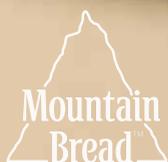
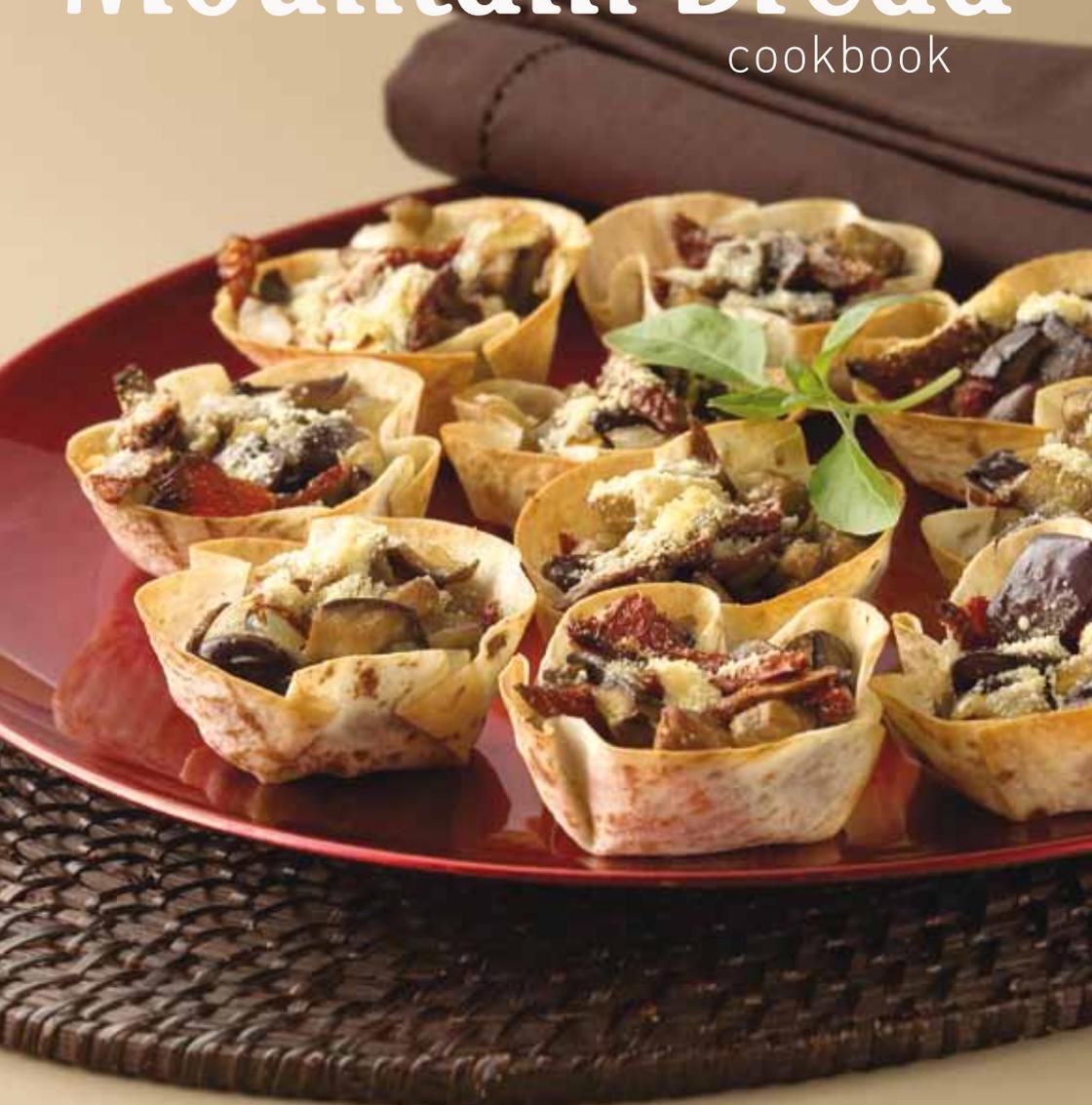


the second

Mountain Bread™

cookbook



the healthy alternative

the
Mountain BreadTM
range



oregano



spinach



tomato & basil



oat



rye



rice



whole wheat



white



organic



corn



barley



serving suggestion



Cover image: Italian Tarts, page 14

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The Second Mountain Bread™ Cookbook

Following the success of the first Mountain Bread™ Cookbook, we are pleased to bring you more great recipe ideas using Mountain Bread™ as an alternative to pasta, pastry and breads.

Mountain Bread™ is a wholly Australian owned company that was established in 1985. It remains in the hands of its founder, with its state of the art bakery located in Reservoir, Victoria.

Given the growing popularity of Mountain Bread™ and the increasing awareness of its benefits in a healthy diet, Mountain Bread™ has introduced 3 new varieties - Tomato & Basil, Oregano and Spinach. With 11 varieties now available, you are bound to have a favourite or two...

The health benefits of Mountain Bread™ continue to be realised by many leading weight loss organisations, and has even been featured on televised weight loss programmes.

Visit the Mountain Bread™ website for more recipes and product information:

www.mountainbread.com

Handy tip...

Storing Mountain Bread™ in its resealable pack can keep the bread fresh for up to 5 days after opening, and it can also be frozen for up to 12 months. Then why not even reuse the resealable bags to store packed lunches, craft materials, or a multitude of other items.

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Sweet Potato and Oregano Squares

Makes 4

2 sheets Mountain Bread™
¼ cup chunky crushed tomato
2 sprigs fresh oregano,
chopped finely
1 small cooked sweet potato,
boiled in a little salt water
and sliced 3mm thick
1 cup light mozzarella cheese
¼ cup grated parmesan cheese
Salt and pepper

1. Pre-heat oven to 175c.
2. On a baking tray, lay out 1 sheet of Mountain Bread™, brush with a little water and top with the other sheet. Spread on the crushed tomato, sprinkle with the oregano and season with salt and pepper.
3. Add the sliced sweet potato evenly and top with the mozzarella and parmesan cheese. Bake in the oven for 10-15 minutes. Cut into squares and serve.

Mini Quiche

Makes 24

1 packet Mountain Bread™
5 large eggs (300 ml)
300 ml milk
300 ml cream
Salt and pepper

Fillings

300 gm sweet potato, diced
small
150 gm bacon, dice and bake
till tender
½ bunch chives, chopped
1 cup grated tasty cheese

or

1 medium capsicum, diced
small & baked
2 medium tomatoes, diced
½ cup olives, diced
¼ bunch spring onion,
chopped
1 cup parmesan cheese, finely
grated

1. Pre-heat oven to 160c.
2. Blend eggs, cream and milk together with a little salt and pepper. Set aside to rest.
3. Cut the Mountain Bread™ into rounds and place in the muffin tins. Place a spoonful of your chosen filling into each and top with the egg mix.
4. Place in the oven and bake for 15 minutes or until firm. Allow to cool slightly before removing from the muffin tray.



