



Relish Mama

BRINGS YOU

Recipes for  
Mothers Day

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## Happy Mothers day to Mothers & Caregivers of all stripes

A selection of delicious recipes for you to enjoy this Mothers day and beyond.

Connecting through beautiful food and shared experiences is what means so much to us, as a family & I am sure, for many of you also.

It is a pleasure to share these recipes with you as our little Mothers day gift.

Mothers day isn't easy for everyone. If this is you, we are sending you a lot of love and hope you find comfort in some of these dishes.

Nellie xx



"Laughter is brightest where food is best." – Irish Proverb

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## Scrambled eggs with smoky paprika and harissa toasts

SERVES

4

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If you have beautifully fresh eggs in the fridge, you can have a truly cracking meal in no time!

I think all too often we overlook the humble egg when it comes to solving the 'what's for dinner?' dilemma. A perfectly poached egg on top of fresh greens is a treat. Eggs are one of life's most pure, simple and lovely little treats!

Spanish smoky paprika is one amazing ingredient. It is wonderful in so many ways and to take your eggs to the next level – so easy but so impressive !

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**6-8 eggs**

**2 heaping tablespoons sour cream**

**Sea salt**

**Salt and freshly ground black pepper**

**1-2 tablespoons unsalted butter**

**½ cup cheddar cheese or grana padano (optional)**

**Spanish paprika, to dust / serve**

**Rocket leaves, to serve**

**Harissa toasts, to serve**

**4 slices of sourdough or your choice of bread**

**1-2 teaspoons harissa paste**

**Extra virgin olive oil**

**Parmesan, to sprinkle**

To make the harissa toasts, spread toasted sourdough with a little harissa and a drizzle of extra virgin olive oil. It is lovely with a sprinkling of great quality Parmesan also.

Lightly whisk the eggs, sour cream and a pinch of salt together until all the ingredients are just combined and the mixture has one consistency.

Heat a small non-stick frying pan for a minute or so, then add the butter and let it melt. Don't allow the butter to brown or it will discolour the eggs. Pour in the egg mixture and let it sit, without stirring, for 20 seconds. Stir with a wooden spoon, lifting and folding it over from the bottom of the pan. Let it sit for another 10 seconds then stir and fold again. Add the cheese (optional).

Repeat until the eggs are softly set and slightly runny in places, then remove from the heat and leave for a few seconds to finish cooking. Give a final stir and serve the velvety scramble without delay.

Dust with Spanish smoky paprika and serve with a crisp and peppery rocket salad and harissa toasts.

# Homemade Granola

SERVES

4

Easy to throw together but this baby takes time. This is for one of those days you can be home whilst this works its magic and rewards you for your patience. Or cook on the weekend to enjoy early in the week.

**2 cups rolled oats**  
**2 cups of quinoa flakes**  
**1 cup of nuts such as almonds, pecans, shelled pistachios, etc – roughly chopped**  
**100grams of sunflower seeds**  
**100grams pumpkin seeds**  
**3 tablespoons chia seeds**  
**1 teaspoon cinnamon**  
**1/2 teaspoon nutmeg**  
**1/2 teaspoon sea salt**  
**1/3 cup olive oil**  
**1 cup loosely packed dried coconut flakes**

**1/3 cup good maple syrup or honey**  
**2 tablespoons of hulled tahini**  
**1 cup dried fruits such as blueberries and cranberries**  
**or omit & instead top with fresh seasonal fruit and yoghurt**

Preheat oven to 160oC.

In a bowl, mix together all of the dry ingredients. Pour the maple syrup (or honey) and tahini over the dry ingredients and mix really well. Spread out evenly on to a lined baking tray (or 2, depending on the size of your trays) and bake for approximately 20 minutes.

It is important stir the muesli a couple of times during cooking to avoid it burning or sticking.

Turn the oven down to 140oC and continue baking for another 10 or so minutes or until a rich golden colour. Switch off the oven and allow to cool and dry out further (you can even leave overnight). Add the dried fruits (if using) once completely cool and store in an airtight container.



# Freekah Pilaf

SERVES

4-6

I adore this pilaf and has been a savior for me on many occasion when I need something cooked in advance that happily keeps warm in the post whilst I get on with other things or better still, catching up with my family and friends.

This is also lovely with lemon yoghurt or tahini infused yoghurt.

**80ml olive oil**  
**2 large brown onions, thinly sliced**  
**3 red capsicum, sliced into thin strips**  
**1 tablespoon caster sugar**  
**2 tablespoons tomato paste**  
**A very good grinding of freshly cracked black pepper**  
**2 teaspoons coriander seeds, toasted and ground**  
**1 teaspoons cumin seeds, toasted and ground**  
**100g currants**  
**250g freekah, rinsed really well (you could use burgul)**  
**500ml vegetable stock**  
**Sea salt & freshly cracked black pepper**

**A good handful flat leaf parsley, washed, dried and chopped**

In a large pot, heat the oil and cook the onions and capsicum together on medium-high heat for 10-12 minutes or until soft.

