TZATZIKI

Ingredients:
• Greek yoghurt
• Cucumber
• Garlic
• Sea salt

Chop garlic very fine or crush in a garlic crusher....

Grate cucumber, skin on and squeeze out excess juice (someone could drink it)

Mix yoghurt, garlic, cucumber and a small teaspoon of sea salt

Ready
Grilled chicken strips

**Ingredients:**
- chicken breasts or thighs
- Rice bran oil
- lime juice
- sea salt & freshly ground pepper

Cut the chicken in bite size strips.
Place on the barbecue with a little oil.
Cook thoroughly until golden (it takes a while, both sides...)
Season with lime juice, salt and pepper to taste
Madagascar Bean Dip

**Ingredients:**
- 1 cup Madagascar beans
- ½ tsp sea salt
- 1 garlic clove
- ½ lemon juice or to taste
- 2 Tbsp olive oil
- 3 Tbsp tahini (replace by more olive oil when tahini can’t be used)
- sprinkle of paprika

Soak beans for 24 hours and cook for 1h1/2 or until soft.
Put in food processor with all other ingredients and whizz
Place in a bowl, add a drizzle of olive oil and a sprinkle of paprika
Spring Onion Little Flat Bread

**Ingredients:** for a batch of about 15
- 1 cup leaven
- 1 cup plain flour and more
- 1 cup sliced spring onions
- 1 cup chopped coriander
- 1 garlic clove, finely chopped
- 1 tsp sea salt
- oil for frying

Heat oil in frying pan, add spring onions and garlic, cook until soft.

*Combine leaven and 1 cup flour until smooth, add onions, garlic and salt.*

Add more flour gradually until dough forms and is easy to handle.

*Break off walnut size pieces of dough and shape with fingers.*

Cook several at a time in frying pan until golden on both sides.

*Place on paper towel to remove excess oil before serving.*
Mint Coconut Jelly

**Ingredients:**
- 1L Coconut water
- 1 Tbsp Agar Agar powder
- 1 heaped Tbsp organic icing sugar
- 1 bunch garden mint
- Liquid Chlorophyll or Spirulina or green food colouring (1/3 tsp)

Put aside ½ cup coconut water to blend with mint at the last minute.

Place coconut water, Agar Agar and sugar in a saucepan, mix well before heating and then bring to boil stirring constantly for 5 minutes.

Put mint leaves in blender with remaining coconut water.

Strain into the coconut water while still on the stove stirring well for a couple more minutes. Add colour if desired.

Let it cool down for a while.

Decorate with young fresh mint leaves.
Set in the fridge. Cut with a knife to serve.
Salsa Verde

**Ingredients:**
- Basil, parsley, cress, sorrel
- 1 Garlic clove
- 1 Tbsp apple cider vinegar
- 1 tsp sea salt
- ½ tsp Dijon mustard
- ½ cup olive oil

Put all the ingredients in a food processor and whizz...
Cheesy Mice

Ingredients:
• Medium baked chat potatoes (skin on)
• Grated cheese
• Black Beluga lentils (eyes)
• Chives (whiskers)
• Spring onions (tails)
• Radishes (ears)
• Cherry tomatoes (noses)

Cut the top lengthways of all potatoes.
Carefully scoop out the centres.
Mash the potato pulp.
Mix in some grated cheese.
Grill until slightly golden.
Allow to cool a little and decorate.
FROG DIP

Ingredients:
- Avocados
- 1 Tbsp lemon juice (or more)
- Salt & pepper
- Cucumber slices & sticks
- Chives
- Carrots
- Capsicum
- Strips of bread
- Stuffed olives

Whizz avocado with lemon, salt & pepper.
Make a frog face with cucumber slices, olives and chives.
Peel and chop carrots.
Slice capsicum and cucumber.
Cut bread in strips.
Display...
FROG DIP 2

Ingredients:
• Tzatziki
• Cucumber slices & sticks
• Chives
• Carrots
• Capsicum
• Strips of bread
• Stuffed olives

Make Tzatziki.
Make a frog face with cucumber slices, olives and chives.
Peel and chop carrots.
Slice capsicum and cucumber.
Cut bread in strips.
Display...
COOKIES

Ingredients:
• 2 cups plain flour
• ½ cup caster sugar
• 250g soft butter, diced
• 1 egg yolk
• 1 tsp vanilla essence
• ¼ tsp sea salt
• honey to drizzle on top