Sweet Potato and Oregano Squares

Mountain Bread™ Chips

Serves 4

1 packet Mountain Bread™
¼ cup cold pressed olive oil

1. Pre-heat oven to 180c.
2. Cut Mountain Bread™ sheets into triangles and arrange on a tray. Brush over with desired flavouring, sprinkle with a little salt and bake for 5–8 minutes until crisp.

Flavourings

Garlic Crush 2 cloves garlic, blend with some olive oil.

Mint & Rosemary Chop a ½ cup of mint and rosemary and blend with some olive oil.

Lemon & Black Pepper Finely grate rind of 1 lemon. Add ½ tsp cracked black pepper and blend with some oil.

Roasted Eggplant Dip

Serves 4

1 large eggplant
400 gm chickpeas,
drained and rinsed
2 garlic cloves, crushed
1 tbsp tahini
2 tbsp olive oil
8-10 chives
Juice of 1 small lime

1. Pre-heat oven to 150c.
2. Wash and slice eggplant into 2cm slices. Place slices on a tray and roast for 10-15 minutes or until soft.
3. Remove skin and place in a blender. Add chickpeas, garlic, tahini, olive oil, chives and lime juice. Blend together well and season with salt and pepper to taste.
4. Serve with Mountain Bread™ chips.

Easy Beetroot Dip

Serves 4

450 gm beetroot, drained
200 ml sour cream
1 clove garlic
½ tsp cumin
8-10 chives
Salt and pepper

1. Place all ingredients into a food processor. Blend until not quite smooth.
2. Serve with Mountain Bread™ chips.



Savouries

Serves 4

1 packet Mountain Bread™

Toppings

Smoked salmon

Rocket

Capers, 1 per savory

Sour cream – small dollop

Sautéed spinach

Fried mushroom slices

Feta cheese

Roasted capsicum

Salt, pepper and nutmeg

Marinated eggplant strips

Marinated zucchini strips

Marinated capsicum strips

Semi sun dried tomato strips

Asparagus tips, grilled

1. Pre-heat oven to 175c.

2. Cut the Mountain Bread™ to the required shapes, (rounds, triangles or squares) then place on a baking tray and bake for 3-5 minutes. Remove from the oven and allow to cool.

3. Add your chosen toppings.

Pork and Prawn Wonton

Makes 24

6 sheets Mountain Bread™

200 gm pork mince

100 gm peeled prawns

100 gm canned chestnuts,
drained

1 tbsp spring onion, chopped

1 tbsp light soy sauce

5 drops sesame oil

1 tsp fish sauce

1 tsp chopped ginger

1 egg white

½ tsp salt

Pinch pepper

1 bunch chives, for tying
the wonton

1. Pre-heat oven to 175c.

2. In a food processor, combine all the ingredients (except the egg white) to form a smooth paste. Add the egg white and blend until well combined.

3. Cut each sheet of Mountain Bread™ into 4 and cover with a damp cloth so it does not dry out.

4. Place a heaped teaspoon of mixture into the centre of the bread. Brush the edges with a little water and fold corner to corner. Pinch and twist a little at the top and then tie it off with a chive.

5. Place on a lightly greased baking tray and bake for 10-12 minutes.



Sushi Rolls

Makes 8

8 sheets Mountain Bread™
2 ½ cups short grain rice
3 cups water
5 tbsp rice vinegar
1 tbsp mirin
3 tbsp sugar
2 tsp salt
Wasabi

Fillings (Quantities to taste)

Smoked salmon & avocado
Teriyaki chicken and spinach
Cucumber/carrot/capsicum,
(cut into thin strips)

1. Wash rice until water runs clear. Place in a rice cooker or pot with a tight fitting lid. Add water and bring to the boil then reduce heat and simmer for 5 minutes. Lower heat and steam for 12-15 minutes. Remove from heat, remove lid and cover with a tea towel. Let stand for 5 minutes.
2. Combine vinegar, mirin, sugar and salt in a small pot. Place over a low heat and stir to dissolve sugar. Remove from heat to cool.
3. Spread rice out into a non-metallic dish. Use a spatula to run through the rice to separate the grains, slowly adding the vinegar mixture. The rice should not become too moist. Cool quickly and cover with a tea towel.
4. Spread a layer of rice over one side of the Mountain Bread™. Spread a small amount of Wasabi over the rice and place your select fillings on top. Gently but firmly roll the Mountain Bread™ to form a long, thin cylinder. Use a sharp knife to cut the roll into 2.5cm pieces. Arrange and serve.

Use cooked sushi rice within 24hrs

Tiro Pita

Serves 4-6

3-4 sheets Mountain Bread™
500 gm cottage cheese
5 eggs, lightly beaten
250 gm feta cheese, crumbled
2 tsp chopped dill
2 tsp chopped parsley
100 gm melted butter
Pepper to taste

1. Pre-heat oven to 200°C.
2. Melt butter and set aside. Cut Mountain Bread™ sheets to fit a loaf tin. Brush the bottom of the tin with butter and lay in the first sheet.
3. Mix all other ingredients together well. Spread ¼ of mixture over the sheet, then layer with the next sheet. Repeat until all filling is used. Top with the last sheet and brush with remaining butter.
4. Bake for 30 minutes. Cut into approx 4cm squares and serve warm with salad.



Sushi Rolls

Country Beef and Vegetable Pie

Makes 4-6

1 packet Mountain Bread™
2 tsp olive oil
400 gm beef,
 diced into small pieces
1 medium onion, diced
1 clove of garlic, crushed
1 stick of celery,
 diced into small pieces
1 medium carrot, diced
100 gm button mushrooms,
 roughly chopped
1 cup beef stock
1 tbsp tomato paste
1 tbsp Worcestershire sauce
¼ cup fresh parsley,
 finely chopped

1. Pre-heat oven to 180c.
2. Heat oil in a pan. Cook beef until brown, remove from the pan. Cook the onion, garlic, celery and carrot for 5 minutes. Add the mushrooms and cook for a further 2 minutes.
3. Add the beef with the tomato paste, Worcestershire sauce and stock. Reduce the heat and simmer for 30 minutes or until beef is tender and the sauce has become thick. Season to taste.
4. Remove from heat and place in the refrigerator to cool.
5. Line a small ramekin with Mountain Bread™. Fill with the pie mix then top with some more Mountain Bread™ and bake in the oven for 10-12 minutes.

Calzone

Makes 4

4 sheets Mountain Bread™
4 slices sopressa salami
1 ½ cups shredded bacon
8 mini roma tomatoes,
 halved
8 kalamata olives, halved
4 bocconcini cheese balls,
 sliced
6 large basil leaves,
 shredded

1. Pre-heat oven to 175c.
2. Lay out the sheets of Mountain Bread™.
3. For each sheet, place one slice of salami into the corner. Top with ¼ of the bacon, 4 tomato halves, 4 olives halves, 1 bocconcini ball cut into slices, a sprinkle of shredded basil leaves, salt and pepper.
4. Fold the Mountain Bread™ over to encase the contents and form a triangle. Place the 4 triangles on a lightly greased tray and bake for 15 minutes.



