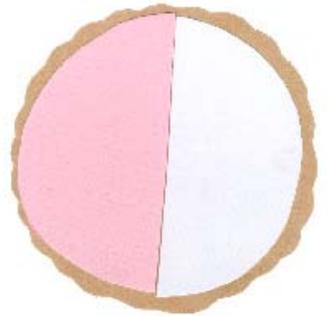
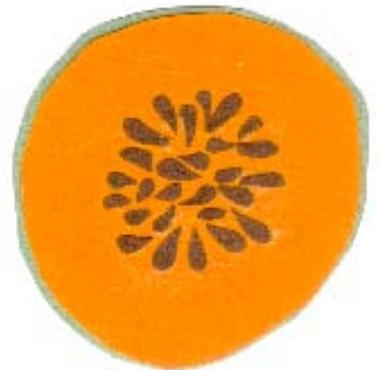




**NOT THE
LAST
SUPPER:**



THE SAVE FBI
COOKBOOK ZINE



Cooking is a way of listening to the radio – Brian Eno

Think of this as a mixtape of recipes, compiled by an assembly of FBI foodies/*Iron Chef* challengers-in-the-making.

Not The Last Supper: the Save FBI cookbook zine was quickly collated in a week but features dishes that have been stirred, simmered, baked and roasted over a lifetime. We hope it's as good a kitchen companion as your 94.5FM-set radio dial is.

Thank you very much to all the contributors who gave us their recipes on extremely short notice. Mega thanks to Grace Lee (<http://fromasowsear.blogspot.com/>), who created the beautiful illustrations for it in near-zero time. This zine was collated and edited by Lee Tran Lam, who has left in a lot of the recipe-writing quirks of the contributing chefs – because, well, they're more fun to read that way (sterling example: Justin Zeltzer's Greek butter cookie recipe).

The cookbook is available to download for free but in the spirit of saving FBI, we'd like you to make a donation in return for enjoying these three-course goodies. Perhaps you could spend a night in with a meal from the zine and send the money you saved (from dining out/getting take-away) to the station. Or throw a dinner party using these recipes and collect a cover charge from your guests to give to FBI. We'll leave it up to you – the ingredients are here, it's up to you to tuck in, enjoy, and save the station (all without leaving your dinner table).

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Midnight Snack by Sweetie

Morning

Sausie & Tomato by Shag's mum (as recalled by Shag)

Serves 2-4

This is the earliest dish I can remember my mother making – and my favourite. On my birthday, I would always wake up to Sausie & Tomato stewing on the stovetop (my bedroom was just outside the kitchen).

Ingredients

2 tins of chopped tomato, maybe some fresh ones as well (chopped roughly)
1 tbsp white sugar
Salt, to taste
Some fresh thyme
Some fresh basil (if you like)
8 or so sausages
Lowered expectations (possibly)

This is a pretty simple dish. Throw tomatoes in a saucepan on a medium heat. Add the sugar, stir, then season with salt and herbs to taste. Reduce the heat and let it stew.

While this is happening, have your sausages grilling away. When they are basically done, remove from the grill. Chop sausages up into fifths (transforming them into sausies) and add to the stew. Let the Sausie & Tomato bubble until you can bear your hunger no longer. Nostalgically devour.

Shag hosts Thursday and Friday Arvos, 3-6pm. He has a major food crush on the Spiced Pumpkin and Feta Empanadas at Bodega in Surry Hills.

Breakfast Burritos by Dave Regos

Makes 4

Ingredients

1 avocado
1 tbsp mayonnaise
1/4 red onion, diced
1 garlic clove, crushed
1 tsp lemon juice
1 tsp salt and pepper
1 tomato, diced
1/4 cup of salsa (or make your own salsa),
5 eggs, beaten
1/4 cup milk
4 tortilla wraps
80g grated cheese
4 tbsp of sour cream

For the guacamole, smooch the avo with a fork and mix with mayonnaise. Stir in red onion, garlic, lemon juice, salt and pepper.

Heat tomato and salsa in pan.
Stir in eggs with milk and scramble.
Heat tortilla in microwave for 22 seconds.
Spread tortilla with guac.
Add eggs and tomato salsa.
Sprinkle cheese and sour cream on side of tortilla so it forms the glue to wrap up the tortilla.
Wrap it up and enjoy.

Dave Regos presents In The Pines on Tuesday nights from 9-11pm, where he dishes the best kind of folky gloom, sadsack strums and moody folktronica.

