



FIJI GAS VALE NI KURO





At Fiji Gas, we believe that the kitchen is the warmest place in any home; its where magic happens. The warmth of good meals and home comforts all begin in the kitchen. As Fiji's largest and longest serving LPG company, we've upped the ante and have created this book of easy and delicious recipes that can all be cooked using a gas stove.

We've also made sure that our recipes use simple, everyday ingredients that can be found at your local market.

We hope you enjoy creating and sharing these recipes.

For more of your favourite local recipes, visit our Facebook page  GasForFiji or visit our website www.fijigas.com.fj.

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APRICOT CHICKEN FILLETS

SERVES **4** | PREP **15 mins** | COOKING **45 mins**

8 pieces chicken breast fillets

60g butter

1 medium onion - sliced

2 teaspoons curry powder

1 small piece ginger - crushed

3 tablespoons apricot jam

2 tablespoons soy sauce

1 tablespoon lemon juice

Melt butter in pan, add onion and saute a few minutes until tender.

Add curry powder, ginger, jam, soy sauce and lemon juice.

Stir until jam is melted.

Place chicken fillets in greased ovenproof dish in single layer and pour sauce over chicken.

Bake uncovered in 230c oven for 30 minutes or until chicken is tender and glazed

Serving suggestion:

Serve with rice and a side garnish



CREAMY MUSTARD CHICKEN

SERVES **4** | PREP **10 mins** | COOKING **35 mins**

1 kg chicken pieces

2 tablespoons oil

2 cloves garlic - crushed

2 tablespoons flour

1 bottle beer -stubby

1 chicken stock cube

1 teaspoon dried thyme

1 cup cream

2 tablespoons grain mustard

1 tablespoon chopped parsley

salt and pepper

Heat oil in pan, brown chicken pieces, remove from pan and drain.

Add onion and garlic to pan, cook until onion are soft.

Add flour, salt and pepper, stir until brown and grainy mustard.

Remove pan from heat and gradually stir in beer, stock cube and thyme.

Return to heat and stir until sauce boils.

Add cream and mustard.

Return chicken pieces to pan and simmer until chicken is tender, stirring occasionally.

When ready to serve, stir in parsley.



PANFRIED SNAPPER WITH HERB POTATOE, FRESH TOMATOE SALSA, CRISPY OTA AND COCONUT SESAME DRESSING

SERVES 4 | PREP 20 mins | COOKING 35 mins

8 x 100g snapper fillet

400g boiled potatoes

350ml coconut milk

Sesame oil

6 tomatoes

3 Lebanese cucumbers

Salt and pepper

320ml lemon juice

Coriander – chopped

200g butter

400g Ota

400g normal flour

200g corn floor

4 egg white

1ltr ice water

Cut tomato and cucumber into fine cubes. Add some coriander, season with salt, pepper and lemon juice. Set aside.

Heat oil in a pan, season fish and add to the pan. Cook for about 2mins on both sides until it's cooked. Remove from the pan, heat the same pan with a little oil, add cooked potatoes. Add seasoning when they turn golden brown. Add butter and coriander, toss and remove from heat.

Crispy Ota : Tempura batter – sieve normal flour and corn flour together. Add salt, water and egg whites, then whisk to a smooth consistency. Heat about 500ml of oil in a pot for deep frying; dip fresh Ota into batter then into hot oil. Cook till golden brown and crispy.

Coconut Sesame Dressing: Pour coconut milk, the rest of the lemon juice, sesame oil, a sprinkle of salt and pepper into a jar and shake.

On a plate, place herb potatoes on the bottom, fish on top, salsa around, crispy Ota on top of fish and drizzle with dressing.



GLAZED MEAT LOAF

SERVES **8** | PREP **30 mins** | COOKING **2 hrs**

1 kg lean minced beef

1 small onion - chopped

1 clove garlic - crushed

1 ¼ cup white breadcrumbs soaked in
half a cup of evaporated milk

1 egg

salt and pepper

For the Glaze:

¾ cup tomato sauce

1 teaspoon curry powder

1 tablespoon sugar

¾ cup water

Preheat oven to 180 degrees.

Mix together mince, onion, garlic, bread mixture, egg, salt and pepper.

Place mixture into a greased 9" loaf tin.

Bake in oven for 30 minutes.

In a jug, mix together tomatoe sauce, curry powder, sugar and water.