Country Beef and Vegetable Pie

Italian Tarts

Makes 12

3 sheets Mountain Bread™
½ cup parmesan cheese
1 large eggplant
¼ salt
2 tbsp olive oil
1 medium onion, diced
2 cloves garlic, sliced finely
12- 15 pitted kalamata olives,
cut in half
1 tbsp brown sugar
½ cup semi-sundried tomatoes

1. Pre-heat oven to 180c.
2. Dice eggplant into 1cm squares. Place in a tray and sprinkle with salt, rubbing thoroughly through the eggplant and leave for 20 minutes. Rinse and drain well, squeezing out any excess water.
3. Heat oil in heavy based pan to a medium heat. Add onions and cook for 2-3 minutes. Add garlic, eggplant and sugar and cook for a further 2-3 minutes, then add the olives and tomatoes. Stir through and season well.
4. Cut Mountain Bread™ sheets into 4 equal squares. Press into muffin tins and add filling to the very top. Sprinkle with parmesan cheese and bake for 10 minutes.

Spicy Pasties

Makes 6-8

6-8 sheets Mountain Bread™
250 gm lean beef mince
1 medium onion, diced finely
1 carrot, grated
1 small parsnip, grated
2 large potatoes, peeled
and grated
½ cup frozen peas
1 tsp curry powder
½ tsp cumin
1 egg
Salt and pepper

1. Pre-heat oven to 180c.
2. Blend all ingredients (apart from the Mountain Bread™) together well.
3. Place ½ cup of mixture on the edge of a Mountain Bread™ sheet and roll up to form a parcel. Brush the edge with a little water to seal and place on the tray. Repeat until all mixture is used. Bake for 20 minutes.



Italian Tarts

Mountain Bruschetta

Makes 6

3 sheets Mountain Bread™
1 small jar olive pesto
120 gm goat's cheese,
 marinated
6 medium field mushrooms
Olive oil
Salt and pepper

1. Pre-heat oven to 175c.
2. Fold each piece of Mountain Bread™ into 3 then cut in half. Place on a lightly greased tray and bake for 5 minutes until crispy.
3. Slice mushrooms and add to a heated pan with a little olive oil. Season with salt and pepper.
4. Spread the crispy Mountain Bread™ with a layer of pesto, top with slices of mushroom and crumble the cheese over the top. Drizzle with a little olive oil and serve.

Mini Thai Chicken Pie

Makes 24

1 packet Mountain Bread™
400 gm chicken mince
80 ml coconut cream
2 tsp lemon grass
2 tsp red curry paste
1 tbsp lime juice
2 tbsp chopped coriander
1 garlic glove, crushed
1 tsp fish sauce
1 tbsp light soy
2 tbsp spring onion chopped
2 tsp vegetable oil

1. Pre-heat oven to 180c.
2. Heat the oil in a pan and brown the chicken. Add lemon grass, fish sauce, garlic and curry paste. When combined, stir in lime juice, soy sauce, spring onion and coriander.
3. Cook for 2 minutes then remove from the heat. Add the coconut cream and mix in well, then refrigerate until cool.
4. Cut out rounds of Mountain Bread™ to fit into mini muffin tins and for the pie tops.
5. Place the Mountain Bread™ in the muffin tins and then a spoonful of mixture. Brush the pie lids with a little water and place on top. Press down to seal.
6. Bake in the oven for 12-15 minutes or until golden and crisp.



Mountain Bruschetta

Peking Duck Crepe Cones

Makes 8

4 sheets Mountain Bread™
4 pre-prepared Peking duck breasts
6 spring onions, cut into strips
1 Lebanese cucumber, cut into strips
1 Red capsicum, cut into strips
2 tbsp hoi sin sauce
1 tbsp sesame oil
1 tbsp Chinese rice wine

1. Blend hoi sin, oil and wine for the dipping sauce.
2. Slice duck breast and heat as instructed on the packet.
3. Cut each Mountain Bread™ sheet in half.
4. To assemble the cones, place thin slices of carved duck, cucumber, capsicum and spring onion on a sheet on Mountain Bread™. Roll it up and serve with the dipping sauce.

Prawn and Pork Rolls

Makes 12-16

6-8 sheets Mountain Bread™
12-18 cooked prawns, peeled and deveined
1 small pork fillet, cleaned and trimmed
1 tsp light soy sauce
1 clove garlic, crushed
2 cm fresh ginger, peeled and chopped fine
¼ cup dry sherry
1 cup fresh coriander
1 cup bean shoots
1 small carrot, peeled and cut into fine 10cm strips
3 spring onions, cut into 10cm strips
½ cup Vietnamese dipping sauce
2 tsp sesame oil

1. Mix soy sauce, garlic, ginger and sherry together to form a marinade. Add pork, coat all sides and leave to rest, covered and refrigerated, for 1 hour.
2. Heat ½ the oil to medium heat in a frying pan and cook the pork for 2 minutes. Turn onto all sides, cooking for 2 minutes each time. Remove from the pan and rest for 15-20 minutes. Slice pork into thin slices diagonally.
3. Place prawns in a bowl with Vietnamese dipping sauce and coat well.
4. Cut Mountain Bread™ sheets in half to form long rectangles. On each rectangle place a slice of pork, a prawn, a few carrot strips, a spring onion, bean shoots and coriander together. Roll up and brush edge with a little water to seal.
5. Heat the rest of oil in a pan. Place rolls in pan gently, seam side down. Cook for 1 minute or so on each side then serve with more Vietnamese dipping sauce.



Peking Duck Crepe Cones

Greek Lamb and Spinach Triangles

Makes 24

1 packet Mountain Bread™
1 small onion, finely cut
2 cloves garlic, crushed
400 gm lamb mince
2 tsp cumin
100 gm feta cheese
250 gm spinach,
stalks trimmed
1 lemon, zest grated
and juiced
1 tbsp mint, shredded
Salt and pepper

1. Pre-heat oven to 180c.
2. Heat oil in a pan. Fry onion and garlic for 2 minutes then add the mince to brown.
3. Add cumin and cook for a further 2 minutes then add the spinach, lemon juice, zest and mint.
4. Remove from the stove and allow to cool. Fold in the feta and season with salt and pepper.
5. Cut the Mountain Bread™ into three strips. Place 2 teaspoons of mixture into a corner and fold the bread over diagonally to form a triangle. Cook in the oven for 10 minutes or until golden. Serve with Greek yoghurt.

Quesadillas

Makes 8

1 packet Mountain Bread™
2 medium sized tomatoes,
chopped and deseeded
1 medium avocado,
chopped small
1 medium zucchini, grated
1 red onion, chopped fine
125 gm can corn kernels,
rinsed and drained
425 gm kidney beans
1 cup grated tasty cheese

1. Mix all ingredients together well.
2. Place mixture on corner of Mountain Bread™ sheet, wrap and fold to form a triangle.
3. Place into a pre-heated sandwich press for 3-5 minutes, then cut in half and serve.