Light bits/entrees

Bruschetta In A Teacup by Lee Tran Lam

I love bruschetta but I am hopeless at eating it – I start slicing a piece of it and the little tomato cubes jumble off the bread and I have to re-scoop them up with a knife and redistribute them amid the crusts again.

So, I came up with Bruschetta In A Teacup to combat this. It is also a good time-stalling starter if you are throwing a dinner party – you can feed it to your guests while you're still dashing about in the kitchen, slinging things into the oven, garnishing dishes and watching pots bubble away. Also, you can make it ages before they arrive (the flavour is even better) and it's all good to go when they turn up.

Basic ingredients

A handful of cherry tomatoes per guest
A slurp of extra virgin olive oil
A dash of caramelised balsamic vinegar (you can use aged balsamic with a good sprinkle of sugar instead, if you don't have this)
A nice loaf of bread (sourdough or ciabatta are sound picks), sliced thickly
Clove of garlic (optional)

Optional extras

Finely diced garlic
A bit of fresh chilli/dried chilli
Finely diced Red onion
Toasted pine nuts
Basil
Oregano
Shavings of good Parmesan cheese
Finely diced olives
Sea salt and ground black pepper to season

Basically, chop the cherry tomatoes.
Drop into a small Asian-style teacup or ramekin.
Add a good slurp of extra virgin olive oil

(enough to submerge half the tomato).

Add a dash of the vinegar.

Add any optional extras you like – don't go over-the-top with one particular ingredient, but go for a nice mix. Be sparing with stronger ingredients, such as onion or garlic, unless you do like a sharp hit with your bruschetta. Give the ingredients a good stir, so the oil is evenly distributed. Leave to let flavours sink in for a bit.

Repeat as appropriate for the number of guests you have.

Before serving, grill/toast the bread.

Cut a garlic clove in half (if using) and then rub against the still-warm slices.

Serve bread on a platter.

Everyone can take a slice and dunk into their teacup as appropriate or spoon the mix onto the bread if they like. Less bruschetta spillage occurs, everyone is happy.

Lee Tran Lam hosts Local Fidelity, which is a 2-hour mix of all-good Australian music on a Sunday night from 7pm.



Bruschetta with Pecorino & Caramelised Red Onion (a winter-friendly update on the standard) by Caroline Gates

Serves 4

Ingredients

3 tbsp fruity extra virgin olive oil
3 red onions, chopped
2 bay leaves
1 sprig fresh rosemary, leaves stripped from the stalk
2 tbsp red wine vinegar
60g (or thereabouts) soft brown sugar
4 slices really good crusty bread
4 handfuls rocket or mixed salad leaves
Sea salt and black pepper
150g young pecorino (or aged, whatever comes easiest)

Heat 2 tbsp of the oil in a pan then add the onion, bay leaves and rosemary. Brown the onions over low-medium heat, stirring regularly. Add the vinegar and stir well. Add sugar and cook over low heat for 30 minutes. The mix should be a rich red, thick and shiny. (You can make the onion mix ahead of time)

Toast the bread, do it on a grill pan if you've got one.

Toss the salad leaves with 1 tbsp of the remaining oil and salt and pepper to taste.

Spread about 1 tbsp of the onion mix on each slice of toast. Add a handful of the salad leaves and crumble the pecorino on top. Sprinkle with a little more olive oil and cracked pepper if you want.

Caroline Gates is responsible for lots of the behind-the-scenes magic as program co-ordinator at FBI. She also hosts Tuesday Lunch, 1-3pm, which is fitting for such a foodie.

Feta Tomatoes by Peter Hollo and Angela Stengel

This is an old favourite of ours – easy to make, delicious to eat! We were served these first by an old friend whose articles you've probably read in the *Herald*. Typically for our sort of recipes, it's semi-improvisatory, and quantities aren't something we're very good at.

Serves 4

Ingredients

Half a standard block of Greek feta
1 garlic clove, crushed
1/4 cup olive oil (approx)
8 Kalamata olives, chopped fairly finely
4 medium tomatoes, cut in half horizontally
8 basil leaves

Mash up the feta, mixing through the crushed garlic and enough olive oil to make a smooth paste. Add chopped olives and mix through. Scoop out some of the inside of the tomato halves to make space for the feta.

Pile the feta up in each halved tomato, with some inside the tomato, making a nice hemisphere a few centimetres or so over the top. Garnish with basil.

Stick 'em in the oven until nicely cooked (200 degrees, 15-20 minutes). Don't overdo it, they shouldn't be falling apart and the feta shouldn't be totally melted.

That's it. Yummy.

Alternative use: chop up cooked tomatoes and mix through pasta.

