

# Creations

by Kitchen Studio





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## Kitchen Studio

Kitchen Studio is a creative collaboration between talented foodies. We're a team who specialise in: Recipe Development, Food Styling, Photography and Design.

This book is to share our creations with our families, friends, clients, colleagues and fellow foodies, we hope you enjoy our labour of love and share the passion.

The KS team.

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Smoked Salmon Salad





# Smoked Salmon Salad

***Serves 4***

**1 bunch of radish, sliced thinly**  
**3 cups of baby spinach**  
**1 cucumber, sliced thinly**  
**200g smoked salmon, torn into pieces**

## ***Dressing***

**1 fresh lemon, squeezed**  
**2 tablespoons of dill, chopped**  
**10 tablespoons of extra virgin olive oil**  
**Salt & pepper to taste**

1. Place lemon juice, olive oil and dill in a bowl. Whisk together and season with salt & pepper
2. Put radish, cucumber, baby spinach and salmon in a bowl, toss with dressing
3. Place on a platter, garnish with extra dill

**Tip:** Add avocado for an extra rich taste. Alternatively, fresh salmon slice can be used instead of smoked salmon. For an adult indulgence, serve with a crisp white wine.



Zesty Barbecue Prawns





# Zesty Barbecue Prawns



## **Serves 4**

**12 fresh large prawns, peeled and deveined, tail left on**  
**2 teaspoons of vegetable oil**  
**2 limes, 1 lime for juice and zest and 1 lime for garnish**  
**2 cloves of garlic, crushed**  
**1 teaspoon of ginger, crushed**  
**½ bunch coriander, roughly chopped (½ for marinade, ½ for garnish)**  
**½ punnet of cherry tomatoes**  
**2 tablespoons of spring onions, chopped**  
**Salt & pepper, to taste**

1. Place prawns, oil, lime juice and zest, garlic, ginger and coriander in a bowl and toss well
2. Place onto a hot flat grill, add tomatoes and season with salt & pepper. Turning occasionally and barbecuing until just cooked
3. Place onto a platter and garnish with chopped coriander, spring onions and lime

**Tip:** Add some chopped chilli for extra spice.



## Moroccan Spiced Cauliflower





# Moroccan Spiced Cauliflower

**Serves 4-6**

**1 medium sized cauliflower**

**1 can of chick peas, drained and rinsed**

**110g of blanched almonds**

**1 tablespoon of moroccan seasoning**

**(1 teaspoon of each ground turmeric, ground cumin, ground ginger, salt & pepper. ½ teaspoon of each ground coriander, ground allspice and ground cloves)**

**4 tablespoons of olive oil**

**¼ bunch coriander, roughly chopped**

1. Preheat oven to 180°C
2. Take green leaves off cauliflower and set aside the smaller ones in a bowl of water, cut cauliflower into large chunks
3. Place in a bowl, add chickpeas and almonds, season with moroccan seasoning, drizzle with olive oil and toss
4. Place mix onto a roasting tray and roast in the oven for 20–30 minutes, check and turn occasionally
5. Drain cauliflower leaves, shake off any water and place onto the edge of a shallow serving bowl or plate. Place roasted cauliflower onto the leaves and sprinkle with coriander

**Tip:** Squeeze over some fresh lemon juice, add some crumbled feta or goats curd.



Glazed Pork Belly Wrap





# Glazed Pork Belly Wrap



**Serves 6 (two per serve)**

**1kg of pork belly**  
**4 garlic cloves**  
**1 tablespoon of peppercorns**  
**¼ cup of soy sauce**  
**1 cup of squeezed orange juice**  
**2 tablespoons of orange zest**  
**½ cup of brown sugar**  
**1 apple, julienne**  
**1 cucumber, julienne**  
**1 chilli, chopped**  
**1 tablespoon of sugar**  
**2 tablespoons of vinegar**  
**1 teaspoon of salt**  
**120g of mixed baby lettuce**  
**12 mini tortillas or pita bread**

1. Put water in a pot and bring to the boil. Add pork belly, garlic and peppercorns. Cover and simmer over medium heat for 1 hour
2. While pork belly is cooking, place the orange juice, orange zest, soy sauce and brown sugar in a different pot and bring to the boil. Simmer for 20 minutes and set aside
3. Place apple, cucumber, chilli, salt, vinegar and sugar in a bowl and mix together. Set aside
4. Remove pork belly from pot and rest for 10 minutes. Slice into bite size pieces
5. Put the pork into the sauce and cook on low heat until sauce is reduced and thickened
6. To serve, place tortilla on a plate and layer with lettuce, pork and spicy apple mix
7. Wrap up with skewers and serve individually. Repeat to make 12 wraps

**Tip:** Use light soy sauce to reduce to saltiness. Alternatively, tortillas can be substituted with large lettuce leaves for a gluten-free option. It's a great starter, but can also be served as a main.



