

The image shows the cover of a cookbook titled "Mountain Bread Cookbook". The background is a warm-toned photograph of a wooden table. In the foreground, a light blue plate holds a round, golden-brown mountain bread slice, dusted with powdered sugar, with a silver spoon resting beside it. In the background, three white ceramic bowls filled with a yellowish soup or stew are visible on a metal mesh trivet. The title "Mountain Bread" is written in a large, light blue, serif font, with a trademark symbol (TM) at the top right. Below it, the word "Cookbook" is written in a white, cursive font.

Mountain Bread™

Cookbook

50+
recipes

mountain bread, the healthy alternative.

The Mountain Bread™ range



Barley



Corn



Oat



Organic



Rice



Rye



White



Whole Wheat

mountain bread, the healthy alternative.



Serving Suggestion.

introduction



the mountain bread™ company is a story of success.

From its humble beginnings baking for family members, the demand from the Lebanese community soon saw commercial production commence in 1985. In order to meet further demand, improve the production process and maintain their stringent quality controls, the Mountain Bread™ company has just relocated to a purpose built facility with new state of the art equipment.

This unique bread was originally made in the mountains of Lebanon. Mountain Bread™ has soon become known throughout Australia as a unique, thin, soft textured flatbread using a traditional recipe that has been handed down through generations.

Mountain Bread™ broke into international markets in 1999, beginning in the US. It now successfully exports to the US, UK, Canada, New Zealand, South Africa, Fiji, Dubai and throughout Asia.

Mountain Bread™ had traditionally been used by the health conscious in wraps and as a bread substitute. Tradition however is being blown out of the water with these delicious new recipes featuring Mountain Bread™.

For further information and more great recipes, visit our website: www.mountainbread.com

Cover recipe:

Mountain Bread™ and butter pudding (page 58).

Recipes, photography, design and printing by:

Juggle Identity Solutions Pty Ltd.
Suite 7, 26-36 High St Northcote 3070
Phone: (03) 9347 9347
Email: sales@juggle.com.au

stockists

You will find Mountain Bread™ in Safeway, Woolworths, Coles, Bi-lo and all good supermarkets and health food stores. Our distribution network will also cater for your needs wherever you are. For a list of our international distributors, please refer to our website www.mountainbread.com.

new recipes

If you have a favourite recipe using Mountain Bread™ that you would like to share, send it to us at **Mountain Bread™ Recipes PO Box BOX 320, Brunswick VIC 3056 AUS** or email recipes@mountainbread.com. You may even see your recipe in circulation one day!



snacks & entrees.....4



light meals.....10



mains.....22



wraps.....40



vegetarian.....46



desserts.....52

index.....60

salmon and chive tarts (pictured)

- 200 gm pink salmon, drained
- 1 small bunch chives, sliced
- 100 gm goats cheese
- 1 egg
- ¼ cup cream
- ½ cup milk
- salt and pepper
- 3 sheets of Mountain Bread™

- 1 Pre-heat oven to 180c, and grease a muffin tray.
- 2 Blend salmon, chives and cheese together and set aside.
- 3 Combine egg, cream and milk with salt and pepper.
- 4 Cut the Mountain Bread™ into squares big enough to press into the muffin tins. This mixture is enough for 12 small or 6 larger tarts. In the bottom of the shells, put a spoon full of the salmon mix, and then pour over the egg mixture.
- 5 Bake in the oven for 15 minutes or until golden brown. Let sit for 5 minutes before serving. Garnish with a little goats cheese and salmon.

savory corn cakes

- 1 egg
- 1 cup creamed corn
- 1 large potato, grated
- 1 small zucchini, grated
- 1 rasher bacon, diced small*
- 3 sheets of Mountain Bread™, cut into 1cm x 1cm pieces
- salt and pepper
- 3 tbsp vegetable oil

- 1 Add all the ingredients except the oil together and stir until combined.
 - 2 Heat oil in a pan and reduce heat to medium. Place dessert spoon full of mixture into the pan. Cook for 2-3 minutes, turn and cook for a further 2-3 minutes. Remove and drain on kitchen paper before serving. Nice as a snack, or a side dish.
- *The bacon can be removed for a vegetarian dish.



garlic and herb chips (pictured)

- 4-6 sheets of Mountain Bread™, cut into 8cm triangles or squares
- 3 tbsp olive oil
- 2 tsp fresh chopped herbs of your choice
- 1 clove garlic, crushed

guacamole

- 1 ripe avocado
- ½ lemon, juiced
- ½ small Spanish onion, finely diced
- 1 tomato, finely diced
- 1 tsp Tabasco sauce

tzatziki

- 1 cup yoghurt, Greek style
- 1 clove garlic, crushed
- ½ cucumber, finely diced
- squeeze of lemon juice
- salt and pepper

- 1 Pre heat oven to 200c.
- 2 Blend ingredients together and brush over Mountain Bread™. Place on trays, but take care not to overlap the pieces. Place in oven for 5 minutes or until crisp then remove from the oven and place on cake racks to cool. Store in an air tight container.

guacamole

Mash avocado with fork and blend with the other ingredients.

tzatziki

Blend all ingredients.

sausage rolls

- 400 gm sausage mince
- 1 clove garlic
- 1 medium onion, finely diced
- ½ tsp curry powder
- 4-6 sheets of Mountain Bread™

- 1 Pre-heat oven to 180c.
- 2 Mix mince, onion, garlic and curry powder together well.
- 3 Cut Mountain Bread™ sheets in half. Place mince down one edge in sausage form. Brush edges with water and roll up firmly.
- 4 Cut into preferred size, and place onto lightly greased trays with the sealed edge down. Bake in oven for 15-20 minutes.



savoury pinwheels (pictured)

- 4-5 medium potatoes
- 1 small onion, finely diced
- 2 rashers bacon, diced
- 2 tsp parsley, chopped
- 4 sheets of Mountain Bread™
salt and pepper

- 1** Peel potatoes, place in a pot of water, bring to the boil, and simmer until tender. Drain and mash the potatoes.
- 2** Heat a pan and cook the bacon and onion until the onion is clear.
- 3** Spread a layer of mash evenly over each sheet of Mountain Bread™ leaving 3cm at one end. Sprinkle the bacon, onion, parsley, salt and pepper over the top. Roll up sheets, brush with water at the ends and press tightly to seal.
- 4** Cut rolls into 3cm pieces, lay flat onto greased tray and bake at 180c for 10 minutes or until slightly golden.

mushroom and macadamia triangles

- 8 sheets of Mountain Bread™
- 200 gm mushrooms, sliced
- 1 tsp butter or olive oil
- 2 spring onions
- 100 gm macadamia nuts, roughly chopped
- 3 tbsp evaporated milk or cream.
- 50 ml milk
- salt and pepper

- 1** Pre-heat oven to 180c.
- 2** Dry roast (no oil) chopped macadamia nuts for 10 minutes. Ensure you shake the tray every 3-4 minutes so that the nuts brown evenly.
- 3** Melt butter or oil in a fry pan, add sliced mushrooms and cook till tender. Add roasted macadamia nuts, spring onions and cream or evaporated milk. Simmer until mixture thickens and season with salt and pepper.
- 3** Cut Mountain Bread™ into half length ways. Put filling into the corner and fold into a triangle. Repeat process until filling and Mountain Bread™ are all used. Brush triangles with milk and bake for 10 minutes.



sweet chilli squid with rocket in mountain bread™ cups (pictured)

- 4 tubes of squid, cleaned
- 1 clove garlic, crushed
- ½ lemon, juiced
- 2 tbsp sweet chilli jam
- pinch of salt
- 2 tsp vegetable oil
- 50 gm snow pea shoots
- 10 snow peas, top and tailed
- 4 sheets of Mountain Bread™