Greek Lamb and Spinach Triangles

Vietnamese Pork Salad

Makes 4

4 sheets Mountain Bread™
2 pork fillets, cooked cooled
and sliced
200 gm mixed lettuce, washed
150 gm bean shoot
1 medium carrot
1 small red onion
1 small red capsicum
1 small bunch of Vietnamese
mint, washed
100 gm sliced water chestnuts
150 ml Vietnamese dipping sauce
150 gm chopped peanuts

1. Pre-heat oven to 175c.
2. Slice all vegetables into 2mm thick by 5cm long slices.
3. Cut the Mountain Bread™ sheets into 2mm wide strips. Spread onto a tray and cook for 5-8 minutes until crisp. Remove from the oven and allow to cool.
4. Combine all ingredients in a bowl, holding back the nuts and the crispy Mountain Bread™ strips.
5. Gently fold through the Mountain Bread™ strips, then divide into 4 bowls, and top with chopped nuts.

Prawn Caesar Salad

Serves 2

2 sheets Mountain Bread™
10 green prawns
Olive oil
1 lemon
2 tsp dill, chopped
1 baby cos lettuce, roughly
chopped
2 eggs
¼ cup parmesan cheese,
freshly grated
Caesar salad dressing
Salt and Pepper

1. Pre-heat oven to 180c.
2. Brush Mountain Bread™ with a little oil and sprinkle with chopped dill. Cut the bread into approx 3cm triangles and place on a baking tray. Bake for 5 minutes. Remove and allow to cool.
3. Season the prawns with salt and pepper and a squeeze of lemon. Heat some olive oil in a pan and add prawns. Cook for a minute on both sides then remove and keep warm.
4. Bring a pot of water to the boil (water is to be no higher than 5cm from bottom of pot). Crack eggs into water to poach for 3 minutes.
5. Combine lettuce and cheese into 2 bowls. Top with the Mountain Bread™ triangles and prawns. Drizzle the dressing over the top and finish with a poached egg.



Vietnamese Pork Salad

Beef Wellington

Serves 4

2 sheets Mountain Bread™
 500 gm beef fillet, trimmed
 and cleaned
 1 medium onion, diced finely
 300 gm mushrooms,
 diced finely
 1 tbsp olive oil
 300 gm spinach, de-stemmed,
 washed and drained well
 Salt and pepper

1. Pre-heat oven to 180c.
2. Heat ½ tbsp oil in a pan. Season meat well and brown for 2 minutes on each side. Put aside to rest.
3. Heat remaining oil in a pan and add onions and mushrooms. Cook for 3–4 minutes or until quite soft.
4. Lay one sheet of Mountain Bread™ on top of the other. Layer the spinach then the mushroom mix evenly over ¾ of the sheet. Place the beef on top.
5. Wrap up tightly and use a little water to seal edges. Bake for 20-25 minutes.

Bolognaise

Serves 4

4-6 sheets Mountain Bread™,
 cut into 1cm wide strips
 1 tbsp olive oil
 500 gm stewing steak,
 diced 2cm x 2cm
 1 onion, finely diced
 1 medium carrot, finely diced
 2 garlic cloves, crushed
 2 x 440 gm tins tomatoes,
 crushed
 1 bay leaf
 1 tsp dried oregano
 Pinch clove powder
 ½ cup red wine
 ½ cup tomato paste
 ½ cup grated parmesan cheese
 1 cup beef stock
 Shaved parmesan for serving
 Cracked pepper for topping
 Salt and pepper

1. Heat oil in a medium size pot and cook the onion and garlic until golden.
2. Add the meat and brown on all sides. Add the carrot, oregano, clove powder, bay leaf, wine, grated parmesan cheese, tomato paste, beef stock and tomatoes. Stir until all combined. Cover with a lid and cook for 45 minutes on a low heat until the meat falls apart. Add more liquid if the sauce becomes too dry.
3. Season with salt and pepper and fold in the Mountain Bread™ strips. Serve topped with shaved parmesan and cracked pepper.



Beef Wellington

Chicken and Ricotta Cannelloni

Serves 4

6 sheets Mountain Bread™
 1 tbsp olive oil
 250 gm fresh ricotta cheese
 400 gm chicken thigh fillets,
 trimmed and cut into
 2cm pieces
 1 small onion, finely diced
 2 cloves garlic, crushed
 150 gm diced fennel
 200 gm fresh spinach
 1 chicken stock cube
 500 ml tomato puree
 ½ cup low fat tasty cheese
 Salt and pepper

1. Pre-heat oven to 180c.
2. Heat the oil in a pan on medium heat. Add onions, fennel and garlic and stir-fry for 2–3 minutes.
3. Add chicken and cook for 5–6 minutes. Crumble the stock cube and add the spinach and ricotta. Season with salt and pepper.
4. Cut the Mountain Bread™ sheets in half to make 2 rectangles. Place a spoonful of chicken mixture on the edge of the sheet. Roll up firmly. Place in a casserole dish and repeat until all rolls are lined up together. Pour over the tomato puree, season with salt and pepper and sprinkle over tasty cheese.
5. Cook for 30 minutes.

Chicken Italian

Serves 4

4 sheets Mountain Bread™
 Olive Oil
 2 tomatoes, diced
 ½ red onion, diced
 1 tsp oregano, finely chopped
 ½ cup dry white wine
 ½ tbsp pine nuts, toasted
 50 gm shaved parmesan
 ½ clove garlic, crushed
 ¼ cup fresh parsley, chopped
 2 chicken thigh fillets, diced

1. Pre-heat oven to 180c.
2. Heat a little oil in a pan then add the chicken and cook until golden. Remove the chicken from the pan and set aside.
3. Place the pan back on to the heat with a teaspoon of oil. Add the onion and garlic to cook without letting it brown. Add the tomatoes and oregano and stir for 2 minutes. Stir in the wine and let it reduce by half. Place the chicken back into the pan for 2 minutes to finish cooking.
4. Remove the pan from the heat then add the pine nuts and parsley and season with salt and pepper.
5. Fold the Mountain Bread™ in half. Place some mix at the end of the bread, fold and form into a triangle, sealing in the filling. Bake in the oven for 10–12 minutes. Serve with a squeeze of lemon.



