foodagility

Partner Pantry

A collection of cherished recipes from the people that delivered Food Agility CRC's impact

Food Agility CRC has been innovating in the agrifood sector since 2017, delivering over 60 research projects in collaboration with 120 partners.

With the CRC ending in 2027, this cookbook has been created as a keepsake for our team, partners and wider network to recognise their impact and contribution to our legacy.

This cookbook showcases a selection of products that were the focus of Food Agility CRC projects over the years. This collection of recipes celebrates the diversity of our agrifood sector, encompassing agriculture, horticulture, and fisheries, while paying tribute to the dynamic teams that each brought expertise and energy to our projects.

We thank everyone for their generosity in submitting a recipe for this cookbook and hope you enjoy recreating these dishes in your home kitchens for years to come, serving as a reminder of the people and achievements that shaped Food Agility CRC.

The recipes in this cookbook have been created using contributions from partners across our network. Please be advised that where original photographs were not available, some images were generated using artificial intelligence to illustrate recipes and ingredients.

Small plates & sides

Whipped Feta Dip 05
Crispy Potato Fritters 06
Oysters with Lime and Cucumber Vinaigrette 08
Bengali Apple Chutney 08
Masala Avocado Toast 09
Pickled White Radish and Carrot 10

Mains

Curried Prawn Hotpot with Puff Pastry 12
Black Tiger Prawn and Coconut Curry 13
Wenzhou Fish Balls (Yuwan) 14
Taiwanese Beef Noodle Soup 16
Lamb Cutlets with Maize Polenta, Canola Salsa Verde and Toasted Oat-Wheat Crumb 17
Persian Layered Rice with Meat, Dried Lime and Dill 18
Babcia's Pierogi Ruskie 19
Westholme Grilled Brisket 20
Asada Queso Tacos with Black Opal Wagyu 22
Creamy Kerala Pork Moilee 24
Stir-fried Green Beans with Chinese Preserved Olive and Minced Pork 26
Canton-Style Peach Sweet and Sour Pork 28
Chicken Wok 29

Desserts

No-Bake Banoffee Pie 30
Nectarine and Ricotta Upside-Down Cake 31
Christmas Pavlova Trifle 32
Coconut, Kiwifruit Chia Pudding 34

Whipped Feta Dip

Stephanie Bullen, Dairy Australia

Related Project: Clinical Mastitis Decision Support Tool

This creamy whipped feta dip is so easy to make and full of flavour, it brings together tangy feta and creamy yoghurt, both made from Australian milk.

Ingredients

- 200g feta
- ½ cup Greek or natural yoghurt
- ½ lemon, juiced
- Handful of fresh mint leaves
- Cracked black pepper

To serve

- 1 tbsp olive oil
- 1 tbsp hot honey or normal honey
- Fresh mint leaves
- 300g crackers of your choice

Method

1. Place all dip ingredients into a high speed food processor or blender and pulse until smooth and creamy, adding more yoghurt if you prefer a creamier style of dip.
2. Serve on a platter with crackers, a drizzle of honey, olive oil and sprinkle of fresh mint leaves.

Crispy Potato Fritters

Sophie Zalokar & Craig Kinder, Genuinely Southern Forests

Related Project: On-Farm Water Demand

Water underpins the incredible diversity of food produced in Western Australia's Southern Forests region, and through Food Agility's On-Farm Water Demand project, we worked with local producers to better understand the water used to grow food and the productive and economic value it generates. These Crispy Potato Fritters celebrate that diversity, combining Southern Forests potatoes with topping suggestions featuring local apples, avocado and fresh truffle, paired with a Southern Forests wine. It's a delicious reminder of the diversity and value of food produced in our region—and just how much can come from every drop.

Makes 12 small fritters

Ingredients

- 500g Royal Blue or Dutch Cream potatoes
- 1 tsp salt
- 1 spring onion, finely chopped
- 1 tsp turmeric powder
- 60g rice flour
- Sunflower oil, for frying

Topper suggestions

- Goats cheese, apple, and beetroot, finely julienned, with fresh dill
- Avocado slices, sour cream, chopped chives, and chilli flakes
- Mayo, boiled pasture raised egg, capers, and chopped parsley
- Soft brie and slices of fresh truffle (June–August)

Method

1. Peel and grate the potatoes. Place in a medium-sized bowl and stir through the salt. Leave for 5 minutes.
2. Using your hands, squeeze out and discard as much liquid as possible. Stir through the spring onion, turmeric, and rice flour until well combined.
3. Shallow fry soup-spoonful amounts in hot sunflower oil until golden brown and crispy.
4. Dress with your choice of toppings and serve.

Variations

1. Add ½ cup corn to the raw mixture. Serve with chopped coriander mixed through yoghurt as a dip.
2. Substitute half the quantity of potato with pumpkin.
3. Add 80 g finely chopped ham or bacon to the raw mixture. Make larger fritters and top with a poached egg.

Serving suggestion

- Pair with a premium cool-climate Pinot Noir, Chardonnay, or sparkling wine from the Pemberton or Manjimup wine regions to complete the celebration of Southern Forests produce featured in the On-Farm Water Demand project.

Oysters with Lime and Cucumber Vinaigrette

Shauna Murray, University of Technology Sydney

Related Project: Transforming Australian Shellfish Production

I make it every Christmas, because my family loves to eat oysters at Christmas!