Cod Fillet with  
Red Curry Sauce





# Cod Fillet with Red Curry Sauce

**Serves 4**

**800g Cod fillet with skin on  
(cut into 200g for each serve)  
2 teaspoons of ginger, grated  
1 lime, squeezed  
4 tablespoons of extra virgin olive oil**

## **Curry**

**4 tablespoons of red curry paste  
2 cans of coconut milk  
½ cup of fish stock**

**2 tablespoons of fish sauce  
2 lime leaves, thinly sliced  
1 capsicum, sliced  
¼ bunch of coriander  
1 cup of bean sprouts  
½ red onion, sliced  
4 cups of long grain rice, cooked  
Salt & pepper, to taste**

1. Marinate cod fillets with ginger, lime juice and olive oil for 30 minutes
2. Heat a large frying pan over medium to high heat. Place the cod fillet with skin side down for 3 minutes or until skin is crisp, turn over and cook other side. Set aside
3. In the same pan, add red curry paste and stir for about 1 minute or until fragrant
4. Add lime leaves and capsicum, cook for another 2 minutes
5. Gradually add coconut milk and stock, bring to the boil. Reduce heat to medium to low. Simmer for 3-4 minutes
6. Add fish sauce and season with salt if required
7. To serve, bed rice onto the serving platter. Place cod fillet on top and pour curry over. Garnish with bean sprouts, red onion and coriander sprig

**Tip:** Add your favourite veggies or chilli for extra curry flavour.  
For meat lovers, chicken breast fillets can be used instead of fish.







