

# Relish Mama

• family •

Versatile and time saving recipes for all families from the Relish Mama kitchen

*Nellie Kerrison*

*These are recipes you will be bursting to cook, eat and share with those who you call 'family'.*

The word 'family' has changed over the years and it means something different to everyone. This book will also mean something different to everyone but it is a guarantee that absolutely all will fall in love with it. Stunning recipes shared with warmth and grace. Recipes you will be bursting to cook, eat and share with those who you call 'family'.

With excellent tips and tricks, Relish Mama 'family' will not only change the way you cook but how you set up your fridge, freezer and pantry to simplify and inspire your time in the kitchen. This book will change the way you get a delicious dinner on the table in quick time. It is a book that celebrates delicious food done smarter.

The second cookbook by Nellie Kerrison, owner of the acclaimed Relish Mama cooking school is as warm and generous as Nellie herself. Nellie invites you to 'take her to your kitchen and let her show you how to make delicious food everyday'. Take this beautiful book into your kitchen and you will be rewarded again and again.

Every recipe has the potential to become your new 'family' favourite. This is a book full of wisdom and warmth and you may just find that it immediately makes itself a book that you cannot do without.



## The Author

Nellie Kerrison is a highly regarded food enthusiast and cooking teacher and the founder of the acclaimed Relish Mama cooking school. Nellie grew up with a strong love and appreciation of cooking real food with real ingredients and places enormous priority on family and the coming together at a table. She is a well-loved member of the culinary community, also working as a food writer and leading culinary tours to Europe each year.

Serves 4

Once you get into the habit of having things like chipotle yoghurt and versatile spice mix on hand, this knock-out dish simply requires you to fire up the barbecue and let the good times roll.  
There are never left overs when this dish is served.

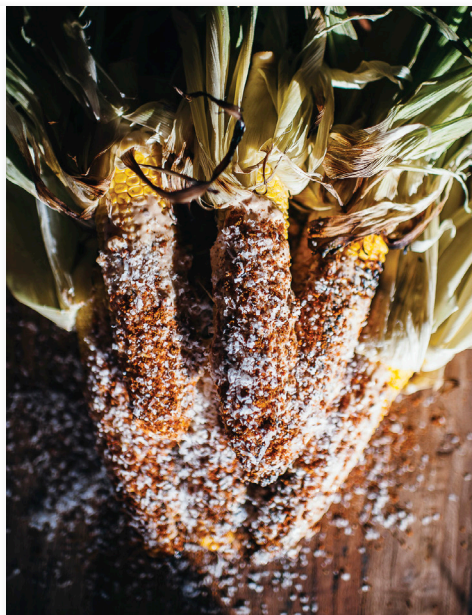
## Chipotle corn

4 fresh corn cobs, with husks  
Chipotle yoghurt (see page 126)  
Parmesan, good quality and  
freshly grated  
Versatile spice mix (see page 105)

Preheat your barbecue.

Peel the husks back on the corn but leave them attached. This makes for great presentation as well as a convenient way to turn your corn once on the barbecue. Heat your barbecue to hot and place the corn cobs directly on to the bars. Keep husks away from the flame. Cook for approximately 2 minutes and then give a quarter of a turn. Turn approximately every minute, for a total of about 6-8 minutes. Your corn is ready when the kernels are golden and slightly blackened.

Place the corn on a platter and brush each piece with the chipotle yoghurt and roll in grated parmesan. Sprinkle with the versatile spice mix and serve immediately.  
If you are feeling messy, eat the corn in halves and serve tops and bottoms.



106 • Salads, soups, vegetables &amp; sides •

Serves 4

This dish can be whipped up in no time at all. It is one of my all-time favourite throw-together lunches or dinners – also sensational with a fresh poached egg on top. It is the ultimate speedy mid-week supper.

## Cannellini bean, radicchio and tuna salad

1 medium red onion, halved  
and thinly sliced  
250 g tin of good quality  
tinned tuna, drained and  
separated loosely  
350 g cannellini beans,  
drained and rinsed  
(homemade or tinned)  
Zest of 1 lemon  
radicchio

**DRESSING**  
60 ml extra virgin olive oil  
1 tablespoon red wine vinegar  
1 teaspoon Dijon mustard  
Sea salt  
Freshly cracked black pepper

**TO SERVE**  
Basil leaves

Soak the onion in cold water for 30-45 minutes to take the edge off the raw onion flavour.

Place the onion in a mixing bowl along with the tuna and soaked beans. Add the radicchio and lemon zest.

For the dressing, add the extra virgin olive oil, red wine vinegar and mustard to a jar or glass and combine.

Coat the salad evenly and season with salt and pepper.

Place in a bowl or serving platter and serve garnished with basil leaves.

• Salads, soups, vegetables &amp; sides • 107

Serves 4  
(or partly food)

Miso butter, you've done it again!

## Scallops with miso butter

12 scallops  
Sea salt  
2 tablespoons miso butter (see  
page 154)  
Olive oil  
15 g unsalted butter  
Freshly cracked black pepper

Put dry the scallops with paper towel. Season well with sea salt.

Heat a frying pan to high heat and add a splash of olive oil as well as approximately 15 g of unsalted butter. Cook on the first side without moving the scallop too much. Turn over when sealed and golden and repeat on second side. The whole cooking time shouldn't be more than 2 minutes.

Turn pan off the heat and swirl the scallops through the miso butter. The pan will be hot enough to melt the butter. Serve immediately with freshly cracked black pepper.

{ TIPS AND VARIATIONS }

Placing the first scallop in the pan at 12 o'clock and working your way around the pan in a clockwise direction ensures you remember which scallop hit the pan first and therefore which scallops to turn in order.

• Fish &amp; seafood • 221