Ingredients

- 1 dozen oysters, unshucked
- 300g peeled cucumber
- ½ tsp caster sugar
- Zest of one lime
- 20ml of apple cider vinegar
- Pinch of sea salt

Method

1. Put the cucumber in a juicer, blender or food processor. If in a juicer, retain the juice, and discard the pulp. If in a blender, strain the pulp through a fine sieve into a bowl.
2. Mix the cucumber juice, vinegar, caster sugar, salt and lime zest. Season to taste, Put in the fridge to chill.
3. Just before serving, shuck the oysters. Serve with the vinaigrette.

Bengali Apple Chutney

Azizur Rahman, RMIT University

Related Project: Sustainable Orchard of the Future

A sweet and tangy Bengali-style chutney that is quick to prepare and a great way to use fresh apples. It pairs well with rice dishes and is traditionally served at the end of a meal.

Ingredients

- 2 apples, peeled and diced
- 1 tbsp mustard oil (or vegetable oil)
- ½ tsp panch phoron
- 2 dried red chillies
- ¼ tsp turmeric powder
- ½ cup sugar (or jaggery)
- 1 tbsp raisins
- 1½ cups water
- Salt, to taste
- ½ tsp roasted cumin powder (optional)

Method

1. Heat the oil in a saucepan and add the panch phoron and dried red chillies.
2. Add the diced apples and turmeric, and cook for 2–3 minutes.
3. Stir in the sugar, raisins, salt, and water.
4. Simmer for 15–20 minutes until the apples are soft and the syrup thickens.
5. Sprinkle with roasted cumin powder before serving. Enjoy warm or chilled.

Masala Avocado Toast

Apurva Khemani, Queensland University of Technology

Related Project: Improving Avocado Exports

When I came to Australia in 2018, I had never tried avocado back in India. Little did I know that I was about to fall in love with this creamy, delicious fruit! This is my original avocado recipe, with a little bit of Indian flavour and nostalgia sprinkled in. A simple recipe that brings together my love for Australian produce and the flavours I grew up with in India.

Ingredients

- 1 ripe avocado
- ¾ onion, finely chopped
- ½ tomato, finely chopped
- ½ cucumber, finely chopped
- Salt to taste
- Freshly ground black pepper to taste
- A squeeze of fresh lemon juice
- A pinch of dried oregano
- 2 slices of bread
- Butter, for toasting
- ½–1 tsp chaat masala to taste

Method

1. Scoop the avocado flesh into a bowl and mash gently with a fork, keeping a little texture.
2. Add the chopped onion, tomato and cucumber. Season with salt, black pepper, chaat masala and oregano. Add a squeeze of fresh lemon juice and gently mix everything together.
3. Toast the bread.
4. Spread a little butter over each slice of bread and toast in a pan until golden and crisp.
5. Spoon the avocado mixture generously over the warm, buttery toast.
6. Serve immediately and enjoy the perfect combination of creamy avocado, crunchy vegetables, zesty lemon and a delicious Indian twist.

Pickled White Radish and Carrot

Toh Yen Pang, RMIT University

Related Project: Sustainable Orchard of the Future

It is easy to prepare and a great way to enjoy fresh local produce (can be made with crunchy root vegetables, green apples, or half-ripe mangoes or papayas). This recipe can be colourful (with your choice of produce), flavourful, and becomes even more delicious after a few days in the fridge. It can be served as a refreshing side dish with rice, noodles, or other savoury meals.

Ingredients

- White Radish (Daikon), peeled
- Carrot, peeled
- 5 cloves garlic
- 2 small onions or shallots, sliced
- 3 red chillis
- 500g mixed vegetables
- 50ml Chinese black vinegar
- 50ml Kecap manis (sweet soy sauce)
- 50g sugar

Method

1. Cut the white radish and carrot into quarters lengthwise. Chop them into 2cm-thick pieces.
2. Place the radish, carrot, garlic, onion, red chillies, and green chillies in a large bowl or clean jar.
3. In a separate bowl, combine the Chinese black vinegar, sweet soy sauce, and sugar. Stir until the sugar has dissolved.
4. Taste the pickling liquid and add more vinegar or sugar if you prefer a stronger, sweeter, or more tangy flavour.
5. Pour the pickling liquid over the vegetables and mix well.
6. Transfer everything to a clean bottle or jar. Cover and refrigerate overnight.
7. Serve chilled. The pickles can be eaten after one day, but the flavour becomes better after a few days in the fridge.

Recipe Notes

- Use bird's eye chillis for extra heat.

Curried Prawn Hotpot with Puff Pastry

Jane Lamb

Related Project: Protecting Aussie Prawn Farms

A rich and comforting prawn curry topped with golden puff pastry.

Serves 2

Ingredients

- 1 tbsp olive oil
- 1 brown onion, finely diced
- ½ red chilli, finely diced
- 2 cloves garlic, crushed
- 1½ tbsp tikka masala paste
- 200ml coconut milk
- 1 cup water
- 1 small carrot, thinly sliced
- ½ cup broccoli, diced into mall florets
- 2 asparagus spears, sliced
- 200g raw or cooked prawns peeled and roughly chopped
- 1 tbsp fresh coriander, chopped
- 2 sheets puff pastry, thawed
- 1 egg, beaten (optional, for glazing)

Method

1. Preheat the oven to 200°C (180°C fan-forced).
2. Heat the olive oil in a saucepan over medium heat. Add the onion and cook for 4–5 minutes until softened.
3. Add the chilli and garlic and cook for 1 minute until fragrant.
4. Stir in the tikka masala paste and cook for a further minute.
5. Add the coconut milk and water. Stir well, then add the carrot, broccoli and asparagus.
6. Bring to the boil, reduce the heat and simmer for 5 minutes until the vegetables begin to soften.
7. Stir in the prawns and coriander. Cook for 1 minute, then remove from the heat.
8. Divide the mixture between two ovenproof ramekins or soup bowls.
9. Lightly oil the rims of the dishes. Cut the puff pastry into two circles slightly larger than the bowls and place over the top, pressing gently around the edges to seal.
10. Brush with beaten egg if desired.
11. Bake for 25–30 minutes, or until the pastry is puffed and golden brown.