- 1** Cut tubes of squid lengthways in half. Score with a knife to make a criss cross pattern. Place into a bowl with garlic, lemon juice, chilli jam and salt. Marinate for a minimum of 1 hour.
- 2** Use a bread and butter plate to cut rounds of Mountain Bread™. Press firmly into ramekins or large muffin tins. Bake in moderate oven (180c) for 10 minutes or till crisp to touch. Remove from oven and allow to cool.
- 3** Heat oil in a pan until very hot. Quickly sear one side of the squid for 30-40 seconds, turn and repeat on the other side, remove and set aside.
- 4** In the same pan add the snow peas, cook for 1 minute tossing frequently, remove and set aside. Heat the marinade in the pan and add salt and pepper. Allow to cool and use this for a dressing.
- 5** Combine squid, snow pea shoots, snow peas and dressing. Place Mountain Bread™ cup on a plate and fill with the squid salad and serve.

tuna and asparagus parcels

- 425 gm tinned tuna, drained
- 1 medium onion, sliced thinly
- 1 tsp curry powder
- 1 tsp butter
- 1 bunch asparagus, cut into 2cm pieces
- 1 cup cream
- salt and pepper
- 2 tsp cornflour
- 1 tbsp water
- 4 sheets of Mountain Bread™

- 1** Melt butter in a pan, add onion and curry powder, cook on a medium heat for 3-4 minutes stir regularly. Add drained tuna and stir until combined then add cream and cook for 2-3 minutes. Add asparagus pieces and cook for a further 2 minutes. Combine cornflour and water and add to the mix. Season with salt and pepper.
- 2** Brush edges of Mountain Bread™ with a little water, put some of mixture in the middle of each sheet and fold to form a parcel. Place on a greased tray, seam down. Bake at 180c for 15 minutes.



smoked salmon pizza (pictured)

- 200 gm smoked salmon
- 40 spinach leaves, washed and de-stalked
 - 1 medium Spanish onion, sliced thinly
- 200 gm grated mozzarella cheese
- 1 cup tomato pasta base sauce
- 8 sheets of Mountain Bread™
- ¼ cup water
- oil spray
- 4 tbsp sour cream (optional)

- 1** Pre heat oven to 200c.
- 2** Brush Mountain Bread™ with a little water and place one sheet on top of another until you have 2 lots of 4 sheets. Spray flat oven tray and place pizza bases on.
- 3** Spread over tomato pasta sauce and sprinkle mozzarella cheese (be sure to reach right to the edges). Separate onion slices and sprinkle over pizzas. Divide half the smoked salmon and half the spinach leaves. Set aside half for later. Place the rest evenly between the two pizzas and bake in the oven for 15-20 minutes.
- 4** Remove from the oven and place on serving plates. Put the rest of the salmon and spinach on pizza just before serving. You may also wish to dollop sour cream on top.

salmon and fennel seed patties

- 4 medium potatoes, peeled and washed
- 440 gm salmon, drained and deboned
- 1 Spanish onion, finely diced
- 1 tsp fennel seeds, crushed
- 1 tbsp parsley, chopped
- 1 lemon, juiced
- 1 egg
- ¼ cup olive oil
- salt and pepper
- 6-8 sheets of Mountain Bread™, cut to match stick size

- 1** Boil potatoes until soft, drain well, coarsely mash and set aside. Mash must be kept warm.
- 2** Dry fry (no oil) the onion and fennel seeds for 2 minutes. This brings out the flavour of the fennel seeds. Add lemon juice and parsley, stir and remove from heat, add the salmon, egg, warm potato, salt and pepper.
- 3** Using an ice cream scoop, take some mixture and roll it in the shredded Mountain Bread™, and leave to rest in the fridge for 30 minutes.
- 4** Heat the olive oil in a pan and shallow fry the patties on a low heat until golden brown on both sides. Serve with a little sweet chilli sauce or lime mayonnaise.



*lemon, lime and ginger chicken rolls (pictured)***marinade**

- 1 medium lemon, juice and zest
 - 1 medium lime, juice and zest
 - 1 clove garlic, crushed
 - 2 tsp ginger, grated
 - 1 tsp fish sauce
 - ½ stalk lemon grass, crushed
 - 1 tbsp light soy sauce
 - 1 tsp sugar
- 50 gm bean shoots
 - 1 small carrot, cut to match stick size
 - 2 spring onion, finely sliced lengthways
 - 2 chicken thighs
 - 8 large mint leaves, split in ½
 - 8 sheets of Mountain Bread™
 - ½ cup vegetable oil

- 1** Combine all marinade ingredients together and cover the chicken. Marinate for 2 hours minimum, then slice the chicken into very thin strips and set aside.
- 2** Lay out the Mountain Bread™ and on one edge, spread some bean shoots, then top with carrot, then spring onion, then two mint halves and finish with 2 chicken strips. Brush the edges with a little water and tightly roll, ensuring the ends are folded as well.
- 3** Heat the oil in a pan and slowly shallow fry on a low to medium heat until chicken is cooked. Turn frequently to ensure the bread doesn't burn. Serve with sweet chilli dipping sauce.

chicken, olive and pancetta patties

- 250 gm chicken mince
- 1 tbsp olive pesto
- 2 spring onions, sliced
- 1 egg
- 6 slices of pancetta
salt and pepper
- 1 tbsp olive oil
- 4 sheets of Mountain Bread™,
cut 10cm x 1cm

- 1** In a bowl, combine chicken mince, pesto, spring onions, salt and pepper and Mountain Bread™.
- 2** Using an ice cream scoop, portion out patties. Place a strip of pancetta around the outside of the patty.
- 3** Heat some oil in a pan, add the chicken patties and cook on both sides until golden brown and pancetta has become crisp. Serve with tomato chutney.



*thai chicken salad (pictured)***marinade**

- 1 tbsp fish sauce
 - 1 stalk lemon grass
 - 2 limes, juiced
 - 2 cm piece of ginger, finely chopped
 - 2 cloves garlic, chopped
 - 2 tbsp vegetable oil
 - 2 tbsp dry sherry
 - 1 tbsp oyster sauce
 - 1-2 fresh red chillies
 - 1 tbsp fresh coriander, chopped
 - 1 small onion, finely diced
-
- 4 chicken thighs
 - 3 cups bean shoots
 - 1 medium red onion, cut in half and sliced
 - 2 celery stalks, cut into 5cm long strips
 - 1 red capsicum, cut into strips
 - 10 snow peas, sliced into 3
 - 6 radishes, halved and sliced
 - 1 medium carrot, cut match stick size
 - 8 coriander stems, for garnish
 - 4-6 sheets of Mountain Bread™, rolled and sliced finely

1 Combine all marinade ingredients and cover the chicken thighs. Refrigerate for a minimum 2 hours.

2 Heat a little oil in a pan, add the Mountain Bread™ and stir until the bread becomes crisp, set aside.

3 Remove chicken from the marinade and add to a hot pan to seal in all the flavours, reduce the heat and allow to fully cook. Remove from the pan, and chill. Add the marinade to the pan to cook for 1-2 minutes. Remove from the heat and allow to cool, this will be the dressing.

4 Toss all salad ingredients together. Slice the chicken and add to the salad. Arrange the crispy Mountain Bread™ noodles onto a plate and top with the salad. Drizzle with dressing and finish with fresh coriander.

italian chicken salad cup

- 2 tbsp basil pesto
- 2 tbsp olive oil
- ½ lemon, juiced
- 2 tbsp balsamic vinegar
- 4 chicken thighs
- 4-6 Roma tomatoes, quartered
- 12-16 black olives
- 1 Spanish onion, sliced
- 50 gm fresh rocket, washed salt and pepper
- 100 gm parmesan cheese, shaved
- 4 sheets of Mountain Bread™

1 Combine pesto, salt and pepper, lemon, half the oil and half the vinegar together and rub over the chicken. Refrigerate for minimum of 2 hours.