Peter Hollo hosts Utility Fog, from Sunday 10pm to Monday 1am. Angela Stengel is a long-running producer (one-time presenter of the legendary Sydney Retrospective on the Bridge), more recently she's been a presenter and producer of Out Of The Box.

Saag Paneer by Blake Thompson

Serves 4 as an entree

Ingredients

500g spinach leaves
1 tsp cumin (ground)
1 tsp coriander seeds (ground)
1 tsp fenugreek seeds (ground)
1 tbsp oil or ghee
3-5 garlic cloves
1 red onion
4 large ripe tomatoes
1 tsp of grated ginger
1 tsp garam masala
1 packet haloumi cheese (or paneer if you can find it) cut into small cubes*

*The haloumi isn't a traditional ingredient but its saltiness works really well in this curry. Use paneer if you prefer, but you may need to add a bit of salt at the end, to taste.

Take the stems and any rough-looking bits off the spinach and blanch the leaves in boiling water for about 2 minutes.

Put the spinach in a colander and run under cold water to refresh.

Drain, then either finely chop or puree the spinach in a food processor.

If you're using whole spices, dry-roast the cumin, coriander and fenugreek seeds in a frying pan and then grind them in a mortar and pestle.

Heat the oil/ghee in a heavy based frying pan and fry the garlic, onion, cumin, fenugreek and coriander over medium heat for a minute or two.

Add the tomatoes, ginger, garam masala and spinach and continue to cook for another 10 minutes or so until the liquid has reduced.

To finish off, heat a tiny bit of oil in a separate non-stick frypan and add your cubed cheese. Fry until golden on all sides and add it to the

spinach mixture.

Serve with rice or naan bread.

Blake Thompson hosts Sunday Overhang from 7am-10am with cruisey indie tunes that would be the ideal playlist of any alarm clock.



Condiments

Piri Piri by Tim Ritchie

Ingredients

40 fresh red chillies (the hot ones ... and I usually add a couple of habaneros)
10 large cloves garlic
1 really large piece of ginger
2 tsp finely cracked pepper
Juice of 6 lemons, strained
2 good pinches of salt
Extra virgin olive oil

Wash chillies and finely chop. Leave seeds in.
Peel and crush garlic.
Peel and grate ginger.

Combine in saucepan with pepper and cover with lemon juice.

Simmer for 5 minutes.

Strain the mixture and reserve liquid.

In a mortar and pestle, make a paste of the mixture.

Beat thoroughly to break down ingredients (if you prefer your piri piri more rustic-looking, then you should aim for a rough paste).

Add a pinch of salt and continue to grind the mixture to a rustic or fine paste (depending on your preference).

If necessary, add more salt and continue to grind until all lumps are gone.

Return to the pan with the reserved liquid and simmer over a low heat until mixture is thick and most of the liquid is gone.

Pour mixture into a glass jar and cover with 1 cm of oil.

Seal tightly and when cool, refrigerate for 1 week before using.

Possible additions (to be added at the mortar and pestle stage)

Ripe tomatoes

Red capsicum

Cumin

Coriander

Allspice

More garlic

Tamarind (I always put in the tamarind)

Tim Ritchie is a dub-heavyweight guest once a month on Basslines (Sundays 5-7pm) and also is a member of the FBi Board.

Tomato chutney by Blake Thompson

This chutney is excellent with sausages, barbecued meats or cheese and crackers. It'll keep for months in sterilised jars.

Ingredients

1.5 kg ripe tomatoes (chopped)

600g onions (sliced if you prefer a thicker chutney or diced, if not)

2 or 3 green chillies (optional)

1 cup apple cider vinegar

3/4 cup of brown sugar

1/4 cup of salt

For the paste

1/4 cup cornflour

heaped tsp of mustard powder

1 tbsp curry powder

1 heaped tsp of ground coriander

1 tsp paprika

1/4 cup balsamic vinegar

Place the chopped tomatoes, onions and chillies (if you're using them) in a pot, cover with water and sprinkle with the salt. Stir and leave overnight.

The next day, drain off the liquid. Add the apple cider vinegar to the tomato and onion mixture and bring to the boil, uncovered. Add sugar and stir over low heat until all the sugar has dissolved.

To make the paste, combine the spices and cornflour in a bowl and mix together with the balsamic vinegar to make a smooth paste.

Remove the pan from the heat and thicken with the paste. Simmer for a further ten minutes or until thick, then decant into sterilised jars** trying to avoid air bubbles.

** I do this by washing the jars in hot water and detergent, then drying them for twenty minutes in the oven at 160 C.

Blake Thompson hosts Sunday Overhang from 7am-10am and is a super double-recipe contributor to this cookbook zine!



