



# SUMMER COOKBOOK

---

The perfect distraction for professionals seeking  
simple-to-execute recipes.



frog

recruitment  
a people2people company









recruitment  
a people2people company

---

# Contents

Battered Fish & Chips	5
Butter Chicken	7
Chicken Curry	9
Chocolate Croissants	11
Classic Irish Stew	13
Classic Meat Pie	15
Kabuli Pulao	17
Mung Bean Jelly	19
Pannekoek	21
Snapper Ceviche	23
Message From Our Team	25







# Battered Fish & Chips



Kirsty Henegan | Temp & Contract Senior Consultant | Auckland, NZ

---

## Ingredients: Serves 4

- 7 tbsp of flour
- 7 tbsp of cornstarch
- 1 tsp of baking powder
- 1/3 cup of dark beer (cold)
- 1/3 cup of sparkling water (cold)
- 1 kg of white fish
- 1 kg of potatoes (peeled)
- Cooking oil

## What next?

### Step One

Set aside 2 tbsp of flour. In a large bowl, mix the remaining flour with cornstarch, baking powder, beer and sparkling water. Mix until you have a thick, smooth batter. Place in fridge for 1 hour.

### Step Two

Cut the potatoes into thin slices before rinsing them under cold water. Place in a pan of cold water and bring to boil and simmer for a few minutes. Drain through a colander and keep in the fridge until needed.

### Step Three

Lay the fish fillets on a paper towel and pat dry. Season lightly with salt. Place 2 tbsp of flour into a bowl. Toss each fish fillet in the flour before dipping it into the batter, coating the entire fillet.

### Step Four

Carefully lower each fillet into the hot oil. Fry until the batter is crisp and golden evenly.

### Step Five

Once cooked, remove the fillets from the pan and drain them on paper towels. Sprinkle with salt.

### Step Six

Using the same heat, cook the chips until golden and crisp, for about 10 minutes or until golden.







# Butter Chicken



Amit Kumar | Payroll Manager | Parramatta, NSW

---

## Ingredients: Serves 4

- 6 tbsp of butter
- 1 kg of boneless/skinless chicken
- 1 onion
- 3 garlic cloves
- 1 tbsp of garam masala
- 1 tbs of grated ginger
- 1 tsp of chilli powder
- 1 tsp of ground cumin
- 1/2 tsp of cayenne pepper
- 1 1/2 cups of tomato sauce
- 2 cups of cream
- Nann & rice for serving

## What next?

### Step One

Using 2 tbsp of butter in a large skillet over medium-high heat, brown the chicken so each side is golden. Set aside.

### Step Two

Melt another 2 tbsp of butter in the pan over medium heat. Add the onion and cook until soft. Add the garlic, garam masala, ginger, chilli powder, cumin, and cayenne. Stir to combine and cook for about 45 seconds before adding the tomato sauce.

### Step Three

Bring the mixture to a simmer and let cook for five minutes before adding the cream. Bring the mixture back to a simmer, add the browned chicken, and let simmer for 10-15 minutes.

### Step Four

Stir in the remaining 2 Tbsp of butter, and season with salt and pepper, to taste.

### Step Five

Serve garnished with lime and cilantro, alongside rice and naan







# Chicken Curry



Chitra Gulati | Sourcing Specialist | Wellington, NZ

---

## Ingredients: Serves 4 - 6

- 1/4 cup of vegetable oil
- 2 large onions
- 2 large tomatoes, diced
- 2 tbsp of garlic paste
- 1 tbsp of ginger paste
- 2 tsp of coriander powder
- 1 tsp of cumin powder
- 1/2 tsp of turmeric powder
- 1/2 tsp of red chilli powder
- 2 tsp of garam masala
- 1kg of chicken
- 1 1/2 cups of hot water

## What next?

### Step One

Heat the oil in a deep skillet over medium heat and fry the onions until golden brown. Remove from oil with a slotted spoon and drain on paper towels. Turn off heat, keeping oil in the pan.

### Step Two

Grind the onions into a smooth paste in a food processor. Remove to a bowl and set aside.

### Step Three

In the food processor, grind the tomatoes, garlic paste, and ginger paste together into a smooth paste.