2 Heat a pan, add the chicken and cook, remove from the pan and chill in the fridge.

3 Using a ramekin or small bowl turn upside down and cover with the Mountain Bread™. Place in the microwave for 1 minute to allow to crisp. Remove the ramekin and the Mountain Bread™ will have formed a cup.

4 Toss all salad ingredients together. Dice the chicken and add to the mix. Spoon the salad into the cups.

5 To make the dressing, mix the rest of the oil and vinegar together with salt and pepper. Drizzle this over the top and finish off with the shaved parmesan.



sweet chilli chicken (pictured)

250 gm chicken mince
 1 tbsp coriander pesto
 1 egg
 ½ lemon, juiced
 ½ onion, diced
 6 sheets of Mountain Bread™
 ½ cup vegetable oil

- 1** In a bowl, combine mince, pesto, egg, lemon juice and onion. Set aside.
- 2** Cut the Mountain Bread™ into 3 lengthways. Place a spoonful of chicken mix onto one side of the Mountain Bread™. Brush the edges with a little oil. Fold to form a triangle.
- 3** Heat the vegetable oil in a pan. Add triangles and cook on low to medium heat until both sides are golden brown and the chicken is cooked. Serve on a plate with sweet chilli sauce.

thai beef salad with mountain bread™ strips

250 gm sirloin or eye fillet
 1 clove garlic, crushed
 1 tbsp fish sauce
 ½ lime, juiced
 2 tsp lemon grass, chopped
 1 tbsp sweet chilli sauce
 1 tsp sesame oil
 1 tbsp coriander, chopped
 100 gm mesclun lettuce, washed
 12 cherry tomatoes, washed and halved
 50 gm bean shoots
 2 tsp olive oil
 4 tsp balsamic vinegar
 3 sheets of Mountain Bread™

- 1** Combine garlic, fish sauce, lime juice, lemon grass, sweet chilli sauce, sesame oil and coriander and marinate beef in mixture overnight.
- 2** Cut Mountain Bread™ in half length ways and slice to 1cm thick. Spread onto a baking tray and bake in hot oven for 3-5 minutes and leave to cool.
- 3** Heat frying pan until smoking. Add beef to the pan and cook both sides until brown, then remove the meat from the pan and leave to rest.
- 4** To make the dressing, pour the remaining marinade into the pan and cook for 1 minute. Then add to the olive oil and balsamic vinegar, and allow to cool.
- 5** Combine all other ingredients to make the salad, slice meat thinly and add. Drizzle with the dressing and serve immediately.



pastie swirls (pictured)

400 gm lean minced beef
 1 medium onion, diced finely
 1 carrot, grated
 1 large potato, peeled and grated
 1 parsnip, peeled and grated
 ½ cup peas
 ½ cup creamed corn (optional)
 1 tbsp Worcestershire sauce
 1 tbsp tomato sauce
 1 egg
 salt and pepper
 8-12 sheets of Mountain Bread™

- 1** Pre heat oven to 180c.
- 2** Mix all ingredients, except Mountain Bread™, in a large bowl. Divide meat mixture evenly into 3 or 4 lots depending on how thick you'd like the swirls.
- 3** Lay 2 sheets of Mountain Bread™ on top of each other and join with another 2 sheets end to end. Wet edges with a little water to stick together. Spread the mix thinly all over Mountain Bread™, making sure it reaches the edges. Leave about 3cm at one end, then roll up firmly and brush the open end with water to seal the edge.
- 4** Place on a lightly greased tray and cook for 30 minutes. Leave to cool for 5 minutes before cutting with a serrated knife. Serve with any sauce you like.

beef and basil patties

3 sheets of Mountain Bread™
 500 gm lean minced beef
 1 medium onion, diced
 1 small carrot, grated
 1 tbsp chopped parsley
 ½ bunch fresh basil, chopped
 2 tbsp seeded or Dijon mustard
 1 egg
 1 tbsp Worcestershire sauce
 1 tbsp tomato sauce
 salt and pepper
 1 tbsp olive oil

- 1** Cut Mountain Bread™ into 4 or 5 strips length ways then slice very thinly to make little strips.
- 2** Mix all ingredients together in a bowl until well combined and form mixture into patties about 1 tablespoon size.
- 3** Heat oil in a pan and cook for 4-5 minutes on medium heat then turn over and repeat.
- 4** Serve with salad and sauce of your choice.



smoked salmon and ricotta cannelloni (pictured)

- 100 gm smoked salmon, diced 1cm x 1cm
- 200 gm ricotta cheese
- ¼ cup grated parmesan cheese
- 1 egg
- salt and pepper
- 1 Spanish onion, diced
- 2 tsp parsley, chopped
- 30 gm butter
- 1 clove garlic, crushed
- ½ cup white wine
- 600 ml cream
- 1 tbsp capers
- 4 sheets of Mountain Bread™, sliced in half

- 1** In a bowl combine smoked salmon, ricotta cheese, parmesan cheese, egg, ½ the Spanish onion and chopped parsley until thoroughly mixed.
- 2** Place some mixture onto the Mountain Bread™, roll up and lay in an earthen ware dish.
- 3** In a pan melt the butter, fry the rest of the onions and garlic, and add the capers, white wine and cream. Reduce by half, then pour the mix over the salmon rolls and bake for 15-20 minutes at 180c until golden brown.

spinach and ricotta cannelloni

- 1 large bunch spinach, washed and stalks removed
- 1 small onion, finely diced
- 500 gm ricotta cheese
- 1 clove garlic, crushed
- 1 tsp nutmeg
- salt and pepper
- 6 sheets of Mountain Bread™
- 400 gm tomato puree
- 1 cup water
- 1 tsp sugar
- ½ cup tasty cheese, grated

- 1** Steam spinach for 5 minutes, then squeeze out excess water. Slice thinly and place in a bowl with diced onion, garlic, ricotta, nutmeg, salt and pepper. Mix well.
- 2** Lay out sheets of Mountain Bread™ and put ricotta filling evenly along one side of each sheet. Roll up and place in a casserole dish.
- 3** Mix tomato puree, water, sugar, salt and pepper and pour gently over the cannelloni. Sprinkle with cheese and bake in moderate oven at 180c for 45 minutes. Serve with a tossed salad.



hot and sour prawns (pictured)

- 1 tbsp vegetable oil
- 500 gm green peeled prawns
- ¼ cup fish stock
(use stock powder and water)
- 2 limes, juiced
- 4 lime leaves
- 1 lemon grass stalk
- 1 clove garlic
- 2 red chillies, seeded
- 1 tbsp fish sauce
- 2 tsp ground coriander
- 4 spring onions, sliced
- 1 red capsicum, sliced
- 1 cup broccoli
- 1 medium onion, sliced
- 50 gm coriander leaves
- 1 bunch baby bok choy, washed and separated
- 1 pkt of Mountain Bread™, cut into 10cm x 1cm strips

- 1** Make a paste in a mortar and pestle or food processor with the lemon grass, chilli, garlic, coriander and lime leaves
- 2** Heat a little oil in a wok, put in the Mountain Bread™ strips and stir until the bread becomes crisp, set aside.
- 3** Heat the tablespoon of oil in the wok until smoking, add prawns, toss for 1 minute and remove. Add the vegetables to the wok and toss quickly until slightly tender, then remove and set aside with the prawns. Add lemon grass paste to the pan and stir for 1 minute. Add fish sauce, stock and juice and reduce by half.
- 4** Add the prawns and vegetables back to the pan containing the sauce and toss together. Serve over a bed of crispy Mountain Bread™ strips.