Add the rinsed freekah to the pan.

Add the sugar, tomato paste, pepper, spices and currants. Stir for a couple of minutes before adding the stock. Season well with salt and pepper and bring to a boil. Once boiling, turn down to a simmer and put lid on for 15 minutes. After this time, remove lid and allow pilaf to cool down for 5 minutes before serving.

Fluff up the pilaf with a fork and add in the chopped parsley and combine. Taste and adjust the seasoning – it may need a little sea salt, pepper and olive oil.





SERVES

6

## Assorted Roasted vegetables

More often than not, there is not enough room in the oven for larger gatherings to have everything happening at once. You can cook these in advance and then cool & loosely cover. Return to 180°C oven for 20 minutes before serving.

- 1 butternut pumpkin, peeled and chopped**
- 1 kg potatoes, peeled and halved**
- 2 bunches of baby beetroot, trimmed**
- 2 bunches of baby carrots, peeled and trimmed**
- 1 head of garlic, unpeeled, cloves separated**
- 3 x 20cm pieces of lemon rind**
- 1 bunch fresh thyme**
- Olive oil for roasting**
- Sea salt & cracked black pepper**

Preheat oven to 200°C. Divide the pumpkin, potato, onions, carrots, garlic, lemon, thyme, oil, salt and pepper 2 baking trays lined with baking paper and toss to combine. Leave the beetroots unpeeled and wrap in foil-coated also with the oil, a little garlic, salt & pepper. Roast for 1 hour or so or until cooked through and golden.

Remove the beetroot from the foil & check if tender. Using gloves, lightly rub away at the skins to remove. Half the baby beetroot & add to the platter of other roasted vegetables to serve.



## The Restaurant-Quality Green Salad You'll Make on Repeat

SERVES

4

A vibrant and elevated salad perfect as a side or starter. Restaurant-quality and full of flavour.

### For the salad:

**A mix of fresh salad leaves (such as baby gem, butter lettuce, baby cos, red oak, or spinach)**

**Optional toppings: crumbled Danish blue cheese, toasted almonds**

### For the dressing:

**1 small shallot, finely diced, rinsed under cold water and patted dry**

**60 ml (¼ cup) extra virgin olive oil**

**30 ml (2 tbsp) good quality champagne vinegar or white wine or sherry vinegar**

**Juice of ½ lemon**

**1 teaspoon Dijon mustard**

**½ teaspoon seeded mustard**

**1–2 teaspoons caster sugar (to balance acidity)**

**Sea salt and freshly cracked black pepper, to taste**

**Prepare the shallot: Finely dice the shallot and rinse it in a sieve under cold water for about a minute to mellow the sharpness. Pat dry on paper towel.**

**Make the dressing:** In a small jar or bowl, combine the shallot, vinegar, lemon juice, mustards, sugar, and orange blossom water (if using). Add a good pinch of sea salt and cracked black pepper. Slowly whisk in the olive oil until emulsified. Taste and adjust the seasoning and sugar to balance acidity. It should be slightly sweet and well-rounded.

**Prepare the salad:** Wash and dry your greens thoroughly. Tear or leave leaves whole for a more rustic, restaurant-style presentation. If using fennel, slice it very finely with a mandoline or knife.

**Dress and season:** Place the dressing in the base of a large mixing bowl. Add greens and fennel (if using) on top. Gently toss with clean hands, adding more dressing only if needed to lightly coat. Taste for seasoning — you may wish to add a pinch more salt.

**Plate and finish:** Layer the dressed greens on a large plate. If using, scatter with crumbled blue cheese and toasted almonds. Finish with a light sprinkle of cinnamon (if using), just over the top.

Serve immediately, ideally on a wide plate for a more elegant presentation.

# Chermoula

SERVES

4

Ahhhhhhh.....my love for chermoula is huge. Chermoula makes everything better. Chermoula is a beautiful spice mix that is used often in Moroccan cooking for great depth of flavour. It is commonly used for marinating fish and chicken or tossed through vegetables.

Chermoula can be stored in the fridge, covered for up to 5 days.

