

alycealexandra



essential ingredients

adding flair and flavour through nature





recipes by

alyce alexandra

creative direction & food styling by

lorryn batanskis

photography by

stephen townsend



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alyce alexandra is one of Australia's most successful independent authors of cookbooks exclusively for the Thermomix. What started as a passion project while Alyce completed her law degree has now transformed into a hugely successful business, with a number of popular cookbooks to its name. The company continues to expand, with frequent cooking classes, branded kitchenware, and an ever-growing online store. At alyce alexandra, we believe that healthy food is a basic human right, and we are committed to supporting this cause through our work with organisations such as The Hunger Project Australia.

The cooking philosophy here at alyce alexandra cookbooks is simple: food should always be fresh, healthy and delicious, but it shouldn't take you endless hours to create. It's for this reason that alyce alexandra and Flowerdale Farm are such a fruitful (pardon the pun) collaboration. We use Flowerdale Farm produce to bring excitement, colour and depth of flavour to simple dishes - straight from nature - and the result is a quick and easy home-cooked meal of restaurant quality. As Flowerdale Farm products are produced locally, with a focus on low-impact and responsible farming, they also get our ethical and environmentally-friendly stamp of approval.

We truly hope that you enjoy the result of our collaboration with Flowerdale Farm as much as we have. We're confident you'll soon realise that making beautiful and flavoursome meals with exotic ingredients is much easier than it seems.

To learn more about alyce alexandra and to view or purchase products, visit www.alycealexandra.com.

Happy cooking!



Flowerdale Farm is an innovative Australian owned family business with a focus on providing the highest quality specialty produce. Located at B Store 41-43 in the Melbourne Wholesale Market, we have over thirty years of fresh produce experience.

Flowerdale Farm is a grower and supplier of quality Microgreens, Shoots, Sprouts, Petite Vegetables, Edible Flowers, Salad Greens and Herbs. With over 150 products in our wholesale range, we are leading distributors to independent green grocers, top end retail providores, exporters and supermarkets in Australia, Asia and the Middle East. We also extensively supply the hospitality and foodservice industry, with premium Flowerdale Farm produce featuring on menus of some of the best restaurants in Australia and internationally.

As innovators in specialty produce, we pride ourselves on developing creative food ideas that appeal to modern tastes. We continually work with chefs and growers to develop our range and supply the newest products to the retail and wholesale market. These strong links with both growers and the hospitality industry set Flowerdale Farm apart from its competitors. It is through these relationships that the company aims not just to be wholesalers of produce, but to become an integral partner in the development of new products and culinary concepts.