curry laksa

- 2 tsp vegetable oil
- 3 spring onions, sliced
- 1 clove garlic, sliced
- 1 tsp green or red curry paste
- 1 cup chicken stock
- ½ cup broccoli
- ½ cup bok choy
- ½ cup sliced carrots
- ½ cup sliced zucchini
- 400 ml coconut milk
- ½ lime, juiced
- 3 tsp soy sauce
- 3 tsp fish sauce
- 2 tsp brown sugar
- 100 gm prawns
- 100 gm chicken, diced into small pieces

- 100 gm diced fish
 - 50 gm bean curd
 - 1 pkt of Mountain Bread™, cut into ½ cm thick strips
 - ½ bunch fresh coriander
- 1** Heat the oil in a wok and quickly stir fry the curry paste and garlic. Toss in the vegetables and stir for 2 minutes. Add stock, coconut milk, lime juice, fish sauce, soy sauce and sugar. Bring to almost boiling point then reduce heat to simmer. Add chicken pieces and cook then add fish and prawns for a further 2-3 minutes.
 - 2** Divide Mountain Bread™ noodles into 4 bowls. Ladle soup to distribute the ingredients evenly. Serve with fresh coriander, fried shallots, and chilli paste.



chicken, asparagus and bocconcini wellington (pictured)

- 4 chicken thighs
- 8 asparagus spears
- 8 bocconcini, purchase marinated for enhanced flavour
- 1 tbsp olive oil
- salt and pepper
- 1 lemon
- 4 sheets of Mountain Bread™

- 1** Cook the asparagus in a pot of salted water until tender, then remove from the pot and refresh under cold water.
- 2** Slightly flatten out chicken thighs and season with salt and pepper. Place the asparagus on top of the chicken, add slices of bocconcini, drizzle with some lemon juice and roll them up.
- 3** Heat the oil in a pan and seal off the chicken. Lay out the Mountain Bread™, place the chicken on one end and roll up to make a parcel. Place in a moderate oven (180c) for 10 minutes to finish cooking.
- 4** Serve with a squeeze of lemon juice, a splash of olive oil and a fresh garden salad.

chicken and vegetable layer

- 300 gm chicken, diced
- ½ cup onion, diced
- ½ cup carrot, diced
- ½ cup celery, diced
- ½ cup zucchini, diced
- ½ cup eggplant, diced
- 600 ml tomato pasta sauce
- 1 clove garlic, crushed
- 1 tsp oregano, chopped
- 1 tsp basil, chopped
- ½ cup parmesan, grated
- salt and pepper
- 1 pkt of Mountain Bread™

white sauce

- 30 gm flour
- 30 gm butter
- 300 ml milk

- 1** Melt the butter and add the flour to make a roux. In a separate pot heat the milk (not boiling) and add slowly to the roux, stirring consistently to remove lumps. This will create a smooth white sauce. Cook on a low heat until the flour cooks out. Season and set aside.
- 2** In a hot pan add the diced chicken and brown. Add all the vegetables with the garlic and herbs to the pan and reduce the heat. Pour in the tomato pasta sauce, and cook the mixture for approx 15 minutes until vegies are soft.
- 3** In a medium sized earthen ware dish, ladle the chicken and vegetable mixture to cover the bottom of the dish. Next add a layer of Mountain Bread™ then top with the chicken and vegetable mix. Repeat these steps until the dish is full and the final layer is the Mountain Bread™.
- 4** Finish with the white sauce and sprinkle with the parmesan. Bake in a moderate oven (180c) for 30 minutes.



mediterranean tart (pictured)

- 1 large eggplant, sliced
- 1 medium zucchini, sliced lengthways
- 1 red capsicum, cut into 4
- 1 green capsicum, cut into 4
- 1 tbsp tomato paste
- 150 gm fetta cheese
- 1 cup grated tasty cheese
- 1 tbsp grated parmesan cheese
- salt and pepper
- 1 tbsp olive oil
- 4 sheets of Mountain Bread™

1 Preheat oven to 200c. Sprinkle the eggplant with some salt and set aside for 30 minutes.

2 In an oven tray, put zucchini and capsicum with the olive oil, then rinse the salt from the eggplant and add to the oven tray. Make sure all vegetables are laying flat. Sprinkle with salt and pepper and bake for 20 minutes. Remove and cool.

3 In a flan dish, lay out the Mountain Bread™ evenly, and rub the Mountain Bread™ with tomato paste. Next place thin slices of fetta cheese, add a layer of eggplant then a layer of zucchini. Combine the red and green capsicum on top. Finish with tasty and parmesan cheeses. Bake in the oven for 15 minutes, or until cheese is golden brown.

chicken, bacon and leek lasagne

- 250 gm chicken mince
- 2 rashers bacon, diced
- 1 leek, washed and sliced thinly
- 1 medium onion, diced
- 1 clove garlic, crushed
- 1 tsp tarragon, chopped
- ½ cup parmesan cheese, grated
- ½ cup mozzarella, grated
- salt and pepper
- 1 pkt of Mountain Bread™

chicken veloute

- 50 gm butter
- 50 gm flour
- 500 ml chicken stock

1 Melt the butter and add the flour to make a roux. In a separate pot heat the chicken stock, and add slowly to the roux, stirring consistently to remove lumps. This will create a smooth sauce. Cook on a low heat until the flour cooks out. Season and set aside.

2 In a hot pan add the chicken mince and brown. Add the bacon, onion and leeks with the garlic and herbs to the pan and reduce the heat. Pour in the chicken sauce, and cook the mixture for approx 15 minutes.

3 In a medium sized earthen ware dish, ladle the chicken mixture to cover the bottom of the dish. Next add a layer of Mountain Bread™ then top with the chicken mix. Repeat these steps until the dish is full and the final layer is the chicken mixture.

4 Finish with mozzarella and sprinkle with the parmesan. Bake in a moderate oven (180c) for 30 minutes.



lamb and rosemary hot pot (pictured)

- 500 gm lamb, diced
- 1 medium onion, diced
- ½ cup red wine
- 1 cup beef stock
- 2 sprigs fresh rosemary
- ½ cup plain flour
- 50 gm butter
- salt and pepper
- 4 sheets of Mountain Bread™, cut to fit the ramekin size
- 1 tbsp parmesan, grated

1 Coat the lamb in the flour and shake off the excess. Heat a pan, add the butter and once melted add the meat and the onion. Colour the meat on all sides as this will give the colour of the sauce.

2 Pour in the red wine and stir (the wine will start to thicken). Next add the beef stock and continue to stir until there are no lumps and the sauce thickens. Place in the rosemary and cover with a lid. Cook for 30-40 minutes, stirring occasionally on a low heat until meat is tender. If the sauce becomes too thick before the meat is cooked add some liquid. Season to taste.

3 Put a small amount of mixture on the bottom of 4 individual ramekins, then place a ramekin shaped piece of Mountain Bread™, then more of the mixture. Continue these steps until the ramekins are full, finishing with the Mountain Bread™ on top. Sprinkle with the parmesan and bake for 15-20 minutes on 180c until golden.

rack of lamb

- 1 rack of lamb, 8 ribs divided into 2 cutlet portions
- ½ red capsicum, finely diced
- 2 tomatoes, seeded and diced
- ½ Spanish onion, diced
- 100 gm spinach, washed and stalks removed
- 1 clove garlic, crushed
- 6 olives, pitted and diced
- 1 sprig rosemary, leaves removed
- 2 tsp olive oil
- 50 gm fetta cheese, crumbled
- salt and pepper
- 4 sheets of Mountain Bread™

1 Pre-heat oven to 200c.

2 Heat half the oil in a pan, add onion, garlic and capsicum, cook for 2 minutes. Add the tomatoes, olives and rosemary leaves and allow to cook for a further 2 minutes. Next, stir in the spinach and the fetta and season to taste. Remove from the pan and set aside.

