

Recipes to Master by 30: 3 Top Chefs Weigh In



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Cooking can be a real challenge, especially for young Australians who often feel the heat in the kitchen. Yet, the skill has never been more needed in the face of a cost-of-living crisis. Rent price creep is real. Takeaways are just as pricey as a nice dinner out. And don't even get us started on going out.

How do you thrive in times like these? Through cooking. We ask 3 of our favourite chefs - Jane de Graff, Mitch Orr, and Jo Barrett - to share recipes they think anyone should master by 30. And no, these aren't basic vegemite and cheese sangas. They are really delicious, affordable, and versatile meals that bring the restaurant into your home. Not to mention, each one is super easy to create.

Anyone can learn their way around the kitchen. It just takes a little consistent effort. Your future self (and wallet) will thank you for starting now. Keep scrolling to see all the recipes that will carry you through your 20s and beyond.

12+ Easy Recipes to Master by 30

Ready to cook with confidence? Jane de Graaff, Mitch Orr, and Jo Barrett share their top recipes to get nervous and novice cooks started on their culinary journey.

Jane de Graaff







TV presenter and expert recipe developer [Jane de Graaff](#) has been in the business for over a decade and knows that cracking cooking is all about building up confidence. She's a firm believer that being comfortable in the kitchen begins with taking small steps, encouraging novice cooks to master a handful of fundamental skills and then graduate to straightforward recipes.

For Jane, it's all about getting a few early wins on the board and building that confidence. Eggs often serve as the gateway ingredient for kitchen newcomers, acting as an accessible entry point into the world of cooking.

1. Chilli Crisp Eggs





This recipe is a reminder of how you can turn a few humble eggs into an epic dinner! You can use whatever chilli sauce you like or add feta for super crunchy edges. It takes only five minutes to make, and you can serve it on rice, toast, veggies... or even on top of hot chips! (We're not drooling, you are.)

A winner every time and a mid-week staple. Follow along here or click the link below to see how it's made.

[Chilli Crisp Eggs Recipe](#)

Note: If you're not a fan of spice, swap the pesto for chilli oil.

2. Mayak Eggs (Soy Pickled Eggs)



These Korean-inspired eggs are so more-ish that it will be hard to stop at just one serve. We love this easy recipe because you can make it ahead, have it later for dinner, and then pop the leftovers in the fridge for tomorrow's lunch.