Black Tiger Prawn and Coconut Curry

Tony Charles, Australian Prawn Farms

Related Project: Protecting Aussie Prawn Farms

Australian Prawn Farms produces beautiful black tiger prawns, so I wanted a recipe that really lets them shine. This curry is rich and fragrant, with coconut, ginger, chilli and curry leaves working brilliantly with Australian black tiger prawns.

Ingredients

- 300g shallots or onions, roughly chopped
- 40g peeled ginger, roughly chopped
- 40g garlic, roughly chopped
- 400g large raw Australian black tiger prawns
- 1 tsp turmeric powder
- 1 tsp salt
- 3 tbsp mustard or vegetable oil
- 1 tsp cumin seeds
- 3 bay leaves
- 10–12 curry leaves
- ½ tsp Kashmiri chilli powder
- ½ tsp mild paprika
- 4 green cayenne chillies, slit open lengthways
- 300ml coconut milk
- 30g fresh coconut, finely grated
- 1 tbsp garam masala
- 1 tsp jaggery or palm sugar
- 1 tbsp lime juice

Method

1. Put the onion, ginger and garlic into a mini food processor and blend to a smooth paste.
2. Put the prawns into a bowl and toss with the turmeric and 1 tsp salt. Heat 2 tbsp of the oil in a large non-stick frying pan, add the prawns and stir-fry briefly—just 1–2 minutes until they take on some colour. Spoon onto a plate and set aside.
3. Add the remaining oil to the pan with the cumin seeds, bay leaves and curry leaves and allow them to sizzle for a few seconds. Add the onion paste, chilli powder and paprika and fry gently for 10 minutes, stirring, until the paste is rich and aromatic. Add 150 ml water, cover and simmer for 6 minutes, stirring now and then. Stir in the green chillies and simmer for a further 4 minutes.
4. Add the coconut milk and bring to a simmer. Add the prawns, grated coconut, garam masala and sugar and simmer for 1–2 minutes until the prawns are cooked through. Stir in the lime juice and serve.

Recipe credit: *Rick Stein, 'Far Eastern Odyssey'*

Wenzhou Fish Balls (Yuwan)

Chelsea Zhang, Food Agility CRC

Related Project: Seafood Tracking and Traceability

It's classic hometown delicacy. Unlike conventional round fish balls, Wenzhou fish balls are irregularly shaped, pearl white and semi-translucent, and are served in a clear broth with a delicate balance of sour and spicy flavours.

Ingredients

Fish paste

- 200g fish fillet (King George Whiting, Snapper or Flathead)
- 40g sweet potato starch
- 10g minced ginger
- 10g finely chopped spring onions
- 2g white pepper powder
- 3g salt

Broth

- White vinegar, salt, chopped spring onions, white pepper powder.

Method

1. Finely chop and scrape the fish into a smooth, sticky paste.
2. Mixing fish paste with minced ginger, finely chopped spring onions, white pepper power and salt. Knead the fish paste until it becomes sticky and elastic.
3. Optional: Refrigerate the fish paste for 20 minutes to improve its texture.
4. Add sweet potato starch to the fish paste. Knead until no dry powder remains visible. Continue kneading until the fish paste is elastic and sticky.
5. Bring a large pot of water to the boil. Place the kneaded fish to the edge of the plate, then use chopsticks, your fingers or a teaspoon to shape the paste into strips (approximately 4cm long) an gently drop them into boiling water. Once the fish strips float, they are fully cooked. Remove and place them in a soup bowl.
6. Add white vinegar, salt and white pepper to taste along with chopped spring onions to the soup bowl. Pour in the original broth and serve hot.

Taiwanese Beef Noodle Soup

George Wu, RMIT University

Related Project: Sustainable Orchard of the Future

A family recipe of George's, with a broth that simmers for hours until rich and comforting. Inspired by his work on the *Sustainable Orchard of the Future* project, George added a quartered apple to the broth for a subtle natural sweetness.