Pre-heat oven to 180C.
Beat the butter & sugar in a bowl.
Add the egg yolk & vanilla essence.
Beat until the mixture is smooth.
Add salt & flour little by little to form a soft dough.
Make a ball, wrap it and fridge for 30min or freeze for 15min.
Roll the dough to about 1/2cm thick on a surface sprinkled with flour.
Cut out with cookie cutters and place on lined baking trays.
Bake for 12min or until golden and cool on a wire rack.
Sprinkle with honey.
Mediterranean Bread

Ingredients:
• 1 cup leaven
• plain flour
• 2/3 Tbsp olive oil
• 1/3 tsp sea salt
• dry thyme leaves

Mix 1 cup leaven with 1 cup flour til smooth.
Add olive oil and sea salt.
Sift flour into mixture little by little until dough forms (it will pull easily away from bowl sides when ready)
Shape.
Sprinkle with thyme and brush with olive oil.
Leave to stand by oven (while it reaches high temperature) for 15min.
Bake for ½ hour or more on high.
Tomato salad

**Ingredients:**
- little tomatoes
- basil
- pitted olives
- dressing (chopped garlic, 1Tbsp apple cider vinegar, sea salt, 3 Tbsp olive oil) in a jar

Cut tomatoes in bite size.
Roughly chop basil being careful not to bruise the leaves (scissors a good idea).
Add pitted olives.
Make dressing in a jar.
Pour dressing and toss at the last minute just before dishing out.
Refried Madagascar Beans

Ingredients:
• Madagascar beans, soaked for 24 hours, cooked for 2 hours or until soft
• half an onion chopped fine
• sea salt & pepper
• optional jalapeno (1/3 tsp)
• oil for frying

Chop onion as fine as possible while heating the oil in frying pan. Fry onion until golden. Add beans, sea salt and pepper, a little jalapeno if so desired. Gently stir with a wooden spatula so as to keep the beans whole. Place on a serving platter.
Rainbow Coleslaw

Ingredients:
• ¼ red cabbage, core removed
• ¼ white cabbage, core removed
• 1 or 2 carrots
• 1/3 red capsicum
• 1 Spring onion or 4 snow peas
• 1 Tbsp finely chopped leaves of coriander or parsley
• 2 Tbsp mayonnaise
• 2 tsp mustard
• Juice of ½ lemon
• 1 Tbsp cider vinegar
• 1 tsp sea salt
• ½ teaspoon freshly ground black pepper
• 2 Tbsp olive oil

Finely slice or grate the vegetables in a large bowl. In a smaller bowl, combine the mayonnaise, mustard, lemon juice, vinegar, salt, pepper and olive oil. Pour the dressing over the grated vegetables and toss gently to combine. Cover and refrigerate. Scatter the green chopped leaves over just before serving.
Tomato Salsa

**Ingredients:**
- 6 ripe tomatoes, cored, deseeded and finely sliced
- ½ a red onion, finely diced
- 1 spring onion, finely sliced
- 1 Tbsp chopped coriander
- 1 Tbsp extra virgin olive oil
- optional Jalapeno pepper, seeded, finely chopped
- a pinch of sea salt (or to taste)
- 3 Tbsp fresh lime juice

Put all the ingredients into a bowl and mix well. Give it a taste and add some more lime or salt if required.
Cover and set aside to let the flavours combine.
Corn Tortillas

Ingredients:
• 3 fresh corns
• 1 cup warm water
• cuttlefish bone
• ½ tsp sea salt
• plain flour

1. Place corn kernels in blender with the warm water and whizz til smooth
2. Take 1 tsp cuttlefish bone powder add to the mix with salt (commercially, Calcium Hydroxide is used)
3. Slowly add flour to the mix
4. The dough is ready when elastic & pulls easily away from bowl
5. Form into ping-pong sized balls, roll them in more flour...
6. Place little ball between 2 layers of baking paper and use 2 plates as a press
7. Carry the tortillas on paper to the baking tray, brush with oil
8. When tray is full bake in oven for 10/15 min on high
Guacamole

**Ingredients:**
- 3 ripe avocados
- 3 Tbsp lime juice
- 1 Tbsp virgin olive oil
- ½ garlic clove, crushed
- ¼ Jalapeno chilli, finely chopped
- 1 Tbsp chopped coriander
- 1 small ripe tomato, deseeded, finely chopped
- sea salt & freshly ground pepper to taste

Scoop the avocado flesh into a bowl and mash. Mix in the remaining ingredients, leaving the coriander to garnish.