Mayak Eggs Recipe

3. Baked Honey Egg Custard



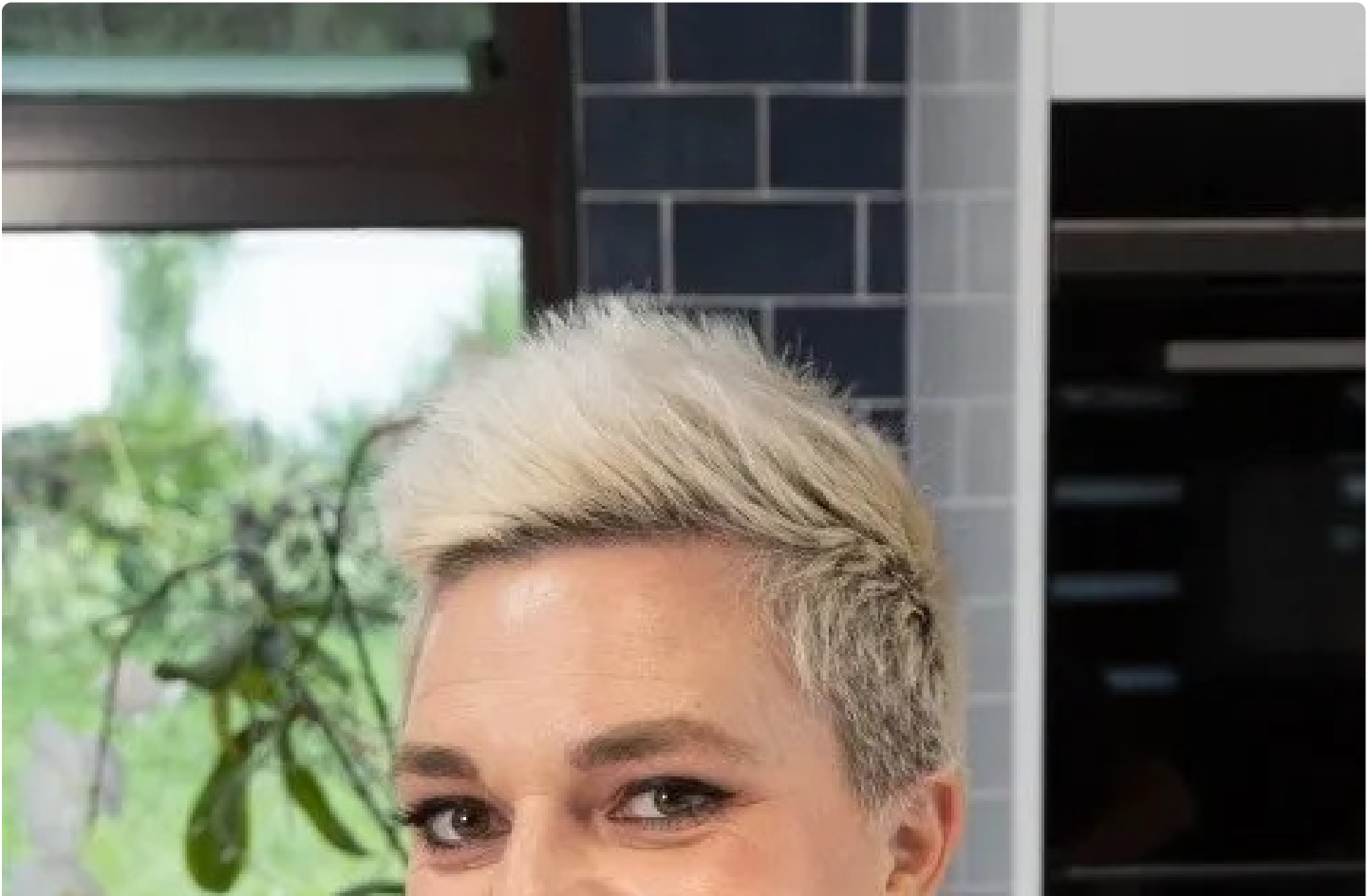




This comfort dish is one of the first-ever desserts Jane made when she moved out of home. It's so easy and packed with deliciousness...it's like a warm cuddle for your soul.

Baked Honey Egg Custard Recipe

4. Crepes & Pancakes



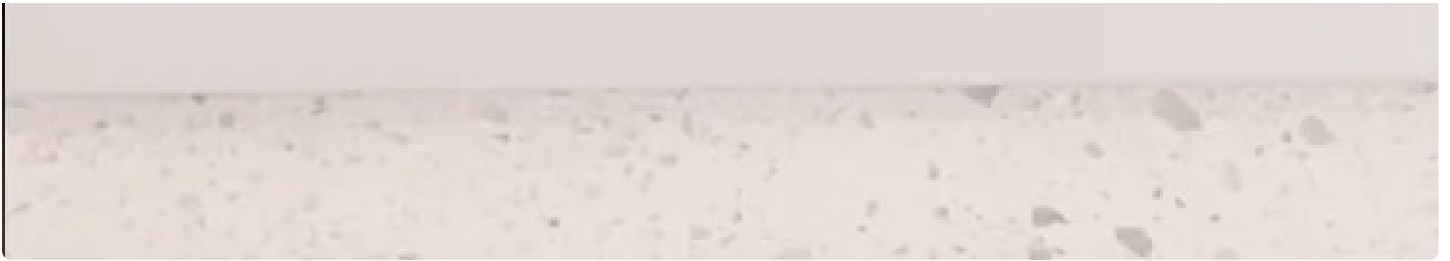


Once you master the crepe, a myriad of meals are yours to create. Crepes aren't just a sweet breakfast after all, they make a sensational savoury dinner too, filled with ham and cheese and warmed under the grill. This is a super versatile recipe you can knock out whenever you need it.

Crepe Stack Recipe

5. Rice Paper Scrambled Eggs





This is the simplest and most delicious meal for one. It can be hard to stick the landing on the omelette flip, but this rice paper hack takes out all of the guesswork. Click the link below to see how it's made.

Rice Paper Scrambled Eggs

Mitch Orr





Mitch Orr grew up in western Sydney and began his career at Parramatta's Albion Hotel after some work experience in 2001. From there, Mitch went from strength to strength, being named the 2010 Josephine Pignolet Young Chef of the Year Award, which enabled him to develop his skills abroad.

He has spent time in some of the world's best kitchens, including Sepia and Duke Bistro in Sydney, Osteria Francescana in Italy, and a pop-up at London's Michelin Star restaurant, Lyle's.

