



# IT'S ALL ABOUT THE FLAVOUR

---

*Recipes for summer flavours by  
Chef Dominique Rizzo*  
[www.dominiquerizzo.com](http://www.dominiquerizzo.com)



Hi fellow foodie, thank you so much for subscribing to my world of Food, Cooking & Travel.

Just for subscribing, here is a little gift of delicious recipes which I know will bring some amazing flavours into your kitchen and your cooking. Stay tuned for my fortnightly newsletter, my exciting new youtube channel, plenty more free recipes, details on my latest Food Tours and my New Cooking School, special discounts, cookbook giveaways and product offers coming straight into your inbox.

For as long as I have been hosting cooking classes, working in kitchens and hosting cooking demonstrations there is one saying that I am renowned for repeating "Its All About the Flavour" meaning no matter if its the most simplest of recipes, a throw together of ingredients or just tipping a bag of leaves into a bowl, what makes us love food so much and the difference between a winning combination and not.. are the flavours you add to the dish that take it from bland to amazing. Here are some tips and recipes to create those amazing dishes.



## Sicilian Seafood Salad

I love this Sicilian Seafood Salad and after eating many variations and enjoying it all over Sicily I still can't get enough of this fresh light salad.

Serves 6-8

Salad Ingredients:

2 tbsps. olive oil

1 clove garlic, sliced

400g mussels, cleaned and bearded

400g clams 500g raw prawns, peeled and cleaned

250g fresh calamari, cleaned, sliced into rings and tentacles kept

50g green olives, pitted and sliced

2 cups of young celery leaves

1 small red onion, thinly sliced

1/3cup flat-leaf parsley, finely chopped

Dressing Ingredients:

1 long red chili, finely chopped

1 tbsp. lemon juice

¼ cup virgin olive oil

2 tbsps. salted capers, rinsed and chopped

Salt and pepper

Soak fresh clams, Vongole in Sicily, in cold water for 2 hours, changing the water 4 times. Alternately you can buy these freshly cleaned and in cryovac bags ready to use. Heat the olive oil in a large heavy-based saucepan over medium heat then add the garlic, mussels, clams, prawns, and calamari and cover with a tight-fitting lid.

Cook the seafood for 6 – 8 minutes or until just cooked, tossing the pan every 2 minutes. The prawns should change colour and the mussels and clams should have opened. Remove the seafood, then strain the pan juices and reserve ¼ cup. Remove the mussel and clam meat from the shells and discard the shells, then transfer all the seafood to a large bowl.

Add the olives, celery, onion and parsley. Combine the ingredients for the dressing adding a couple of tablespoons of the seafood cooking liquid. Add this to the salad adjusting the seasoning if necessary and gently toss to mix. Cover with the plastic film set aside in the refrigerator for at least ½ an hour for the flavours to come together. Sometimes I will add boiled potatoes to the salad, an addition that really makes this a meal. Like a true Sicilian, this is best served with crusty bread and a glass of white wine.

## Spicy Chicken Tacos with Avocado, Feta & Red Onion Coriander Salsa

These are an easy chicken taco recipe filled with simple clean ingredients. It takes less than 30 minutes to make and even less to eat. Packed with flavour these are perfect for the whole family. Prep time 15 minutes Cooking Time 15 minutes

Servings: 4 -6

2 large chicken breasts, cut into bite-sized pieces or the meat of 1 roast chicken  
1 small onion, chopped  
2 tbsp chopped tinned jalapeno peppers  
4-6 cloves garlic, minced  
2 tablespoons olive oil  
1 tablespoon tomato paste  
2 teaspoons chili powder  
1 teaspoon cumin  
1/2 teaspoon smoked paprika  
salt, pepper, and cayenne pepper to taste  
juice of 1/2-1 lime  
100g feta cheese  
2 avocados, smashed with a squeeze of lime and some seasoning  
finely diced red onion and chopped coriander for garnish  
flour or corn tortillas

In a large frypan brown the \*raw chicken pieces, onion, peppers, garlic, and olive oil over medium heat until chicken is cooked through. Add tomato paste, chili powder, cumin, smoked paprika or chipotle, salt, pepper, cayenne, and lime juice. I sometimes will add 1/4 cup of water or chicken stock to make it a little saucy. Cook for 3-4 minutes, cool then serve. ( if you are using cooked shredded chicken, cook all the spices with the onion, peppers, garlic and tomato paste, until the onions have softened. Add in a little water and cook for a further 4 minutes.