3 Score the lamb with a criss cross pattern. Heat the remaining oil in the pan and add the lamb to sear on all sides. Remove from the pan, and allow to rest for 5 minutes.

4 Lay out the Mountain Bread™ on a flat surface and place a large spoonful of the mixture on to the Mountain Bread™. Place the meat side of the lamb onto the mixture. Carefully wrap the Mountain Bread™ around the meat section of the lamb rack. Once wrapped, place on a baking tray and cook in the oven for 15-20 minutes.



mountain matriciana (pictured)

- 1 large onion
- 100 gm hot salami, diced
- 100 gm bacon, diced
- 2 cloves garlic, crushed
- 1 medium green capsicum, sliced
- 100 gm semi sun dried tomatoes
- 12 black olives, pitted and chopped
- 100 gm button mushrooms, sliced
- 690 gm crushed tomatoes
- 3 spring onions, sliced
- ½ cup dry white wine
- 1 hand full of fresh basil leaves, roughly chopped
- 1 tsp olive oil
- 100 gm parmesan cheese, shaved salt and pepper
- 8-12 sheets of Mountain Bread™, cut 1cm thick strips.

1 Heat the oil in a saucepan. Add the onion, salami, bacon, garlic, capsicum, and mushrooms. Cook for 2-3 minutes then add the olives, semi sun dried tomatoes and basil. Pour in the wine and let it reduce a little.

2 Stir in the crushed tomatoes and cook for 2 minutes then toss in the Mountain Bread™ and spring onions to heat through.

3 Finish with the parmesan cheese and serve.

beef burgundy pies

- 500 gm diced beef
- 2 large onions, diced
- 1 clove garlic, finely chopped
- ¼ cup red wine
- 2 tsp beef stock powder
- 3 cups water
- 2 cups mushrooms, finely chopped
- 1-2 tbsp chopped parsley
- 4 sheets of Mountain Bread™
- 50 ml milk
- salt and pepper

1 Heat a large saucepan on high for 2-3 minutes, add diced beef and stir until meat is brown. Add onions and garlic to cook then pour in red wine and simmer for 2 minutes. Add beef stock powder and water and bring to the boil.

2 Reduce the heat and cover with a lid and simmer for 30-40 minutes. Add the mushrooms and cook for a further 30 minutes without the lid until the meat is tender. Sprinkle in the parsley, season to taste.

3 Place the mixture into 4 small or 1 large casserole dish, let cool slightly. Cut the Mountain Bread™ to fit the top of the dishes, 4 layers per dish, brush with milk and bake in a hot oven (220c) for 10-15 minutes.



mountain moussaka (pictured)

- 800 gm minced lamb
 - 1 large onion, finely diced
 - 2 cloves garlic, crushed
- 200 gm mushroom, finely chopped
 - 1 tbsp tomato paste
 - 2 tsp beef stock powder
 - 1 cup water
 - 3 egg plants, sliced
- 4-5 tomatoes, sliced
 - 4 tbsp olive oil
 - 4 sheets of Mountain Bread™
 - 4 tbsp flour
 - ¾ cup tasty cheese, grated
 - salt and pepper

1 Heat large heavy based saucepan for 1-2 minutes on high, add lamb and stir until brown. Add onion, garlic and mushrooms, cook for 3-4 minutes on a medium heat. Add tomato paste, stock powder, and water, simmer for 20 minutes. Season with salt and pepper.

2 Heat half the oil in frying pan on high. Coat the eggplant with flour and shallow fry until golden brown, place on paper towel to drain. Use extra oil as needed.

3 In a large casserole dish layer the lamb, egg plant, tomatoes and Mountain Bread™ until the dish is full, and the Mountain Bread™ is the final layer.

4 Sprinkle with grated cheese and bake in a moderate oven (180c) for 20 minutes.

minted lamb parcels

- 500 gm lean diced lamb
 - 1 medium onion
 - ¼ cup red wine
 - 1 cup water
 - 2 tsp beef stock powder
 - 1 small sweet potato, sliced
 - ½ small leek, washed and sliced
 - 1 egg plant, sliced
- 8-10 mint leaves
 - ½ cup plain flour
 - 4 sheets of Mountain Bread™

1 Coat the lamb with the flour and shake off the excess. In a pan, heat a little oil. Add the onion and lamb to the pan and cook until the sides of the meat are brown. Add the red wine, water and beef stock powder and 4 mint leaves. Cook until meat is tender, approximately thirty minutes on low heat. When the meat is cooked and the sauce has thickened, remove from the heat and set aside.

2 In a fry pan, fry sweet potato and remove. Add eggplant to the pan, brown and remove, then add the leek, cook and remove.

3 Lay out the Mountain Bread™. On one edge of the bread, place a strip of sweet potato, top this with a strip of eggplant, then with some leek. Place a spoonful of lamb on top of these vegetables, add a mint leaf and roll up, folding the edges.

4 Cook in a moderate to hot oven (approx 200c) for 10 minutes. Remove and serve.



roast pumpkin and pine nut ravioli (pictured)

- 2 cups diced pumpkin
- 1 clove garlic, chopped
- 50 gm pine nuts
- 2 tsp olive oil
- ½ tsp nutmeg
- salt and pepper
- ½ cup parmesan, grated
- 3 spring onions, sliced
- 4 sheets of Mountain Bread™
- sauce**
- 1 clove garlic, crushed
- ½ medium onion, diced
- 700 ml tomato puree
- 1 tsp sugar
- salt and pepper
- ½ cup white wine
- 6 basil leaves, roughly chopped

- 1** Pre heat the oven to 200c.
- 2** Rub the pumpkin with olive oil, salt, pepper and nutmeg. Add to an oven tray with pine nuts and garlic and cook until pumpkin is tender. Remove from the oven and add parmesan and spring onions, set aside to cool.
- 3** To make the sauce, fry the onion and garlic till the onion is transparent. Add the white wine and reduce by half. Pour in tomato puree then add the basil and sugar. Cook for thirty minutes on a low heat.
- 4** To make the ravioli, cut the Mountain Bread™ into 3 strips. Place a spoonful of pumpkin mix on one end. Brush the edges with water and fold to form a small triangle.
- 5** Place the ravioli in the sauce and heat gently for 5 minutes, then serve sprinkled with cracked pepper and parmesan.

zucchini and bacon slice

- 2 rashers bacon, diced small
- 1 medium zucchini, grated
- 1 medium onion, diced small
- ½ cup tasty cheese, grated
- ½ cup vegetable oil
- 3 eggs
- 4 sheets of Mountain Bread™
- salt and pepper

- 1** Blend zucchini, onion, cheese, bacon, salt and pepper together in a bowl.
- 2** In another bowl mix eggs and oil together.
- 3** Grease an oven dish with some oil. Lay the bottom of the dish with Mountain Bread™, spread 1/3 of the zucchini mix over the top and repeat these layers another 2 times. Pour over the egg mixture, cover with the final layer of Mountain Bread™ and bake at 180c for 35-40 minutes.



lasagne (pictured)

- 8 sheets of Mountain Bread™
- 500 gm lean beef mince
- 1 large onion, finely diced
- 1 medium carrot, grated
- 2 cloves garlic, crushed
- 400 gm tomato puree
- 1 tbsp tomato paste
- 2 tsp fresh basil
- 2 tsp oregano
- 3 cups beef stock
- 2 tsp brown sugar
- salt and pepper
- white sauce**
- 2 tbsp butter
- 2 tbsp plain flour
- 500 mls milk
- pinch of salt
- 1 cup grated mozzarella cheese

1 Brown mince in a large pan, add onion, garlic and grated carrot, stirring occasionally. Add tomato puree and paste, beef stock and herbs. Simmer for 45 minutes and then add sugar, salt and pepper.