Chicken and Ricotta Cannelloni

Lamb Pide

Serves 4

2-4 sheets Mountain Bread™
500 gm lamb mince
1 tsp mixed spice
1 tbsp lemon juice
½ tsp cinnamon
2 medium tomatoes, diced
1 medium onion, diced
2 tbsp chopped mint
2 tbsp chopped parsley
2 cloves garlic crushed
Olive oil
Natural Yoghurt to serve

1. Pre-heat oven to 175c.
2. Heat a small amount of olive oil in a medium pot, add garlic and onion and cook until golden. Add the lamb, cinnamon, mixed spice and cook until meat is brown. Remove from the heat and add lemon juice, tomato, mint and parsley.
3. Lay out the Mountain Bread™. Cut each sheet in half if you would like a single layer, or fold in half if you would prefer a double layer. Spoon some mixture into the middle of the bread. Wet the ends with a little water then fold and press in the edges to form the shape of a boat.
4. Place on a baking tray and bake in the oven for 5-8 minutes. Remove and serve with a dollop of yoghurt.

Lamb and Eggplant Bake

Serves 4-6

5 sheets Mountain Bread™
400 gm minced lamb
1 medium onion, finely diced
2 cloves garlic, crushed
1 eggplant, cubed into
 1 cm pieces
200 ml vegetable stock
400 gm tin chopped tomatoes
¼ cup fresh mint, chopped
¼ cup fresh dill, chopped
1 ½ cups natural low fat
 yoghurt

1. Pre-heat oven to 180c.
2. Heat a large frying pan and brown lamb for 5-10 minutes then add onion and garlic. Cook for a further 5-10 minutes, stirring well.
3. Add the eggplant and ½ of the herbs and cook 2-3 minutes. Add the tomatoes and season well with salt and pepper. Cook for a further 5 minutes.
4. Lay a sheet of Mountain Bread™ in the bottom of a lasagne tray (cut to size if necessary). Spread ¼ of meat mixture over the bread. Place another sheet down and repeat until all meat is used, finishing with a sheet of Mountain Bread™ on top. Top evenly with yoghurt.
5. Bake for 20 minutes. Sprinkle with remaining herbs and serve with a tossed salad.



Lamb Pide

Salmon and Herb Parcels with Lime and Garlic Aioli

Makes 4 parcels

4 sheets Mountain Bread™
2 tsp chopped chives
2 tsp chopped coriander
1 tbsp olive oil
1 lime
4 x 200gm fresh Tasmanian
salmon
Salt and pepper

Aioli

1 egg yolk
½ tsp Dijon mustard
300 ml olive oil
Zest and juice from the lime
½ clove crushed garlic
Salt and pepper

1. Mix the herbs into a bowl. Brush the fish with olive oil and sprinkle a coating of the herbs and juice from half a lime over the fish. Season with salt and pepper.
2. To make the Aioli. Whisk the egg yolk and mustard together and drizzle in the olive oil slowly. Add the garlic, remaining lime juice and zest and season to taste.
3. Place 1 piece of fish onto each sheet of Mountain Bread™, brush the edges with a little water and fold to form a parcel.
4. Heat the oil in a pan (not too hot or the parcels will burn) and add the parcels, slowly frying for 2-3 minutes each side.
5. Remove from the pan. Allow the parcels to rest for a minute before plating. Slice and serve with the aioli and a light green salad.

Roasted Mountain Lamb

Serves 6

3 sheets Mountain Bread™
2 lamb back straps, cleaned
and trimmed
2 cloves garlic
1 tbsp honey
1 tbsp chopped fresh mint
1 tsp rosemary
1 tbsp olive oil

1. Blend all marinade ingredients together. Cut lamb straps into 3 equal pieces and coat in marinade. Leave for 2–4 hours, or overnight.
2. Pre-heat oven to 180c.
3. Wrap the marinated lamb in Mountain Bread™ sheets. Brush with water to seal edges. Place on a tray, cover with loose foil and bake for 15 minutes.
4. Remove from the oven and serve with vegetables and mint sauce.



Salmon and Herb Parcels with Lime and Garlic Aioli

Steak and Rocket Sandwich

Serves 1

1 sheet Mountain Bread™
 1 tbsp olive oil
 1 medium onion, sliced
 1 tbsp balsamic vinegar
 ½ soft avocado
 1 cup sliced mushroom
 1 steak of choice
 1 cup rocket (or mixed leaves
 or spinach)
 1 roma tomato, sliced
 Pinch salt
 Ground black pepper

1. Heat 1 tablespoon of olive oil in a frying pan, add the onion and mushrooms and cook until golden. Add vinegar, salt and pepper and cook for a further 10 minutes or until caramelised then set aside
2. Heat a little more oil in the pan and add the steak. While the steak is cooking, fold a sheet of Mountain Bread™ in half and place the rocket, avocado and sliced tomato at one end.
3. Remove steak from the pan and place on top of the tomato then top with the caramelised onion and mushrooms. Fold the Mountain Bread™ over and lightly toast in a sandwich press.

Marinated Chicken with Chilli Mango Chutney

Serves 2

2 sheets Mountain Bread™
 2 chicken thighs

Marinade

4 shallots, chopped
 1 clove garlic
 2 tbsp light soy sauce
 2 tbsp dry sherry
 1 tsp grated ginger
 1 tbsp olive oil

Chutney

1 Mango, diced (or a 400g tin)
 ¼ Spanish onion, diced
 1 red chilli, diced
 1 clove of garlic, crushed
 ½ cup brown sugar
 2 tsp chopped chives
 2 tsp malt vinegar
 3 tsp olive oil

1. Combine all marinade ingredients. Add the chicken to the marinade and let sit for a minimum of one hour.
2. To make the chutney, heat the oil in a pan. Add Spanish onion, red chilli and garlic and cook for 2 minutes. Add brown sugar, vinegar, chives and diced mangoes. Cook for 20 minutes on a low heat, stirring regularly. Remove from heat and set aside.
3. Pre-heat oven to 175c.
4. Heat the pan with a little oil, add the chicken and cook for 3 minutes on a medium heat on each side. Place one chicken thigh per sheet of Mountain Bread™ and top with a spoonful of chutney. Fold the bread to form an envelope and bake in the oven for 5-8 minutes.



Steak and Rocket Sandwich

Veal and Mushroom Ragout

Serves 4

4 sheets Mountain Bread™,
cut into 1cm strips
1 tbsp olive oil
1 large onion, diced
2 tomatoes, seeded and diced
2 cloves garlic, crushed
1 kg diced veal
2 tsp paprika
750 ml beef stock
250 ml red wine
350 gm mushrooms, halved
½ cup fresh basil leaves
1 bunch spinach, washed
and roughly chopped
Pinch nutmeg

1. Heat the oil in a medium pot. Add the onion and garlic and cook until golden. Add the veal and paprika and cook for a further 5 minutes until the meat has been sealed.
2. Pour in the red wine and stir. Add the beef stock and tomatoes, cover and simmer for 30 minutes.
3. Add the mushrooms, replace the lid and cook for a further 10 minutes until the meat is tender, and the sauce has thickened.
4. Next fold in the fresh basil, spinach and nutmeg and cook for a further 2 minutes.
5. Season with salt and pepper, fold in the Mountain Bread™ strips and serve.