### **Pineapple, Lime and Vanilla Cordial**

I have always been a huge fan of blending wonderful fruits and spices together to make exotic cordial blends. Here are two of my favourite cordials which I use to serve in my restaurant. They were so popular either served with soda, a splash in an iced tea or in our cocktails and they make great Christmas gifts.

4 pineapples – peeled and diced  
8 limes zested and juiced  
400g caster sugar + 300ml water  
1 tsp vanilla bean paste or 2 vanilla beans

Place the diced pineapples into a blender and blend until pureed. Pour the pureed pineapple into a saucepan and add in 3000 ml of water and bring to a boil. Simmer for 5 minutes then strain, pushing out as much of the juice as you can from the pulp. – Keep the pulp for muffins, or for adding to your smoothies. Place the strained juice back into the pot, add in the sugar, lime juice, zest, and vanilla bean paste/seeds. Stir until sugar has dissolved. Allow simmering for a further 10 minutes until all the sugar has dissolved. Remove from the heat and allow the syrup to cool before storing in the fridge.

### **Strawberry and Rose Cordial**

This simple and beautiful pink rose and strawberry cordial captures the essence of roses in a sweet syrup that's perfect for kids sodas or mixed drinks for the adults. This recipe makes somewhere between 3 and 4 cups of cordial, depending on how well you strain and how juicy your fruit is.

500g strawberries washed and hulled  
2 cups rose petals tightly packed for measuring  
2 cups of water  
2 cups of sugar  
2 tbsp citric acid  
1 tbsp lemon juice  
1 orange sliced thin

With a potato masher or fork crush the strawberries until they are reasonably broken up. Bring water and sugar to a boil in a saucepan and then remove from heat. Stir to fully dissolve the sugar. Add the remaining ingredients into the sugar and water syrup. Stir to distribute, and allow to infuse for 24 hours. Pour the mixture through a fine-mesh strainer and bottle. I like to store mine in the fridge but if you wish to sterilize a bottle you can hot fill a bottle and then seal it, keeping the cordial in your pantry.





## **Greek Lamb souvlaki sticks with toasted pita and cucumber, lettuce and feta salad**

In just three easy steps you can turn your everyday lamb mince into something quick and delicious.

Serving Size: 4

Difficulty: Easy

Time Prep time: 30 minutes      Cook time: 15 minutes

500g lamb mince

1 small onion, roughly grated

1 garlic clove, crushed

Large handful fresh flat-leaf parsley and fresh mint, finely chopped

Salt and pepper

Olive oil, for cooking

4 small pita bread, grilled

A good squeeze of lemon juice

2 tbsps. olive oil

½ cup Greek yoghurt

2 small cucumbers, chopped

1 head iceberg lettuce chopped

3 tbsps. chopped dill

200g feta, crumbled

2 large tomatoes, diced

Extra parsley and mint for garnish

Extra-virgin olive oil, to garnish

Soak 8 wooden skewers in cold water for 30 minutes. Meanwhile, mix the lamb, onion, garlic, herbs and seasoning in a large bowl. Using wet hands shape the lamb mixture around the soaked skewers and set them in the fridge for 20 minutes. Combine the lemon juice with the olive oil, yoghurt then stir in cucumber, lettuce and crumble in the feta, season with salt and pepper and set aside. Heat a pan over a moderate temperature and toast the pita bread. Keep them warm then fry the lamb souvlaki in a small amount of oil for 3-4 minutes on each side, until cooked and lightly charred. Spread some of the feta yoghurt and cucumber salad onto the pita, top with the lamb garnish with the tomato and herbs.



