

2ND AUGUST RECIPES

FOOD, TALK WITH KATE LAMONT

LAMONT'S WINE STORE - COTTESLOE

LUSTAU FINO

ITALIAN PROSCIUTTO, AGED BALSAMIC, FRESH BAGUETTE

CASTELLI RIESLING 2007

SWIMMER CRAB, CRUSHED PEA, LEMON COLONNA

GROSSET SEMILLON SAUVIGNON BLANC 2008

BEETROOT WITH CANDIED WALNUT AND PERSIAN FETTA

SCHWARTZ NITSCHKE BLOCK 2006 SHIRAZ

DORPER LAMB CUTLETS, SPICED PUMPKIN, CHICKPEA AND OLIVE

VALDESPINO PX

CHOCOLATE MOUSSE

SWIMMER CRAB, CRUSHED PEA, LEMON COLONNA

Serves 6 as entrée

500 gms cooked crab meat
1 cup cream fraiche
2 tablespoons chopped dill
Juice of 2 limes
Salt and pepper

Mix together the lime juice and the cream fraiche, season and fold in the crab and the dill.

CRUSHED PEA

500 grams frozen peas
1/2 cup grated pecorino
3 tablespoons lemon Colona oil
salt and pepper

Blanche the peas in boiling salted water until tender, strain, refresh in iced water and drain well. Mash with pecorino and lemon colonna oil, season.

To serve, portion pea onto plates, you may use a ring to form a perfect shape, top with crab meat and drizzle with olive oil.

BETROOT WITH CANDIED WALNUT AND PERSIAN FETTA

Serves 4 as tapas dish

4 large beetroot
100 gms walnut kernels (in pieces)
1 egg white
2 tablespoons sugar
1/4 cup coarsely picked flat-leaf parsley
1/4 cup picked dill
200 gms Persian style fetta, crumbled
100mls Olive oil, 30 mls red wine vinegar
Freshly ground black pepper

Preheat oven to 220 degrees C and place beetroot in baking tray, drizzle with a little olive oil and put a cup of water in the baking tray. Cover with foil and roast until beetroot are tender, approx 45 minutes.

Whisk egg white with sugar until frothy, add walnuts, mix well and pour onto an oiled tray and bake until golden – about 10 minutes at 180 degrees C. Remove and cool. Lay on a board and gently “break up” into small pieces.

Peel beetroot. Cut into quarters. Arrange on a serving platter. Mix herbs with fetta, vinegar and olive oil. Pile on top of beetroot and generously grind black pepper. Sprinkle with candied walnut.

DORPER LAMB CUTLETS, SPICED PUMPKIN, CHICKPEA AND OLIVES

Serves 6

12 dorper lamb cutlets (trimmed)
1 teaspoon smokey paprika
500 gms jap pumpkin pieces (approx 2 cm pieces)
3 tablespoons olive oil
1 kg chick peas, soaked overnight
½ bunch spring onions
Sprig rosemary (chopped finely)
1 cup pitted kalamata olives (roughly chopped)
1 preserved lemon rind
Salt and pepper
50mls white wine vinegar
150mls robust olive oil

Coat pumpkin in olive oil and paprika. Roast in a 180 degrees C oven until just tender and browned. Leave aside. Meanwhile cook chickpeas until just soft, drain well and mix with the olive oil, vinegar and seasoning. Chop the white part of the spring onion as finely as possible; slice the green parts finely on the diagonal. Dice the preserved lemon as small as you can and mix into the chickpeas with the rosemary. Add in roast pumpkin and olives. Leave to amalgamate flavours for an hour or so then serve with seared or bbq lamb cutlets.

VALHRONA CHOCOLATE MOUSSE

Makes 6 martini glasses

200 gms Valrhona chocolate
80 mls milk
125 gms castor sugar
550 mls whipped cream

Heat milk and sugar. Pour over chocolate and stir to melt. Cool. Fold in whipped cream just to mix. Pour into martini glasses and keep in fridge for approximately 4 hours before serving.