2 To make white sauce melt butter, then add flour to make a thick paste with a wooden spoon. Slowly add a little milk and mix well. When all milk has been added and the sauce is smooth, season with salt and pepper and cook for 15 minutes.

3 In a medium casserole dish, layer mince thinly, top with Mountain Bread™, then white sauce. Repeat this pattern until all mince and sauce are used, finishing with the Mountain Bread™ then topping with the grated cheese. Bake in low oven (160c) for 1 hour.

spiced pork and apple

- 800 gm pork fillet
- 1 tbsp soy sauce
- 1 clove garlic, crushed
- ½ cup dry sherry
- ½ bunch fresh spinach, washed and stalks removed
- 2 large apples, quartered and sliced
- 1 tbsp sugar
- 25 gm butter
- 100 ml sweet plum sauce
- 3 sheets of Mountain Bread™, cut into 4
- ¼ cup olive oil

1 Combine soy sauce, garlic, sherry in a bowl and add the pork fillet. Refrigerate for one hour.

2 Shallow fry the Mountain Bread™ on both sides until crisp and set aside.

3 Remove the pork fillet from the marinade and slice into medallions. Heat some oil in a pan until smoking, add the pork and seal well on both sides. Remove from the pan and keep hot. Add a little more oil and toss in the spinach until hot and wilted, remove and keep hot.

4 Wipe out the pan, then melt the butter. Add the apple, sprinkle with the sugar and fry on both sides until caramelised.

5 On a plate place a piece of crispy Mountain Bread™. Top with pork medallions, then spinach and apples. Repeat this process again and finish with some pork, apple and spinach on top. Drizzle with heated plum sauce and serve.



light tandoori yoghurt crusted chicken with mint (pictured)

- 4 chicken thighs
- 1 cup yoghurt
- 1 tbsp tandoori paste
- 8 mint leaves, thinly sliced
- 250 gm mesclun lettuce
- salt and pepper
- 8 sheets of Mountain Bread™
- 1 tsp olive oil

- 1** Marinate chicken thighs in $\frac{3}{4}$ cup yoghurt and tandoori paste for 2 hours.
- 2** Blend mint and washed lettuce together.
- 3** Heat oil in frying pan and cook chicken on a medium heat for 4 minutes on each side until cooked. Set aside on a plate to rest for 5 minutes.
- 4** Slice chicken and serve with extra yoghurt and lettuce mix. Wrap up in the Mountain Bread™ and enjoy.

warm chicken salad with seeded mustard wraps

- 4 sheets of Mountain Bread™
- 4 chicken thighs
- 1 tbsp seeded mustard, good quality
- $\frac{1}{2}$ lime, juiced
- 2.5 cm ginger, grated
- 1 tsp olive oil
- 400 g lettuce mix, washed
- 1 avocado, sliced
- 1 bunch watercress, washed

- 1** Combine mustard, lime juice and ginger and marinate the chicken thighs for a minimum 1 hour (Overnight is even better).
- 2** Heat oil in a pan and cook chicken on medium heat for 4 minutes each side or longer if the thighs are thick. Set aside on kitchen paper to rest.
- 3** Mix together lettuce and watercress.
- 4** Place sliced avocado on the Mountain Bread™, add some lettuce mix, top with slices of marinated chicken, wrap and serve.



crispy lemon chicken (pictured)

- 2 tbsp vegetable oil
- 500 gm chicken thigh fillets
- 3 spring onions, sliced length ways
- 1 clove garlic
- 1 tbsp soy sauce
- 4-5 sheets of Mountain Bread™
- 2 extra spring onion for garnish

sauce

- 2 tbsp honey
- 2 tbsp brown sugar
- ½ cup lemon juice
- 2 tsp chicken stock powder

- 1** Cut thigh fillets into 6-8 cm long pieces and rub with the garlic and soy sauce.
- 2** Cut each slice of Mountain Bread™ diagonally to make large triangles. Place a piece of sliced chicken with the spring onion on to the long edge of the Mountain Bread™, fold in the edges and roll, seal with a little water.
- 3** Heat the oil in a pan and add the parcels. Turn regularly to avoid burning. This should take 6-8 minutes. Drain on kitchen paper.
- 4** Combine sauce ingredients in a small saucepan and stir over a low to medium heat until sauce thickens. Arrange chicken parcels, and garnish with spring onions. You can either pour the sauce over the parcels or put it in a dipping bowl.

curried fish bake

- 4 swordfish fillets
(or other firm white fish)
- 1-2 tsp green curry paste
- 2 baby bok choy, washed and separated
- 6-8 shitake mushrooms, sliced
- 1 cup bean shoots
- 2 tsp soy sauce
salt and pepper
- 4 sheets of Mountain Bread™

- 1** Spread desired amount of curry paste over the fish. In the middle of the Mountain Bread™ sheets lay the fish and an equal amount of bok choy. Layer the mushrooms then the bean shoots. Sprinkle each piece with soy, salt and pepper.
- 2** Fold over corners of Mountain Bread™ to make an envelope. Flip over and place onto greased oven tray.
- 3** Cook at 200c for 20 minutes. Serve straight away with an Asian inspired salad.



roast sweet potato and pancetta wraps (pictured)

- 1 medium sweet potato, diced 2cm cubes
 - 3 slices pancetta
 - 1 tbsp creamed cheese
 - 2-3 leaves cos lettuce, washed and torn
 - 1 tbsp olive oil
 - salt and pepper
 - 4 sheets of Mountain Bread™
- 1** Pre-heat oven to 200c.
 - 2** Rub oil and salt over the sweet potato, and place into the oven to cook for 30-40 minutes. During the last 5 minutes of cooking add the pancetta to crisp. Once crisp, break into smaller pieces and fold through the sweet potato.
 - 3** Cut the Mountain Bread™ in half and spread with a thick layer of creamed cheese. Lay on the torn lettuce and the sweet potato mixture, season with salt and pepper, wrap them up and serve immediately.

asian pork and lettuce bundles

- 250 gm minced pork
 - 155 gm can of crab meat, drained
 - 40 gm shitake mushrooms
 - 4 spring onions
 - 100 gm water chestnuts
 - 150 gm bamboo shoots
 - 2 tsp sesame oil
 - 1 tbsp soy sauce
 - 1 tbsp oyster sauce
 - 2 tbsp dry sherry
 - 8 lettuce leaves
 - 8 sheets of Mountain Bread™
- 1** Soak Shitake mushrooms in boiling water for 30 minutes and drain well.
 - 2** Finely chop spring onions, water chestnuts and bamboo shoots.
 - 3** Heat the wok until smoking, add pork and stir constantly until brown. Add spring onions, water chestnuts and bamboo shoots and cook for 2 minutes. Stir in remaining ingredients and cook for a further 1 minute.
 - 4** Remove from heat and put into serving dish. Wrap filling in lettuce leaves and Mountain Bread™.



pumpkin and spinach quiche (pictured)

2-3 sheets of Mountain Bread™
 600 gm pumpkin, diced into 2cm squares
 1 large bunch spinach, washed
 and stalks removed
 3 spring onions, sliced
 3 eggs
 ½ cup ricotta cheese, crumbled
 200 ml milk
 150 ml cream
 ½ tsp nutmeg
 1 tbsp olive oil
 ½ tsp salt