### **Sorrel and Chive Butter**

A tasty Sorrel and Chive Herb Butter which can be used to enhance the flavour of pasta and cooked fish, meat and vegetables.

1 bunch sorrel leaves

Around 10 chive stems

100 g salted butter (ideally, room temperature)

1 clove of garlic

Black pepper to taste

Finely chop the sorrel and chives and chop the garlic clove finely. Add the sorrel, chives and garlic to a food processor along with the softened butter. Blend until smooth, adjust seasoning.

Put the Sorrel and Chive Herb Butter into the fridge, wrapped in cling-film, until you wish to use it. It will keep in the fridge for around two weeks and can also be frozen if you wish to keep it for longer as it will last for around three months in the freezer.

#### **Notes**

There are so many uses for Sorrel and Chive Herb Butter – it adds zest and flavour to a great many dishes – but some of my favourites are as follows:

Add on top of grilled meat or fish just prior to serving. It will melt and release all its butter flavour.

I think Sorrel and Chive Herb Butter is particularly good with grilled chicken and with grilled salmon, prawns or scallops. Try the butter with your favourite vegetables such as grilled asparagus, zucchini sauteed in the butter with broccoli is just delicious.

Stir into cooked pasta, rice cous cous or quinoa to make a quick and tasty side or stir it through your zucchini spirals for an easy spaghetti sauce

Spread on some crusty bread and just eat it as it is or add some tangy cheese.



## Luxury Irish pudding with sticky pan peaches and caramel sauce

A spectacular festive dessert doesn't have to take you hours. The best thing about this recipe is it's all in the pudding, and that's done for you.

Serving Size: 8

- 1 store bought Christmas Pudding
- 1 cup granulated sugar
- 1/4 cup water
- 1/2 cup heavy cream
- 2 tablespoons bourbon
- 1/2 teaspoon sea salt
- 1 tbsp. olive oil
- 2 tbsps. unsalted butter
- 4 ripe but firm peaches, sliced in half + pits removed
- a pinch salt
- 1/4 cup loosely packed brown sugar

Heavily press the cut side of the peaches into the combined salt and sugar and bring the olive oil and the butter to heat in a heavy based pan. Place the peaches flesh side down into the butter and leave them for about 8 minutes to really caramelize and turn a dark golden colour. Sprinkle in a little more of the sugar and turn the peaches over cooking them for another 5 minutes. Remove them from the pan and set them aside. Pour the sugar and water into the same pan and bring to a rapid simmer over medium heat swirling the mixture until the sugar dissolves. Without stirring, lower the heat and let the mix simmer until the colour changes to a golden brown, about 5-8 minutes. Turn off heat and slowly stir in the cream until it combines, add in a pinch of salt and set aside until needed. Heat the pudding as recommended on the pack, slice and serve with a peach half and some of the warmed caramel sauce.

## Roast chicken, cinnamon fried pumpkin, and spinach salad with raspberry vinaigrette

Leftover roast chicken is ideal for this delicious, quick salad with slices of fried pumpkin and a tangy raspberry dressing, a perfect addition to your summer table

800g jap pumpkin, peeled and sliced into 2-3mm thick slices

3 tablespoon olive oil

½ teaspoon cinnamon

1/2 cup walnut pieces

500g shredded roast chicken

100g spinach and rocket salad mix

100g goat's cheese

200g fresh raspberries

3 tablespoons olive oil

3 tablespoons apple cider vinegar

2 teaspoons maple syrup

. Heat a frypan over moderate temperature and add in the oil. Fry the slices of pumpkin for 2-3 minutes on each side sprinkling them with a little cinnamon and cook until golden, set aside on the plate.

Layer the cooked sliced pumpkin into a platter, top with the shredded cooked chicken, walnut pieces, the spinach and rocket and crumble in the goat's cheese. For the vinaigrette, smash 50g of the raspberries into a bowl and add in the olive oil vinegar, vinegar and the maple syrup, season with salt and pepper and stir.

