

INSIDE

INSPIRING HOMES WITH HEART

Celebrating
19 years of
InsideOut

- + Exposed be
- + Front gate with charm
- + Dream din chairs

HOT LIST 2019

Who's doing great things in building and design

The big easy
Slow cooking for big flavours

SAVE OR SPLURGE
Shannon Vos the answer

48 page special
before & after

BUILT WITH LOVE

The most amazing home transformations

SO HOT RIGHT NOW! OUR BUYER'S GUIDE TO FABULOUS FIREPLACES

\$8.50 NZ \$9.50 JUNE 2019



9 1313006 025603

“My pantry is full of healthy slow-cooker essentials: canned tomatoes and beans, dried beans and legumes, pasta and noodles”

Mexican prawns with coriander rice

Your slow cooker makes really good steamed rice, as it works in much the same way as a rice cooker. Just make sure you give the rice a thorough rinse beforehand. Once the rice is cooked, you can top it with light ingredients (nothing too heavy or the rice will turn into a stodgy mess). Try this zesty tomato-based sauce with prawns (or fillets of white fish, if you prefer). I tend to avoid adding frozen seafood directly to the slow cooker because it releases too much water. If you are using frozen prawns, make sure they are completely thawed and then pat dry with paper towel.

SERVES 4

PREPARATION 20 minutes

COOKING 2½ hours

GLUTEN-FREE

400g (14oz) can whole tomatoes
2 tablespoons chipotle sauce
1 white onion, roughly chopped
2 cloves garlic, roughly chopped
large handful roughly chopped coriander (cilantro)
2 tablespoons lime juice
1½ cups (300g) long-grain rice
12 large raw prawns, peeled and deveined but with tails intact
handful baby spinach leaves
handful coriander (cilantro) leaves, to serve
lime wedges, to serve

- 1 Heat your slow cooker to High.
- 2 Put the tomatoes, chipotle sauce, onion, garlic, coriander and lime juice into a food processor and process until you have a smooth sauce. Tip into a large bowl and set aside.
- 3 Rinse the rice in a fine sieve under the cold tap until the water runs clear. Drain well, then tip into the bowl of the slow cooker. Add 2 cups (500ml) water, cover and cook for 1½ hours, until almost all the liquid has been absorbed.
- 4 Stir the prawns into the bowl of tomato sauce, then gently pour over the rice in the slow cooker, spreading the prawns out so they don't overlap. Cover and cook for 1 hour, until they are pink and cooked through.
- 5 Serve in bowls with baby spinach and coriander leaves on the side and lime wedges for squeezing over the top.

Chicken with pomegranate molasses, prunes and potatoes

With two or three hours of cooking, chicken thighs are rendered melt-in-your-mouth tender. Because of the long cooking time I always use a firm potato variety, as floury potatoes would just fall apart. If you are super-organised, you could make this luscious chicken casserole the day before and refrigerate it, then reheat just before serving; the flavours will only improve with an overnight rest.

SERVES 4

PREPARATION 25 minutes

COOKING 3 hours

GLUTEN-FREE

8 chicken thigh fillets
1 tablespoon olive oil
2 large brown onions, cut into thin wedges
2 teaspoons ground cumin
1 teaspoon ground cinnamon
1 teaspoon ground ginger
1 teaspoon ras el hanout (North African spice mix)
1½ cups (375ml) chicken stock
1 tablespoon cornflour
1 tablespoon pomegranate molasses
pinch saffron strands
6 small waxy potatoes, skin on, halved
12 pitted prunes
handful flat-leaf parsley, finely chopped
large handful mint leaves

- 1 Trim all the fat from the chicken and discard. Cut each thigh in half and refrigerate until needed.
- 2 Heat your slow cooker to High.
- 3 Put the olive oil into a frying pan over high heat. When the oil is hot, add the onion and fry for about 5 minutes, until soft and golden. Stir through the cumin, cinnamon, ginger and ras el hanout and season generously with salt and pepper. Remove from the heat.
- 4 Put the stock, cornflour, pomegranate molasses and saffron strands into the bowl of the slow cooker, stirring to dissolve the cornflour. Scrape in the contents of the frying pan and stir to combine, then add the chicken, potato, prunes and parsley. Mix thoroughly, then cover and cook for 2 hours.
- 5 Give everything a good stir, then quickly cover again to avoid losing too much heat. Cook for 1 hour, until the chicken is cooked through and the sauce is thick and fragrant.
- 6 Serve with mint leaves on the side to tear up and scatter over. 10

THE Healthy SLOW COOKER



This is an edited extract from *The Healthy Slow Cooker* by Ross Dobson (Murdoch Books, \$35), which is out June 3. Photography by Jeremy Simons; styling by Vanessa Austin.



CHICKEN WITH POMEGRANATE MOLASSES, PRUNES AND POTATOES

BEST BUYS

decorative plates

Serve your cooking triumphs
on another work of art



Clockwise from top left:
Blue Elements plate, \$129.
Royal Copenhagen: Blue dinner plate, \$13.96. Royal Doulton.
Fasano hand-painted face side plate, \$65. Atelier Studios. ED Ellen DeGeneres plate, \$11.16. Royal Doulton. The Yellow Swirl plate, \$29. In The Round House.
Watercolour Aqua dinner plate, \$12.95. Ecology. Oiva/Eläköön Elämä plate, \$39. Marimekko.
Gembrook side plate, \$39.95. Robert Gordon. Oiva/ Siirtoläpuitarha pink plate, \$39. and black-and-white plate, \$19.50. both Marimekko. Goa cutlery, \$680 for a 24-piece set. Francella House & Garden. 'Sandycap' tablecloth (280cm x 180cm), \$99.95. Myer. Whywood dining table (120cm diameter), \$1499. Life Interiors. Artek 'Atelier' chair (78cm), \$695. Anibou. Pere Michel napkin (on chair), \$50. Shilo Engelbrecht. Sisal floorcovering, \$65 per sq m. International Floorcoverings.
STOCKISTS page 152