### Step Four

Heat the oil in the skillet again and add the onion paste frying for 2 minutes. Add the tomato paste, coriander, cumin, turmeric, and red chilli and garam masala powders. Mix well. (This is called masala.)

### Step Five

Fry the masala until the oil begins to separate from it.

### Step Six

Add the chicken to the masala and brown well (about 8 minutes).

### Step Seven

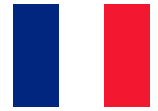
Add 1 1/2 cups of hot water to the chicken, simmer, and cover. Cook until the chicken is tender.







# Chocolate Croissants



Remi Marcelin | Marketing Manager | Auckland, NZ

---

## Ingredients: Serves 16 croissants

- 1 large egg
- 1 tablespoon of water
- Puff pastry sheets (min 500 grams)
- Chocolate chips (small chocolate bits)
- Alternative fillings:
  - Jam
  - Nuts
  - Cheese and ham

## What next?

### Step One

Preheat oven to 350 degrees while lining two baking sheets with parchment paper.

### Step Two

Beat the egg and water in a small bowl with a fork or whisk then set aside.

### Step Three

Unfold the pastry sheet then lightly dust the top with flour using a rolling pin to roll the sheet into a 16 inch square.

### Step Four

Cut the pastry in half then cut each half into four rectangles. Now cut each rectangle into two triangles.

### Step Five

Place 2 teaspoons of chocolate chips down the centre of each triangle. Starting at the wider end, roll each triangle up.

### Step Six

Place each croissant seam side down so that the tip of the triangle is tucked under the rolled croissant. Then, bend in the edges, creating a crescent shape lightly brushing the tops with egg.

### Step Seven

Bake for 20 to 25 minutes or until they are golden brown.

Source: Inspired Taste

[www.inspiredtaste.net/20300/sinfully-easy-chocolate-croissant-recipe/](http://www.inspiredtaste.net/20300/sinfully-easy-chocolate-croissant-recipe/)



recruitment  
a people2people company







# Classic Irish Stew



Colleen Deere | Temp & Contract Senior Consultant | Sydney, NSW

---

## Ingredients: Serves 6

- 2 tbsp of olive oil
- 3 pounds of beef stew meat
- 1 onion
- 1 tbsp of minced garlic
- 1/4 cup of flour
- 1 cup of Irish stout beer
- 4 cups of beef broth
- 1/4 cup of tomato paste
- 2 pounds of small yellow potatoes
- 1/2 tsp of dried thyme leaves
- 2 large carrots
- Salt
- Pepper
- 2 tbsp of parsley

## What next?

### Step One

Preheat the oven to 350 degrees. Heat the olive oil in a large pot over medium-high heat. Season the beef generously with salt and pepper to taste.

### Step Two

Add half the beef cubes to the pot in a single layer. Cook for 3-4 minutes per side or until browned. Remove the beef from the pot and repeat with the remaining meat. Remove all the browned meat from the pot.

### Step Three

Add the onions to the pot and cook for 5-6 minutes or until tender. Add the garlic and cook for 30 seconds.

### Step Four

Return the meat to the pot. Add the flour and stir to coat the meat and onions.

### Step Five

Add the beer, beef broth, tomato paste, potatoes, thyme, and carrots to the pot. Season with salt and pepper to taste. Stir to combine and bring the pot to a simmer.

### Step Six

Cover the pot. Place it in the oven and bake for 2 1/2 - 3 hours or until meat and vegetables are tender. Sprinkle with parsley, then serve.







# Classic Meat Pie



Catherine Kennedy | Managing Director NSW | Sydney, NSW

---

## Ingredients: Serves 6

- 1 onion
- 500g of beef mince
- 1 cup of water
- 2 beef stock cubes
- 1/4 cup of tomato sauce
- 1 tsp of Worcestershire sauce
- Salt
- Pepper
- 3 tbsp of plain flour
- 1 sheet of shortcrust pastry
- 1 sheet of puff pastry
- 1 egg (to glaze)

## What next?

### Step One

Cook meat and onion until meat is well browned

### Step Two

Once the meat is cooked, add in  $\frac{3}{4}$  cup of water, stock cubes, tomato sauce, Worcestershire sauce and season to taste.