Turn meatloaf onto shallow baking dish and pour glaze over loaf.

Bake in 180degrees oven for further one and a half hours basting occasionally



HONEY CHILLIE CHICKEN

SERVES **4** | PREP **10 mins** | COOKING **20 mins**

1 kg chicken thighs or pieces

1 cup flour

1 and a half teaspoons salt

1 teaspoon finely shredded ginger

3 tablespoons honey

2 teaspoons cornflour

¼ cup water

chilli sauce to taste

2 tablespoons lemon juice

dash of soy sauce

Coat chicken thighs or pieces in flour and salt.

In a wok, fry pieces in hot oil until cooked and golden. Drain on a paper towel.

Pour off excess oil from wok and leave about 1 tablespoon. Add ginger and honey, stir 1 minute.

Add combined corn flour, water, chilli sauce, lemon juice and soy sauce. Stir until sauce boils and thickens.

Add chicken pieces.

Serve with rice and a choice of greens.



MEATBALLS IN TOMATO SAUCE

SERVES 4 | PREP 25 mins | COOKING 30 mins

750g minced steak

1 egg

1 tablespoon flour

salt, pepper

2 tablespoons oil

1 onion - chopped

2 large cloves garlic - crushed

1 can tinned tomatoes

3 tablespoons tomato sauce

2 tablespoons sugar

2 teaspoons cornflour mixed with a little water

Combine mince, egg, flour, salt and pepper in bowl.

Heat oil in wok and fry teaspoonfuls of mince balls; pushing balls up sides of wok as you turn them over, frying until all meatballs are browned.

Make a space in centre of wok and add onion and garlic. Saute until onion is tender, then add tinned tomatoes, tomato sauce and sugar.

Coat meatballs with tomato mixture and bring to the boil. Simmer for a few minutes until meatballs are cooked through.

Mix in cornflour water mixture to thicken sauce bringing to the boil.

Serve with pasta.



SESAME FISH WITH BEAN SPROUTS

SERVES 4 | PREP 10 mins | COOKING 20 mins

1 packet bean sprouts

1 small bunch spring onions - cut into
2 inch pieces

1 teaspoon finely shredded ginger

half teaspoon salt

500g albacore or yellowfin tuna - half
inch slices marinated in 1 tablespoon
light soy sauce

1 teaspoon sherry

1 teaspoon sugar, good dash of
sesame oil

1 teaspoon cornflour

2 large cloves garlic - crushed

1 teaspoon crushed ginger

Heat 1 tablespoon oil in wok, add spring onions and ginger and salt, stir, add bean sprouts. Stir fry until just cooked. Transfer onto serving plate.
Keep warm.

Heat 1 tablespoon oil in wok, brown garlic and ginger, then add fish. Stir fry until fish changes colour.
Serve on top of bean sprouts.
Sprinkle over with toasted sesame seeds.



CAJUN FISH

SERVES 4 | PREP 10 mins | COOKING 25 mins

1 kg fish fillets

1 tablespoon oil

2 tablespoons cracked black
peppercorns

2 teaspoons dried thyme

½ teaspoon dried oregano

1 tablespoon garlic salt

1 tablespoon onion powder

2 tablespoons white pepper

¾ teaspoon cayenne pepper

dash paprika

Brush fish fillets with oil.

Coat with Cajun spice mix (to taste)

Cook on high heat under pre-heated grill, skillet or barbecue.

Serving suggestion: fresh garden salad, potatoes or your choice of greens.



QUICK POT ROAST CHICKEN

SERVES **8** | PREP **20 mins** | COOKING **1 hr 45 mins**

1 size 17 chicken

½ cup light soy sauce

½ cup dark soy sauce

1 tablespoon sugar

1 tablespoon whisky, rum or sherry

3 large cloves garlic - crushed

Small piece of crushed ginger

1 tablespoon five-spice powder

1 cup water

In a bowl, mix together soy sauce (dark and light), sugar, whiskey, garlic, ginger, five spice and water. Heat a deep pan or pot, add wet ingredients and bring mixture to the boil. Add 1 whole chicken and cover with lid.

Turn heat down and cook, turning chicken occasionally.

Chicken is cooked when juices run clear when tested.

Whole piece of beef, pork or lamb may also be used.

Adjust cooking time and add more water when necessary.