**3 cloves garlic, chopped**  
**1 teaspoon of ground ginger**  
**1 teaspoon paprika**  
**2 teaspoons of ground cumin**  
**4 tablespoons of flat leaf parsley, roughly chopped (extra, as a garnish, to serve)**  
**4 tablespoons of coriander, roughly chopped**  
**4 tablespoons of fresh mint, roughly chopped**  
**½ teaspoon of dried chilli flakes**  
**3 tablespoons of lemon juice**  
**2 tablespoons of red wine vinegar**  
**4 tablespoons of olive oil**  
**1 teaspoon of sea salt**  
**Freshly cracked black pepper**

To make the chermoula, mix the garlic, herbs, spices, chilli, lemon juice and vinegar and 'whizz' in a food processor. Slowly drizzle in the olive oil and process until you have a smooth paste. Season with salt & pepper.

Use for the many chermoula recipes in this book (see pages 10 & 11). Left over chermoula can be stored, covered in the fridge for up to 5 days.





## Chermoula roasted chicken

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I used to read recipes that told me to “place your fingers under the skin of the chicken and rub the infused butter or marinade in under the flesh”..... and I flatly refused. Who has that time? If anyone’s getting a massage, I am Chook!

Oh how times have changed. I am mad for anyone getting a little rub between the shoulder blades, even though often, it is not me. It is a synch to do take this extra step. Get your hands (delicately) under that skin and you will be rewarded ten-fold.

I only get a massage once or twice a year these days – very wrong, I know and something I would love to change.

So.....in the name of a damn fine Chook, get a little Barry White playing and give that gorgeous Chook of yours a rub. Just be sure to tell it ‘Nellie sent you’.

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**1 free range chicken**  
**1 qty chermoula (see page 9)**  
**1 lemon, halved through the centre**

Place your fingers under the skin of the chicken taking care not to rip the skin. Create a pocket between the flesh and the skin by gently separating the skin from the flesh. Take half of the chermoula and rub it under the skin, smoother as much of the flesh with the marinade as you can. Take the remaining marinade and rub the out side of the chicken. Marinate overnight, or if you’re in a hurry or at least 4 hours.

Preheat oven to 220oC or 200oC fan forced.

Place chicken on a baking rack within a roasting tray. Place the lemon halves inside the cavity of the chicken & roast for 1 hour and 10 minutes or until juices run clear if pierced with a knife or skewer. Allow to rest for 5-10 minutes before serving.

I actually love this with the harissa yoghurt on page 13 as well as roasted vegetables and a big green salad.

# Chermoula fish

SERVES

4

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Reduce or add to portion, depending on how many you are feeding.

My love for chermoula is a very serious one.

With this recipe, keep in mind chermoula is one of the key items you could have on hand (see page 10), in the fridge, every few weeks to whip up amazing and healthy dishes like this one.

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**4 x 180g firm white fish fillets**  
**1 quantity of chermoula (see recipe on page 9)**  
**2 tablespoons chopped parsley**  
**2 tablespoons chopped coriander**  
**2 tablespoons chopped unsalted pistachios or almonds, toasted (or a mix of both)**  
**1 tin of chickpeas, rinsed and drained**

**Juice of half a lemon**  
**Lemon segments or lime cheeks, to serve**  
**Couscous and harissa yoghurt, to serve.**

Make a batch of chermoula (see recipe on page 9)

Spread chermoula over your fish, then cover and refrigerate while you make your couscous.

Prepare a batch of couscous (see recipe on page 12). Once fluffed with a fork, add herbs, pistachios or almonds, chickpeas and lemon juice. Season to taste and set aside.

Preheat a barbecue or large frypan to medium-high heat. Cook the fish for 2-3 minutes each side until just cooked.

Serve the fish on a bed of couscous (see recipe on page 12) and top with harissa yoghurt or mayonnaise (see recipe on page 13), as well as lemon segments or lime cheeks.



# Steamed couscous

SERVES

4-6

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Soft, fragrant and ready to carry flavour beautifully – the perfect base for so many meals.

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**2 cups couscous**  
**Enough boiling water to just**  
**cover the couscous**

Place couscous in a bowl, cover with boiling water and cover the bowl in cling wrap and allow to stand for 5 minutes. Fluff with a fork and place onto a large platter to serve.

Should you care for even more flavour, place 1 cup of freshly squeezed orange juice & 1 teaspoon of ground cinnamon in a saucepan and bring to the boil. Add 2 tablespoons of raisins. Pour this mixture over the steamed couscous (you don't want to drown it, so you may not need it all). Cover with plastic wrap and leave for a few minutes. Add a small amount of butter and a little freshly chopped coriander. Toss, fluff up with a fork and serve.

Another delicious option is to pan-fry a sliced red onion with some garlic for 10 minutes or until soft. Add whole almonds and preserved lemon and sauté for a minute or two. Fold this through the couscous and top with lots of fresh parsley, mint and coriander.



# Harissa Yoghurt

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Creamy, bright and just a little spiced – a beautiful addition to almost anything.