Ingredients

Beef & Broth Prep

- 2 beef shank (cut into cubes)
- 10 slices ginger
- Water for boiling

Aromatics & Sauce Base

- Cooking oil
- 2 whole white onion (sliced)
- 1 bulb garlic (broken up)
- 2 slices ginger
- 3 stalks spring onion
- 3 tbsp soy bean paste
- 2 cups rice wine
- 2 cups soy sauce
- 5 pieces rock sugar

Soup & Spices

- 1 whole tomato (cut into quarters)
- ½ apple (cut into quarters)
- 2 tbsp five spices powder

Serving & Garnish

- 1 tbsp sesame oil
- Pepper to taste
- White wheat noodles (blanched)
- Bok choy (blanched)
- Chopped spring onion

Method

1. Bring a pot of water to a boil, then add the ginger and the cubed beef shank. Boil until scum floats to the top, skim off the scum, remove the beef, and set it aside. Fine-strain the cooking liquid to use as beef broth and set aside.
2. Heat cooking oil in a large pot. Add the white onion, garlic, ginger slices, and spring onion stalks, and stir-fry until fragrant. Mix in the soy bean paste, stir-frying until well combined.
3. Pour in the rice wine and soy sauce, then add the rock sugar. Add the blanched beef shank back into the pot and stir until evenly coated.
4. Pour in the reserved strained beef broth. Add the tomato quarters, apple quarters, and five spice powder. Transfer to a pressure cooker, bring to a boil until the pressure cooker reaches maximum pressure, then turn off the heat and let it cook until the pressure has completely released.
5. Remove the beef shank pieces, strain the broth through a mesh sieve to clear out the remaining solid aromatics.
6. In a serving bowl, add sesame oil and pepper. Add cooked white wheat noodles and top with the tender beef shank and blanched bok choy. Pour the hot, rich beef soup over the noodles. Garnish with chopped spring onion before serving.

Lamb Cutlets with Maize Polenta, Canola Salsa Verde

AgriPark Team, Charles Sturt University

Related Project: Vineyard of the Future

The Vineyard of the Future Grenache complements AgriPark produce and ties together five AgriPark research programs on one plate, lamb from the Charles Sturt Farm, maize and canola from Cool Soil Initiative and oats and wheat in a toasted crumb, all finished with a reduction of the same wine and served alongside as the pairing. It's a way of telling the story of how these projects connect, from paddock to plate to glass.

Ingredients

- 8 Charles Sturt Farm lamb cutlets
- 1 cup Cool Soil Initiative maize polenta (coarse ground)
- 3 cups vegetable or chicken stock
- ½ cup parmesan, grated
- 2 garlic cloves, roasted
- 1 cup flat-leaf parsley, roughly chopped
- ¼ cup mint leaves, torn
- 2 tbsp capers, drained and chopped
- 1 lemon, juiced and zested
- ⅓ cup Charles Sturt Farm cold-pressed canola oil
- ½ cup Cool Soil Initiative rolled or steel-cut oats
- ½ cup fresh breadcrumbs (Cool Soil Initiative wheat sourdough)
- 2 tbsp olive oil (AgriPark orchard), for toasting the crumb
- 1 rosemary sprig, leaves chopped
- 1 cup Vineyard of the Future Grenache
- 1 tsp honey
- Sea salt and black pepper, to taste

Method

1. Bring the stock to a simmer. Whisk in the polenta gradually and cook, stirring often, for 20–25 minutes until thick and creamy. Stir through parmesan and roasted garlic. Season and keep warm.
2. Finely chop parsley, mint and capers together. Stir through lemon juice, zest and canola oil to make the salsa verde.
3. Heat olive oil in a pan and toast the oats and breadcrumbs with rosemary for 4–5 minutes until golden and crisp.
4. Combine the Grenache, remaining rosemary and honey in a small saucepan. Simmer and reduce by half, 10–12 minutes, until syrupy. Strain and keep warm.
5. Season the lamb cutlets and sear on a hot griddle for 2–3 minutes per side for medium-rare. Rest for 5 minutes.
6. Spoon the polenta onto plates, top with lamb, drizzle with salsa verde and Grenache jus and finish with the toasted crumb. Serve the remaining Grenache alongside.

Persian Layered Rice with Meat, Dried Lime and Dill

Ali Bab-Hadiashar, RMIT University

Related Project: Data for Efficient Meat Processing

Shortly after the First World War, my grandmother left Isfahan, Iran, with her young daughter to perform the Hajj, travelling through the Middle East and Egypt before reaching Saudi Arabia by sea, and later settling in Iraq, where my mother was born. This dish entered our family through my grandmother, and my mother later taught me the recipe, including her tradition of spreading marinated onions over the rice to keep it moist and add the distinctive dried lime flavour; this version follows her method, with the dried lime providing the essential sour taste.

Ingredients

Meat and Marinade

- 500g lamb backstrap (or beef eye fillet)
- Approximately ¼ cup powdered dried lime, or a generous handful
- 2 medium onions
- 1 tsp ground turmeric
- 1 tsp ground cinnamon
- Salt, for seasoning the meat
- Freshly ground black pepper, to taste

Rice, Layering and Serving

- 2 cups good-quality Iranian Tarom rice; if unavailable, use high-quality aged basmati rice
- 2 tbsp salt: 1 tbsp for soaking and 1 tbsp for boiling
- 2–3 medium potatoes, peeled and thinly sliced just before cooking, sufficient to cover the base of the pot
- Dried dill, crumbled, sufficient to sprinkle generously between the rice layers

Method

1. Marinate the meat overnight. Tenderise the meat gently with a mallet and cut into small dice. Finely chop the onions and mix with the meat, turmeric, cinnamon and dried lime powder. Cover and refrigerate overnight.

2. Prepare the rice. Rinse the rice four or five times until the water is mostly clear. Cover with fresh cold water, add 1 tablespoon of salt and soak for at least 1 hour. Drain, then boil in a large pot of salted water for 6–8 minutes, until the outside is soft but the centre remains firm. Drain immediately, rinse briefly and drain thoroughly.

