

LAMONT'S

[www.lamonts.com.au](http://www.lamonts.com.au)

**WINE, FOOD, TALK! WITH KATE LAMONT**

**MARGARET RIVER 26<sup>TH</sup> SEPTEMBER 2009**

**2009 LAMONT'S RIESLING**

Seared Scallop With Ratatouille

**2008 LAMONT'S SEMILLON SAUVIGNON BLANC**

Asparagus With Crunchy Egg

**2007 LAMONT'S CHARDONNAY**

Veal Schnitzel With Panzanella And Black Olives

**2009 LAMONT'S BUNYIP**

Pork Belly With Apple And Muscatels

**2006 LAMONT'S SHIRAZ**

Venison Osso Bucco With Juniper And Bay Pies

**2007 LAMONT'S BLACK MONSTER**

Beef Cheeks With Salsa Verde

**LAMONT'S NAVERA**

Tempura Strawberries With Crema Catalana

**SEARED SCALLOP WITH RATATOUILLE  
PAIRED WITH THE 2009 LAMONT'S RIESLING**

**Serves 6**

**18 scallops  
1 medium eggplant  
1 large red capsicum  
1 medium zucchini  
½ cup pitted kalamata olives  
2 cloves garlic, minced  
3 shallots  
Olive oil  
Salt and pepper  
½ cup tomato juice  
5 stalks thyme**

To make the ratatouille chop the eggplant, capsicum, shallots and zucchini as finely as you can. Sauté the garlic in olive oil, add shallots and thyme, cook until translucent, add tomato juice and reduce by half. Cook each vegetable separately in a small amount of olive oil until cooked al dente. Season. Chop olive, and mix all the vegetables together to finish the ratatouille. Splash some olive oil, salt and pepper on to the scallop meat. Heat a large fry pan or barbecue plate to high. When the pan is hot, sear the scallop meat on both sides for 1 minute.

To serve, place three circles of warmed ratatouille on a plate and carefully top each with a scallop, and drizzle with a little olive oil.

**ASPARAGUS WITH CRUNCHY EGG  
PAIRED WITH THE 2008 LAMONT'S SEMILLON SAUVIGNON BLANC**

**Serves 6**

**30 spears fresh asparagus  
Olive oil  
Salt and pepper  
6 eggs  
2 cups fresh breadcrumbs  
Flour and egg wash for crumbing  
Vegetable oil to deep fry egg**

Soft poach the eggs, remove from hot water and gently plunge into iced water immediately to stop the eggs from cooking further, drain. Carefully dust the eggs in flour, then dip them in the egg wash and coat in breadcrumbs. Place on a tray and chill in refrigerator. When ready to serve heat oil to 165 degrees C. Gently lower the eggs into the oil, and fry until golden. Meanwhile grill or pan-fry asparagus with a little olive oil and salt and pepper until tender.

To serve, portion asparagus onto serving plates, top with a crunchy egg, a drizzle of olive oil and serve immediately.

**VEAL SCHNITZEL WITH PANZANELLA AND BLACK OLIVES  
PAIRED WITH THE LAMONT'S 2007 CHARDONNAY**

**Serves 6**

**6 x 120 g thin veal slices  
1 cup fresh breadcrumbs  
Plain flour for dusting  
Egg wash  
Salt and pepper  
Oil to fry  
1 red capsicum, roasted, skinned, deseeded  
1 yellow capsicum, roasted, skinned, deseeded  
1 small loaf of dense, day-old bread  
1 punnet cherry tomatoes  
3 anchovy fillets  
1 small red onion  
Handful fresh basil leaves  
<sup>3</sup>/<sub>4</sub> cup pitted kalamata olives  
Olive oil  
Balsamic vinegar**

**Season veal slices and dust with a little flour. Place each slice in some egg wash and crumb lightly. Set aside.**

**Rip the bread into walnut size pieces, drizzle with olive oil to moisten, and season. Set aside. Cut the tomatoes into half, and add to the bread in a large mixing bowl. Peel onion and, with a mandolin or knife, slice it as finely as possible. Add to tomatoes. Slice the capsicums into thin slivers, and tear the basil leaves onto all ingredients. Lastly add finely chopped anchovy fillets, and season well. Gently fold all ingredients through to mix with finely chopped olives and seasoning. Make a dressing with oil and balsamic and toss through. In a fry pan, gently cook the veal slices. Drain well. Drizzle with olive oil and a generous splash of balsamic vinegar. Serve with panzanella on the side.**

**PORK BELLY WITH APPLE AND MUSCATELS  
PAIRED WITH THE 2009 LAMONT'S BUNYIP**

**Serves 6**

**600g pork belly  
2-3 litres chicken stock  
Honey to brush  
2 large golden delicious apples  
200 g muscatels (taken from the cluster, seeds removed)  
Juice <sup>1</sup>/<sub>2</sub> lemon**

**The first job is to braise the pork belly. This takes time and can be done the day before. Place the pork into a deep tray, add stock and cover, and slowly cook in the oven at 150 degrees C for about 3 hours. Once finished, remove from the oven, then press the meat down between two trays, placing some weights on top to press the**

belly down. Place in the refrigerator for a couple of hours or overnight until you are ready to portion. In a mixing bowl slice the apples (skin on) as finely as possible. Cut the muscatels in half, and add to apples. Season with salt and pepper, and add the lemon juice to mix. Set aside. Portion the pork into six pieces, and brush some honey on the skin. Place in a hot oven (about 220 degrees c to crisp the skin.