Pour this over the salad garnishing the salad with the remainder of the raspberries.

Substitute Ingredients:

- Fresh berries are always best, but out of season, frozen are a perfect addition and come in handy for baking, smoothies, and cooking.
- A perfect salad that uses up your leftover roast chicken, this will also work with sliced roast lamb or turkey, even ham would be perfect
- Strawberries and blueberries make a delicious tang to the salad as well as added some wonderful colour and health benefits.



## **Honey roast strawberries, cucumber and feta panzanella salad with radish, pear and radicchio**

Serves 4-6

Difficulty- easy

Cooking time- 20 minutes

2 punnets of strawberries

3 tablespoons of honey

2 cucumbers, cut in half, deseeded and sliced

4 radish thinly sliced

1 small radicchio, leaves separated

1 pear, thinly sliced

100g feta cheese

300g sour dough, roughly torn into chunks

3 tablespoons of olive oil

60ml of olive oil extra

30ml of red wine vinegar

Salt and pepper

Preheat the oven to 230c

Remove the stalk from the strawberries and place them onto a baking tray lined with baking paper, drizzle over the honey and bake the strawberries for 5 minutes. Remove the strawberries from the oven and pour the juice from the strawberries into a small saucepan, place the tray back into the oven for another 5 minutes until the strawberries are slightly browned. Pour any excess juice into the same pot and allow the strawberries to cool on the tray. Place the pot onto the stove over a moderate heat and simmer until you have about 120ml almost  $\frac{1}{2}$  a cup of strawberry honey syrup.

Combine this with 60ml of olive oil, red wine vinegar and season to taste with salt and pepper.

For the toasted bread, toss the chunks of sour dough in the 3 tablespoons of olive oil and toast in the oven until golden about 4-5 minutes, turn them so that they are all toasted and crunchy.

To assemble the salad, onto a large platter, layer the cucumbers along with the toasted bread, radish slices, radicchio leaves and the sliced pear. Then scatter over the roasted strawberries, crumble over the feta and spoon over the strawberry honey dressing.





## Mango, lime and coconut cream mousse

This mousse is utterly delicious, quick to prepare and good for you too. Bring a little bite of Tropicana into your kitchen using a few simple fresh ingredients; the best thing about this recipe is that nature has done all the work for you.

Serving Size: 6 depending on the size of the servings

Difficulty: Easy Prep time: 30 minutes plus chilling

2 large mangoes, peeled and diced

Zest and juice of 1 lime

1/3 cup pure icing sugar sifted

1 tablespoon of gelatine powder

¼ cup hot water

2 x 400ml tins of coconut cream to yield about 2 cups of thick pure coconut cream

1 extra lime, mango, and passionfruit for garnish

A good handful of mint

Refrigerate the tins of coconut cream for 30 minutes until chilled. Place the diced mango, lime zest and juice, and the icing sugar into a food processor and blend until smooth.

Dissolve the gelatine in the hot water and whisk to combine, then whisk this into the mango and lime mix.

Remove the coconut cream from the tins leaving behind the coconut water and whip this in the bowl of a mixer on medium speed, then increase the speed to high and continue to whip until the cream is fluffy and creamy. Fold the coconut cream through the mango and lime mix and then spoon into glasses or jars for serving. Garnish with a salad of extra sliced mango, lime segments, passionfruit, and mint leaves and coconut chips.

Substitute Ingredients:

- Lemon juice will also work in this recipe and the mousse can be garnish with a combination of different fruits.
- Banana and mango is also another fantastic combination.
- Use toasted macadamia nuts, flaked almonds or your favourite nuts for extra crunch and texture.

## Prawn and avocado cocktail tarts with fresh basil

Nothing cries summer more than the combination of fresh prawns, avocado and a creamy zesty dressing and what's really special about this recipe is that once the tarts are cooked your work is virtually done. The filling can be put in place moments before serving.