3. Layer the ingredients. Coat a wide, heavy-based pot with neutral cooking oil. Arrange the potato slices in a single layer, followed by a very thin layer of rice. Spread the onions over the rice, then arrange the slightly flattened meat pieces in a single layer. Season with salt and freshly ground black pepper. Cover with rice and crushed dried dill, continuing to layer the rice and dill until all the rice is used.

4. Steam and serve. Make several holes through the rice using the handle of a wooden spoon and drizzle 2–4 tablespoons of olive oil over the surface. Cover tightly with a lid wrapped in a clean kitchen cloth. Steam over low heat for at least 1 hour, until the meat and rice are tender. Serve warm with plain yoghurt on the side.

Babcia's Pierogi Ruskie

Chips Komorek, Food Agility CRC

Related Project: Cool Soil Initiative

Translated and adapted from a recipe my Babcia, Janina, passed down through our family. My passion for cooking comes from her and my Dziadek, Felix. It is a hands-on, fun and easy recipe for making traditional Polish dumplings. It's best done as an activity with other people – kids will love it!

Ingredients

For the Dough

- 4 cups all-purpose flour
- 1 cup sour cream
- 2 large eggs
- 1 egg yolk
- 2 tbsp butter, melted
- 2 tbsp vegetable oil
- Generous pinch of salt

For the Filling

- 6 potatoes
- 1 cup cottage cheese
- ½ cup grated cheese
- Finely chopped fresh chives
- Generous pinch of salt
- 1 tsp ground white pepper
- Optional: 1 tsp fresh or dried dill tips

Method

1. Peel and cube the potatoes. Place in a large pot of salted cold water, bring to the boil, then simmer until tender.
2. Sift flour and salt into a bowl. In another bowl, whisk sour cream, eggs, egg yolk, butter and oil. Combine with the dry ingredients to form a soft dough, adding a little extra sour cream or flour if needed. Cover with a damp tea towel and rest at room temperature.
3. Drain and mash or rice the potatoes until smooth. Allow to cool, then mix with cottage cheese, grated cheese, chives or onion powder, salt and white pepper.
4. Turn the dough onto a floured surface, knead briefly and divide into small balls. Keep unused dough covered with the damp towel.
5. Roll each ball to approximately 2cm thick and cut into circles. Place filling in the centre, fold in half and firmly seal the edges with a fork. Dust lightly with flour.
6. Bring a large pot of salted water to the boil. Cook the pierogi in batches without overcrowding until they float to the surface.
7. Serve as is with melted butter, sour cream and chopped chives, or fry until crisp. Add crispy bacon if desired.

Recipe Notes

- Dutch Cream potatoes are best; pink washed potatoes are a good alternative.
- Cottage cheese can replace hard-to-find Quark.
- Use any grated cheese you have, such as cheddar, tasty, parmesan or mozzarella.
- Substitute chives with 2 finely minced shallots or 1 tsp onion salt.
- Uncooked pierogi can be frozen for up to 3 months.

Westholme Grilled Brisket

Naomi Wilson, Australian Agricultural Company

Related Project: Rangelands Carbon

Brisket takes time to prepare but very little effort: the marinade and the oven do all the work. When ready to serve – whether at home or in a restaurant – give the brisket a quick sear and slice, then let your guests get stuck in.

Ingredients

- 1 Westholme brisket
- 1 brining bag
- 3 tbsp ground black pepper
- ¼ cup kosher salt

Marinade

- 1 cup Gochujang (Korean chilli paste)
- 1 cup sweet chilli sauce
- 1 cup soy sauce
- 1 cup brown sugar
- ¼ cup sesame oil

Method

1. Whisk all marinade ingredients together.
2. Place brisket in brining bag with marinade and massage marinade into brisket. Refrigerate for 24 hours.
3. Preheat oven to 250C / 300F.
4. Lay out two long sheets of foil next to each other. Crimp them together tightly to form one large piece of foil. Place this piece of foil on a sheet pan.
5. Remove brisket from marinade and let excess drip back into the bag.
6. Place brisket on foil and sprinkle half of the salt and pepper on each side.
7. Use two more sheets of foil to cover the brisket, then crimp the edges together to seal it into a pouch.
8. Place in oven and cook for five to seven hours, until internal temperature of largest part of the brisket reads 90C / 200F on a meat thermometer.
9. Remove the brisket from the oven and cool to room temperature, then chill until needed; bring back to room temperature before grilling.
10. When ready to serve, portion brisket into steak-size slabs, char on a hot grill, slice and serve with lettuce and garnishes.

Recipe Notes

- Suggested garnishes include (but is not limited to) lettuce, cucumber, herbs, such as coriander (cilantro), mint or Thai basil, crushed peanuts, chilli crisp, sriracha, black vinegar or other condiments of choice.

Recipe credit: *Marcus Brisket, Westholme*

Asada Queso Tacos with Black Opal Wagyu

Patrick Fellows, Harmony Agriculture & Food Co.

Related Project: AI for Cattle Monitoring

My absolute favourite for levelling up taco night. Black Opal Wagyu makes this hit the spot every single time.