Chicken and Leek Parcels

Serves 4

4 sheets Mountain Bread™
2 chicken thigh fillets,
cleaned and cut into
3-4cm pieces
1 tsp olive oil
1 large leek, washed well
and thinly sliced
1 chicken stock cube
¼ cup dry white wine
½ cup boiling water
4 spring onions finely sliced
1 cup of sliced mushrooms

1. Pre-heat oven to 175c.
2. Heat the oil in a pan on a medium heat. Add the chicken and cook for 10 minutes until browned slightly. Add the leek, spring onions and mushroom and cook for 2 minutes until tender.
3. Pour the wine over the chicken and simmer for 2 minutes. Dissolve the stock cube in the boiling water then add to the pan and reduce the heat to a fast simmer for 5-10 minutes. Season with salt and pepper, then let the sauce thicken.
4. Place ¼ of the mixture onto each Mountain Bread™ sheet and fold up to form a parcel. Bake for 5 minutes or until lightly golden.



Veal and Mushroom Ragout

Tomato and Chickpea Soup

Serves 4

2 sheets Mountain Bread™
440 gm tomato puree
1 ltr vegetable stock
100 gm field mushrooms
1 medium onion
2 sticks celery
1 medium carrot
400 gm chickpeas, drained
and rinsed
1 medium zucchini
200 gm sweet potato
1 small jar basil pesto
2 tbsp olive oil

1. Dice all the vegetables into chunky 1-2 cm pieces.
2. Heat the oil in a medium pot then add all the vegetables and gently cook on a medium heat for 5 minutes. Add the tomato puree and stock and mix well. Cover with a lid and reduce the heat. Cook slowly for 20-25 minutes until well cooked.
3. Cut the Mountain Bread™ into 1cm squares. Remove the pot from the stove, season with salt and pepper, and fold through the bread. Serve topped with a spoonful of basil pesto.

Citrus, Rocket and Feta Salad

Serves 4

4 sheets Mountain Bread™,
cut into 4cm x 4cm pieces
2 oranges, peeled and
segmented
2 cups rocket, washed
350 gm fennel, thinly sliced
1 large Spanish onion, sliced
100 gm fresh dates, pitted
and sliced thinly
100 gm marinated feta,
diced small
10 mint leaves, coarsely
chopped

Dressing

50 ml olive oil
50 ml red wine vinegar
1 tsp honey
Salt and pepper

1. Pre-heat oven to 180c.
2. Bake the Mountain Bread™ for 5 minutes until crisp and allow to cool.
3. Mix all the dressing ingredients together and let it rest.
4. Combine all the remaining ingredients, except for the feta cheese, in a bowl. Toss in the crispy Mountain Bread™ pieces and serve onto the plates. Top with diced feta and drizzle the dressing over the top.



Tomato and Chickpea Soup

Roast Vegetable Strudel

Serves 4

4 sheets Mountain Bread™
100 gm chopped mushrooms
140 gm peeled pumpkin, diced
140 gm sweet potato, diced
140 gm potato, diced
100 gm carrot, diced
100 gm zucchini, diced
140 gm eggplant, diced
1 medium onion, diced
2 cloves garlic, crushed
2 tbsp olive oil
2 sprigs rosemary
Salt and pepper

1. Pre-heat oven to 180c.
2. Combine the vegetables, oil, garlic, rosemary, salt and pepper in a baking dish and bake for 35-40 minutes or until tender. Remove from oven and allow to cool.
3. Divide the mixture evenly onto one end of each of the 4 Mountain Bread™ sheets. Roll the bread into the middle, brush the edges with a little water, fold the sides in and continue to roll to make the parcel.
4. Brush the parcels with a little olive oil and bake for 10-15 minutes.

Cannellini Bean Soup

Serves 4

1 sheet Mountain Bread™
4 tbsp extra-virgin olive oil
1 white onion, finely chopped
1 carrot, finely chopped
1 celery stalk, finely chopped
1 small leek, finely chopped
440 gm Cannellini beans,
1 sprig of rosemary
Small bunch of sage
Vegetable stock (up to 1.5 ltr)
200 ml plain yoghurt
Salt and pepper

1. Heat half the olive oil in a pan and add the vegetables. Cook for 5-10 minutes until they are soft but not coloured. Add the beans and the herbs, and cook for 2-3 minutes, stir until mixed well. Don't season at this point, as salt will make the beans harden.
2. Add 1 litre of stock and bring to the boil, then turn down the heat and simmer for 30-45 minutes until the beans are soft.
3. Brush Mountain Bread™ with a little olive oil and cut into 1 cm pieces. Toast in the oven for 2-3 minutes to crisp.
4. Once the soup is cooked, set aside 3-4 tablespoons of the bean mix. Pour the rest of the soup into a food processor and blitz until smooth. Put the soup back on the heat and add the bean mix you set aside. Heat through and, if the soup is thicker than you would like, add some more stock. Season to taste.
5. Serve in bowls, with a dollop of yoghurt and topped with the Mountain Bread™ croutons. Drizzle over the rest of the olive oil, grinding some fresh pepper on top.



Roast Vegetable Strudel

Mushroom and Spinach Lasagne

Serves 4

4 sheets Mountain Bread™
 1 bunch spinach or silverbeet
 3 onions
 1 tbsp olive oil
 1 clove garlic, crushed
 2 tsp nutmeg
 250 gm ricotta cheese
 250 gm cottage cheese
 ¼ cup skim milk
 Fresh ground black pepper
 440 gm tin crushed tomatoes,
 drained
 1 tbsp tomato paste (no salt)
 1 tsp oregano
 1 tbsp parmesan cheese
 200 gm button mushrooms

1. Pre-heat oven to 180c.
2. Trim white woody stalks from spinach and discard. Rinse leaves thoroughly. Place wet spinach in a large saucepan with chopped mushrooms, cover and cook on high for 5 minutes or until barely tender. Drain, lightly squeeze and set aside.
3. Sauté garlic and onion in oil until transparent, stir through spinach and mushroom mixture with nutmeg.
4. Beat together cheeses, milk and pepper.
5. Combine tomatoes, tomato paste and oregano.
6. Line a lightly oiled casserole dish with one slice of Mountain Bread™. Layer with one third of the tomato, one third of spinach and one third of cheese. Top with another sheet of Mountain Bread™ and repeat twice, finishing with a layer of bread.
7. Sprinkle with parmesan cheese and bake for 30-40 minutes. Serve with garden salad.

Healthy Vegetable Log

Serves 2

2 sheets Mountain Bread™
 1 medium onion, diced
 1 baby red chilli, seeded and
 chopped
 1 clove garlic, crushed
 1 tbsp olive oil
 1 cup mushrooms, chopped
 ¼ head cauliflower, cut into
 small floweret
 ½ zucchini, chopped finely
 2 roma tomatoes, diced
 1 tbsp fresh chopped basil
 4 bocconcini sliced
 Salt and pepper

1. Pre-heat oven to 175c.
2. Heat the olive oil in a pan. Sauté the onion, chilli, garlic, cauliflower, mushrooms and zucchini until tender. Add the diced tomatoes and basil and cook for a further 10 minutes. Remove from the heat and add bocconcini. Season with salt and pepper.
3. Spread out Mountain Bread™ sheets and brush the edges with a little water. Spoon the vegetable mix onto the edge of each of the sheets and roll to form a log shape. Brush the exterior with a little olive oil.
4. Arrange the logs on a baking tray and bake for 10 minutes or until crispy.