CHICKEN SUPREME

SERVES **4** | PREP **10 mins** | COOKING **35 mins**

1 cooked chicken - boned or meat
from 4 whole cooked breasts

1 tablespoon butter

1 onion - chopped

Half a green pepper - sliced

Half a red pepper - sliced

2 cups sliced mushrooms

1 can cream of chicken soup

Half a cup of milk

1 tablespoon plain flour

1 teaspoon french mustard

2 tablespoons lemon juice

Quarter cup of white wine

Salt and pepper

Heat butter in pan, add onion and cook until transparent.

Add mushrooms and peppers and toss 2 minutes

Add chicken soup and combined milk and flour.

Stir until mixture boils.

Add mustard, lemon juice and white wine. Mix well.

Add cooked chicken and mix until combined and heated through.



HONEY GLAZED LAMB SHANKS

SERVES **4-6** | PREP **2 hrs** | COOKING **2 hrs 30 mins**

6 lamb shanks - trimmed

quarter cup soy sauce

1 teaspoon rum or sherry

1 tablespoon honey

2 cloves garlic - crushed

1 small piece ginger - crushed

dash of sesame oil

1 teaspoon cornflour

Mix all above ingredients together and leave to marinate for at least 2 hours in refrigerator.

Place shanks in a single layer on baking dish with marinade.

Cover and bake in 200c oven for one and a half hours or foil wrap in 6 individual parcels, place on baking tray and bake in 200c oven for one and a half hours.

Shanks may also be cooked in a lovo.



COCONUT AND CHILLIE BEEF CURRY

SERVES **4** | PREP **20 mins** | COOKING **3 hrs**

1 tbsp. canola oil

1/3 cup Thai red curry paste

1kg beef chuck steak, cut into cubes

1/2 cup water

400g orange sweet potato, cut into chunks

1 medium eggplant, cut into chunks

1/2 cup coconut milk

1/2 cup desiccated coconut

1 lime, zest grated and juiced

1 tbsp. brown sugar

1 tbsp. tamarind paste

Serves 4

Heat a large heavy-based flameproof pot. Add the oil and curry paste and cook for 1-2 minutes or until fragrant.

Add beef and toss through to combine.

Add water and bring to the boil. Reduce heat to low and simmer, covered, for 2 hours.

Add sweet potato, eggplant, coconut milk, desiccated coconut, lime zest juice, brown sugar and tamarind. Bring to the boil again and reduce heat to low.

Simmer, covered, stirring occasionally for 1 hour or until tender.

Serving suggestion:

Sprinkle with shredded dhania and sliced fresh chilli.

Accompany with steamed rice and some greens.



BAKED APPLES WITH CUSTARD SPONGE TOPPING

SERVES **4-6** | PREP **20 mins** | COOKING **45 mins**

4 large green apples - peeled and sliced

60g butter

½ cup sultanas

3 eggs

2 ½ cups milk

½ cup sugar

1 teaspoon mixed spice

2 cups fine soft white breadcrumbs

1 teaspoon vanilla

Pouring cream to serve

Heat butter in heavy frying pan and cook apples until soft.

Spoon apples into a greased pie dish, sprinkle evenly over with sultanas.

Beat eggs, milk, sugar, spice and vanilla in a bowl with a whisk.

Add breadcrumbs and beat lightly.

Pour mixture over apples and bake in 170c pre-heated oven for approximately 45 minutes or until set.

Serve warm or cold with pouring cream.



SULTANA BRAN MUFFINS

SERVES **12** | PREP **15 mins** | COOKING **25 mins**

1 and three quarter cups self raising flour

1 cup raw bran

3 tablespoons sugar

three quarter cup sultanas

1 cup milk

1 egg

4 tablespoons butter or margarine - melted and cooled

few drops of vanilla

Pre-heat oven to 210c.

Grease muffin pan or line with paper baking cups.

Put flour, bran, sugar and sultanas in a mixing bowl.

Make a well in centre and pour in combined milk, egg, melted butter or margarine and vanilla mixture.

Mix quickly until just combined (batter will be lumpy).

Fill each prepared muffin cup two-thirds full with batter.

Bake 20-25 minutes until browned and cooked when tested.

Cool on wire rack.

Serve with butter if desired.

Suitable to freeze and reheat in oven or microwave.



KEEPS **FIJI** GOING