### Step Three

Bring it to a boil and simmer for 15 minutes.

### Step Four

Blend flour and  $\frac{1}{4}$  cup of water. Add this to the meat and bring to boil before letting it simmer for 5 minutes and cool.

### Step Five

Line a pie plate with the shortcrust pastry before spooning in the cooled meat mixture. Moisten edges of the pastry with water.

### Step Six

Top it off with a puff pastry, pressing down to seal the edges, trim and glaze with the egg.

### Step Seven

Bake at 230c for 15 minutes. Reduces heat to 190c and bake for a further 25 minutes until golden.

Source: Best Recipes

[www.bestrecipes.com.au/recipes/aussie-meat-pie-recipe-2/34l4qr5q](http://www.bestrecipes.com.au/recipes/aussie-meat-pie-recipe-2/34l4qr5q)



recruitment  
a people2people company







# Kabuli Pulao



Farah Sheriff | Supply Chain Management Consultant | Parramatta, NSW

---

## Ingredients: Serves 4

- 1kg of lamb chopped into 6cm pieces
- 1 onion
- 3 garlic
- 11 cups of water
- 4 carrots, peeled
- 1 cup of raisins
- 6 tbsp of vegetable oil
- 5 tbsp of sugar
- 1 kg of basmati rice, soaked in cold water overnight
- 3 tbsp of salt
- 1/2 cup of oil
- 1 tsp of cumin
- 1 cup of meat broth

## What next?

### Step One

Soak rice in water and keep aside. Heat oil in a pressure cooker and fry onions with garlic until golden brown. Add in meat and cook until light brown. Add water and bring to a boil. Lower the heat and simmer covered until meat is tender.

### Step Two

In a separate pan, sauté carrots, in a small quantity of oil, add sugar and  $\frac{1}{4}$  cup water and fry until softened. Remove from pan and keep aside. Repeat sauté with raisins until they swell up. Add carrots and mix in. Remove from pan.

### Step Three

Place 4 tbsp sugar in a hot saucepan and cook, shaking the pan, for 5–6 minutes to caramelize. Carefully add  $\frac{1}{2}$  cup oil, 1 tbsp salt, meat broth and cumin. Bring to the boil, then remove from heat.

### Step Four

Cook drained rice in a large saucepan of boiling water with 2 tbsp salt until almost cooked. Drain and return to pan. Pour over the caramelized sugar mixture and stir. Mix rice well.

### Step Five

Top with spiced carrot and reserved lamb. Cover and seal the pan with a tea towel, then a lid. Place over low heat and cook for 5 minutes. Reduce the heat to low and cook for another 30 minutes before serving.







# Mung Bean Jelly



Elena Yang | Finance Manager | Sydney, NSW

---

## Ingredients: Serves 4

- 1 cup of mung bean starch
- 7 cups of water
- 1/2 of a cucumber
- 1/4 cup of coriander
- 1 tablespoon of soy sauce
- 1 tablespoon of vinegar
- 1 teaspoon of sesame sauce
- 1 teaspoon of salt
- White pepper
- Sugar

## What next?

### Step One

In a bowl mix the mung bean starch with 1 cup of cold water while heating 6 cups of water in a separate small pot.

### Step Two

When you see small bubbles appears from the bottom of the pot, pour the mixture into the hot water (NOT boiling) while stirring to reduce hard lumps.

### Step Three

When the mixture becomes smooth, pour it into a glass container and leave it to cool down a bit under room temperature (approx. 2-3 hours).

### Step Four

Using a mini slotted spoon slicer with sharp blades, slice the jelly into noodle-like stripes and season with a savoury sauce.

### Step Five

In a small bowl, mix the soy sauce, vinegar, sesame sauce, salt, sugar and white pepper.

### Step Six

Pour the mixture evenly over the jelly noodle mixing it with chopsticks or tongs.

### Step Seven

Add finely chopped cucumber into the mixture before serving.