Mushroom and Spinach Lasagne

Apple and Rhubarb Strudel

Serves 4

4 sheets Mountain Bread™
400 gm tin cooked apples
1 bunch rhubarb
¼ cup orange juice
½ cup sugar
Icing sugar
Cinnamon

1. Pre-heat oven to 180c.
2. Wash and remove the leaves of the rhubarb then cut the stalks into 2cm pieces.
3. Place the rhubarb pieces in a pot with the sugar and orange juice, cover with a lid and bring to the boil. Add the apples then re-cover and turn to a very low heat for 10 minutes. Remove from the heat and allow to cool.
4. Lay out the Mountain Bread™, allowing 2 sheets per strudel. Spoon the mixture over one edge of the bread. Brush the edges with water and roll up in parcels.
5. Brush the top of the parcels with a little water, dust with icing sugar and cinnamon and bake for 15 minutes.

Baked Ricotta Tarts

Makes 6-8 tarts

2-3 sheets Mountain Bread™
250 gm ricotta cheese
½ cup caster sugar
2 egg yolks
1 tbsp flour
1 tsp cinnamon
Zest of 1 orange
½ cup cream

1. Pre-heat oven to 150c.
2. Cream egg yolks and sugar until thick and pale. Add cream and beat for 3 minutes.
3. Fold in the flour, cinnamon, orange zest and ricotta. Mix until combined.
4. Cut the Mountain Bread™ sheets into 6-8 circles and press into tart cases.
5. Spoon the cheese mixture evenly between the cases.
6. Bake for 20 minutes then allow to cool before serving.



Apple and Rhubarb Strudel

Blueberry Mille Feuille

Makes 6

3 sheets Mountain Bread™
330 ml milk
4 egg yolks
½ cup caster sugar
2 tbsp plain flour
1 tbsp corn flour
1 tsp vanilla essence
1 tsp brandy
1 punnet blueberries

1. Bring the milk to boil in a saucepan. In a medium bowl combine egg yolks, sugar, flours, vanilla and brandy.
2. Slowly whisk the hot milk into the bowl. Return the mixture to the saucepan and continually stir until it thickens. Remove from the heat, place in a bowl and refrigerate for 1 hour.
3. Cut out 6 circles from each slice of Mountain Bread™ using a knife and a cup for the shape (or you may wish to just cut it into squares). Place on a greased tray and bake at 175c until crisp for approximately 5 minutes. Remove and cool.
4. To arrange, place 1 piece of crispy Mountain Bread™ on a serving plate followed by some custard and blueberries, then repeat. Finish off with crispy Mountain Bread™ and dust with icing sugar.

Caramelised Banana Crepes

Serves 4

4 sheets Mountain Bread™
4 firm bananas
½ cup brown sugar,
firmly packed
100 gm butter
2 tbsp brandy
Yoghurt or cream to serve

1. Peel and slice bananas, set aside.
2. Place the sugar and butter into a saucepan and bring to boil. Reduce to a simmer for 5–10 minutes. Add brandy and bananas and stir in gently for 2–3 minutes.
3. Fold one Mountain Bread™ sheet into half on a serving plate. Add some filling onto one side then fold over the other half. Add some more filling on top and serve with fresh yoghurt or cream.



Blueberry Mille Feuille

Sour Cherry Tart

Serves 6-8

4 sheets Mountain Bread™
 250 gm creamed cheese
 100 gm caster sugar
 ¼ cup boiling water
 1½ tbsp gelatin
 1 lemon, juiced and rind
 finely grated
 250 gm tin sour cherries,
 drained and reserve juice
 375 ml evaporated milk,
 must be icy cold
 2 tsp cornflour
 1 tbsp sugar

1. Pre-heat oven to 175c.
2. Line an 18-20cm flan dish with the Mountain Bread™ so it is 2 sheets thick and blind bake for 5 minutes and allow to cool.
3. Cream sugar and creamed cheese until smooth.
4. Dissolve gelatin in the boiling water, then mix in the lemon juice and rind.
5. Pour the chilled evaporated milk into a bowl and beat with an electric mixer until thick and creamy. Fold in the cheese mix and the gelatin. Pour into the flan dish and place into the fridge to set for 1 hour.
6. Heat reserved cherry juice until boiling. Combine the cornflour with a small amount of water to make a paste and stir into the boiling juice. Remove from the heat and allow to cool. Remove the tart from the fridge and arrange the cherries on top. Pour the juice over the cherries and refrigerate for another 30 minutes to set.

Raspberry and Baileys Cream Cones

Serves 2

2 sheets Mountain Bread™,
 each cut into 6
 250 gm raspberries
 30-50 ml Baileys Irish Cream,
 to taste
 350 ml cream
 ¼ cup caster sugar

1. Pre-heat oven to 175c.
2. Lightly grease some baking cones and wrap a square piece of Mountain Bread™ around each cone. Brush the edges with a little water to help seal the cone.
3. Bake for 5-7 minutes until crisp. Remove to cool.
4. Whisk the cream and sugar together and just before the cream peaks, add the Baileys. Continue to whip the cream to its peak, and then gently fold through the raspberries.
5. Use a teaspoon to fill the cones.



Sour Cherry Tart

Lemon Lattice Tart

Serves 4

4 sheets Mountain Bread™
1 egg
2 egg yolks
100 gm castor sugar
40 ml lemon juice and zest
from the lemon
60 gm unsalted butter

1. Pre-heat oven 175c.
2. Whisk egg yolks, whole egg, sugar, lemon juice and zest over a low heat for 3-4 minutes continuously until the mixture starts to thicken. Add the butter and whisk until custard is thick. Remove from the heat and refrigerate to cool.
3. Cut the Mountain Bread™ to fit a 15cm flan dish, brush edges with a little water and press in the bread. Spoon the custard into the flan dish. Cut some Mountain Bread™ into strips, brush with a little water and place on top of the custard to form a lattice pattern.
4. Bake in the oven for 5-8 minutes until the base and top have cooked and coloured.