To keep the guacamole from oxidising, leave the stone in it until serving...
Green Salad

Ingredients:
• Choose amongst a variety of lettuces
• vinaigrette (Dijon mustard, apple cider vinegar, olive oil)

Pick lettuce leaves, wash well and sit in a colander to drain excess water.
Make vinaigrette in a jar:
- 2 tsp Dijon mustard
- 1+1/2 Tbsp apple cider vinegar
  Mix until a smooth paste forms...
- 4 Tbsp olive oil or more
  Add olive oil progressively to homogenize...
Leave vinaigrette in jar until serving time. Shake it just before pouring.
Toss lettuce carefully before dishing up.
Thin shortbreads with fresh cream fruit

Ingredients :
Shortbread Pastry
300g unsalted butter, at room temperature
150g icing sugar
Vanilla extract or essence
450g plain flour, sifted

Filling
200ml thick(double) cream
1tsp vanilla extract or essence Caster sugar, to taste
Peaches
40g icing sugar, for dusting

Method :
1. Line the trays with baking paper. Preheat the oven to warm 160C.
2. To make the pastry, cream the butter and sugar until pale and smooth. Stir in a few drops of vanilla. Add the flour in one batch and stir until combined: the mixture will be very soft and sticky. Divide the mix in two. Roll out each portion 2.5mm thick between two layers of baking paper, working quickly and lightly. Place on the chilled trays with the paper still attached, then refrigerate.
3. Slide the pastry off the trays onto a work surface. Remove the top piece of paper, dip the pastry cutter in flour and cut out shapes. Ease the shapes off the bottom sheet of paper onto a tray lined with baking paper, prick with a fork. Bake for 20-25mins, or until golden. Allow to cool briefly before removing from the tray to cool on a rack.
4. To make the filling, pour the cream into a bowl, add the vanilla, and sugar to taste. Whisk into soft peaks.(Do not over whisk as the cream will over thicken and split.) Spoon into a piping.
5. To assemble, pipe some cream onto the middle of a shape, arrange some fruit around the cream, then pipe a little bit more cream and put another shape on top like a sand with. Dust with icing sugar.
Bruschetta

Ingredients
• 25 medium tomatoes, diced,
• 6 bunches Fresh basil leaves, torn
• 10 onions finely chopped
• Sea salt
• 5 baguette (French stick) or sourdough bread
• 12 tablespoons extra virgin olive oil

Method
1. Combine tomatoes, basil, onion and sprinkle liberally with salt. The salt will help draw out the tomato juice and make your bruschetta more flavoursome. Set aside in the fridge.

2. Cut the baguette/sourdough diagonally into 1-11/2cm thick slices. Grill or toast the slices until they're golden on both sides.

3. Just before serving, add the olive oil to the tomato mix and stir through, allowing to stand for another 5 minutes before serving.

4. Arrange bread on a platter, spoon on the tomato mix and serve immediately.

5. Enjoy!!
SPICY PUMPKIN WITH
TOASTED PUMPKIN SEEDS &
PANGRATTATO

WHAT TO DO
• 1. Pre-heat oven to 240 degrees C.
• 2. Finely chop the rosemary leaves. Combine the olive oil, cumin and rosemary in a bowl.
• 3. Peel and chop the pumpkin into 2.5cm cubes. Add this to the bowl and stir to coat evenly. Season with salt and pepper.
• 4. Transfer pumpkin to a baking tray. Grill for 20-25 minutes until the pumpkin is soft when pierced with a skewer. Remove from the grill. Cover pumpkin to keep warm.
• 5. Scatter the pumpkin seeds on a baking tray, season with salt and black pepper and drizzle with a tablespoon of olive oil.
• 6. Place pumpkin seeds in the grill and cook for 10-15 minutes or until roasted golden brown.
• 7. Meanwhile to make pangrattato. Finely dice the spring onions. Warm the olive oil in the electric frying pan over a medium heat. Add the spring onions and cook for 5 minutes, stirring often.
• 8. Tip in the rice crumbs and herbs and fry, stirring frequently to coat with the oil. Season with salt and pepper. When the crumbs are starting to turn a light golden brown (5-10 mins) remove them from the heat.
• 9. To serve, place the roasted pumpkin in a large serving bowl and scatter with the roasted pumpkin seeds and pangrattato and herb leaves.