Ingredients

- 225g Black Opal Wagyu skirt steak or rump steak
- 7g taco spice mix
- ½ orange, zest and juice
- 115g yellow or brown onion, thinly sliced
- 60ml soy sauce
- 8 small corn or flour tortillas
- 115g shredded cheese
- 115g salsa, homemade or store-bought
- Garnishes including coriander, sliced radish, lime wedges or avocado

Method

1. Combine the Black Opal Wagyu with the taco spice mix, orange and lime zest and juice, sliced onion, and soy sauce in a bowl. Massage well to coat.
2. Cover and refrigerate for up to 8 hours.
3. Heat a barbeque grill or heavy pan to high heat. Grill the beef to your liking (medium-rare is ideal), then let it rest for a few minutes.
4. Heat a flat pan or large frying pan. Make 4 small circular piles of cheese (about 30g each). When the cheese starts to melt and bubble, press a tortilla on top. Let the cheese caramelise and brown slightly before flipping.
5. Slice the beef thinly against the grain. Place pieces of each cheesy tortilla. Top with salsa and your favourite garnishes such as chopped onion, coriander, sliced radish, lime wedges or avocado. Enjoy immediately.

Recipe Notes

- Make your own taco spice mix using 1 tsp smoked paprika, ½ tsp cumin, ½ tsp garlic powder, ½ tsp chilli powder, pinch of salt and sugar
- Cheese: for authenticity, try queso asadero or queso Oaxaca from specialty grocers, or substitute with mozzarella or Colby Jack for a similar melt

Creamy Kerala Pork Moilee

Heerah Jose, Curtin University

Related Project: Pig Welfare and Pork Provenance

Moilee is a beloved Kerala comfort dish traditionally made with seafood in a light coconut sauce. This version uses premium Australian pork for a rich, creamy, family-friendly meal that celebrates the flavours of Kerala and the versatility of Australian pork. Mouth-watering support provided by Liz Jackson.

Ingredients

- 700g Australian pork loin or pork scotch fillet, cut into bite-sized pieces
- Salt and freshly ground black pepper
- 1 tbsp canola oil

Sauce

- 1 tbsp butter
- 1 large brown onion, thinly sliced
- 1 tbsp ginger-garlic paste
- 1 tsp ground turmeric
- 1 tsp mild curry powder
- 1 tsp ground coriander
- ½ tsp ground fennel
- ½ tsp sweet paprika
- ¼ tsp freshly cracked black pepper
- 1 tsp honey
- 150ml chicken stock
- 400ml thick coconut cream
- 1 tbsp cold butter (to finish)
- Salt, to taste

Optional Authentic Kerala Twist

- 8-10 fresh curry leaves
- 1 fresh green chilli, finely sliced (for a gentle warmth)

To Serve

- Steamed basmati or jasmine rice
- Warm naan or crusty bread
- Fresh coriander, chopped (optional)

Method

1. Season the pork with salt and pepper. Heat the canola oil in a large heavy-based pan and brown the pork in batches for 2–3 minutes. Remove and set aside.
2. Reduce the heat to medium and melt the butter. Add the onion and optional green chilli, cooking for 6–8 minutes until soft but not browned. Stir in the ginger-garlic paste and spices, and cook for 1 minute.
3. Add the chicken stock and scrape the pan to release any browned flavours. Stir in the honey and simmer for 5 minutes, then blend the mixture until smooth.
4. Reduce the heat to low and slowly stir in the coconut cream. Add the curry leaves, if using, and simmer gently for 2–3 minutes. Avoid boiling to prevent the coconut cream from separating.
5. Return the pork and resting juices to the pan. Cover and cook on low for 15–20 minutes until tender, then remove the lid and simmer for a further 5–8 minutes until the sauce thickens.
6. Season to taste and stir in the cold butter until melted. Rest for 2–3 minutes, then serve with steamed basmati or jasmine rice and warm naan or crusty bread, garnished with fresh coriander if desired.

Stir-fried Green Beans with Chinese Preserved Olive and Minced Pork

Jing (Roy) Yang, Queensland University of Technology

Related Project: Predicting Green Bean Harvest and Yield

Easy to learn, easy to make, nutritious and delicious.

Serves 4

Ingredients

- 200g minced pork
- 600g green beans
- ½ tsp Chinese preserved olive
- Some chopped garlic
- 1 tsp ground white pepper
- 4 tsp sugar
- 1 tsp light soy sauce
- 3 tsp olive oil
- ½ tsp salt
- 1½ tsp oyster sauce

Method

1. Marinate the minced pork with ground white pepper, half the sugar and light soy sauce for 20 minutes.
2. Wash and cut the green beans into sections. Blanch the green beans until done. Drain and set aside.
3. Heat a wok using medium-high heat, then add minced pork and stir-fry for 3 minutes. Take out and set aside.
4. Add olive oil into the wok, stir-fry the green beans using medium heat until dry.
5. Add minced pork and stir-fry for 1 minute, then add Chinese preserved olive and chopped garlic. Stir-fry for 1 minute.
6. Add remaining sugar, salt and oyster sauce, then stir thoroughly.

Recipe credit: *'EatSmart', Hong Kong Department of Health.*

Canton-Style Peach Sweet and Sour Pork

Ben Cheng, RMIT University

Related Project: Sustainable Orchard of the Future

A delightful, fruit-forward variation on a classic Chinese dish. Inspired by my work on the Sustainable Orchard of the Future project, pairing tender pork with juicy peaches for a subtle, aromatic sweetness and natural sweet-and-sour balance.