# Pannekoek



Elzarie Geyer | Senior Sourcing Specialist | Wellington, NZ

---

## Ingredients: Serves 4

- 2 cups of flour
- 600 ml of milk
- 2 tbsp of vegetable oil
- 1/2 tsp of salt
- Cinnamon sugar
- 1/3 cup of brown sugar
- 2 tsp of ground cinnamon
- 2 eggs

## What next?

### Step One

Beat together the eggs, milk and salt until well combined.

### Step Two

Sift the flour into a large bowl.

### Step Three

Slowly add the milk mixture to the flour, whisking to prevent any clumps from forming. (OR - place all the ingredients into a blender and blitz together until a thin smooth batter has formed.)

### Step Four

Allow the pancake mixture to rest for 30 minutes.

### Step Five

Stir through the batter, if it has thickened up, add some more milk until the batter is back to its pouring consistency.

### Step Six

Heat a non-stick 30cm frying pan over low to medium heat. Fill enough batter to lightly cover the entire pan. Cook on one side until the batter has just become solid, then flip over for another 30 seconds to a minute.

### Step Seven

Serve the pancakes with a cinnamon-sugar mixture or your favourite filling.







# Snapper Ceviche



Shannon Barlow | NZ Managing Director | Auckland, NZ

---

## Ingredients : Serves 4

- 4 skinless fillets of snapper
- 3 lemons (juiced)
- 3 limes (juiced)
- 1 small red onion
- 1/2 clove of garlic (minced)
- 1 chili (finely chopped)
- Pinch of cayenne
- 2 tbsp of chopped parsley
- 2 tbsp of chopped coriander
- 2 tomatoes (diced)
- Salt
- Pepper

## What next?

### Step One

Ensure your fillets of snapper have been skinned. If not, using a sharp knife trim off the layer of skin from the fillet.

### Step Two

In a large bowl, add in the snapper, red onion, garlic, chili, cayenne, chopped parsley, coriander. Mix it around together.

### Step Three

After mixing, add in the juice of 3 lemons and 3 limes slowly while continuing to stir.

### Step Four

Cover the large bowl with plastic wrap and place in the fridge for 4-6 hours.

### Step Five

After refrigerating for desired time, add in the avocado and tomatoes to the mix. Dice the avocado and tomato into small pieces to make it blend in easier.

### Step Six

When ready to serve, salt and pepper to taste or add any other desired seasonings/spices.







# A message from our team

---

Established in 2002, Frog Recruitment is an award-winning recruitment agency that has grown to two offices in Auckland and Wellington. In July 2019, Frog Recruitment joined forces with people2people, a leading Australian-owned recruitment agency. Enhancing the natural synergy between our two businesses, this partnership has elevated talent access and crossflow of opportunities for both clients and candidates.

Over the years, our teams have placed over 2,000 permanent roles as well as over 3,000 temporary roles with over 40,000 candidates on our database. With offices across New Zealand, Frog Recruitment is your recruitment agency that thinks global but acts locally.

With industry awards and nominations for candidate care and client service, our recruitment teams are well-positioned to support Australian and New Zealand professionals and businesses growth.

We hope you enjoy this collaborative cookbook, with these diverse recipes tried and tested by our team at people2people and Frog Recruitment. These recipes are ready to be recreated in your kitchen with your families and friends.

Stay safe and healthy.

The team at Frog Recruitment



recruitment  
a people2people company





frog

recruitment  
a people2people company

## Find the right team for you

For more information visit: [www.frogrecruitment.co.nz](http://www.frogrecruitment.co.nz)

### Auckland

Level 10 SAP Tower, 151 Queen Street  
+64 9 869 6259

### Wellington

Level 5, 24 Johnston Street  
+64 4 978 6610

### Adelaide

Level 8, 115 King William Street  
08 8317 4800

### Parramatta

Level 3, 100 George Street  
1300 121 727

### Brisbane

Level 12, 324 Queen Street  
07 3118 0125

### Perth

Level 6, 182 St Georges Terrace  
08 6160 6200

### Melbourne

Level 12, 276 Flinders Street  
1300 338 546

### Sydney

Level 6, 261 George Street  
1300 121 727

## Follow us on social media

Don't miss out on any of our new opportunities, breaking news and more.  
Stay up to date and follow @frogrecruitment on social media.