He spent five years as Head Chef of his own pasta restaurant, ACME, in Sydney's CBD before moving on from it in mid-2019. Mitch currently runs the show at Kiln, the famed Ace Hotel restaurant in Surry Hills.

6. Mi Goreng With Fried Egg



If you want to move away from two-minute noodles and step up your dinner game, mi goreng with a fried egg should be your go-to. Mi Goreng is a cupboard staple when you're in your 20s, but mix in some soy sauce, Shaoxing, shiitake, chicken thigh, put an egg on it and you've turned packet noodles into a five-star dish! Don't over-fry the egg to get that perfect oozy yolk.

Mi Goreng With Fried Egg Recipe

7. Spaghetti Carbonara



Everybody knows and loves spaghetti carbonara but to be able to make the sauce from scratch and brag about it to your mates, now that's pretty special. Once you give this Italian classic a go in the kitchen, you'll never go back to the ready-to-use jar from the supermarket. On top of the fresh taste, it's a great dinner for when you're trying to use up all the extra eggs, cheese and spaghetti in your fridge and pantry.

Spaghetti Carbonara Recipe

8. Bitter Melon Omelette



Your twenties are a time to be adventurous and experiment with different flavours, so that's why the bitter melon omelette is the perfect starting point. It's a less refined version of a French omelette so you can be a little rougher when throwing it together and the bitter melon gives it a crunchy texture that meshes well with the egg's softness. It's perfect for a beginner.

Bitter Melon Omelette Recipe

9. Italian Meringue Marshmallow



The marshmallow only has five ingredients so you can't go wrong with this classic. The great thing is, you can flavour it with absolutely anything before setting the mixture or you can store it for a later time. If you're after a sweet treat, add cinnamon, cocoa or coconut or spice up your desserts with added marshmallow and Sichuan pepper. Have fun with them and don't worry if you don't own a blow torch, pop them under the grill to give them some colour and they're great for s'mores.

Italian Meringue Marshmallow Recipe

Jo Barrett



[Jo Barrett](#) grew up in Melbourne and developed her passion for cooking in her youth, eventually turning to a career as a chef.

During her journey so far, Jo has become a multi-award winning chef including 'Best Desserts' by Delicious Magazine for 2016 and 2017, 'Hot Talent' for Timeout Magazine in 2016, 'Trail Blazer' at the Melbourne Food and Wine Festival in 2017, and 'Next Gen Top 50 chefs' by Food Service Magazine in 2017.

Dubbed 'The Sustainable Chef', her groundbreaking debut book, *Sustain*, dives into a plethora of purposeful recipes and techniques that promote eco-friendly practices within the kitchen. She currently owns and operates Little Picket in Lorne, Victoria.

10. Prawn and Kimchi Omelette



An omelette is one of Jo's favourite dinner options because it's so easy to make. It even feels a little gourmet if you're trying to impress someone. Her tip for making this meal as efficient as possible? Buy pre-cooked and peeled prawns to speed up the process.

Prawn and Kimchi Omelette Recipe

11. Potato Tortilla with Chive Mayonnaise



Jo is passionate about reducing waste. And for most people in their twenties, saving money is the top priority. That's where repurposed leftovers come in. This potato tortilla can be made with last night's roasted potatoes and the mayonnaise from all those extra eggs you tend to find in your fridge. Divide the tortilla into containers for work lunches or for an easy dinner with your mates.

Potato Tortilla with Chive Mayonnaise Recipe

12. Steamed Egg Custard with Bok Choy



A great investment for your kitchen in your twenties should be a bamboo steamer. It's simple to use and it also works to make healthy meals. This steamed egg custard is a light dinner option mixed with bok choy and doesn't take more than 15 minutes to cook. Sure beats the hour-long wait for the delivery guy!

Steamed Egg Custard with Bok Choy Recipe

13. Almond Swiss Roll With Strawberries



A sponge dessert is extremely easy to make, and everyone should master this because it's great for entertaining and when you need a slice of something sweet to keep you going. With the custard, there's a notion that it's a complex dish and therefore often bought from the store; but it's quite easy to make. Sponge and custard go hand in hand for Jo as a dessert staple as it's delicious without being overly sweet.

Almond Swiss Roll With Strawberries Recipe

Get Cracking on Your Culinary Journey

In 2024, Australian Eggs is serving up the ultimate guide to hassle-free meals – perfect for the laziest of cooks and the most novice chefs.

Follow along as the likes of Jasmin Weston and Nick White [Enter Their Eggs Era](#). For more easy and quick ways to work eggs into meals, [check these recipes out](#).