Ingredients

- 300g pork collar/shoulder (cut into bite-sized pieces)
- 2 fresh peaches (peeled, pitted, and sliced into wedges)
- 1 white onion (cut into wedges)
- 1 cup mixed bell peppers (cut into chunks)

Pork Marinade

- 1 tsp soy sauce
- 1 tsp Shaoxing rice wine
- ½ tsp sesame oil
- Pinch of white pepper
- 1 tsp cooking oil
- ½ egg (beaten)

Coating

- Cornstarch or tapioca starch (as needed for wet batter and dry coating)

Sweet & Sour Sauce Base

- Hawthorn flakes, sugar, and lemon juice (adjusted to taste)

Method

1. Prep the Fresh Peaches: Score a small "X" at the bottom of each fresh peach and submerge them in boiling water for 30 seconds. Transfer immediately to an ice bath. The skins will slip right off. Slice in half, remove the pits, and cut into wedges.
2. Marinate & Coat Pork: Combine the pork pieces with all the marinade ingredients and let sit briefly. Mix a portion of cornstarch with a splash of water to form a thick wet batter and coat the marinated pork. Just before cooking, roll each piece in dry cornstarch, pressing firmly to form tight meatballs.
3. Cook Pork (Air Fryer Method): Preheat air fryer to 180°C. Air-fry the pork balls for about 20 minutes until golden, crispy, and cooked through. (Alternatively, deep-fry in hot oil until golden brown and crispy, then drain).
4. Stir-Fry & Finish: In a wok or pan over medium heat, stir-fry the onion and bell peppers until fragrant. Add the pre-mixed sweet & sour sauce ingredients (hawthorn flakes, sugar, and lemon juice) and bring to a simmer. Add the fresh peach slices and toss briefly to warm through without softening them too much. Quickly toss in the cooked pork balls until evenly coated. Serve hot and crispy!

Recipe credit: *Adapted from 'Cook1Cook'.*

Chicken Wok

Derek Baker, University of New England

Related Project: Unlocking the Power of Digital in Chicken Meat

Quick and easy to prepare and shop for, this dish keeps cleanup simple and rice contained. Perfect for casual, stand-up or screen-watching occasions, it uses chicken cuts that stay moist and tender.

Ingredients

- 250g diced data-rich chicken thigh
- 1 medium-diced onion
- ½ a fine-diced leek
- 2 angle-sliced carrots
- 2 cross-sect and saggital sliced zucchini
- 1 packet wok-ready noodles
- 1 tbsp ginger paste
- 1 tbsp sweet paprika powder
- 2 mashed-sliced cloves of garlic
- ½ cup of olive oil
- Black pepper
- Soy sauce
- 1 tbsp flour

Method

1. Set wok on full heat until hot
2. Add olive oil and heat until mobile
3. Add diced leek, ginger, paprika and black pepper. Heat and stir until the paste is starting to burn
4. Add garlic, onion and carrot. Stir and heat until carrot is blackened on edges and onion is glassy
5. Remove the mix from wok and set to one side. Grind a layer of black pepper on top, and cover.
6. Add some olive oil to the same wok, and put on high heat. Add chicken and cook until all surfaces of meat are sealed. Add soy sauce.
7. Add back the mix to the wok, over the top of the meat. Add 1 cup of water, cover the wok, and bring everything to the boil.
8. Add zucchini on top only, and reduce heat to simmer. Simmer for 10 minutes with lid on, without excessive stirring.
9. Stir in wok noodles and make sure they are covered by mixture.
10. Remove wok lid and replace with gauze cover. Let boil until liquid is gone. If liquid persists once zucchini and carrot are soft, thicken mixture with 1 tbsp of flour in a ¼- up of cold water well stirred to a paste: add but avoid any lumps.
11. Let sit for 5 minutes before serving.

No-Bake Banoffee Pie

Krishma Singh, Food Agility CRC

Related Project: Clinical Mastitis Decision Support Tool

This is one of my favourite desserts to whip up for a dinner party, or when I don't have a lot of time to spare and need a quick dessert. It's easy, delicious and always a crowd pleaser.

Ingredients

- 2-3 ripe bananas
- Biscuit base
- 180g butter, melted
- 350g of digestive biscuits – or as I like to do a combination of Lotus Biscoff biscuits and digestives

Caramel layer – choose one

- 1-1.5 x can of Nestle Top 'n' Fill Caramel, depending on the size of your tin (my personal favourite & recommendation!)
- 1 x can sweetened condensed milk and ¾ cup brown sugar, 180g butter

Cream layer

- 300ml thickened cream,
- 1 tsp vanilla extract
- Dark chocolate or Cadbury Flake for garnish

Method

1. Melt 180g of butter and crush the biscuits in a food processor until they reach a sand-like consistency.
2. Combine the biscuits and butter until mixture resembles wet sand. Using the bottom of a glass, press firmly into the base and sides of tart or cake tin. A tin with a removal base makes it easier when it comes time to serve. Refrigerate for 10 minutes to firm up.
3. For the store-bought caramel: Spoon the Nestle Top 'n' Fill give it a good mix until smooth. Spread an even layer over the biscuit base.
4. For the homemade caramel: Add the brown sugar and butter to a saucepan over medium-low heat and stir until melted and combined. Once bubbling, add the condensed milk and bring to a gentle simmer, stirring continuously until slightly thickened. Pour over the biscuit base and refrigerate for about around 30 minutes.
5. Once the caramel has cooled and set, slice up the bananas and arrange over the caramel layer – they should sit neatly on top. Place back into the fridge to set while you whip up the cream.
6. Using an electric mixer, beat the thickened cream and vanilla until soft peaks form. Spoon the whipped cream over the bananas and spread to cover.
7. Finish with grated dark chocolate or crumble over some Cadbury flake, then place back into the fridge to set.
8. Slice, serve and enjoy with a cup of peppermint tea!