- 1 Pre-heat oven to 180c.
- 2 Oil and season the pumpkin, place in the oven until golden brown (approx 30 minutes). Roughly chop the spinach and steam for 5 minutes. Then cool and squeeze out excess water.
- 3 Grease a flat sided quiche dish well, and lay in the Mountain Bread™. Use a little water to seal the bread.
- 4 Mix together the eggs, salt, pepper, nutmeg, cream and milk.
- 5 Put the pumpkin, spinach, spring onions and ricotta cheese randomly into the quiche dish. Pour egg mixture over gently. Bake for 30-40 minutes or until firm and golden brown. Allow to rest for 5 minutes before cutting.

grilled vegetable salad with fetta on mountain bread™ toast

1 large eggplant
 2 cloves garlic
 1 red capsicum
 2 Spanish onions
 150 gm mushrooms
 1 large zucchini
 1 tbsp olive oil
 4 sheets of Mountain Bread™
 salt and pepper
dressing
 1 tbsp olive oil
 1 tbsp balsamic vinegar
 salt and pepper

- 1 Pre-heat oven to 200c.
- 2 Slice eggplant lengthways, sprinkle with salt and set aside for 10-15 minutes.
- 3 Cut all other vegetables into chunky pieces 3-5cm. Wash and drain the eggplant and place all vegetables on a roasting tray. Drizzle over some olive oil and toss to get an even coverage.
- 4 Cook in the oven for 15 minutes. Turn vegetables over and cook for a further 15 minutes, or until browned well. Drain off excess oil and leave to cool. Once cooled toss the vegetables with the dressing.
- 5 Slice the Mountain Bread™ in half and fold in two. Slice the fetta cheese thinly and place on the Mountain Bread™. Place under the griller to brown slightly, and serve with the vegetable salad.



asian green salad with Mountain munchies (pictured)

4 sheets of Mountain Bread™
 1 tbsp olive oil
 1 clove garlic, crushed
 2 tsp coriander, chopped
 1 bunch baby bok choy (or pak choy)
 4 spring onions
 1 cup bean shoots
 100 gm peanuts, chopped
 20 coriander leaves
 1 tbsp soy sauce
 1 tbsp vinegar
 1 tbsp brown sugar
 2 tbsp olive oil

1 Mix oil, garlic and chopped coriander together and brush over Mountain Bread™. Slice bread into 2.5cm squares and bake in hot oven 200c for 5 minutes. Remove and place on kitchen paper to cool.

2 Shred bok choy very thinly and slice spring onions. Add together with bean shoots peanuts and coriander leaves.

3 Combine soy sauce, vinegar, brown sugar and olive oil to make the dressing.

4 Toss all ingredients with the dressing and serve.

creamy mushroom and goats cheese crepes

200 gm mushroom, sliced
 4 spring onion, sliced
 1 clove garlic, crushed
 150 gm goat's cheese, grated
 2 tsp olive oil
 2 cups carnation milk
 1 tbsp cornflour
 water
 4 sheets of Mountain Bread™
 salt and pepper

1 Heat oil in a saucepan, add mushrooms and cook gently until softened. Add garlic and cook for a further five minutes. Pour in carnation milk and grated cheese. Stir occasionally until the cheese has melted, then season with salt and pepper. Mix cornflour with some water to make a paste and stir quickly into the filling.

2 Heat the Mountain Bread™ in the microwave for 1 minute.

3 Spoon mix evenly into Mountain Bread™, fold over and serve with a salad.



vegetarian pizza (pictured)

- 1 small egg plant, sliced thinly and sprinkle with a little salt
- 1 medium zucchini, sliced thinly
- 1 red capsicum, sliced thinly
- 1 medium onion, sliced
- 10-12 mushrooms, sliced
- ½ small sweet potato, peeled and sliced thinly
- 4-5 bocconcini cheese, sliced
- 150 gm mozzarella cheese, grated
- 1 cup tomato pasta base sauce
- 8 sheets of Mountain Bread™
- ¼ cup water
- oil spray

- 1** Pre heat oven to 200c.
- 2** Brush Mountain Bread™ sheets with a little water. Place sheets on top of one another to form 2 lots of 4 sheets. Spray a little oil on a flat oven tray and place pizza bases on.
- 3** Spread over tomato sauce and mozzarella cheese (be sure to go right to the edges).
- 4** Pile vegetables onto pizzas and spread evenly. Finally top with the bocconcini cheese and bake for 15-20 minutes. Serve straight away.

tofu and vegetable roll

- 1 medium sweet potato, diced small
 - 1 medium zucchini, diced small
 - 1 medium capsicum, diced small
 - 1 clove garlic, crushed
 - 3 spring onions, sliced
 - ½ cup fresh coriander
 - 2 tsp curry powder
 - ¼ bunch of spinach, washed and roughly chopped
 - 1 cup bean shoots
 - 100 gm tofu
 - 1 boiled egg, roughly chopped
 - 2 tsp olive oil
 - salt and pepper
 - 4 sheets of Mountain Bread™
- 1** In a pan, heat a little oil. Add the sweet potato, zucchini, capsicum, garlic, spring onions and curry powder, and stir until tender. Blend in coriander, spinach, bean shoots and tofu, and remove from heat. Fold through the chopped egg.
 - 2** Lay out the Mountain Bread™. Place the mixture to the edge and roll, folding the edges as you go. Heat a pan with the remaining oil. Add the rolls and cook until golden. Remove, slice and serve with corn relish.



orange and lemon curd tarts (pictured)

- 3 egg yolks
- 3 whole eggs
- 200 gm castor sugar
- 80 ml lemon juice
- 80 ml orange juice
- zest from 1 orange
- zest from 1 lemon
- 160 gm unsalted butter
- 3 sheets of Mountain Bread™

- 1** Continuously whisk yolks, eggs, sugar, juice and zest in a heavy based saucepan over a low heat for 5-6 mins until the mixture thickens slightly. Add butter and whisk gently until the mixture becomes thick. Strain the curd mixture to remove the zest and refrigerate for a minimum 1 hour.
- 2** Cut the Mountain Bread™ to fit greased muffin trays, brush with a little water and press into trays. Place into a pre heated oven at 200c for 2-3 minutes or until crisp. Remove from tins and allow to cool.
- 3** Spoon in curd mixture just before serving, add a dollop of cream and dust with a little icing sugar.

mini lemon meringue pies

- 6 whole eggs
- 200 gm caster sugar
- 150 ml lemon juice and finely grated zest
- 170 gm butter
- 3 sheets of Mountain Bread™
- 3 tsp extra caster sugar

- 1** Continuously whisk 3 whole eggs and 3 egg yolks (keep 3 whites aside), sugar, juice and zest in a heavy based saucepan over low heat for 5-6 minutes until slightly thickened. Add butter and whisk gently for further 20 minutes or until curd is like very thick custard. Strain the curd mixture to remove the zest and refrigerate for a minimum 1 hour.
- 2** Cut the Mountain Bread™ to fit greased muffin trays, brush with a little water and press into trays. Place into a pre heated oven at 200c for 2-3 minutes or until crisp. Remove from tins and allow to cool.
- 3** In a small mixing bowl beat the 3 left over egg whites until fluffy. Gradually add the extra caster sugar. Beat on high until sugar is dissolved and meringue is very stiff.
- 4** Spoon curd mixture into Mountain Bread™ cases and top with meringue. Return to oven for 2 minutes or until slightly brown. Serve straight away.



wild berry triangles (pictured)

- 1 tsp vanilla essence
- 200 gm creamed cheese, softened
- 1 lemon, juice and zest
- 200 gm frozen mixed berries, thawed and well drained (Fresh when available)
- ½ cup sugar
- 1 tsp cinnamon powder
- 3 sheets of Mountain Bread™, cut into halves
- 2 cups vegetable oil

