



# HOW TO COOK

## Newsletter

### Recipe of the month

#### Katafi Cheese Rolls

##### Ingredients

- |  |                     |
|--|---------------------|
| 4 tablesp butter + extra for greasing                        | 2/3 cup milk        |
| 4 eggs   | 2/3 cup heavy cream |
| Pepper   |                     |
| 450gms feta cheese   |                     |
| 400gms grated kaseri, gruyere or gouda cheese                |                     |
| handful of baby spinach leaves                               |                     |
| 50gms ham  |                     |
| 1 tablesp parsley  |                     |
| 800 gms kataifi pastry                                       |                     |
| 4 tablesp corn or canola oil (high flash point& unflavoured) |                     |

##### Method:

1. Grease an oven proof dish, with butter and set aside
2. Lightly beat 2 of the eggs in a bowl
3. Season with pepper and stir in the cheeses . Add parsley and ham
4. Tease out the kataifi pastry and divide into 20 to 25 long sections
5. Keep pastry covered with a damp tea towel to keep moist
6. Take the section of kaitafi and pat gently between your palms. Use 1 or 2 spinach leaves
7. Place 1 tablesp cheese mixture on it and fold into a ball or roll
8. Continue until all pastry and filling is used
9. Place in a prepared dish close together
10. Heat 4 tablesp butter and canola oil together
11. Pour 1 teasp over each roll
12. At this point you can wrap and freeze till required
13. One hour before baking, beat together milk, cream and eggs
14. Pour over rolls and stand for 1 hour to absorb liquid
15. Preheat oven to 175C
16. Bake 35 to 40 mins till golden brown.

### NEW!! Products

Mad Millie

#### Mad Millie Cheese Kits

Make your own cheese! Kits from \$34.95

[View the brochure](#)



How To Cook & Mad Millie will host a cheese making Demonstration Friday May 6th @ 10am. Don't miss it!

### A Freckleberry Mothers Day

Freckleberry and How To Cook are giving away a special treat for Mothers Day.

The hand-made chocolate Freckle letters "MUM" are valued at \$20 and make a great cake toper or cute present.



How To Cook sells Freckleberry letters & numbers, boxed confectionery like chocolated coated raspberries and giant jaffles, freckles & beans.



Not only is this chocolate yummy - it's also lots of fun. To enter the draw for the Mothers Day prize, drop into How To Cook and put your name on an entry form in-store.

### Cake Decorating News

#### Limited space left in new course

The new Wilton Method Course 2: Flowers and Cake Design has proved popular with only two spaces left in this month's class. Starting Monday, May 16, the four week course includes hands on tuition, basic cake decorating kit and instruction booklet.

Course 3 has also been revised, please visit the How To Cook [website](#) for the updated schedule, new and improved courses, and a full description of the new courses and costs.

#### Saturday Cake Decorating Demos

Due to the popularity of cake decorating, How To Cook will start Saturday demonstration days from July this year.

Specifically designed to feature kids birthday cake making and the new products which come in weekly, the demonstration is \$20/ person and includes coffee, cake & take home recipes. Full schedule to be released on the website in coming weeks!



#### Help wanted

In preparation for the Cake Decorating Demonstrations, Iris needs help creating the hand-outs and recipes. If you have great word processing skills (ie can type and format a document quickly). Please contact Iris on 07 5443 6210.



HOW TO COOK  
Kitchen & Food Emporium

#### OPEN:

8.30am to 5pm Monday-Friday  
8am - 4pm Saturday  
[www.howtocook.com.au](http://www.howtocook.com.au)



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### Another delightful night

Our April Night of Gourmet Delights was a roaring success and more than 200 guests came to sample the delicious products we have in stock. Some of the favorites on the night included Christies Organic Ginger Syrup with hard or soft cheese and Foie Gras served on biscuits with fig jam! We also learnt about the health benefits of Himalayan salt ( a pink salt). The next tasting night has already been set by request for the first Tuesday in August. Below are some of the amazing products which we showcased last month!

#### Christies Organic Ginger Products



Sweet Ginger — Diced ginger in sweet syrup  
Ginger Sauce — Full bodied sauce with zing  
Ginger Syrup — Clear syrup, smooth flavour



#### Posh Pate From \$7.99

- Bacon and mushroom
- Orange liqueur
- Green peppercorn
- Duck and cracked pepper
- Duck and orange

#### Paradise Beach Purveyors Dips from \$8.99

- Chilli crab
- Tzatziki
- Pesto swirl
- Orange and pomegranate hommus
- Char grilled red pepper pesto



#### Segretti Dips from \$8.99

- Smoked tomato
- Green olive tapenade
- Blue cheese and walnut
- Marinated balsamic baby octopus

#### New French Products - Labeyrie

Confit de cunard du sud-ouest \$22.99  
Bloc de Foie Gras de canard \$34.99  
Dried Mushrooms \$8.99



Welcome to the new How To Cook Club members! This month 114 people joined our Club and more than \$150 in vouchers were cashed. We love that the program is a success and look forward to seeing you in the store again soon.

### Home -made goodness

How To Cook make beautiful home-made meals which are available for take-away.

All our meals are made in the kitchen at How To Cook from natural, seasonal ingredients and slow cooked to seal in the wonderful aromas and nutrients of our hearty recipes. We guarantee that there are no preservatives in our meals and they are perfect for young & old! Our menu includes:

#### SOUPS

- Broccoli or broccoli and zucchini....varies daily
- Harira (vegetable soup flavored with saffron)
- Cauliflower and horseradish
- Pumpkin, sweet potato and pear
- Pumpkin and bacon
- Chicken and vegetable
- Lamb shank soup
- Pea and ham
- A daily special soup

#### PASTA SAUCES

- Bolognese sauce
- Neapolitan sauce
- Mushroom sauce

#### MEAT DISHES

- Moroccan chicken
- Moroccan lamb
- Lamb curry
- Beef curry
- Beef in red wine



How To Cook even has fluffy, tasty cooked rice ready to eat and sell boxes of instant Cous Cous for a fast easy meal accompaniment. For orders over \$50 How To Cook will deliver free to residences in the Alexandra Headlands, Mooloolaba, Maroochydore and Cotton Tree area. **Ph 07 5443 6210 to order.**

### Ask Iris

**Q:** How do you cook a Pork Roast?

**A:** Rub scored skin with oil then rub lots of salt on it and put into a very hot oven...about 210C for about 30 mins. Turn temp down to about 160C if you plan to cook for 2.5 or 3 hours or cook for 30 mins per kilo at about 180C. Turn up oven to 210C for last 20min of cooking time to crisp up.

Check out this 24hr Roast Recipe



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