Mains/heavy hitters

Sweetie's Delicious Dumplings!

FILLING INGREDIENTS

- 1/4 cabbage or 1/2 bunch Chinese broccoli (stalks and leaves)
- 3 spring onions
- 1 cup or small can of bamboo shoots**
- 9 shiitake mushrooms (if you use dried mushrooms, soak them for 15 minutes in hot water before using them)**
- 2 tbsp of grated ginger
- 3 tbsp of soy sauce
- 2 tbsp of sesame oil
- 1 tbsp of Chinese vinegar** (optional)
- 2 tbsp of cornstarch
- 500g pork mince*

* If you're vegetarian or don't eat pork, substitute with firm tofu or chicken mince.

**These ingredients are usually available at Asian grocers.

DUMPLING WRAPPERS

There are a whole heap of simple dough

recipes for traditional dumpling wrappers, but I usually take the easy road and buy them from my local Asian store. The ones I get are the Gow Gee dumpling wrappers. For the amount of filling I make, I usually go through about 3 packets or 90 wrappers.

DIPPING SAUCE

I usually go for a super-simple dipping sauce of Chinese vinegar and some chilli oil or chilli flakes. Other dipping sauces can include a mix of soy sauce, Chinese vinegar and sesame oil with some ginger, chilli and garlic. You decide!!

STEPS

Finely chop the cabbage, spring onions, bamboo shoots, shiitake mushrooms and grate the ginger. If you have a food processor, just throw them in and blitz until it's all finely chopped.

Combine the soy sauce, sesame oil, Chinese vinegar and cornstarch.

Combine the pork mince, vegetable mixture and cornstarch mixture. I usually just mix it together with my hands.

Filling complete!

Place a small spoonful of the filling into the centre of a dumpling wrapper. The amount of filling is up to you really and also depends on how big your dumpling wrappers are. It takes some practice to get the amount right, so you don't under- or over-fill it.

Use some warm water to brush the edges of the wrapper.

Fold the opposing edges of the wrapper together, kind of like a taco, and pinch the sides together.

You might like to try and make some pleats in the dumpling like they do traditionally, but this takes some practice.

If pleats aren't your thing, shape them however you like ... just make sure that there are no holes and that the dumpling wrapper is completely sealed. If it's not sealed, they might fall apart during the cooking.

COOKING

Steaming:

You can get traditional wooden steamers from your local Asian grocer.

Place some non-stick baking paper with a couple of small holes (or a cabbage leaf) at the base of your steamer.

Place the dumplings in the steamer on top of the baking paper.

Steam the dumplings over a few centimetres of water in a pan/wok.

They usually take around 10-12 minutes to steam.

NB: If you don't have a steamer, place some baking paper into frying pan and fill with a few centimetres of water (the water will be enough to steam the dumplings without completely submerging them). Sit the dumplings on the baking paper (it keeps the dumplings from sticking to the base of the metal frypan). Close the lid and allow the dumplings to steam for 10-12 minutes.

Frying:

Place a few of teaspoons of oil into a non-stick pan. Sit the dumplings in the pan and fry them on medium heat until the bases are slightly golden.

The next step involves extreme care and speedy reflexes – pour water into the pan (so the dumplings are submerged in 1-1.5cm of water) and close the lid quickly to avoid splattering and burns.

Allow the dumplings to steam/fry in the pan for around 8-10 minutes.

Once the water has boiled off, remove the lid and allow the bases to crisp up.

Sweetie hosts Arvos on Monday and Friday, bookending your week from 3-6pm.

Ma-in-law's Spicy Malaysian Curry – artist recipe by A-Love

Sometimes you really luck out when it comes to your boy/girlfriend's parents' culinary skills. Y'know – that first time you meet the parents, they serve some revolting dinner while you make polite conversation and throw the food to the dog under the table? I know in my time, I have been subjected to enough salmonella to kill someone – raw chicken, raw spaghetti bolognese and 'experimental' pasta bakes that include every spice in the pantry.

Suffice to say the boys with no appreciation for food never lasted long (I am Italian after all!). Luckily, these days ma dukes got skills. Hubby comes from a family that can hold their own in the kitchen. My PILs (parents-in-law) are freaks for South East Asian cooking and have done enough travelling to suss out the good local recipes. Don't be scared of the amount of ingredients – once you make the curry paste, you'll realise it's dead easy, and if you buy all the spices, they will last you at least ten more curries. This recipe that ma-in-law gave me for Malaysian curry never fails to impress, so here it is – from my fam to yours with love.