Roast Duck



# Roast Duck

**Serves 4**

**1 duck**

**1 large green apple**

**¼ bunch each of rosemary, thyme, oregano**

**1 teaspoon of sweet paprika**

**Salt & pepper, to taste**

**½ cup each of carrots, celery, leek  
and onion, roughly chopped**

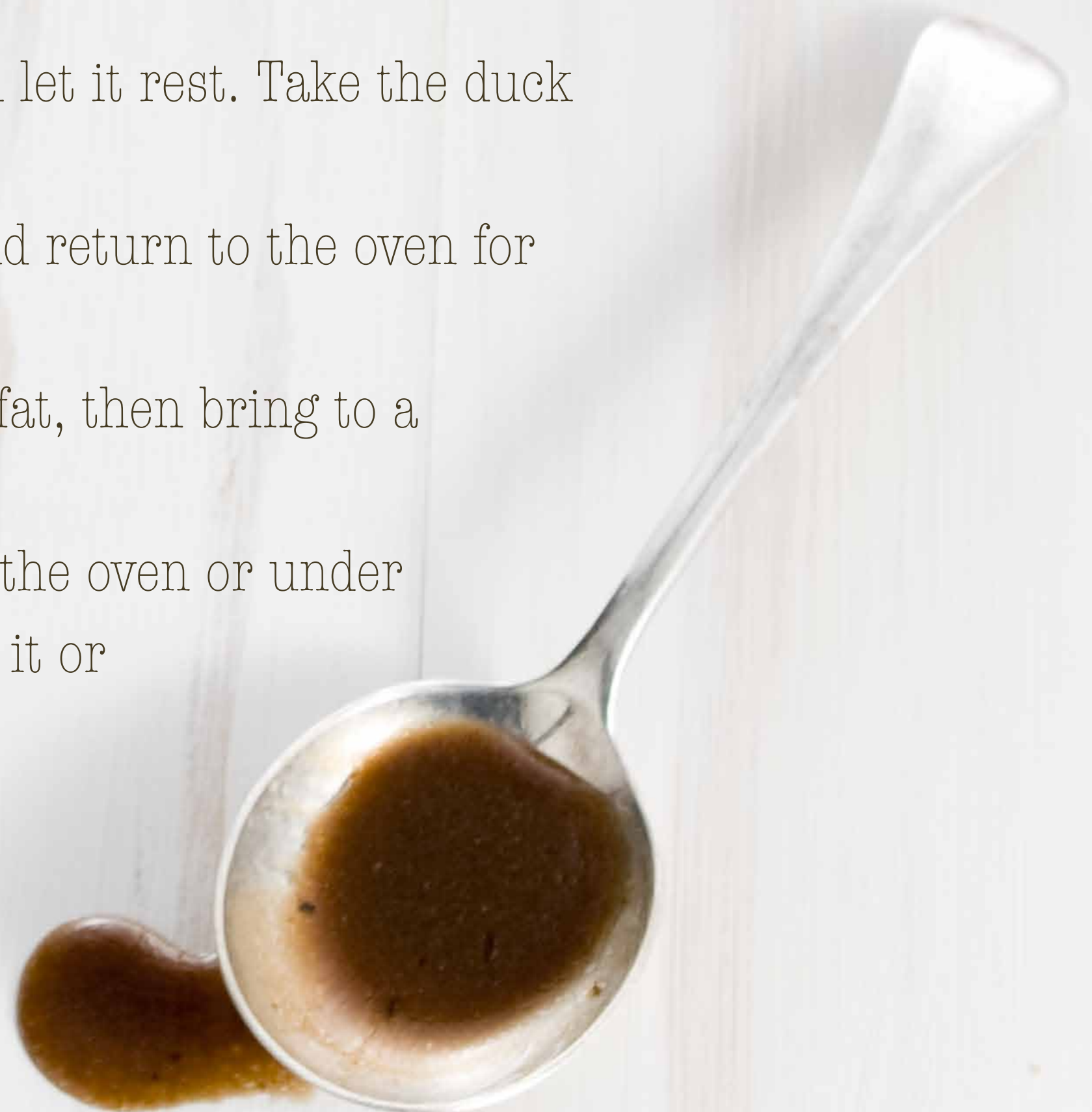
**2 bay leaves**

**4 garlic cloves**

**1 cup of red wine**

1. Preheat oven to 180°C
2. Rinse the duck inside and out under cold water and dry with paper towel
3. Wash the apple, cut into pieces (quarters or eighths) and place into the cavity, along with the herbs
4. Place chopped vegetables, garlic and bay leaves onto a roasting tray, place duck on top. Season duck with paprika, salt & pepper
5. Place tray in oven, cover the duck with aluminum foil and bake for 90 minutes, depending on the size of the duck and your oven, check occasionally
6. Add red wine to roasting pan, remove foil and continue to roast for a further 30-45 minutes or until fully cooked
7. Take out of oven, place duck onto a platter and let it rest. Take the duck breast off the bone and cut off the legs, set aside
8. Chop the carcass roughly, add to pan juices and return to the oven for another 30 minutes
9. Sieve pan juices into a clean pot, skim off the fat, then bring to a simmer and reduce by half
10. Place duck pieces onto an oven tray, place in the oven or under the grill to crisp the skin - be careful not to burn it or dry it out too much
11. Serve with the reduced pan juices

**Tip:** Great served with red cabbage slaw for casual dining.





Baked Camembert





# Baked Camembert

**Serves 4-6**

**1 200g-250g Camembert in a wooden box**

**1 small sprig of rosemary**

**Freshly ground pepper**

**½ teaspoon of smoked paprika**

**1 teaspoon of olive oil**

1. Preheat oven to 180°C
2. Take wrapping off cheese and return to wooden box. Pierce the top of the cheese a few times and place the rosemary into the cuts. Sprinkle with pepper and smoked paprika
3. Place in oven to bake for 15-20 minutes or until soft in the centre
4. Remove from oven, drizzle with olive oil
5. Serve with grilled sourdough bread, dried fruit and nuts or fresh pear