To serve, remove pork (one it is crisp) from the oven, place onto a serving plate and top with apple salad.

**VENISON OSSO BUCCO WITH JUNIPER AND BAY PIES  
PAIRED WITH THE 2006 LAMONT'S SHIRAZ**

**Serves 6**

1 kg venison 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 440g tin crushed tomatoes  
1 small carrot, roughly chopped  
1 stalk celery, roughly chopped  
1 medium onion, peeled and roughly chopped  
2 bay leaves  
10 black peppercorns  
5 juniper berries  
2 stalks each of rosemary and thyme  
2 anchovy fillets (optional)  
Beef stock  
Olive oil  
1 batch puff pastry  
Egg wash

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, spices and anchovy fillets if desired. Top up with the beef stock until the meat is covered. Cover with baking paper, then aluminum foil. Place in the preheated oven 160 degrees C and cook for 3-4 hours until meat is very tender. When cool, remove all meat from the bone, add some of the sauce to make a moistened pie filling and leave aside. Roll pastry. From an edge cut suitable sized pie lids. Using remaining pastry cut and line muffin size tins. Fill the pies with filling until about  $\frac{3}{4}$  full. Turn in any pastry overflow and then top the pies with the pre-cut lids and brush with egg wash. Bake in a 180 degrees C oven until pastry is golden (approximately 15 minutes).

**ROUGH PUFF PASTRY**

**Makes 450gms**

1  $\frac{1}{2}$  cups flour  
Pinch of salt  
180 g butter  
2 tsp lemon juice  
 $\frac{1}{4}$  cup iced water

Chill the flour and butter before using. Chop butter into the flour until pieces are the size of a thumbnail. Add water and lemon juice and mix gently. As best you can,

press the mixture together into a rectangular shape, there will be chunks of butter showing. Sprinkle extra flour onto the workbench, and roll the pastry into a long rectangle, 1 cm thick. Don't worry if the edges are a little ragged. Fold the ends in to meet in the centre, and then fold together. This will make four layers. This is your "first turn". Turn the piece of dough away from you a quarter of a turn and roll again to form a long rectangle, 1 cm thick. Repeat the folding process. This is your "second turn". Turn the piece of dough away from you a quarter of a turn and roll again to form another long rectangle. This time fold the pastry in thirds as you would a letter. Cover it and chill for an hour before use. The pastry will keep for a couple of days in the refrigerator or in the freezer for a month.

**BEEF CHEEKS WITH SALSA VERDE  
PAIRED WITH THE 2007 LAMONT'S BLACK MONSTER**

Serves 6

**Braised beef cheeks**

2 kg beef cheeks  
4 medium carrots  
2 medium brown onions  
4 cloves garlic  
6 stalks fresh thyme  
2 bay leaves  
4 sticks celery  
80 g of pancetta, cut into 4  
2 cups red wine  
4 litres beef stock  
Olive oil to brown

**Salsa verde (makes 1 cup)**

2 cloves of garlic  
2 anchovy fillets  
½ tbsp capers  
Salt  
½ tsp pepper  
1 cup fresh basil leaves  
½ cup flat leaf parsley  
1 bunch chives  
40 ml red wine vinegar  
200 ml olive oil  
Preserved rind of ¼ lemon

Ensure your butcher has removed sinew from the beef cheeks. Chop the vegetables, then place the beef, vegetables, garlic, herbs, pancetta and wine together and marinate for at least 12 hours. Take beef out of the marinade. In a little olive oil, brown in a casserole dish or baking pan big enough to hold the ingredients. Add the marinade to the meat and bring to the boil. Add the beef stock, turn down and simmer or braise in oven for approximately 4 hours. The beef cheeks should be tender and almost fall apart. Process the salsa ingredients together in a food processor or, for a smoother sauce blitz in a blender. Serve beef cheeks drizzled with salsa verde, mashed potato and extra sauce.

**TEMPURA STRAWBERRIES WITH CREMA CATALANA  
PAIRED WITH THE LAMONT'S NAVERA**

**Serves 6**

**Crèma catalana**

**1 cinnamon stick  
Rind of 1 lemon  
Beans of 1 vanilla pod  
4 egg yolks  
50 g cornflour  
2 cups milk  
½ cup antillaise sugar**

**Tempura mix**

**50 g flour  
Soda water**

**Oil for frying**

**12 large ripe strawberries  
Icing sugar for dusting**

**Simmer mild, cinnamon, lemon rind and vanilla beans. In a bowl whisk egg yolks and cornflour and pour in the hot milk. Strain and return to a low heat and cook until mixture thickens. Pour into six ceramic moulds, and place in refrigerator for 6 hours to set. To make tempura batter, combine the flour and the soda water to get a pouring cream consistency. Heat the oil to 170 degrees C. Wash and dry the strawberries, dip into the batter and fry for 2-3 minutes. Drain on absorbent paper. Sprinkle the crema catalana with antillaise sugar and burn to caramel with mini kitchen blow torch.**

**To serve, place on a plate with the strawberries dusted in icing sugar.**