

WINE AND FOOD CONVERSATION SUNDAY 7TH JUNE
LAMONT'S WINE STORE - COTTESLOE

Lustau Fino vs Lustau Amontillado
Italian Prosciutto, aged balsamic, fresh baguette

Lamont's 2008 Riesling
BEETROOT WITH CANDIED WALNUT AND PERSIAN FETTA
Serves 4 as tapas dish

4 large beetroot, stems removed and roots trimmed
100 gms walnut kernels (in pieces)
1 egg white, 2 tablespoons sugar
¼ cup coarsely picked flat-leaf parsley
¼ cup picked dill
black pepper
200 gms Persian style fetta, crumbled
100mls Olive oil, 30 mls red wine vinegar, mixed to make vinaigrette

Preheat oven to 220C and place beetroot in baking tray, drizzle with a little olive oil and put a cup of water in pan. Cover with foil and roast until beetroot are tender, approx 45 minutes. Whisk eggwhite with sugar until frothy, add walnuts, mix well and bake until golden – about 10 mins at 180 degrees C.

Peel beetroot. Cut into quarters. Arrange on a serving platter. Mix herbs with feta and vinaigrette. Pile on top of beetroot and generously grind black pepper. Serve.

Woodlands 2007 Chardonnay
QUAIL WITH CHICKPEA, EDAMAME, SMOKED PAPRIKA DRESSING

Serves 6
6 Quail (partly boned)
Salt and pepper
Olive oil

Pre-heat oven to 180 degrees C. Marinate the quail in a little olive oil and salt and pepper. In a hot pan seal on each side for 1 – 2 minutes. Place in a 180 degrees C oven for a further 8 minutes. Remove from oven and rest.

SALAD
300gms chick peas
4 tablespoons olive oil
Salt and pepper
500gms edamame
2 tablespoons chopped dill
2 tablespoons picked chervil

Soak chick peas overnight in water then simmer until soft, drain and douse in the olive oil and season with salt and pepper and reserve. Pop the endamame out of their pods. Mix the endamame with the warm chick peas, the herbs and a little of the mayonnaise.

SMOKEY PAPRIKA MAYONNAISE

1 egg yolk

1 teaspoon smokey paprika

½ teaspoon salt

½ teaspoon pepper

2 tablespoons white wine vinegar

1 cup olive oil

By hand whisk egg yolk with seasoning, paprika and vinegar. Gradually drizzle the olive oil continuously until oil is incorporated.

TO SERVE

Spoon salad on to serving plate – place quail on salad and dollop with mayonnaise to finish.

Schwartz Nitschke Block 2006 Shiraz

BLACK ANGUS SIRLOIN “A LA MINUTE”, SHAVED FENNEL SALAD

Serves 4

4 x 150gms cuts of sirloin

Salt and pepper

In a hot pan sear each side of fillet for 2 minutes or longer for desired taste.

SHAVED FENNEL BULB SALAD

2 fennel bulbs

1 spanish onion

sea salt

LEMON VINAIGRETTE

200 mls extra virgin olive oil

100 mls fresh lemon juice

¼ teaspoon of Dijon mustard

sea salt and pepper

Salad: Shave fennel bulb very thinly using a mandolin or as finely as you can by hand. Slice the onion as finely as possible and add to the fennel bulb, dress with lemon vinaigrette and season just before serving.

Lemon Vinaigrette dressing: Combine all ingredients in a jar and shake vigorously just before serving.

Valdespino PX

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.