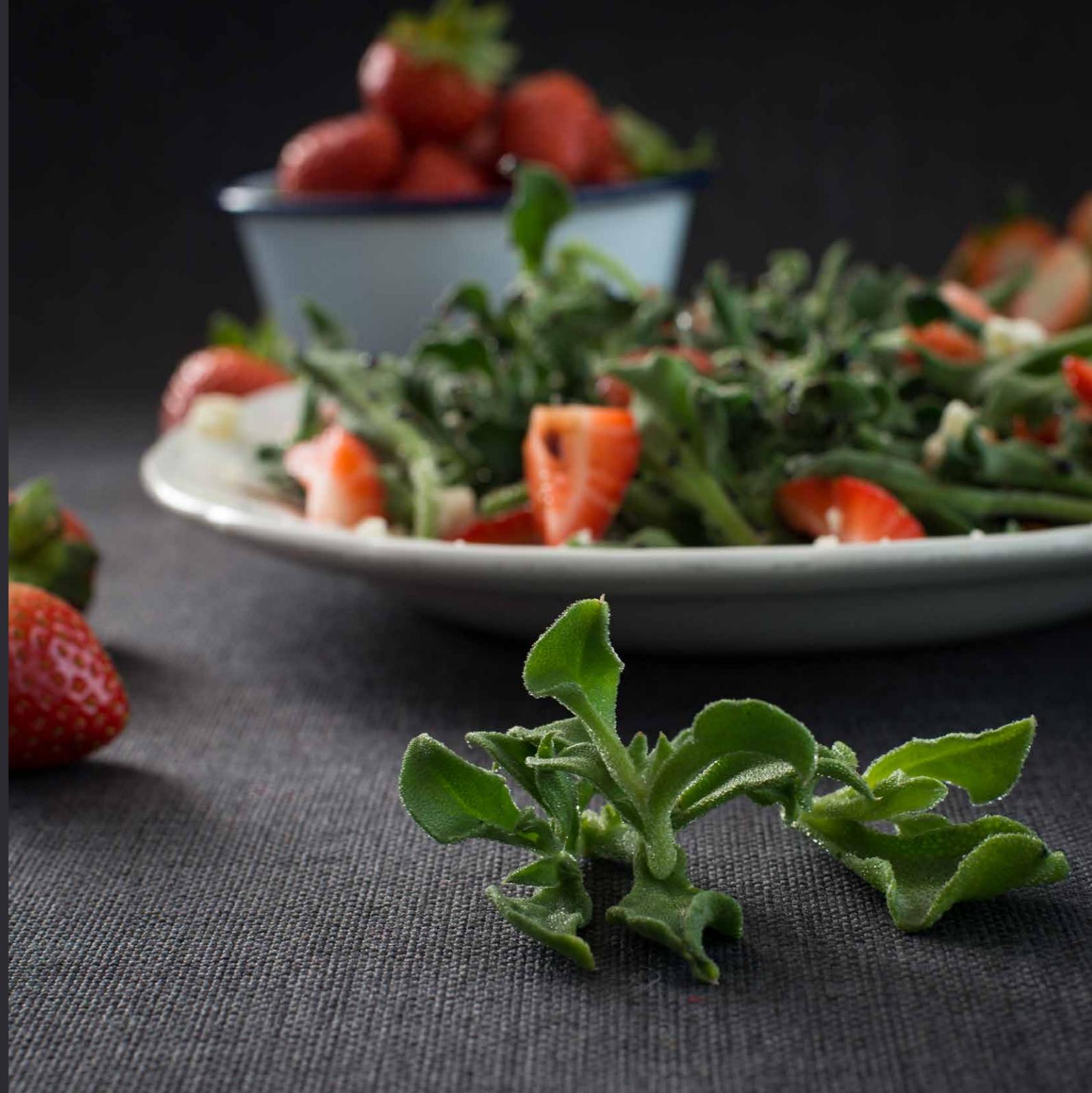
This unique approach has positioned Flowerdale Farm as a leader in the fresh produce industry. In 2013 the company was nominated for The Weekly Times Coles Farmer of the Year Award and was one of 5 national finalists for the PMA Fresh Produce Marketer of the Year Award.



Ice Plant Edible Leaves

A clean fresh flavour, the leaves are thick with a juicy crispness.

This unique succulent groundcover is a coastal variety, the leaves of which are covered in glistening cells which give the appearance that the leaf is covered in ice, hence the common name Ice Plant.





ice plant salad with balsamic reduction

serves 3 - vegetarian, gluten free

100g balsamic vinegar	150g strawberries, quartered
20g honey	
100g Flowerdale Farm ice plant leaves	50g feta cheese, crumbled
	20g pine nuts, toasted

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1. Place vinegar and honey in TM bowl, cook for 8 minutes, Varoma temperature, speed soft, MC removed.
2. Toss together ice plant, strawberries, feta cheese and pine nuts. Arrange on serving platter and drizzle with balsamic dressing.

Petite Orange Carrot

Clean, fresh, carrot taste with crunch.

Pretty, petite and with personality, Flowerdale Farm's petite Orange Carrot has a concentrated true carrot flavour and delicious crisp texture.

Petite Purple Carrot

Sweeter, crisp and juicier than orange carrots with a slight beetroot-like flavour.

A visual show stopper, Flowerdale Farm's Petite Purple Carrot is a delicious, high impact vegetable. It's sure to put a gourmet twist on the simplest of meals with its vibrant colouring and great taste.

Petite White Carrot

A fine, mild and creamy flavour. Sweeter and juicier than orange carrots with a crisp and crunchy texture.

A new twist on an old favourite. Flowerdale Farm's Petite White Carrot offers unique new colour, flavour and texture to your cooking.

Petite Yellow Carrot

An earthy sweet flavour with a firm fresh texture.