Serves 6 as part of a spread to include naan, rice and maybe 1 extra curry

Ingredients

1 kg mutton meat (if you can't find mutton, try diced lamb instead)

5 tbsp desiccated coconut

1/2 cup tamarind paste

2 large onions, chopped

1 1/2 tbsp garlic, chopped

1 1/2 tbsp fresh ginger root, chopped

3 tsp ground coriander

1 tsp ground cumin

1 tsp ground turmeric

1/2 tsp ground black pepper

1/2 tsp ground nutmeg

1/2 tsp ground fennel
1/2 tsp ground cinnamon
1/4 tsp ground Cardamom
1/4 tsp ground cloves
12 or so almonds
1 stalk lemongrass, chopped
8 whole dried red chillies (I like it a bit hotter,
so add 2-3 more if you want some heat)
3 tbsp peanut oil
1/2 tin chopped tomatoes
1/2 cups coconut milk
1 tsp sea salt

Cut the meat into 4cm cubes and set aside.
On a low heat, brown the desiccated coconut
stirring constantly for 5 minutes or until
golden brown. Set aside on a clean plate.

Put the tamarind paste in 1/2 cup of
lukewarm water and leave for a few minutes.

Using a food processor, put the onion and
tamarind liquid in and pulse until thick.
Add the garlic, ginger, all the spices, almonds,
lemongrass and chillies.

Blend again.

Lastly, add the toasted coconut, carry on
blending until smooth and well-combined.

In a deep wok, heat the oil and fry the
blended mixture for 5 minutes, stirring
frequently.

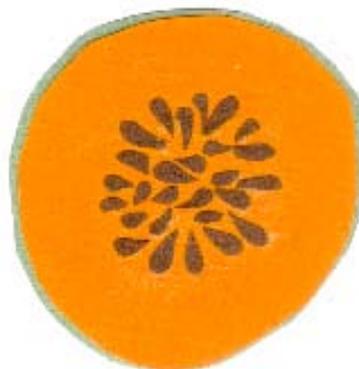
Add the meat and fry, stir well to make sure
spices are evenly coated. Add tomatoes, fry for
5 minutes and add the coconut milk, salt and
bring to boil slowly.

Cook for 2 hours or more on a low heat.
Stir frequently so it doesn't stick.

You might need to add extra water if it
becomes too thick.

**A-Love is a Melbourne artist who is busy at
work on the follow-up to her album *Ace of***

Hearts. Here's hoping there are a few foodie
rhymes in there. Thanks to Shantan from
Stolen Records (Wednesday Sunset, 6-8pm)
for sourcing the recipe.



Rigatoni with Chilli, Lemon, Anchovy and Feta by Elly King

Serves 2

This is a really fresh and tasty pasta – and so
easy. Try and use a decent olive oil and don't
be shy with it! Olive is the 'good oil' after all.
For those scared of that little salty fish, the
anchovy, you could leave it out but I find that
most don't even realise they're hiding in
there. They act more as a salt substitute and
break down during heating so the dish
doesn't have a particularly fishy taste.

Ingredients

1/4 cup extra virgin olive oil (approx)
3-4 cloves garlic, crushed
6 anchovy fillets, roughly chopped
3 small red chillies, finely sliced
Handful of Kalamata olives
250g rigatoni or a large tubular pasta
150g baby spinach, washed
100g feta, cubed
Grated rind of a lemon
Squeeze of lemon juice

Add olive oil to pan on low heat.

Throw in garlic, anchovy fillets and chilli and
heat through, being careful not to cook the

garlic too much.

Add olives and warm. Set pan aside.

Add pasta to a saucepan of boiling, salted water and cook until al dente.

When the pasta is almost ready, put the anchovy mix back on the heat and warm through.

Drain pasta and put back in saucepan. Add spinach, anchovy mix, grated lemon rind and feta. Toss through pasta while over heat. Add a squeeze of lemon and serve immediately.

Elly King is super-producer for Canvas, the arts show on Sunday 10am-12pm that's hosted by Matt Levinson.



Station-Saving Slow-roasted Lamb Shoulder by Peach

Ingredients

MASSIVE dose of salt

1 lamb shoulder (bone in if possible)

1 bulb garlic

2 chillies

1 lemon, zested

2 tbsp oregano (i.e. lots)

1 tbsp olive oil

Just over a handful of fresh mint (15-50 leaves)

200ml natural yoghurt

Salt lamb heavily. Lots of salt. You'll feel like it's too much (don't worry, it's not). Leave for an hour or so to 'sink in' to lamb.