Serving Size: 6

Difficulty: Easy Prep time: 30minutes Cook time: 15 minutes

6 large slices of good quality white sliced bread

4 tablespoons parmesan cheese

¼ cup chopped parsley

2 tablespoons butter

500g fresh cooked prawns

1 small cucumber, peeled into ribbons

1 small curly leaf lettuce, leaves picked

Juice and zest of 1 lime

3 long shallots, finely sliced

½ tablespoon of white vinegar

2 tablespoons mayonnaise

½ tablespoon olive oil

5 basil leaves, finely chopped

1 avocado finely dice and tossed with ½ lemon juice to prevent browning.

Salt and pepper

Preheat the oven to 190c. In a food processor combine the bread, parsley and the parmesan until crumbs. Melt the butter and pour this into the bread mixture. Using an egg ring, form rounds of the bread mix onto baking paper on a tray about 1cm high and then bake for 15 minutes or until golden. Set aside to cool.

Wrap each prawn with a ribbon of the cucumber and set aside in the fridge. Place the lime juice and zest, shallots, white vinegar, mayonnaise, and the olive oil into a bowl and combine, stir through the diced avocado and season with salt and pepper.

To serve place a tart base onto the plate, top with a piece of lettuce and then some of the avocado salad, sit a couple of prawns on top and garnish with the thinly sliced basil. Serve straight away.

Substitute Ingredients:

- Use pre-bought tart bases or make your own from shortcrust pastry
- Add sliced cherry tomatoes or thinly sliced red capsicum for colour.



## Gluten-Free Pecan, Lemon and Almond Cake

You will need a loaf tin, mine measures 30cm x 12cm and 8cm deep. (12-inch pan) .The batter will also fit in a 9-inch loaf pan.

Please note cook times will vary if you are not using a regular loaf pan.

3/4 cup or 175 g softened butter

3/4 cup or 175 ml milk

1 1/2 cups or 290 g regular sugar

3 eggs (lightly beaten)

1 Teaspoon almond extract ( optional) you can use vanilla essence

1 cup or 100 g Plain / All purpose flour (sieved)

1 cup or 100 g almond meal

1 tsp baking powder

1/2 tsp salt

1 tbsp lemon juice

zest of 2 lemons

3/4 Cup or 110 g Pecans, chopped plus extra for garnish

1 tbsp honey

Heat oven to 160C, Gas 3, 300F. Grease and line your baking tin.

Get all your ingredients ready, sieve the flour, and add the salt and baking powder to the flour and also the ground almonds.

Start with making the cake batter by creaming the butter and sugar until a pale light colour. Add the almond extract if using. Slowly add the beaten eggs to the mixer, on a low-speed setting, a bit at a time. If the mixture starts to curdle or split, add a spoonful of your sieved flour, keep on adding the eggs, and a bit of flour if necessary until all the eggs are added.

Add half the milk with half of the flour mixture, keeping the mixer on a slow speed. Once combined, add the rest of the milk and flour. Finally, add the pecans and make sure they're all distributed. Add in the lemon zest and the juice and mix to combine

Transfer the cake mixture to the greased and lined loaf tin then place in the oven for 1hr and 20 minutes. Brush the top with honey and garnish with extra chopped pecans. \*\*\*\*\* Please note, if using a Bundt tin, cook time is 1 Hour 10 minutes.

Test after 1 hr 10 minutes if the cake is done by inserting a skewer into the thickest part. If it comes out clean, it's ready! Every oven is different and so cook times will vary a little.



# *Don't Dream About Travelling Just Do It!*

Enquire now about my Bespoke,  
Small-Group  
Food & Wine & Culture Tours  
Travelling to Puglia, Sicily, Spain,  
Sardinia & Corsica

Women Only Tours to Morocco  
&  
Holistic, Relaxation and  
Rejuvenation Tours  
to Norfolk Island

[www.dominiquerizzo.com](http://www.dominiquerizzo.com)  
[info@dominiquerizzo.com](mailto:info@dominiquerizzo.com)