Petite Yellow Carrot is a juicy and crunchy variety without the woodiness often associated with common orange carrots.





petite carrot tartlets

serves 4 - vegetarian

2 brown onions, peeled,
halved and thinly sliced
20g olive oil
20g balsamic vinegar
10g brown sugar
Salt, to taste
200g soft goat's cheese
2 eggs

3 thyme sprigs, leaves only
2 sheets butter puff pastry
36 Flowerdale Farm petite
carrots, assorted colours,
rinsed and scrubbed
40g honey
20g butter

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1. Preheat oven to 200°C.
2. Place onions, oil, vinegar, sugar and salt in TM bowl, sauté for 10 minutes, Varoma temperature, speed 1, MC removed. Set aside.
3. Without cleaning TM bowl add cheese, eggs and thyme, mix for 5 seconds, speed 4.
4. Cut each pastry sheet into 4 rectangles, approximately 2cm longer than the length of your petite carrots. Place pastry sheets on a lined baking tray. Leaving a 1 cm border around the edge of each pastry, spread with a thin layer of the caramelised onions and top with a tablespoon of cheese mixture. Arrange carrots on top side by side in alternating colours. Bake for 20 minutes, or until pastry is puffed and golden.
5. Meanwhile, place honey and butter in clean TM bowl, heat for 2 minutes, 70°C, speed 3. Once out of the oven, use a pastry brush to brush honey glaze over tartlets.

Serve either warm or cold with tomato relish and a fresh side salad.

Petite Heirloom Radish
Peppery flavour, earthy and crunchy.
Heirloom Radishes are a combination of coloured radish varieties of the Brassicaceae family. They contribute a wonderful peppery flavour and are an attractive addition to any savoury plate.

Petite French Breakfast Radish
A mild, spicy pepper flavour with sweet overtones.
With a vibrant two-tone appearance, this versatile petite vegetable has a delicious mild flavour and succulent crunch





fresh petite radish salad

serves 4 - gluten free, dairy free, vegan, vegetarian

- 150g white vinegar
- 150g water
- 1 tsp salt
- 1 tsp sugar
- 1 red onion, thinly sliced
- 2 oranges, peeled and cut into segments
- 12 Flowerdale Farm petite heirloom radishes, washed and tops left on
- 12 Flowerdale Farm petite french breakfast radishes, washed and tops left on
- 20g olive oil
- 1 pot Flowerdale Farm microgreen mint, trimmed

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1. Place vinegar, water, salt and sugar in TM bowl, heat for 4 minutes, 90°C, speed 2.
2. In a shallow bowl, place onion, orange and radishes and cover with vinegar mixture. Combine well and refrigerate for 30 minutes.
3. Once chilled, remove vegetables from bowl using a slotted spoon and discard excess vinegar. Place vegetables on serving platter, drizzle with oil and top with mint.

Perfect served as an accompaniment to beef or chicken dishes.

Microgreen Coriander

Intense aromatic coriander flavour with slight anise and pepper notes. They say good things come in small packages and this is certainly the case with Microgreen Coriander. It delivers a more intense flavour than the adult plant, with a soft, supple texture and signature aroma.

Finger Limes

Fresh, tangy lime citrus.

Also called Native Limes or Citrus Caviar, Finger Limes are a little known Australian native fruit. The edible pulp is a dense mass of individual pearl-like cells which, when bitten, burst open giving a wild infusion of tangy lime.





mango salsa with lime bursts

serves 4 - gluten free, dairy free, vegan, vegetarian

1 red chilli, halved and seeds
removed

3cm knob ginger, peeled

1 shallot, peeled

3 mangoes, peeled and cubed

20g olive oil

2 tbsp Flowerdale Farm finger
lime pulp

1 pot Flowerdale Farm

microgreen coriander,

trimmed

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1. Place chilli, ginger and shallots in TM bowl, chop for 5 seconds, speed 5. Gently toss mixture with mango, oil, finger lime pulp and coriander.

Serve salsa in tacos or burritos, on top of grilled chicken, fish or prawns, or toss through rocket and tomatoes for a fresh summer salad.

Microgreen Red Radish
Hot, peppery radish flavour.

The beautiful purple / red colour of this microgreen makes it an attractive garnish that also contributes a hot and spicy flavour.

Microgreen Green Radish
Hot radish flavour.

Microgreen Green Radish has a powerful bite with fresh, delicious heat. The intense spicy flavour and crisp texture adds complexity to meals and makes it a powerful garnish.





salmon pasta with peppery radish microgreens

serves 4 - dairy free

300g dried spaghetti
1 lemon, rind and juice
2 garlic cloves, peeled
60g olive oil
Salt, to taste
250g cherry tomatoes, halved

200g smoked salmon,
roughly chopped
1 pot red radish microgreens,
trimmed
1 pot green radish
microgreens, trimmed

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1. Cook spaghetti in boiling water, according to package directions.
2. Meanwhile, place lemon rind in TM bowl, zest for 10 seconds, speed 9.
Scrape down sides.
3. Add garlic, chop for 10 seconds, speed 8.
4. Add oil, sauté for 6 minutes, 100°C, speed 1.
5. Add cooked pasta, salt and lemon juice, mix for 30 seconds, reverse speed 1.

