

RECIPES
24TH JUNE AT LAMONTS EAST PERTH
WINE, FOOD, TALK!

SMOKED SALMON AND MASCARPONE FLATBREAD WITH DRESSED ROCKET

Serves 6

6 handfuls of rocket
balsamic vinaigrette
6 slices smoked salmon
250 gms mascarpone cheese
Cracked black pepper

FLATBREAD

3 cups flour
1 tablespoon dried yeast
1 teaspoon salt
1 ½ cups warm water
3 tablespoon olive oil

Mix all ingredients well to form smooth dough. Leave aside to rise for at least 1 hour. Knock back and flatten out onto greased tray. Cook in a 180 degrees c oven for 15 minutes.

TO PLATE

When the flatbread has cooled spread the mascarpone cheese on top of the flatbread. Lay the smoke salmon on top and cut into triangles. Serve with some rocket salad.

WHITE BEAN AND VEGETABLE SOUP WITH JAMON

Serves 6

2 x 450gm cans cannellini or white kidney beans
(or 500 gms dried beans, soaked overnight in
water), drained
1 Tbsp olive oil
1/2 large yellow onion, chopped
1 Tbsp chopped fresh thyme
2 garlic cloves, minced
1 cup chopped fresh tomatoes
2 celery stalks, cut into 1 cm pieces

1 large carrots, cut into 1 cm pieces
5 cups (or more) vegetable stock
1 large potato, cut into 1 cm pieces
1/4 cup chopped fresh basil
1 large zucchini, cut into 1/2 inch pieces
1 teaspoon salt

100gms sliced Jamon

METHOD

Heat olive oil in a large pot over medium heat. Add onion, thyme, and garlic. Sauté 5 minutes. Add tomatoes, celery, and carrots. Sauté 10 minutes.

Add beans, 5 cups of stock, potatoes, and basil. Bring to a boil. Reduce heat, cover and simmer for one hour. Add zucchini. Add salt. Cover and simmer until vegetables are tender, about 20 minutes longer.

To serve

Place soup into bowls and a slice of Jamon on top.

GOATS CHEESE AND CHIVE OMELETTE WITH SOFT FRIED HERBS

Recipe written ingredients per person

2 eggs
Dash cold water
1 heaped tablespoon fresh goats cheese
1 tablespoon fresh mixed soft herbs (dill, chives, thyme, and basil)
Salt and cracked black pepper

Heat a non stick pan and lightly oil with olive oil. In a mixing bowl add the ingredients for 1 serve of omelette and whisk gently. Add the mixture to pan heated pan and cook gently until solid on the bottom and turn carefully by ½ with an egg slice. Remove immediately from heat and serve. (The egg on top should be runny when you take from the heat).

TRUFFLE AND CORNED BEEF CROQUE MONSIEUR

This recipe makes 4 sandwiches

2 tablespoons Dijon mustard
8 slices sandwich bread
4 slices corned beef
2 cups grated Gruyere cheese
4 tablespoons butter, softened
1 tablespoon truffle oil
10 gms sliced truffle

Evenly divide and spread the mustard on 4 slices of bread. Place a slice of corned beef, followed by 1/2 cup Gruyere, on the mustard-side of the bread, the slices of truffle and truffle oil. Cover the cheese with the remaining slices of bread and spread the butter on the outside surfaces of the sandwiches. Grill the bread on low to medium or in a sandwich press until cheese is melted.

BRAISED BEEF CHEEKS

1 diced carrot
1 diced celery
1 diced onion
2 Litres beef stock
1 cup red wine
1 bayleaf
4 whole black peppercorns
6 beef cheeks

Beef cheeks – place all ingredients in a roasting dish or a casserole pot, and braise for 3-4 hrs on a very low heat, 140 degrees, check them after this time and if they need more turn down the temp and keep cooking, once done, let them cool down in the liquid.

