about 170 degrees for 20 mins (until lightly browned).



The Filling

- 1/3 cup cornflour
- 1/2 cup sugar
- 2 tsp grated lemon rind (I use as much as I can get from two lemons)
- 1/3 cup lemon juice (again 2 lemons, I often try to get half a cup)
- 1 cup water (or more if your pie is really big and you want more filling - you might need more cornflour too though)
- 1 tablespoon of butter
- 3 egg yolks, lightly beaten with a fork

In a saucepan, mix cornflour, sugar and lemon-rind, Add lemon juice and water, heat until thick, add butter, stir to melt, stir in egg yolks. Pour into case and spread out. Leave to cool. (if you have time).

The Meringue

- 3 egg whites
- 1/2 cup sugar

Beat egg whites till stiff, add sugar and beat till glossy, spread over filling, making nice decoration of peaks on top. Cook in oven till meringue is lightly browned - make sure you use the timer, cos its a real bummer when you burn it! (like I've done too many times - although sometimes you can peel off the burnt stuff and its not quite a disaster underneath!)



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Trish's

Hamelin Bay Salsa

with Crunchy Chicken & Asparagus

Salsa Recipe

- Diced tomatoes
- Diced red capsicum
- Diced avocado
- Diced red onion
- Finely chopped fresh coriander
- Tin of corn kernals
- Left over lemon juice from your G&T's

Dice up all the ingredients for the salsa, toss together in a bowl with a couple of spoons of lemon juice.



Chicken Recipe

- 2 chicken breasts
- Egg Whites
- Whole almonds
- Sesame seeds,
- Coriander seeds
- Cumin seeds
- Dried thyme
- Salt & pepper
- Fresh asparagus

Toast the almonds, sesame seeds, coriander & cumin seeds in a dry non-stick pan for a few minutes, stirring frequently. Toss all ingredients from pan into a food processor along with some sea salt & pepper and thyme. Whizz in the processor for few minutes until fine.

Coat the chicken in the lightly beaten egg white and then coat with the crunchy seedy mix.

Transfer chicken to a non-stick pan with some peanut oil and lightly fry the chicken, evenly on both sides. When cooked slice the chicken into pieces.

Serve the salsa on a plate and top with sliced chicken pieces and some steamed asparagus. Enjoy!!



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Debbie's

Sticky Date Pudding

pudding

- 1 cup (185 g) chopped pitted dates
- 1 tspn bi-carb
- 90g butter, softened
- 1/2 cup (115g) firmly packed soft brown sugar
- 2 eggs, lightly beaten
- 1 tspn vanilla essence
- 1 1/2 cups (185g) SR flour



Preheat the oven to moderate 180 degrees.

Either brush a deep 18cm sq cake tin or

use patty pans in a muffin tray for individual serves. Put the dates & soda in a heatproof bowl & add 1 cup (250ml) boiling water. Stir & leave for 15 mins.

Using electric beaters, beat the butter & brown sugar until light & creamy. Beat in the eggs gradually. Add the vanilla essence. Fold in half of the sifted flour then half of the date mixture. Stir in the remaining flour & dates, mixing well.

Pour into either the prepared tin & cook for 50mins or until cooked when tested with a skewer or patty pans for 20mins or until cooked etc.

Leave the pudding/s in the tin or tray for 10 mins before turning out. Serve warm with the hot sauce & praline.

Sauce

- 1 cup (230g) firmly packed soft brown sugar
- 1 cup (250g) cream
- 90g butter
- 1/2 tspn vanilla essence

To make the sauce, put the sugar, cream, butter & vanilla in a pan & bring to the boil while stirring. Reduce the heat & simmer for 5mins.



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Debbie's

Sticky Date Pudding (continued)

Praline

- 1/2 cup castor sugar
- 1/4 cup almond slivered

For the almond praline, combine sugar and 2 tablespoons water in a saucepan over medium heat and cook caramel without stirring, swirling pan, until deep golden. Scatter almonds onto a baking paper-lined oven tray, pour over caramel and cool until set. Break praline into pieces.



As you can see in this pic, I have served it up with dry roasted almond slivers on a smear of cream with another dollop of cream on the side to try to cut the sweetness a bit. Just a bit haha. I hope you all enjoy this and have as much success with it as I have. It has never failed me so far.



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Dale's

Pumpkin Scones

- 1 cup of cooked pumpkin
- 2 cups of SR flour
- 1/2 cup of sugar
- 2 tablespoons of butter or marg
- 1 egg

This is my husbands Nan Mac's recipe, I am not allowed to go to any family gatherings without supplying pumpkin scones, I have now got my mates at worked hooked on them.



Cook pumpkin and leave to cool (preferably cook the day before) cream sugar and butter add egg and mix well add flour and pumpkin and mix to stiff dough (dont over mix leave some lumps)

Place table spoon size or larger dollops on a greased tray and sprinkle top with a little extra sugar.

Bake in a very hot oven (220 - fast) for about 12 minutes the timing will depend on the size of the scones.



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Wendy's

Amazing Crab Dip

- 1 loaf of crusty bread
- 2 pkgs Philadelphia cream cheese
- 1 cup grated cheddar
- 1 cup mayonnaise (S&W works best)
- 2 tsp dill weed
- 1/4 cup chopped onion
- 1/2 cup crumbled bacon
- 1 tin crab meat
- 1/4 cup chopped spinach



I make this dish for parties and have kept the recipe a secret until now. I am very reluctant to share it, but figure for the

chance to win a new kitchen, I'll do it. Every person that has ever tried it has loved it & many have asked for the recipe, but I wouldn't share it. It's called crab dip and here is the recipe:

Cut top off bread & remove bread from the centre in chunks. Mix ingredients & fill bread. (I usually soften the cream cheese in the microwave just slightly).

Put top back onto bread & wrap in foil. Bake at 180 for 2 hours.



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Sue's

Decadent Berry Trifle

- 500g frozen mixed berries
- 150 g sponge finger biscuits (Savoardi) roughly broken into 10 cm pieces
- 1/3 cup (or more!) Grand Marnier or Cointreau
- 1 carton (500ml) dolloping custard
- 250g Mascarpone cheese at room temperature
- ½ teaspoon vanilla essence
- 1 carton (300ml) whipping cream
- 50g crushed meringues



To die for. Very easy and extremely yummy! So easy ANYONE can make it!

Mix frozen berries and alcohol in a medium bowl.

Sprinkle 1/3 of the berries over the base of a large glass serving bowl. Place ½ of the broken biscuits in the bowl on top of the berry mix. Sprinkle with another 1/3 of the berry mix, then layer the rest of the biscuits and finish with the rest of the berries.

Dollop on carton of (thick) custard as the next layer.

Beat whipping cream and vanilla essence until thick and peaks form. Gently beat mascarpone cheese (do not overbeat as it will curdle), then fold into cream. Add crushed meringues into the mix.

Spread over custard.

Decorate with strawberries and any or all of almonds, coconut, grated chocolate.

To decorate: Toasted almond flakes OR toasted slivered almonds OR toasted shredded coconut crumbled Flake (or grated chocolate) OR extra strawberries OR some OR all!

NB: Frozen berries and alcohol thaw and create a juice which will soften the biscuits.

Serves 6-8. Preparation: less than 30 minutes + 3-4 hours to chill.



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