INGREDIENTS
• 4 tablespoons olive oil
• 3 teaspoons ground cumin
• 2 sprigs rosemary, leaves picked and finally chopped
• 1 whole pumpkin, peeled and cut in 2.5cm cubes Sea salt and freshly ground pepper
• 1 packet of pumpkin (pepita) seeds
• 1 teaspoon olive oil

PANGRATIATO
• 3 tablespoons olive oil
• Spring onions, finely diced
• 1 cup of rice crumbs
• Small handful sage leaves, finely chopped (plus extra leaves to garnish)
• Small handful flat-leaf parsley leaves, finely chopped
• Sea salt and freshly ground pepper
Date and Sunflower Truffles

Makes 15-20

Ingredients
200g (2 cups) sunflower
185 g (1cup) pitted dried dates
1 tablespoon coconut oil
3 tablespoons cocoa powder
25g (1/4 cup) desiccated coconut

Utensils
Bowls, food processor, knife, serving plate

1. Put all of the ingredients except the coconut into a food processor and process until smooth.

2. Take 1 teaspoon of mixture at a time and roll it into a neat ball. Roll each truffle in coconut to evenly coat all over. Refrigerate until ready to serve. Enjoy!!
HONEY POACHED PEACHES

INGREDIENTS
20 ripe peaches - halved and stones removed
1 cup of sugar
cloves
cinnamon stick
1 cup of shredded coconut
2 cups of natural yogurt
1 vanilla pod

UTENSILS
Pan, tongs, frying pan, serving plate, knives, measuring cups

WHAT TO DO
1. Half the peaches and remove the stones.

2. Add a litre of cold water to a heavy-based pan. Add to the pan 1 cup of sugar. Bring to a gentle simmer. Add the cloves and cinnamon stick to the pan.

3. Carefully add the peaches with tongs into the liquid. Poach the peaches in the liquid, over a low heat until the peaches are tender.

4. Whilst the peaches are cooking, you can toast the coconut. In a clean dry frying pan place the coconut. Heat it over a low heat until it is a golden brown colour. Keep an eye on it to ensure it doesn't burn.

5. Take the vanilla pod and cut in half lengthways with a knife. Gently scrape out the seeds and add to the yogurt, mix and leave in the fridge until required.

6. Once the peaches are soft (test with a skewer). Remove from the pan (be careful not to splash the syrup, this is super hot). Place peaches on serving plate spoon on some of the syrup, top with vanilla yogurt and sprinkle over toasted coconut. Serve.
Danish Pastry  Makes 28

Ingredients
6 large apples, cored halved and sliced
1 pack of Sheets ready-rolled puff pastry, just thawed (10 Sheets)
1 Egg, beaten
Icing Sugar
Pastry Cream (See recipe below)

Pastry Cream
Ingredients
500ml Milk
1 vanilla pod, split lengthways
5 egg yolks
125g Caster Sugar
2 tablespoons Plain flour
2 tablespoons cornflour

Utensils
Pan, knife, sifter, whisk, baking paper, baking trays, spoon, baking brush, serving plate

Method
1. Place the milk and vanilla in a saucepan and bring to the boil.
2. In a bowl, whisk the egg yolks with the sugar until light in colour.
3. Sift in the flour and cornflour and whisk until well combined.
4. Remove and discard the vanilla pod, then pour half the boiling milk into the yolk mixture, whisk well and return to the saucepan with the remaining milk.
5. Bring to the boil, stirring constantly, and boil for 1 min to completely cook the flour.
6. Remove from the heat and spread the pastry cream on a tray to cool quickly. Cover the surface with baking paper to prevent a skin forming.
7. Preheat oven to 200°C. Line a baking tray with non-stick baking paper. Cut each pastry into 4 equal squares.
8. Pipe the pastry cream into the centre of each pastry square and top with 3 or 4 apple slices. Brush one corner with the beaten egg and draw up that corner with opposite one to touch between the apple slices. Press firmly in the centre. Brush with the egg and bake for 15 – 20mins, or until golden. Cool on wire rack. Enjoy!!
Spinach and Feta Gozleme