DUCKLEG WITH PEAR AND BLUE CHEESE TART

Serves 4

8 Duck Maryland's, skin on, (Thigh and drumstick together)
200g ms of coarse sea salt
1/3 cup of white peppercorns
1/3 cup of juniper berries
2 allspice
8 Sprigs of fresh thyme
2 Litres of duck fat, or goose fat
100 mls honey
5 Tablespoons of butter

Roughly grind the peppercorns, juniper and allspice in a spice grinder or in a mortar and pestle. Mix with the sea salt.

Sprinkle some of the salt mixture in a deep plastic tray, just enough to cover the bottom. Place the Duck Maryland's on the salt mix, and strip the thyme leaves from the stem and sprinkle over the Duck, stalks and all. Sprinkle with another layer of salt mix and allow to sit in the fridge for 8 hours, uncovered. Remove the Maryland's from the salt mix and dry off with a tea towel, brushing away any excess salt and spices. Place in a deep roasting tray, and cover with the duck fat. Cook at 140°c in the oven, for approximately 2 hours, being careful not to let the fat boil. Check with a skewer, it should pass easily through the meat with no signs of blood. Remove from the fat and allow to cool and drain on a tray in the fridge. Strain the fat, and allow to cool and set in the fridge. A jelly like material will form in the bottom, separate this from the fat and add it to you gravy.

To reheat and serve the Duck, spread a little of the honey mixed with the butter onto each Maryland and place in a hot oven for around 10 minutes until heated through and golden. Serve.

PEAR AND BLUE CHEESE TART

PASTRY

315gms plain flour
170gms butter
1 teaspoon cornflour
1 egg
1 egg yolk
salt and pepper

FILLING

1 Litre cream
200gms blue cheese
1 bunch chives
salt and pepper
6 eggs
2 medium pears finely sliced

Chop the butter into combined flour, seasoning and cornflour until breadcrumb like. Mix the egg and yolk into the flour until all is combined, wrap and place in the fridge to let it rest for at least 1 hour.

While the pastry rests, make the filling.

Finely chop the chives and set aside, mix together the eggs and the cream, season and add the chives.

Take out the pastry and roll it out to fit a 25cm tart pan, blind bake at 180 degrees until golden brown.

Take out and let the base cool down before adding the filling, portion the blue cheese and finely sliced pear all around the base, add the filling and place back in the oven at 150 degrees for 15-20 minutes.

OSSO BUCCO GNOCCHI WITH OXTAIL AND PEA BRAISE

1kg osso bucco
1 cup seasoned flour (flour mixed with a pinch each of paprika, sea salt, white pepper, turmeric and cumin)
1 cup white wine
1 x 440 gm tin crushed tomatoes
1 small carrot, roughly chopped
1 stalk celery, roughly chopped
1 onion, peeled and roughly chopped
2 bay leaves
10 whole black peppercorns
5 juniper berries
2 sprigs each of rosemary and thyme
beef stock
olive oil, for frying

Coat the osso bucco in the seasoned flour and seal until golden brown on both sides in a well-oiled pan. Place these into a braising pan and add the chopped vegetables, crushed tomatoes, white wine, herbs and spices. Top up with the beef stock until the meat is covered. Cover with glad bake, then aluminum foil. Place in the preheated oven and cook for 3 to 4 hours until meat is very tender. Remove meat and keep warm.

RICOTTA GNOCCHI WITH BRAISED PEAS

Serves 6

500 grams ricotta, drained overnight
3 eggs
¼ cup grated parmesan
¾ cup flour
Salt

Hang the ricotta overnight to firm. Crack eggs into a bowl and gently break up with a fork, add ricotta and gently fold in parmesan. Incorporate the ricotta mixture with the flour to a smooth dough. Roll out on a well floured bench and with a sharp knife cut into 2 cms squares. Blanche in simmering salted water for 6 minutes drain and toss in a little olive oil. These gnocchi can be served immediately or warmed when used later.

1 cup peas
100 grams salted butter
2 tablespoons red wine vinegar
salt and pepper
parmesan to serve

TO PLATE

Blanche peas. Melt butter in pan; add vinegar, salt and pepper. Warm peas in sauce and serve with warm gnocchi.