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**250g Greek yoghurt**  
**1 tablespoon of harissa**  
**2 tablespoons of lemon juice**  
**1 clove of garlic, peeled and  
grated or minced**  
**Sea salt & freshly cracked  
black pepper**

Mix all ingredients together in a bowl and combine.





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## Almond, coconut and raspberry cake

SERVES

8-10

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A word from Belinda Jeffery: “This is from the secret cache of recipes I turn to when I have to whip up something special at very short notice – and it’s just fabulous. Although it’s an unassuming slim little cake and somewhat wet inside, don’t let looks fool you; it has the best flavour, and there’s a lovely contrast between the slightly chewy crust and buttery crumb. What’s also appealing is that it only takes about 15 minutes to make and is wonderfully versatile. Serve it with poached plums, quince or tamarillos and a dollop of rich cream and it’s like waving a magic wand that transforms it into a very elegant dessert.”

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### Raspberry puree

**150g fresh or frozen raspberries**

**60g caster sugar**

**12g cornflour**

**200g unsalted butter, melted and cooled 100g almond meal**

**50g desiccated coconut**

**70g plain flour**

**½ teaspoon of baking powder**

**7 large egg whites (from 70g eggs)**

**250g icing sugar**

**1/2 teaspoon salt**

**1 teaspoon vanilla extract**

**2 tablespoons flaked almonds, toasted icing sugar, (optional), for dusting**

### Note

It’s handy to know that this freezes very well.

I usually slice it before I freeze it and defrost (or microwave) it as I need it (frequently in my case!). It also keeps well in the fridge for a week or so. Warm it gently or bring it to room temperature before eating it – although it has a rather fabulous ‘chewy’ almost candy-like texture when it’s cold too.



## Almond, coconut and raspberry cake

SERVES

8-10

For the raspberry puree, put the raspberries and sugar into a small saucepan and gently mix them together. Leave them to sit for 15 minutes.

Sprinkle the cornflour over the berries and place the pan over medium heat. Bring the mixture to a boil. Stir regularly. Adjust the heat to ensure it bubbles gently for one minute. Keep scraping the base of the pan with a spoon and allow the mix to become thick and dark. Remove from the heat. Pour the berries into a heatproof bowl and allow to cook & thicken (do not stir).

Preheat your oven to 180C. Butter a 23 or 24-cm shallow spring form cake tin and line the base and sides with buttered baking paper.

Melt and cool the butter.

Put the almond meal, desiccated coconut, flour and baking powder into a medium-sized bowl and whisk them briskly together with a balloon whisk for 1 minute or until thoroughly combined.

In a separate bowl, whisk together the eggs in a clean dry mixing bowl and sift in the icing sugar and salt. Use an electric beater on a medium speed to combine the mixture until it is just smooth but not foamy or fluffy.

Add the almond mixture and beat briefly again until just combined. Then, with the beaters going, add in the melted butter and vanilla and mix until combined.

Scrape the batter into the prepared tin and dollop the raspberry puree evenly over the top. spread it out evenly, then scatter the flaked almonds over the top.

Put the tin in the oven and bake the cake for about 40-45 minutes, or until the top of the cake springs back slowly when you press it gently. Cool the cake in the tin on a wire rack.

Serve with toasted almonds and dust with icing sugar.

# My favourite chocolate dipped Florentines

MAKES

18

These are one of my favourite biscuits to make and to share.

There's something so special about their delicate crunch, the richness of chocolate, and the way they feel just a little bit indulgent.

Perfect with a quiet cup of tea, and even better when enjoyed with someone you love.

**45g butter**

**60g demerara sugar**

**45g dried cranberries or sour cherries, roughly chopped**

**20g pistachio kernels, roughly chopped**

**100g slivered almonds**

**20g plain flour**

**Pinch of salt**

**1 tbsp thickened cream (not whipped cream)**

**200g dark chocolate, broken into pieces**

Heat the oven to 180C and line two baking trays with baking paper.

Drizzle a little olive oil and then use a pastry brush to spread it across the paper.

Melt the butter and sugar together in a pot or pan over a medium heat until combined. Put the fruit and nuts in a bowl, sift over the flour and toss together until the flour is evenly distributed.

Take the pan off the heat and stir in the salt and cream, then stir into the fruit and nuts.

Dollop rounded teaspoons of the mixture on to the baking trays and flatten out as much as possible without leaving holes, making sure they are well spaced out on the trays.

Bake for about 10-12 minutes until golden brown all over, then leave to cool on the tray.

When cool, melt the chocolate in the microwave and stir every 20 seconds until melted and smooth. It usually takes about 90 seconds.

Carefully dip the underside of each florentine in the chocolate and leave to cool and set, then repeat. If you want to be really authentic, you can use a fork to make a wavy pattern in the setting chocolate at this point. Leave to harden completely before serving or storing in an air-tight container.





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