Method
1. Mix the feta with the black pepper and the blanched spinach in a bowl.
2. Divide the dough in small ball. Roll each piece of dough into a circle. Place one-quarter of spinach over half of each circle. Top with feta and season with salt and pepper. Fold dough over to enclose filling. Press edges together to seal.
3. Preheat a barbecue plate on medium-high heat. Brush one side of each gozleme with 2 teaspoons oil. Cook for 2 to 3 minutes or until base is golden. Brush uncooked side with remaining oil. Turn over and cook for 2 to 3 minutes or until golden and crisp. Remove to a serving plate. Cut gozleme into quarters. Serve with lemon wedges.

Ingredients
- 100g baby spinach, blanched
- Large amount of dough
- 200g feta cheese, crumbled
- Black pepper
- Rice oil for cooking
- lemon wedges, to serve

Utensils
Bowls, pan, rolling pin, baking paper, serving plate, spatula, knife
**Lemon Meringue Tartlets**

makes 22

**Ingredients**

Shortcrust pastry
4 egg whites
200g caster sugar
2 tablespoons icing sugar

Lemon Filling
6 egg yolks
250g caster sugar
4 teaspoons finely grated lemon rind
Juice of 4 lemons
60g unsalted butter

**Method**

1. Brush two 12-hole muffin tins with melted butter. Preheat the oven to moderate 180C.

2. Take out the shortcrust pastry and let it thaw for about 3 mins. Cut 22 circles of pastry to fit the tins and prick them with a fork, then ease them into the tins and chill for 20 mins. Cut 22 circles of baking paper slightly larger than the pastry cases and place in the cases. Fill with baking beans or rice. Bake for about 10 mins. Remove the baking beans or rice and paper from the cases and return to the oven for a further 5 mins, or until golden. Remove from the oven, leave to rest for 2 mins, then cool in their tins on a wire rack.

3. To make the lemon filling, half-fill a pan with water and heat until simmering. Using electric beaters, whisk the egg yolks and sugar in a heatproof bowl that will fit over the pan without actually touching the water, until light and creamy. Add lemon rind, juice and butter and sit the bowl over the pan of simmering water. Whisk continuously for 10-15 mins, or until the mixture is thick and creamy and leaves a ribbon as it falls from the whisk. While the filling is still hot, pour into the cases.

4. Preheat the grill to medium. Place the egg whites in a clean dry bowl and beat them with a balloon whisk or electric beaters until soft peaks form. Gradually add the sugar, beating well between addition, until stiff glossy peaks form.

5. Spoon or pipe onto the lemon filling in the pastry cases and swirl attractively with the tip of a spoon. Sieve icing sugar over the surface of the tarts and grill for 1-2 mins, or until the meringue is just tinged golden, then serve as soon as possible.
Tomato Pasta Sauce

Ingredients
• 2 Garlic cloves
• 1 large Onion
• 1/3 cup Olive oil
• 1 small bunch Fresh Basil, torn
• 8 Fresh tomatoes chopped
• 2 tablespoons of tomato paste

Method
1. Peel and finely sliced the onion and garlic.
2. Put a saucepan on a medium heat and add 5 tablespoon of olive oil, the onion and garlic, then cook until soft and lightly golden.
3. Stir in the tomato paste for a few minutes, and then add the fresh tomatoes. Cook for couple of minutes.
4. Stir in the torn basil leaves, then reduce to low and leave to cook for a few minutes then turn off. Enjoy!!
**Tomato and Feta Salad**

**Ingredients**
- 2 cups of tomatoes
- 2 cucumbers
- 100gm feta
- Salad leaves like lettuce, rocket or baby spinach
- Handful of herbs like parsley, mint or coriander

**Dressing**
- 1 clove of garlic
- 2 lemons juiced or ¼ cup of balsamic vinegar
- 100ml olive oil
- 1 teaspoon of salt

**Utensils**
- Salad bowl, garlic crusher, salad servers, measuring jug, knives and citrus juicer

1. Wash and drain all lettuce leaves, tomatoes and cucumbers before you start chopping.
2. On the bottom of your salad bowl add crushed garlic, lemon juice, salt and olive oil and mix well.
3. Chop/dice tomato and cucumber to all the same size.
4. Place tomato and cucumber into bowl on top of the dressing BUT DO NOT STIR.
5. Tear up your salad leaves if they are large and place on top but DO NOT MIX just yet.
6. Cut your feta cheese into cubes and finely chop your herbs.
7. Just before serving give it a good mix and sprinkle the cheese and herbs on top. Serve.
Spicy Pumpkin with Toasted Pumpkin Seeds & Pangrattato