After salting, chop garlic, chillies, lemon zest. Chop chop chop. Into a paste. Add oregano. Add oil. Mix.

Rub all over lamb shoulder.

If you have a covered barbecue (Weber or similar), put the meat in there, protected from the direct heat of the grill, for an hour to get the outside of the lamb crispy (you want the inside to remain fairly rare, though).

Put lamb shoulder in a VERY slow oven (100C for fan electric; 115 for normal electric; 130C for gas) for a VERY long time (at least six hours. Twelve if possible). If you have a baking dish with a rack, you can put the lamb on the rack and fill the baking tray with water (careful not to splash the meat). The steam is your friend.

Chop fresh mint, mix with yoghurt, mix with lemon juice.

Take lamb out of oven. Let rest for half an hour.

Shred lamb. Drizzle with yoghurt sauce.

Assuage hunger.

Save station.

Also, serve with booze.

Peach used to co-host Arvos with Shag. His dry baritone is greatly missed from the airwaves! He is also an MC and you can hear him give props to his grillpan in one of his rhymes.

The Perfect Ribs by Levins

My girlfriend and sister were in Bali for the last two weeks eating nothing but giant prawns and scrambled eggs. When I asked what they wanted me to cook for them upon their return, they both demanded meat off the bone. So I decided to cook the messiest, funnest meal for carnivores – barbecue ribs.

I've cooked ribs heaps of times before, but this time I thought I would cook them as perfectly as possible, taking as long as I could to make the more flavoursome, juicy ribs.

First, I soaked two huge racks of pork ribs in cider vinegar for about an hour. This tenderises the meat and allows all that good flavour to get right in there. I then coated the ribs in a simple rub of brown sugar, cayenne pepper, smoked paprika and mustard powder and let them sit for another hour while I fired up my Weber barbecue.

After searing each side of the ribs over the coals, I placed them on a rack over a shallow pan filled with beer. I put the lid on the Weber and left the beer to boil and steam the ribs, returning after an hour to cover the ribs in my own barbecue sauce and to throw a handful of applewood chips over the coals, smoking the ribs for another hour.

Finally they were done and maaaaaaan, they were good.

Levins is part of Ro Sham Bo. They like to fire their air horns every Tuesday Sunset, from 6 to 8pm.



Vegetarian Lasagne by Danny and Caroline Jumpertz

Serves 6-8

Ingredients

1/4 cup olive oil
3 medium eggplants
Salt
4 medium red capsicums
750g jar Paul Newman spaghetti bolognese sauce
250g instant lasagne sheets
250g mozzarella, sliced

Pistachio Pesto

90g shelled pistachios
1 cup firmly packed fresh basil leaves
1/3 cup olive oil (or less)
2 cloves garlic
2 tbsp grated Parmesan cheese

White Sauce

80g butter
1/3 cup plain flour
2 1/2 cups milk
1/2 cup grated Parmesan cheese

Grease ovenproof lasagne dish.
Cut eggplants and salt them, stand 20 minutes, rinse and dry (you can pat them with a paper towel to speed this up). Cook eggplants, drain on absorbent paper. Grill red capsicums, and remove skins when cool.

Spread one third of the spaghetti sauce onto lasagne dish.

Top with one third of the lasagne sheets.

Another third of sauce.

Spread half eggplants.

Half of the cheese.

Another third of lasagne sheets.

Remaining spaghetti sauce.

Capsicums.

Cheese.

Lasagne sheets.

Eggplants last!

Spread Pistachio Pesto over eggplants, top with White Sauce

For the Pistachio Pesto

Blend or process ingredients until combined.

For the White Sauce

Melt butter in a small pan, stir in flour, stir over heat until bubbling.

Remove from heat, gradually stir in milk, stir over heat until mixture boils and thickens.

Remove from heat, stir in cheese.

Can be made a day ahead, also can be frozen.

Danny Jumpertz used to host The Album Show and now can be heard doing great fill-in programs. Caroline is his partner-in-crime and also plays in his band, Clairaudience.



Sweetness

Chocolate-cardamon mousse by FBi listener
Alison Evans

Ingredients

800ml double cream, whipped

400ml milk

Seeds of 10 cardamom pods, finely crushed in mortar and pestle (can be substituted for 1/4 cup thyme, finely chopped or ground)

2 tbsp coffee shot

2 tbsp caster sugar

450g dark chocolate

Whip cream and set aside in fridge.

Combine milk and cardamon (or thyme) in a pot – reduce by one third on low heat.

Stir in the coffee shot and sugar.