- 1** In a bowl combine vanilla, creamed cheese, lemon juice and zest and ½ of the sugar until smooth. Fold in the berries carefully.
- 2** Place a desert spoonful of the mixture onto the end of the Mountain Bread™, brush the edges with a little water and fold from point to point to make a triangle. Mix the remaining sugar with the cinnamon.
- 3** Heat the oil until hot in a saucepan. Add the triangles and cook for 2 minutes or till golden brown. Remove and drain on paper towel to remove excess oil (can be shallow fried if you prefer).
- 4** Toss through the sugar and cinnamon mix. Serve 3 per person with either some fresh berries or vanilla bean ice-cream.

strawberries and honeyed yoghurt with cinnamon nut sticks

- 2 punnets strawberries, washed and hulled
- 200 gm plain yoghurt
- 2 tsp honey
- ¼ cup sugar
- 2 tsp cinnamon
- 4 sheets of Mountain Bread™
- 2 tbsp crushed nuts
- ¼ cup sweet white wine
- 2 tsp vegetable oil

- 1** Place strawberries into 4 champagne glasses.
- 2** Lay out the Mountain Bread™ and cut in half. Brush with a little wine and sprinkle on some sugar, cinnamon and crushed nuts. Roll the pieces tightly to form finger shapes. Heat the oil in a pan, add the bread for a minute turning often, remove from the pan and sprinkle again with the sugar and cinnamon. Set aside.
- 3** Mix the yoghurt and honey together, and spoon over the strawberries. Add 2 bread sticks, dust with icing sugar and serve.



banana fritters (pictured)

- 4 sheets of Mountain Bread™
- 2-3 ripe bananas
- 50 ml water
- ½ cup sugar
- 1 tsp cinnamon
- 3 tbsp vegetable oil

- 1** Cut Mountain Bread™ sheets into 4 triangles, and then cut the bananas into 5-6 cm pieces. Wrap each piece of banana in Mountain Bread™, seal together with a little water and by pressing the edges.
- 2** Blend sugar and cinnamon together.
- 3** Heat the oil in a pan to medium heat. Place the fritters in the pan and cook for 1-2 minutes, turn over and cook evenly.
- 4** Remove fritters from the pan and toss immediately in sugar mixture until fully covered. Serve with ice-cream.

chocolate and date rolls

- 1 cup dates, pitted and chopped
- 3 tbsp water
- ½ tsp bi carb soda
- 100 gm dark chocolate, grated
- ½ cup almond meal
- 2 tbsp sugar
- 1 tsp cinnamon
- 8 sheets of Mountain Bread™

- 1** Pre heat oven to 180c.
- 2** On a low heat cook dates and water till dates are quite soft and all the water is absorbed. Remove from heat and add bi carb soda, stir through and let sit for 10 minutes. Add almond meal and grated chocolate.
- 3** Blend cinnamon and sugar together. Cut Mountain Bread™ sheets in half length ways, brush with a little water and sprinkle a teaspoon or so of the sugar mixture evenly over each of the bread slices. Put a tablespoon of date mixture on one end of the cut Mountain Bread™ sheets, roll over and fold in sides.
- 4** Place on greased baking trays, seam side down. Brush with a little more water and sprinkle with remaining sugar mixture, then bake for 10 minutes. Can be served warm or cold.



mountain bread™ and butter pudding (pictured)

- 3-4 sheets of Mountain Bread™
- ½ cup strawberry jam
- ½ cup butter
- 4 eggs
- 600 ml milk
- 1 tsp vanilla essence
- 40 gm castor sugar
- 4 tbsp sultanas
- ½ tsp nutmeg

- 1** Grease individual ramekins or casserole dish and cut Mountain Bread™ to fit well. Spread the Mountain Bread™ with the butter and jam.
- 2** Blend eggs, milk, vanilla and sugar together.
- 3** Layer the bread and sultanas, until there are 5-6 layers. Pour over the egg mixture and sprinkle with nutmeg.
- 4** Place the ramekins or casserole dish in a baking tray and fill the tray with hot water half way up the sides of dish. Bake at 180c for 1 hour or until firm and golden.

baklava

- 200 gm ground walnuts (or almonds)
- 1 tsp cinnamon
- ¼ tsp ground cloves
- 1 cup sugar
- ½ cup butter, melted
- 1 pkt of Mountain Bread™
- 1 dsp lemon juice
- ½ cup honey
- 1 tsp vanilla
- ¾ cup water

- 1** In a bowl combine the ground walnuts, cinnamon, ground cloves, and sugar.
- 2** Brush a baking dish with the melted butter. Lay 1 sheet of Mountain Bread™ on the bottom of the dish, and brush this with melted butter. Spread 2 heaped tablespoons of the nut mix over the bread. Brush another sheet of Mountain Bread™ with butter and lay face down in the dish. Brush the top of this sheet with butter, and repeat this process until all the sheets are used and the Mountain Bread™ is your final layer. Finally brush the top with butter.
- 3** Pre cut the baklava into whatever size pieces you like and bake at 220c for 10 minutes. Turn down to 180c and bake for another 20 minutes or until golden brown. Remove from the oven and re-cut the pieces.
- 4** Mix lemon juice, honey, vanilla and water together in a small saucepan. Simmer for 5 minutes then evenly pour it over the baklava. Leave it to rest until it is cool, and then serve.



A

Asian green salad with Mountain munchies, 48
Asian pork and lettuce bundles, 44

B

Banana fritters, 56
Beef and basil patties, 20
Beef burgundy pies, 32

C

Chicken and vegetable layer, 26
Chicken, asparagus and bocconcini Wellington, 26
Chicken, bacon and leek lasagne, 28
Chicken, olive and pancetta patties, 14
Chocolate and date rolls, 56
Creamy mushroom and goats cheese crepes, 48
Crispy lemon chicken, 42
Curried fish bake, 42
Curry laksa, 24

G

Garlic and herb chips with guacamole and tzatziki, 6
Grilled vegetable salad with fetta on Mountain Bread™ toast, 46

H

Hot and sour prawns, 24

I

Italian chicken salad cup, 16

L

Lamb and rosemary hot pot, 30
Lasagne, 38
Lemon, lime and ginger chicken rolls, 14
Light tandoori yoghurt crusted chicken with mint, 40

M

Mediterranean tart, 28
Mini lemon meringue pies, 52
Minted lamb parcels, 34
Mountain Bread™ and butter pudding, 58
Mountain matriciana, 32
Mountain moussaka, 34
Mushroom & macadamia triangles, 8

O

Orange and lemon curd tarts, 52

P

Pastie swirls, 20
Pumpkin and spinach quiche, 46

R

Rack of lamb, 30
Roast pumpkin and pine nut ravioli, 36
Roast sweet potato & pancetta wraps, 44

S

Salmon and chive tarts, 4
Salmon and fennel seed patties, 12
Sausage rolls, 6
Savoury corn cakes, 4
Savoury pinwheels, 8
Smoked salmon and ricotta cannelloni, 22
Smoked salmon pizza, 12
Spiced pork and apple, 38
Spinach and ricotta canelloni, 22
Strawberries and honied yoghurt with cinnamon nut sticks, 54
Sweet chilli chicken, 18
Sweet chilli squid with rocket in Mountain Bread™ cups, 10

T

Thai beef salad with Mountain Bread™ strips, 18
Thai chicken salad, 16
Tofu and vegetable roll, 50
Tuna and asparagus parcels, 10

V

Vegetarian pizza, 50

W

Warm chicken salad with seeded mustard wraps, 40
Wild berry triangles, 54

Z

Zucchini and bacon slice, 36