Recipe credit:

Inspired by a Khanh Ong recipe

Nectarine and Ricotta Upside-down Cake

Daniel Pelliccia, Rubens Technologies

Related Project: Sensors for Summer Fruit

This recipe is a taste of my Italian family heritage, inspired by the cakes we baked year-round using whatever fruit was in season. It's a healthier twist on a traditional ricotta cake, with nectarines that can be swapped for peaches, canned peaches or other seasonal fruit.

Ingredients

For the Nectarine Topping

¼ cup salted butter
½ cup brown sugar
2-3 ripe sweet nectarines

For the cake batter

- 2 cups all-purpose flour + 2 tsp baking powder

or

- 2 cups self-rising flour
- 1 ½ cups granulated sugar
- ¾ cup salted butter room temperature
- 1 ½ cups full-fat ricotta cheese
- 3 large eggs

Method

1. Preheat the oven to 180°C.
2. Line the base of a baking pan with parchment paper. Grease with softened butter and sprinkle evenly with brown sugar.
3. Wash and cut the nectarines into wedges, then arrange them in a single layer over the base of the pan.
4. In a large bowl, whisk the softened butter and sugar until combined. Add the eggs one at a time, beating well after each addition.
5. Add the ricotta and gently mix until smooth.
6. Gradually add the flour, mixing until just combined. The batter should be thick and creamy.
7. Carefully spread the batter over the nectarines and smooth the surface with a spatula.
8. Bake for 45–55 minutes, or until a wooden toothpick inserted into the centre comes out clean. Remove from the oven and rest in the pan for 10–15 minutes.
9. Place a serving dish over the pan and carefully flip the cake. Peel away the parchment, cool before slicing, and serve with whipped cream, vanilla ice cream or lightly sweetened ricotta.
10. Serve with softly whipped cream, vanilla ice cream or lightly sweetened ricotta. It pairs perfectly with tea or coffee.

Christmas Pavlova Trifle

Anne Astin, Food Agility CRC

Related Project: CherryPlus Traceability

Always a family favourite at Christmas, especially for those who aren't Christmas Pudding lovers!

Ingredients

Custard

- 375ml full cream milk
- 375ml thickened cream
- 5 extra-large eggs
- 110g caster sugar
- 5g sea-salt flakes
- 2 tbsp cornflour or arrowroot
- 30g unsalted butter, cubed, softened
- 1 tsp vanilla bean paste or pure vanilla extract

Macerated fruit

- 250g cherries, halved, pitted
- 1 white peach, pitted, cut into 2cm wedges
- 1 yellow peach, pitted, cut into 2cm wedges
- 1 white nectarine, pitted, cut into 2cm wedges
- 1 yellow nectarine, pitted, cut into 2cm wedges
- 60ml lemon juice
- 55g caster sugar 250g raspberries

Topping

- Meringue pieces
- Chocolate Flake crumbled

Method

1. Make the custard: Simmer milk and cream. Whisk egg yolks, sugar, salt and cornflour, then gradually whisk in the hot milk mixture. Return to the pan and whisk until thick and glossy. Stir in butter and vanilla, strain, cover the surface and chill for 2 hours.
2. Macerate the fruit: Toss cherries, peaches, nectarines, lemon juice and sugar together. Stand for 30 minutes, tossing occasionally, then gently fold in the raspberries.
3. Layer the trifle: Spoon one-third of the fruit into a 3L glass serving dish, followed by one-third each of the custard, whipped cream and meringues. Repeat layers, finishing with the remaining meringues. Chill for 30 minutes.
4. Decorate and serve: Top with the remaining meringues, sprinkle with chocolate flake and serve.
5. Make ahead: Custard can be made up to 2 days ahead and refrigerated. Assemble the trifle up to 4 hours before serving, keeping it covered and refrigerated.

Recipe Notes

Though preferable to make and assemble as close to serving as possible, the custard can be made up to two days ahead, covered and refrigerated. The trifle can be assembled without topping up to 4hrs ahead of serving, covered and refrigerated.

Recipe credit: *Based on Taste recipe*

Kiwi Chia Pudding

Dave Lamb, Food Agility CRC

Related Project: Kiwifruit Yield Prediction

Living in the cool climate New England region it's nice to create a dessert that invokes tropical flavours alongside Australia's famous dairy products. And if its one thing we do well up here is provide the chilling hours that kiwifruit require. This recipe is also a nice nod to two of our Food Agility projects focused on the dairy and kiwi fruit industries.

Serves 4

Ingredients

- 2 cups coconut or oat milk (full fat for creaminess)
- ½ cup chia seeds
- 1–2 tbsp maple syrup or honey
- 5 ripe kiwifruits, peeled and blended in processor
- 1 cup Greek yoghurt
- ⅓ cup coconut flakes, lightly toasted

Method

1. In a bowl, combine coconut milk, chia seeds, maple syrup/honey and kiwi until evenly combined.
2. Spoon into glass jars, cover mixture. Let sit for 4 hours or overnight in the refrigerator until thickened.
3. Toast coconut flakes in a dry pan over medium heat for 2–3 minutes until golden and fragrant. Cool completely.
4. Top chia pudding with Greek yoghurt.
5. Finish with extra kiwi and a generous sprinkle of roasted coconut flakes. Serve chilled.

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