Melt chocolate (you can do this in a bain-marie – e.g. put a bowl of chopped up chocolate in a steamer compartment above a saucepan – just make sure the water does not touch the chocolate or it will seize).

Strain thyme (if using).

Mix all ingredients together, fold the cream in gently.

Put into a shallow mould or individual cups.

Chill until set.

Loukoumades (Greek donuts) by FBi listener
Alison Evans

Loukoumades is a traditional Greek dessert – this dish was hand-written on recipe cards in our central file at a restaurant I used to work at. It became an in-house adapted mix of a generic Greek cookbook, what the bartender's mum liked, and my own experiments (I made it every week for about six months!). They taste so ridiculously good ...

Ingredients

1 tsp dry yeast

90ml tepid water

1 pinch caster sugar

440ml milk

75g caster sugar

75g butter

600g flour

3 eggs, beaten

Combine the dry yeast, tepid water and pinch o' sugar until it froths a bit.

In a pot, heat milk, sugar and butter until almost boiled – stir while heating.

In a bowl, combine flour and beaten egg.

Once the milk mix has cooled, combine with the yeast mixture and flour mixture.

Leave covered at room temperature until it doubles in size.

Scoop batter with a tablespoon or ice cream

scoop and deep fry (a wok with lots of oil would also work).

Serving suggestion: melted honey and crushed pistachios

Alison Evans is an avid FBi listener and cook. She worked for four years in various Melbourne pubs and restaurants but now lives in Sydney. Her favourite kitchen tool is a microplane zester and she tries to get to lots of local restaurants, so far Yoshii is top of her best-of list.



Choc-Cherry Muffins by Julia Thomas

Ingredients

80g chocolate
200g Morello cherries
75g butter
1/2 cup sugar
4 eggs
3 tbsp milk
200g ground hazelnuts
30g plain wholemeal flour
2 tsp baking powder
pinch of salt

Grate the chocolate, drain the cherries.
Cream the butter and sugar.
Separate the eggs and beat in the yolks to the butter/sugar mix.
Stir in the milk, hazelnuts, then sifted flour, baking powder, salt and chocolate.
Whisk the egg whites until stiff then stir through.

Divide mixture into muffin tins, then add about 5 cherries to the top of each.
Bake at 175C for 20-25 minutes.

Julia Thomas is marketing manager at FBi and her commitment to the station is so huge that she actually jumped out of an airplane as part of the Ask Richard campaign. She also diligently translated this recipe from the original German version in her Mum's cookbook. Dedicated!



Lex's Super Mega Cupcakes

Makes around 12, depending on the size of the muffin/cupcake tins you use

You will need:

paper patty cases
125g butter
3/4 cup caster sugar
2 eggs
1 1/2 cups self raising flour
1/2 cup milk

Icing

125g butter
1 1/2 cups icing mixture
2 tbsp milk or water
Food colouring of choice

Preheat oven to 180 degrees, line a muffin tin with 12 patty cases

Beat butter with an electric mixer until creamy. Add sugar and beat until light and fluffy.

Beat in eggs, one at a time. Fold in flour and milk in batches. Spoon mixture into cases.

Bake for 10-15 minutes until cooked through when tested with a skewer. Cool.

To make icing, beat butter using an electric mixer until creamy. Gradually beat in half of the icing mixture and milk. Add remaining icing mixture. Divide icing into batches and colour or flavour each as desired. Spread over cooled cupcakes. (Add crushed or whole M&Ms and other fun, if preferred.)

Alexandra (Lex) Savvides presents Saturday Overhang, a great audio weekend-starter that kicks off from 7am, running until 10am.



Unputdownable's guide to a heavenly Wednesday evening (winter edition) by Eliza Sarlos

TUESDAY NIGHT:

Crush 1 large tsp of cardamom seeds and 4 cinnamon sticks. Peel 1 lemon. Cut 2 pieces of ginger (to taste), grab 10 cloves and add all these to 1/2 cup of vodka. Leave overnight.

WEDNESDAY NIGHT:

9PM: tune in to 94.5 FM (or, as is probably the case, leave your radio where it is – beaming FBI pleasantly from its speakers as is oft the case).

Preheat the oven to 180C.

THEN

GINGER CAKES (vegan-friendly!)

Makes 12 cakes. Servings depend on your appetite.