Roast Peach Tart

Serves 4

4 sheets Mountain Bread™
2 large eggs
½ cup sugar
½ tsp vanilla essence
60 gm butter, chopped
2-3 peaches, sliced 1cm thick
Brown sugar
Cream to serve

1. Pre-heat oven to 175c.
2. Cut Mountain Bread™ into rounds to fit lightly greased tart cases, or flan dish (if using a flan dish use 2-3 sheets). Place in the oven and bake for 3-5 minutes until crisp. Remove and cool.
3. In a metal or earthenware bowl, whisk together eggs, sugar and vanilla. Bring a pot of water to simmer and rest the bowl of mixture over the water. Whisk the mixture for 5-6 minutes until it thickens and becomes pale. Whisk in the butter until custard becomes thick. Refrigerate to cool.
4. Arrange sliced peaches into a greased baking dish, sprinkle with brown sugar and bake for 10 minutes until the peaches caramelize.
5. Divide the custard evenly into the baked Mountain Bread™ case/s, arrange the roasted peaches on top and drizzle over the juices from the pan. Serve with a little runny cream.



Lemon Lattice Tarts

Mini Pecan Pies

Makes 6 pies

2 sheets Mountain Bread™
1 ½ cups pecans, chopped
 roughly
12 pecan halves for decoration
½ cup sugar
½ cup maple syrup
Juice of 1 lime or lemon
3 eggs
50 gm melted butter
Unsweetened cream, whipped

1. Pre-heat oven to 160c.
2. Line 6 muffin tins with Mountain Bread™.
3. Whisk all ingredients together except the pecan halves.
4. Pour filling into cases and place 2 pecans halves into the centre of each pie.
5. Bake for about 20 minutes until firm. Cool and serve with unsweetened whipped cream.

Strawberry Tarts

Serves 4

2 sheets Mountain Bread™
400 gm light ricotta cheese
¼ cup sugar
Rind of 1 small lemon, finely
 grated
250-300 gm strawberries,
 washed and halved
1 tbsp apricot jam, warmed
50 ml brandy
Icing sugar
30 ml pouring cream

1. Pre-heat oven to 180c.
2. Cut Mountain Bread™ into 4 rounds, insert into large muffin tins and bake for 3-4 minutes until crisp. Remove and cool.
3. Mix ricotta, sugar, brandy, and lemon zest together. Place a spoonful of mixture into each case. Top with the strawberry halves.
4. Brush with the warm jam, dust with a little icing sugar, and serve with some pouring cream.



Mini Pecan Pies

Tiramisu

Serves 4

6–8 sheets Mountain Bread™
 500 gm cream cheese, softened
 400 ml cream
 1 cup caster sugar
 ½ cup Kahlua liqueur
 4–6 tsp instant coffee, diluted
 in a little boiling water
 2 x 400 gm tins peach slices,
 drained and segments
 sliced thinly
 2 tbsp cocoa
 extra cream
 extra Kahlua

1. Beat the cheese and sugar with an electric mixer until smooth. Add the cream and beat until thick and smooth, then add the Kahlua and coffee and mix on low speed until just combined.
2. Cut the Mountain Bread™ into circles to fit a tall serving glass. Place in a dessert spoon of cheese mixture, a layer of Mountain Bread™, 1 tsp Kahlua, a layer of peaches then another layer of Mountain Bread™. Repeat until all mix is used. The last layer should be the cheese mixture. Cover and chill for 4 hours or overnight.
3. To serve, sprinkle with sifted cocoa and top with whipped cream and strawberries.

Banana and Honey Log

Serves 2

2 sheets Mountain Bread™
 2 tsp choc bits
 1 small banana, sliced
 6 dates, finely chopped
 ½ tbsp honey
 Light cream

1. Pre-heat oven to 175c.
2. In one corner of each Mountain Bread™ sheet, spread half the banana then top with dates, choc bits and a drizzle of honey.
3. Roll over once, fold the edges in and continue to roll to make a cylinder shape.
4. Bake in the oven for 10 minutes. Dust with icing sugar and serve with some light cream.



Tiramisu

Vanilla Slice

Serves 6-8

4 sheets Mountain Bread™
330 ml milk
4 egg yolks
½ cup caster sugar
2 tbsp plain flour
1 tbsp corn flour
1 tsp vanilla essence

1. Pre-heat oven to 175c.
2. Brush a Mountain Bread™ sheet with a little water and lay another sheet on top. Repeat so you end up with 2 lots of 2 sheets. Let them sit for 2 minutes. Place them on a baking tray and cook for 5 minutes. Remove from the oven and allow to cool.
3. Bring the milk to the boil in a saucepan. In a medium bowl combine egg yolks, sugar, flours and vanilla. Slowly whisk in the hot milk. Return the mixture to the saucepan and continually stir until it thickens.
4. Remove from the heat and pour the mixture over one of the double Mountain Bread™ sheets. Level out the custard using a spatula then place the other Mountain Bread™ piece on top. Refrigerate to chill for an hour.
5. Cut the slice into 6-8 pieces, dust with icing sugar and serve.

Choc Nut Tubes

Makes 16

4 sheets Mountain Bread™
200 gm chocolate buttons
200 gm walnuts, chopped fine

1. Pre-heat oven to 180c.
2. Melt the chocolate in a bowl over boiling water or in the microwave using 20 second bursts on the defrost setting. Cut the Mountain Bread™ into 4 equal strips.
3. Brush the strips with melted chocolate and sprinkle with walnuts.
4. Roll into tight tube shapes. Place onto an oven tray and bake for 7-10 minutes.



Vanilla Slice

Hawaiian Pizza

Serves 2

4 sheets Mountain Bread™
50 gm tomato paste
125 gm mozzarella cheese
150 gm shredded ham
¾ cup pineapple pieces
Mixed herbs

1. Pre-heat oven to 180c.
2. Brush the Mountain Bread™ sheets with a little water and place one upon another so pizza base is 4 sheets thick. Lay on a greased oven tray.
3. Spread over tomato paste and sprinkle with mozzarella (be sure to reach right to the edges!) Sprinkle pineapple and shredded ham over the pizzas and top with some herbs.
4. Bake in the oven for 20 minutes.

Mountain Dogs

Makes 2

2 sheets Mountain Bread™
2 frankfurts or sausages
Grated cheese, to taste
Tomato sauce
Mustard sauce

1. Heat the frankfurts as per instructions on packet.
2. Sprinkle cheese onto one Mountain Bread™ sheet and place the frankfurt on top. Top with tomato and/or mustard sauce and roll up.





Hawaiian Pizza

Fruit Basket

Makes 4

2 sheets Mountain Bread™
8 strawberries
Bunch grapes
2 bananas
Vanilla icecream

1. Pre-heat oven to 180c.
2. Cut Mountain Bread™ to fit in muffin trays. Bake for 5 minutes until crispy.
3. Cut banana and strawberries into slices and arrange with the grapes into the Mountain Bread™ baskets with a scoop of icecream
4. Enjoy!

Ba-ba-banana Rap

Makes 2

2 sheets Mountain Bread™
2 bananas
Handful of sultanas
Drizzle of honey

1. Mash the banana
2. Spread the mashed banana onto one corner of the Mountain Bread™
3. Top with some sultanas and a drizzle of honey.
4. Wrap up and enjoy!





Fruit Basket

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Prawn
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