Ingredients
4 tablespoons olive oil
3 teaspoons ground cumin
2 sprigs rosemary, leaves picked and finally chopped
1 whole pumpkin, peeled and cut in 2.5cm cubes
Sea salt and freshly ground pepper
1 packet of pumpkin (pepita) seeds
1 teaspoon olive oil

Pangrattato
3 tablespoons olive oil
Spring onions, finely diced
1 cup of rice crumbs
Small handful sage leaves, finely chopped (plus extra leaves to garnish)
Small handful flat-leaf parsley leaves, finely chopped
Sea salt and freshly ground pepper

Utensils
Bowl, knives, peeler, skewer, baking tray and electric frying pan, measuring cup, measuring spoons, baking paper.

Method
1. Pre-heat oven to 240 degrees C.
2. Finely chop the rosemary leaves. Combine the olive oil, cumin and rosemary in a bowl.
3. Peel and chop the pumpkin into 2.5cm cubes. Add this to the bowl and stir to coat evenly. Season with salt and pepper.
4. Transfer pumpkin to a baking tray. Grill for 20-25 minutes until the pumpkin is soft when pierced with a skewer. Remove from the grill. Cover pumpkin to keep warm.
5. Scatter the pumpkin seeds on a baking tray, season with salt and black pepper and drizzle with a tablespoon of olive oil.
6. Place pumpkin seeds in the grill and cook for 10-15 minutes or until roasted golden brown.
7. Meanwhile to make pangrattato. Finely dice the spring onions. Warm the olive oil in the electric frying pan over a medium heat. Add the spring onions and cook for 5 minutes, stirring often.
8. Tip in the rice crumbs and herbs and fry, stirring frequently to coat with the oil. Season with salt and pepper. When the crumbs are starting to turn a light golden brown (5-10 mins) remove them from the heat.
9. To serve, place the roasted pumpkin in a large serving bowl and scatter with the roasted pumpkin seeds and pangrattato and herb leaves. Serve.
**Citrus and Pomegranate Quinoa**

**What To Do**
1. Finely chop the onion and crush the garlic.
2. Heat the oil in a large, heavy based pan. Add the onion and cook on a low heat for 2 minutes. Add the garlic and cook for a further 5 minutes or until the onion is translucent.
3. Add the chilli flakes to the pan, stir and remove from the heat.
4. Zest the lime and add zest to pan. Next juice the orange and lime and place juice in a measuring jug.
5. Add boiling water to the juice until you have a total of 2 cups of liquid. Add a tablespoon of each of the freshly chopped herbs.
6. Thoroughly rinse one cup of quinoa under cold water and drain.
7. Add the drained quinoa to the pan with the onion, garlic and chilli flakes and then add the jug containing juice/water/herbs and a pinch of salt.
8. Bring the pan to the boil. Reduce heat to a simmer and cover with a lid.
9. Cook until water is absorbed (10 – 15 minutes).
10. Meanwhile split the pomegranate in half around the equator, then hold cut side down over a bowl and tap vigorously with the back of a wooden spoon – the seeds should dislodge and fall into the bowl.
11. Once the liquid has been absorbed remove the quinoa pan from the heat and carefully transfer to a serving bowl and stir.
12. Add the pomegranate and remaining 3 tablespoons of chopped mint and parsley and mix. Season with freshly ground black pepper.

**Ingredients**
- 80ml extra virgin olive oil, 1 onion, finely chopped
- 1 garlic clove, crushed, ½ teaspoon dried chilli flakes
- 1 cup quinoa, approx 500mls of water, 1 pomegranate,
- 4 tablespoons, finely chopped mint, 4 tablespoons, finely chopped flat leaf parsley
- Juice of one orange, juice and finely grated zest of 1 lime
- Sea salt and freshly ground black pepper

**Utensils**
- Knives, garlic crushers, heavy based pan, citrus juicer, zester, measuring jug, sieve, serving spoon, bowl.