

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

2002 LAMONT'S METHODE CHAMPENOISE

2008 LAMONT'S SEMILLON SAUVIGNON BLANC

Seared Scallops with Fennel and Apple Salad, Lemon Colonna

2006 LAMONT'S CHARDONNAY

Salmon and Kingfish Tartare with Cauliflower Cream

2008 LAMONT'S BUNYIP

Quail Saltimbocca with Petit Panzanella and Olive Vinaigrette

2003 LAMONT'S SHIRAZ

2006 LAMONT'S SHIRAZ

Duck Breast with Red Cabbage Agrodolce, Duck Leg Arancini

2007 LAMONT'S BLACK MONSTER

Beef Cheek with Wagyu Cannelloni, Pureed Potatoes and Pepper Jus

LAMONT'S TAWNY PORT

Ginger Poached Pear with Almond and Quince Cake, Crisp Meringue

SCALLOP WITH APPLE AND FENNEL SLAW, LEMON COLONNA

Serves 4 for entrée

12 scallops (Roe off)

Olive oil

1 medium green apple (in season)

1 large fennel bulb

½ cup mayonnaise

½ bunch chopped chives (1cm long)

1 tablespoon baby capers

The juice of ½ lemon

Sea salt

Cracked pepper

Lemon colonna to drizzle

Slice the fennel finely (mandolin is best). Slice the apple into match stick thickness. Place in a bowl with the chopped chives, capers, mayonnaise and lemon juice. Season with salt and pepper.

TO SERVE

In a hot pan sear the scallops in a little olive oil. Approximately 1 minute either side.

Toss the salad together and place in centre of the plate. Place scallops on top and drizzle with lemon colonna.

SALMON AND KINGFISH TARTARE WITH CAULIFLOWER CREAM

Serves 6 as an entrée

300 gms salmon
400 gms king fish fillet
2 shallots (finely chopped)
1 packet dill
Extra virgin olive oil
Micro basil (to garnish)
½ head medium cauliflower
½ cup cream
50gms butter
Salt and pepper

CAULIFLOWER CREAM

Cut the cauliflower into small florets and place in a pot. Add the cream and simmer with lid on till soft. Take the lid off and continue to simmer for further 5 minutes. With a stick blender add the butter and salt and puree to smooth. Place in container and refrigerate until cold.

Dice the salmon into ½ cm cubes and place in a bowl with the chopped shallots and dill. Season with salt and pepper and a tablespoon of olive oil. Slice the Kingfish sashimi style aiming for approximately 18 slices. Place some salmon in middle of the Kingfish slice and roll up.

To serve

Place a line of cauliflower cream in centre of plate, three rolls of the kingfish on top then a little dollop of cauliflower cream on top of the kingfish rolls. Garnish with the basil leaves.

QUAIL SALTIMBOCCA WITH PETIT PANZANELLA OLIVE DRESSING

Serves 6

6 quails (partly boned)
1 packet sage
12 slices of prosciutto
½ loaf old bread
2 medium red capsicums
1 punnet cherry tomatoes (cut into ¼'s)
1 cup pitted Kalamata olives (chopped finely)
Baby basil (for garnish)
Balsamic reduction (enough to drizzle for garnish)

Cut the quails in half and place a sage leaf along the body. Wrap the quail up with the prosciutto.

Tear the old bread up into 1 cm pieces, season with salt and pepper and oil. Pan fry on low heat until bread is golden brown. In a 200 degree C oven roast the capsicum until skin starts to blister. Remove from oven and place the capsicums into a bowl and wrap with gladwrap until cool to touch. Remove the skin and seeds. Slice into 4cm strips.

TO SERVE

Heat a medium / hot pan. Splash a little olive oil on each quail and fry for about 4 minutes each side.

Scatter the bread, capsicum, olives and tomatoes around the plate. Place 2 quail halves in center of the plate. Garnish with baby basil and reduce balsamic.

DUCK BREAST WITH RED CABBAGE AGRODOLCE, DUCK LEG ARANCINI

Serves 6

ARANCINI

1 packet roasted duck leg
200gms Arborio rice
½ brown onion diced

600 mls hot chicken stock
½ cup grated parmesan
Oil for frying

Take the meat off the duck legs only and dice. Set aside. In a large saucepan sauté the diced onion in a little olive oil until soft then add the rice and stir well. Have the hot chicken stock close to the pan and slowly ladle a little at a time over medium to low heat. When the rice is nearly soft add the duck leg meat and grated parmesan. Cook with remaining stock for further 2 – 4 minutes. Spread out on a tray and place into fridge.