Transfer to a large serving bowl and toss through tomatoes, salmon and $\frac{3}{4}$ microgreens.
Serve immediately garnished with remaining microgreens.

Pineapple Sage

Pineapple Sage, also known as Tangerine Sage, is a perennial shrub native to Mexico and Guatemala. It is a member of the mint family, Lamiaceae, which includes many other herbs. Both the leaves and flowers of Pineapple Sage are edible.





pineapple sage panna cotta

serves 8 - gluten free

400g milk	30g Flowerdale Farm pineapple
1 tbsp gelatine	sage, leaves picked
70g sugar	250g cream

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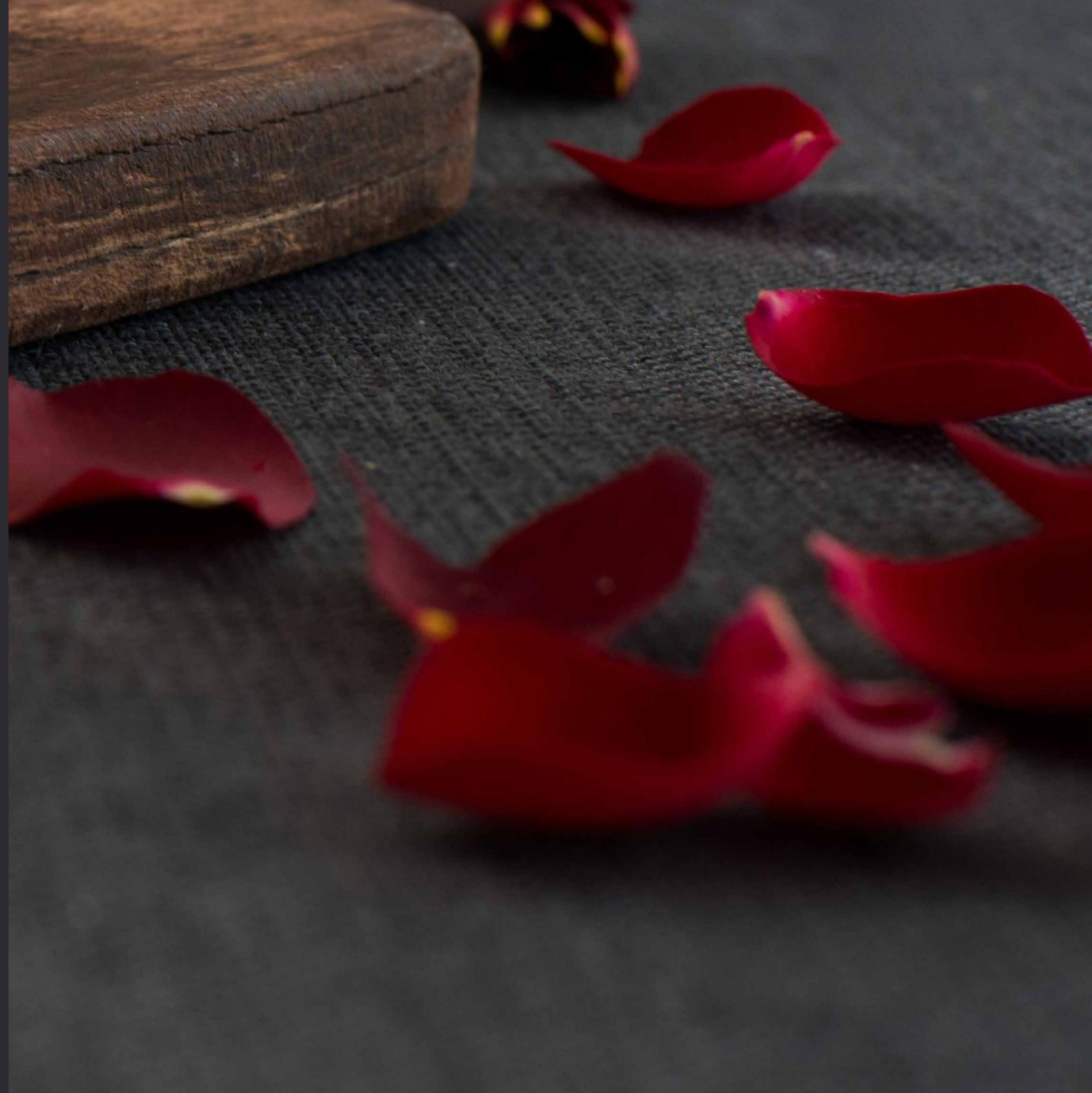
1. Place 100g milk and gelatine in a small cup and stir to combine. Set aside.
2. Place sugar and pineapple sage in TM bowl, bruise for 10 seconds, reverse speed 5.
3. Add remaining 300g milk, cook for 10 minutes, 90°C, speed 1. Strain mixture through a fine sieve to remove leaves. Transfer milk mixture back to TM bowl.
4. Add gelatine mixture, mix for 30 seconds, speed 3.
5. Add cream, mix for 10 seconds, speed 3.
6. Rinse 8 dariole moulds with cold water, and divide mixture evenly between them. Refrigerate for a minimum of 4 hours.