Spiced Panna Cotta



# Spiced Panna Cotta

**Serves 6-8**

**2 cups of fresh cream**

**1 cup of milk**

**150g of sugar**

**1 vanilla bean**

**4 cardamom pods**

**2 cinnamon sticks**

**4 cloves**

**1 orange rind**

**2 ½ teaspoons of powdered gelatin**

**or 2 ½ gelatin leaves**

1. Place cream and milk into a saucepan
2. With a small sharp knife cut the vanilla bean lengthways, scrape out the seeds from inside of the bean and add both to the cream and milk
3. Add sugar, cardamom pods, cinnamon sticks, cloves and orange rind to the saucepan
4. Bring to a gentle simmer while stirring occasionally for 3-5 minutes then set aside
5. Place 2 tablespoons of boiling water in a small heatproof bowl and sprinkle the powdered gelatin over the top
6. Bring a small saucepan of water to the boil. Remove from heat. Sit the bowl of gelatin on top and stir until dissolved. Set aside to cool a little then stir into the cream mixture
7. Alternatively soak the gelatin sheets in cold water until soft, squeeze out excess water then add to slightly cooled cream/milk mixture, stir until gelatin is dissolved
8. Set aside to cool then strain the cream/milk mixture into a large preserving jar (or an old jam jar), place into the refrigerator for at least 3 hours or until set
9. To serve, place jar onto the table for everyone to share, serve with fresh berries or poached peaches and garnish with chocolate shavings

**Tip:** To avoid Panna Cotta separating, keep mix to a simmer rather than boiling too fast. Cool down well before filling the jar. Place a ribbon around the jar for a great gift idea. For the ultimate adult indulgence add a good nip of rum or brandy too.



## Mini Pumpkin Doughnuts





# Mini Pumpkin Doughnuts

**Serves 6-8**

**1 ¾ cups of self raising flour**  
**1 ½ teaspoons of baking soda**  
**½ cup of brown sugar**  
**1 whole egg**  
**½ cup of milk**  
**¾ cup of pumpkin puree (¼ Japanese pumpkin, cooked and pureed)**  
**⅓ cup of apple sauce**  
**½ teaspoon of each allspice, nutmeg, cinnamon**  
**Pinch of salt**

## **Topping**

**¼ cup of butter, melted**  
**½ cup of sugar**  
**1 tablespoon of cinnamon**  
**2 tablespoons of pumpkin seeds, crushed**

## **Sauce**

**150g of white chocolate, chopped**  
**200ml of fresh cream**

1. Preheat oven 180°C. Grease mini muffin pan and set aside
2. Slice pumpkin and cook over the pan with a bit of water, blend and puree. Let it cool down
3. In a bowl, place allspice, cinnamon, nutmeg. Sift flour, baking soda and salt
4. In other bowl, whisk apple sauce, brown sugar, egg, pumpkin puree and milk until well combined. Slowly add dry ingredients to the liquid mixture and stir. Avoid over mixing
5. Spoon the batter into the muffin pan and fill up slightly near to the top.  
Makes approx. 38
6. Bake 10-15 minutes (once cooked, they will spring back when gently pressed)
7. Remove from pan and transfer to a rack to cool
8. While doughnuts cool down, heat up white chocolate and cream in microwave for 2 minutes, stir occasionally
9. Dip the doughnuts into melted butter and shake or roll in cinnamon sugar mix
10. Serve doughnuts with warm white chocolate sauce and sprinkle with pumpkin seeds

**Tip:** Sprinkle with your favourite nuts for extra crunch. Cinnamon sugar can be skipped, instead glaze with chocolate sauce. Enjoy with fruit tea for an afternoon tea party.





Tropical White Sangria





# Tropical White Sangria

***Serves 8 (one glass per serve)***

**1 bottle of white wine**  
**(crisp wine such as sauvignon blanc)**  
**2 cups of tonic water**  
**1 cup of white rum**  
**½ cup of squeezed lime juice**  
**2 teaspoons of white sugar**  
**1 peach, cut into small dice**  
**¼ pineapple, cut into small dice**  
**1 apple, cut into small dice**  
**½ bunch of mint leaves, roughly chopped**

1. Combine all ingredients (except tonic water) in a jar and mix
2. Refrigerate overnight or until flavoured (at least 2 hours)
3. Add tonic water and ice cubes just before serving
4. Serve in individual wine glasses

**Tip:** Great for an outdoor entertaining drink. Replace with seasonal fruits for ultimate taste. Same portion of white grape juice can be used instead of wine and rum for a kids drink (do not add sugar).







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