When risotto mixture is cooled roll into golf ball size and crumb with eggwash and seasoned breadcrumbs.

RED CABBAGE AGRODOLCE

½ head red cabbage (finely sliced)
2 green medium apples (peeled
and grated)
1 red onion

½ cup red wine vinegar
½ cup port
½ cup red wine

Slice the red onion into strips and cook on high in a pot with a little oil. Once onion is soft add the grated apples and cabbage. Cook for 5 minutes then add red wine vinegar, port and red wine. Turn heat down and simmer for 45 minutes. Season with a salt.

Take the meat off the duck legs only and dice. Set aside. In a large saucepan sauté the diced onion in a little olive oil until soft then add the rice and stir well. Have the hot chicken stock close to the pan and slowly ladle a little at a time over medium to low heat. When the rice is nearly soft add the duck leg meat and grated parmesan. Cook with remaining stock for further 2 – 4 minutes. Spread out on a tray and place into fridge.

When risotto mixture is cooled roll into golf ball size and crumb with eggwash and seasoned breadcrumbs.

Score the duck breast skin and in a hot pan brown the skin. Pour off any excess duck fat. Cook on each side for 6 minutes. Place in warm place to rest for 10 minutes.

To serve

Deep fry the arancini until golden brown and drain on absorbent paper. Place some cabbage in middle of a serving plate, place the arancini on top. Slice the duck breast lengthways without slicing right through and fan out next to the cabbage.

BEEF CHEEK WITH WAGYU CANNELLONI AND MASH POTATOES

Serves 6

CANNELLONI

200 gms wagyu beef mince

6 cannelloni shells

400ml can tomato puree

½ brown onion

¼ cup grated parmesan

Fresh basil leaves

In a small pot sauté the onion and beef mince. Add the can of tomato, 2 sprigs of thyme, and 4 shredded basil leaves. Cook for 30 minutes. Fill the cannelloni shells with the meat and place in a baking dish. Place some more mince on top and grated parmesan on top. Bake 170 degrees C for 40 -50 minutes till the pasta is cooked.

BEEF CHEEKS

6 beef cheeks

2 litres beef stock

1 medium brown onion

2 cups red wine

4 cloves garlic

2 medium carrots (into 1 cm dice)

1 packet thyme

2 sticks celery (into 1 cm dice)

Clean any sinew off the beef cheeks and brown in a heavy base pot. Add the red wine, diced vegetables, herbs and stock. Braise in oven with lid on at 180 degrees C for 2 ½ to 3 hours. Remove the beef cheeks when soft. Take lid off the pot and simmer the juices on stove top until liquid is reduced to a thickened rich sauce. Strain the liquid and discard vegetables. Keep the gravy warm.

MASHED POTATOES

1.5 kg Royal blue potatoes

100 gms butter

1 cup cream

Salt

Peel and boil the potatoes in salted water until potatoes are soft.

Drain and put through a ricer. Add the butter and cream and stir through.

Keep warm.

To serve

Dollop some mash potatoes on a serving plate, a beef cheek on top, the cannelloni to the side and pour some of the reduced gravy over the beef cheek.

GINGER POACHED PEAR WITH QUINCE CAKE AND DOUBLE CREAM

Serves 6

GINGER POACHED PEARS

3 medium pears (best in season)

2 litres water

500gms sugar

Fresh piece ginger (approximately 5cm) – diced as finely as possible

QUINCE CAKE

300 gms almond meal

75 gms polenta

75 gms flour

2 teaspoons baking powder

190 mls olive oil

150 gms melted butter

5 eggs

300 gms sugar

200 mls orange juice

1 cup poached quince

Peel pears and cut in half. Scoop out the seeds and place in pot with, sugar and chopped ginger. Bring to a simmer and cook until pears are soft.

Combine the polenta, almond meal, flour and baking powder, sift together.

Cream sugar and eggs then add melted butter, olive oil and orange juice.

Fold in flour.

Line a deep baking tray then pour in the cake mixture. It will be quite runny. Place the poached quince on top and bake at 150 degrees C for 40 to 50 minutes.

TO SERVE

Cut the cake into desired portions. Place a ½ poached pear on top and finish with some rich cream.