For the cakes

2 cups wholemeal flour
1/2 cup raw sugar
1 tsp bicarb
2 tsp ground ginger
2 tsp cinnamon (can use mixed spice instead)
2 tsp freshly grated ginger (young ginger works best)
1/2 cup sunflower oil (can use canola oil instead)
3 tbsp golden syrup
1/2 cup orange juice
1/2 cup water

For the icing

1/2 cup raw sugar
1/4 cup vegan margarine
1 tbs soy milk
1 tsp ground ginger

Cakes:

Mix dry ingredients in a mixing bowl.

Mix wet ingredients in a large jug. Add wet to dry and mix well.

Pour into a lined muffin tray (or one of those high-tech silicone guys that needs no lining/greasing). Bake for 18-25 minutes. Cool for 5-10 minutes before turning out.

Icing:

Place all ingredients in a small saucepan. Bring to the boil over a medium heat, stirring continuously. Simmer for two minutes. Remove from heat, transfer to a cool vessel, beat with a fork or whisk until cold and thick. Dip your cakes into the goo, bliss out on ginger cakes.

WHILE YOUR CAKES ARE IN THE OVEN, MULL YOUR WINE ...

1/2 cup vodka (as above)
10 cloves (as above)
1 large tsp of cardamom seeds (as above)
4 cinnamon sticks (as above)
2 slices of ginger (as above)
Peel from half a lemon (as above)
1 bottle of red wine (cheap, vegan)
1 cup raw sugar
1 heaped tsp of vanilla sugar
Almonds
Raisins/sultanas

Strain the vodka from last night and throw out the spices. Mix the vodka (now spicy) with wine and sugars. Heat until steaming hot (DO NOT BOIL). Grab a ladle, put almonds and raisins in the bottom of your glass, ladle in your wine. Enjoy the last 90 minutes of Unputdownable with a cupcake and some mulled wine.

Eliza Sarlos hunts down the best indie gems to play every Wednesday night on Unputdownable, 9-11pm. So far, it's the only FBI show that comes with its own menu. I hope other programs take its lead.

Jaffa Brownies and Plum Spider by Andrew Maxam

I'm afraid my only interesting recipe is Jaffa Brownies, which aren't really innovative enough to even write up as a real recipe, but they are fairly delicious.

This came to me in a dream. You take a box of brownie mix and half a bag or so of Jaffas. Crush the Jaffas with the side of a spoon, and mix them in with the brownie mix like they're chocolate chips. Then you just follow the instructions on the side of the box. It's a very lazy way to make a big impression!

Also there's the plum spider, which is just a glass of cola, a shot of plum schnapps and a scoop of ice cream – it tastes like sweet plum wine in desert form.

If my only contribution to the world is popularising the alcoholic spider, I will die a happy man.

Andrew Maxam, when not on his spider-publicising mission, presents Liquid Electric – a bleepy spaced-out two hour trip to the future, departing every Friday, from 11pm.



Justin Zeltzer's Yia-yia's Kourambiethes (Greek Butter Cookies)

250g unsalted butter
1/4 cup fine sugar
1 egg
1 cup flour
1 cup self-raising flour
2 shots of ouzo (magical, but optional)
Vanilla sugar or essence
Two fists-full of crushed almonds (not too fine
- leave them chunky!)
Icing sugar

Melt the butter in the microwave, then throw the butter, fine sugar and egg into a mixing bowl. If you have an electric beater, then here's where yo let it do its thing. Otherwise, use a whisk and work those wrist muscles.

Then add both flours (in stages if you like), ouzo and vanilla. Mix them up nice before adding the almonds (you don't want to grind away the chunks of almond ... trust me, you want these).

The mixture should now resemble something of a greasy-ish dough. Make them into little crescent-type shapes for authentic-looking kourambiethes, or invent your own shapes if you want to break the rules. This recipe generally makes about 25/30.

Throw them in the oven at 180/200 degrees for about 20 minutes. You don't want them too over-cooked (they can get quite dry if you do).

As soon as they're out of the oven, dust them with icing sugar but don't eat them hot! It takes maybe an hour or so for them to cool down and for the texture to set. Once they've cooled down, dust with more icing sugar. Like, seriously cover them. Eating healthily is not a concern here. My yia-yia's 85 and still very much kickin' if you're concerned.

Justin Zeltzer presents The Bridge on Monday nights from 8pm. It often involves him luring in a Sydney band for guest-programming, quizzes, games and other kinds of fun.

For the night owls

Midnight Snack by Sweetie

Make a piece of toast.
Cover it with Nutella or other nutty/chocolate spread.
Place slices of banana on top.

The Midnight Snack is usually best consumed on the couch while watching trashy television, doona on lap and cup of tea on hand.

Sweetie is another double-recipe-star. She begins and ends your week on Arvos, 3-6pm.