Turn panna cottas out onto small plates and serve.

Chefs' tip: Panna cottas can be made up to 5 days in advance, but be sure to keep them in their moulds in an airtight container in the fridge. This prevents a 'skin' from developing on top.

*Flowerdale Farm Turkish Delight Rose Petals
Rose perfume flavour.*

*Add a touch of romance to your meals with Flowerdale Farm's Turkish
Delight rose petals. Delivering a distinctive rose scent and flavour,
these popular and versatile petals can be used in wide range of
culinary adventures.*





rose syrup puddings

serves 6 - vegetarian

200g raw sugar

170g water

120g Flowerdale Farm
rose petals

80g butter

100g plain flour

2 tsp baking powder

1 egg

1 tsp vanilla extract

Butter, for greasing

Cream, to serve

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1. Place 150g sugar, 100g water and rose petals in TM bowl, cook for 15 minutes, 100°C, reverse speed 1. Refrigerate until ready to serve.
2. Place remaining 50g sugar in dry TM bowl, mill for 10 seconds, speed 9.
 3. Add butter, mix for 30 seconds, speed 4.
4. Add flour, baking powder, egg, remaining 70g water and vanilla, mix for 5 seconds, speed 3. Scrape down sides.
5. Mix for a further 5 seconds, speed 3. Divide mixture evenly between 6 greased dariole moulds. Bang moulds firmly on bench to flatten mixture and remove any air bubbles.
6. Fill TM bowl with 500ml water. Place dariole moulds in lower Varoma steaming tray and cover with a layer of paper towel extending beyond the Varoma. Pull tight to create tension.
7. Steam for 20 minutes, Varoma temperature, speed 3. Allow to cool for 10 minutes before inverting moulds to remove puddings.

Serve puddings warm with a spoonful of rose petal syrup on the top and cream.

*Petticoat Spice Edible Carnation Flowers
Sweet flavour and clove-like scent.*

Separate petals and add to salads, ice drinks and cocktails. These pretty blooms add beautiful colour and sweet spice flavour to a wide range of dishes.





carnation green tea cocktail

serves 6 - gluten free, dairy free, vegan, vegetarian

400g water	400g clear apple juice
60g sugar	½ lemon, juice only
12 Flowerdale Farm petticoat spice carnation flowers	600g ice cubes
2 green tea bags, tags removed	180g gin (optional)

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1. Place sugar, water and flowers in TM bowl, heat for 5 minutes, 100°C, reverse speed soft.
2. Add tea bags and allow to stand, covered, for 5 minutes. Remove tea bags and discard.
3. Add apple and lemon juice, mix for 10 seconds, reverse speed soft. Refrigerate flowers in syrup.
4. When ready to serve, fill 6 short glasses with ice. Add 1 shot of gin to each and divide syrup and flowers evenly between them.

Serve immediately.

alyce alexandra

PO Box 5076

South Melbourne VIC 3205

(03) 9017 1079

enquiries@alycealexandra.com

www.alycealexandra.com

Flowerdale Farm

1224 Break O'Day Road

Glenburn VIC 3717

(03) 5780 2347

info@flowerdalefarm.com.au

www.flowerdalefarm.com.au

