



# VARIUS FLAVUS

Roman governor of Condatum, Varius Flavus lives a debauched lifestyle of never-ending parties inside his large food hall.

— Corey Plover

## INGREDIENTS

- 20 chicken wings, split and tips discarded
- 125 g butter, melted
- 7 tbsp Tabasco sauce
- ¾ cup passata or pureed tomatoes
- 1½ tbsp chilli powder
- 1 tsp cayenne pepper

## INGREDIENTS

- 240 g (1¼ cups) dried mixed fruit
- 60 ml (¼ cup) brandy
- 1 tsp ground cinnamon
- 85 g (½ cup) blanched almonds
- 1 L (4 cups) good-quality vanilla ice-cream
- 50 g (1 cup) amaretti biscuits, lightly crushed
- 8 slices brioche or Madeira cake
- 4 egg whites
- 215 g (1 cup) caster sugar

## EQUIPMENT

- Blow torch

## INGREDIENTS

- 1 batch sushi rice
- 1 avocado sliced into strips
- 12 crabsticks
- 1 pack unseasoned nori
- wasabi for garnish
- soy sauce for dipping

## INGREDIENTS

- 30 ml sloe gin
- 30 ml amaretto
- 30 ml Southern Comfort
- 60 ml orange juice

## INGREDIENTS

- 30 ml white creme de cacao
- 30 ml brandy
- 30 ml cream

## INGREDIENTS

- 2 x Pizza bases
- 140 g tub pizza sauce
- 200 g light shaved ham
- ¼ pineapple, peeled, cut into 2cm pieces
- 1 cup grated low-fat mozzarella cheese

## INGREDIENTS

- 375 g tasty cheese, grated
- 30 g butter
- 2 tsp plain flour
- ¼ cup milk
- ¼ cup beer
- 1 tsp Worcestershire sauce
- 1 tsp dry mustard
- ½ tsp salt, Cayenne pepper
- 1 large egg
- 8 slices thick white bread

## INGREDIENTS

- 4 eggs
- ¾ cup milk
- ¼ cup plain flour
- ¼ cup sugar
- ½ tsp salt
- ½ tsp cinnamon
- 6 thick slices bread
- 3 tbsp butter
- Icing sugar
- Maple syrup

## INGREDIENTS

- 1 kg beef mince
- 1 onion, finely chopped
- 1 egg
- ½ cup fresh white breadcrumbs
- 4 ciabatta buns, toasted
- 1 cup baby rocket leaves
- 2 tomatoes, sliced

## INGREDIENTS

- 6 tomatoes, coarsely chopped
- 3 Lebanese cucumbers, coarsely chopped
- 1 red onion, sliced into rings
- 200 g marinated olives
- 220 g marinated feta, coarsely chopped
- 1 tsp dried oregano
- 1 tsp salt
- 125 ml (½ cup) olive oil
- 60 ml (¼ cup) white vinegar

## INGREDIENTS

- 150 g butter, softened
- 2 garlic cloves, crushed
- 2 tbsp finely chopped parsley leaves
- 4 chicken breast fillets, whole with incision cut
- 1 cup dried breadcrumbs
- ½ cup plain flour
- 2 eggs

## EQUIPMENT

- Toothpicks

## INGREDIENTS

- 300 g rice stick noodles
- 2 tbsps peanut oil
- 1 egg, lightly beaten
- 150 g firm tofu, drained and cut into 2 cm cubes
- 2 green onions, sliced into 3 cm lengths
- 35 g (¼ cup) chopped peanuts
- 1½ tbsp lime juice
- 1 tbsp salt-reduced soy sauce
- 2 tsp fish sauce
- ¾ cup bean sprouts and optional lemon wedges, to serve

## INGREDIENTS

- 3 cups jasmine rice, uncooked
- 1 whole chicken

## POACHING LIQUID

- 3 cups chicken stock
- 3 stalks fresh coriander
- 3 stalks fresh spring onion
- 5 cm fresh ginger, peeled and sliced
- 5 cloves garlic, crushed
- 4 tbsp sesame oil
- 4 tbsp light soy sauce
- Salt and pepper, to taste

## INGREDIENTS

- 2 - 2.5kg duck
- 3 tbsp honey
- 3 tbsp dark soy sauce
- 150 ml Shaoxing rice wine
- 1 cinnamon stick
- 2 star anise
- Mandarin pancakes
- 2 Lebanese cucumbers, cut into strips
- Small bunch spring onions, cut into strips
- Hoisin sauce, to drizzle

## INGREDIENTS

- 750 g beef strips
- 2 tbsp peanut oil
- 2 large onions, quartered
- 2 tsp garlic
- 2 tsp ginger
- 1 tsp sesame oil
- 2 tbsp soy sauce
- ¼ cup Hoisin sauce
- 2-3 tsp cornflour
- 1 cup beef stock
- 2 tsp sesame seeds

## INGREDIENTS

- 200 g dried rice vermicelli noodles
- 2½ tbsp peanut oil
- 350 g pork fillet, thinly sliced
- 300 g peeled green prawns
- 1 large brown onion, halved, cut into thin wedges
- 2 garlic cloves, crushed
- 1½ tbsp yellow curry powder
- 150 g bean sprouts, trimmed
- 1½ tbsp soy sauce

## INGREDIENTS

- 1¼ cups plain flour, sifted
- 1 cup rolled oats
- ½ cup caster sugar
- ¾ cup desiccated coconut
- 2 tbsp golden syrup or treacle
- 150 g unsalted butter, chopped
- ½ tsp bicarb soda
- 1 tbsp hot water