

OPEN TABLE

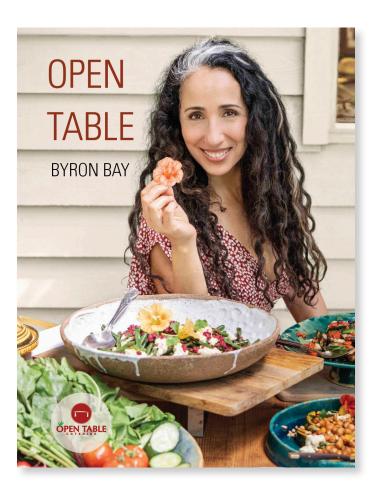
BYRON BAY MY FOOD ODYSSEY Ronit Robbaz-Franco

Melbourne Books is proud to add OPEN TABLE: BYRON BAY to its' range of cookbooks that includes bestselling titles such as MOROCCAN SOUP BAR by Hana Assafiri, SWEET GREEK, SWEET GREELK LIFE by Kathy Tsaples, HUNGRY & FUSSY by Helen Tzouganatos, TULUM by Coskun Uysal and SICILANO by Joe Vargetto.

Ronit Robbaz-Franco and her popular Open Table cooking school and catering business embody the essence of Byron Bay and surrounds ... healthy food that is tasty and tantalising using fresh seasonal ingredients.

The Byron Bay area is renowned for attracting free spirited people and Ronit landed there in 1997 after travelling the world with her passion for exploring food culture. She bought with her new ways of combining spices, flavours and ingredients that are all beautifully presented as easy, delicious, nutritious recipes.

Open Table Catering is now in its 17th successful year of creating fabulous settings and sumptuous fine food for private events and celebrations. The cooking classes vary from Middle Eastern Hafla, Moorish feast, vegan and vegetarian delights to Ayurvedic cuisine.



The book is the culmination of Ronit's food odyssey and is divided into five parts, the Middle East, India, the Mediterranean, Latin America, and the Moorish region. These are places Ronit lived, worked and explored. Rather than sections divided into entrée, mains, and desserts this cookbook is a journey through the eyes and taste buds, of a new age, nomadic gypsy who just so happens to cook damn good food!

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KINGFISH CEVICHE WITH CITRUS SALAD & SALMON ROE

This popular Peruvian dark is low-carb, low-fat and gutane free. Traditionally the faith is cured in line juice and toasest together with avocado, cucumber and contantee, resulting in a lowly freah and light staat, the epitome of healthi Here IT shows up to bro to make oexisto using different embelshing elements. It's easy and surpriningly very fast and simple, being writeped up in as little as 1 hour. The acidity from the other acidots from the time is a tarky, fun appetenter for showing 1 a skittly fame starky. The solid shows the starky fun appetenter for showing 1 a skittly fame starky. The second shows the starky fun appetenter for showing 1 a skittly fame starky. The starky care shows the starky fun appetenter for showing 1 a skittly fame starky. This shows the starky fun appetenter for showing 1 a skittly fame starky. This shows the starky fun appetenter for showing 1 a skittly fame starky. This shows the starky fun appetenter for showing 1 a skittly fame starky. This shows the starky fun appetenter for showing 1 a skittly fame starky. This shows the starky fun appetenter for showing 1 a skittly fame starky. This shows the starky fun appetenter for showing 1 a skittly fame starky. This shows the show the starky fun appetenter for showing 1 a skittly fame starky shows the starky fun appetenter for showing 1 a skittly family fame starky shows the starky fun appetenter for showing 1 a skittly family f

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SERVES

SALMON WITH MASHED BROAD BEANS & PASSION FRUIT SAUCE

This recipe was developed for an Ayurveido workshop I ran in Metourne a few years ago for the gorpous ladee of the Caulifeld avelow follow holl work the works own of a stance (which is used extensively on friding virgh Shababa diment) and passion fruit. This dieh is fresh and heathy. The combination of marinated samon with passion fruit is well incom in South America. The torown sugar in the spice mix combines well with the actidity of the passion fruit, a the broad beam main adds a wheley because to the dub.

6 x 150 g (5 cz) salmon filets 400 g (14 cz) frozen broad (fava) beans 30 g (1 cz) ghee, plus a little extra for oc steamed basmati rice or naan, to serve SPICY GARNISH

2 tablespoons water 3 tablespoons coriander (diantro) 3 tablespoons fennel seeds MASALA TANDOORI 4 tablespoons sweet paprika

1 tablespoon cumin seeds 1 tablespoon coriander (cilante 1 tablespoon ground ginger 2 tablespoon ferugreek 1 teaspoon cayenne pepper 1 teaspoon turmeric 2 tablespoon turmeric

INDIA

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ve the fish on top of the hot broad bean cream. Pour passion truit sauce over the fish and scatter with the same of the same



VG/GF/DF

GF / DF-OPTION

190 MOORISH

VEGAN CHOCOLATE & MANDARIN MOUSSE

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Open Table sample pages

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