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- * DAVE PYNT'S
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- * JAPANESE AT HOME
- * USE-IT-UP FONDUE
- * BEST BRITISH BAKES

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STICKY GINGER & CARAMEL PUDDING *(THE STICKY DATE UPDATE)*



MATT PRESTON
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OTTOLENGHI**
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GILL MELLER
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cauliflower cheese

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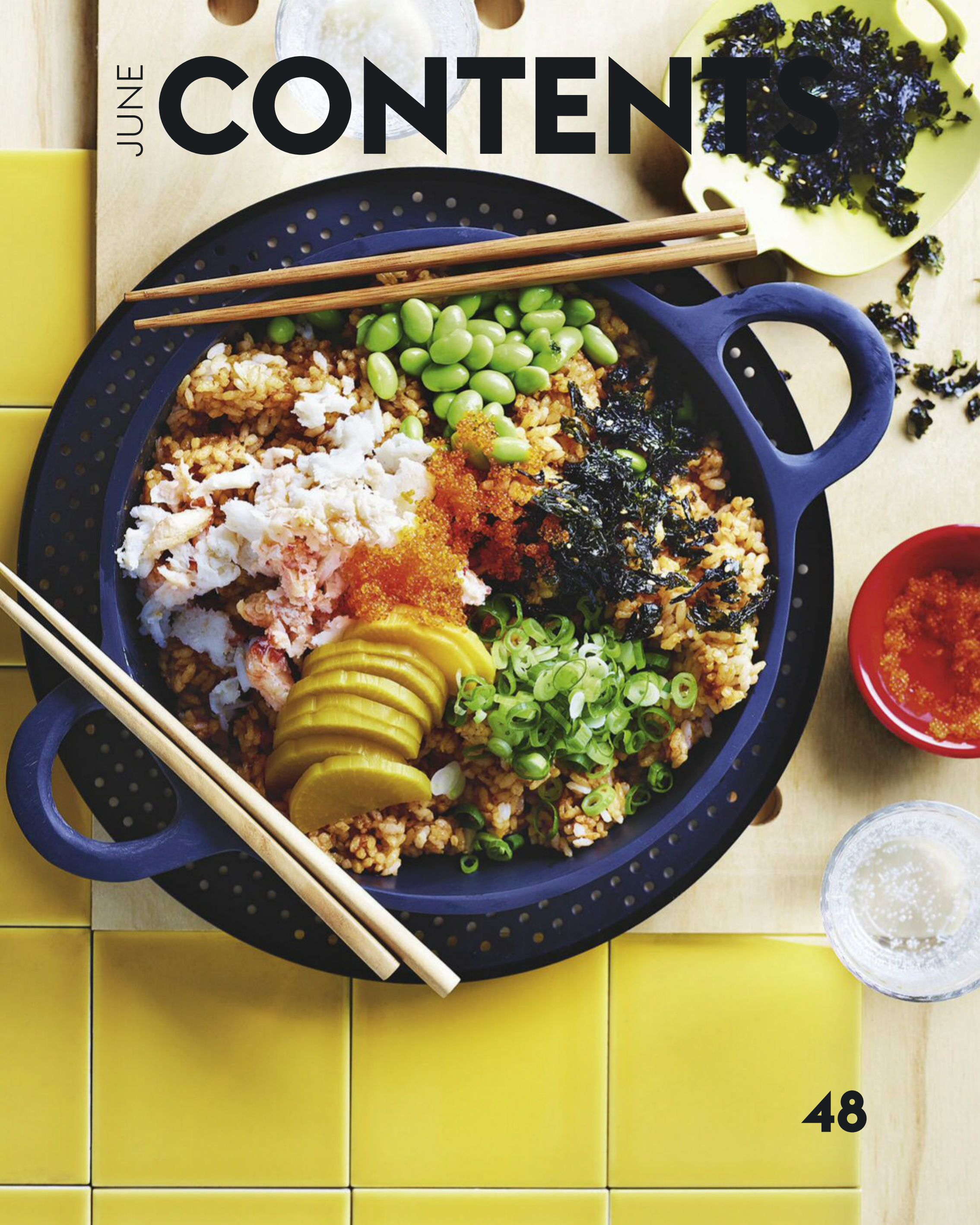


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JUNE

CONTENTS





CONTENTS.

REGULARS

- 6 **Ed's Letter**
- 8 **Talk to Us**
- 10 **Menus**
- 23 **Insider: News**
- 28 **Produce Awards**
We salute the State Winners of the 2020 *delicious.* Produce Awards.
- 32 **Masterchef**
An all-American dessert.
- 34 **Critic & The Comic**
Mike Bennie and Merrick Watts choose top drops for a fiery curry.
- 36 **Meat Market**
Colin Fassnidge and Anthony Puharich's slow-cooked beef cheeks.
- 38 **Yotam Ottolenghi**
Sweet and spicy pork ribs.
- 40 **Subscribe to *delicious.***
- 42 **Cheese Counter**
The finer points of fondue.
- 44 **I'm Loving**
Matt Preston gets fired up about fried chicken, Korean style.
- 138 **Insider: Travel**
- 154 **Passport**
Guy Savoy shows us the best of Paris.

SAVOUR

- 15 **In Season**
The heat is on as Burnt Ends' Dave Pynt serves up the season's best.
- 48 **Guest Chef**
Jonathan Barthelmess presents big bold Japanese flavours.
- 56 **Matt Preston**
Our senior editor shares his love for southern Portuguese food.
- 66 **Chinese Food Made Easy**
Cooking up a Chinese feast is easier than you think, says Ross Dobson.
- 72 **Falastin**
Discover Palestine's rich history and dishes with heart.
- 84 **Faster Food**
From massaman to masala, these tasty curries are quick and easy.
- 92 **Root, Stem, Leaf, Flower**
Turn over a new leaf with Gill Meller's flavour-packed vegetarian recipes.

- 100 **Oats in the North, Wheat from the South**
Classic Cornish pasties and Banbury apple pie – bake Britain's best.
- 108 **Wicked**
Kirsten Jenkins' ginger desserts are made for cosy nights in.

TRAVEL

- 120 **Peter Gilmore**
Quay's executive chef samples South Korea's unique flavours.
- 128 **Global**
Find out why Hokkaido is Japan's coolest island.
- 134 **Postcard**
Get to know breezy Santa Monica.
- 140 **Check-In**
Discover Balinese tradition, hospitality and five-star-resort living.
- 144 **City Guide**
Lyndey Milan's top spots in Oslo.

FOLLOW US...



ON THE COVER

Sticky ginger and caramel pudding
(recipe p 13)
Recipe & Styling Kirsten Jenkins
Photography Ben Dearnley
Merchandising Emmaly Stewart

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ED'S LETTER.

WELCOME



TRADITIONALLY OUR ANNUAL 'global' issue is one of our most popular issues.

We canvas the most intriguing, delicious or trending cuisines and destinations that have captured the world's attention each year. But what happens when travel (and eating out) is all of a sudden forbidden? Well, the only option is for us to bring the world and its flavours to you.

In fact, armchair travel has never seemed so appealing, as we take up virtual museum tours, retreats and cruises from the enforced comfort of our homes. Equally, as necessity requires and time stands still, we increasingly find ourselves cooking up a storm, inspired by our favourite holidays, or trying to recapture memories of happy times from different destinations. We may be trying our hand at a new skill set, or ordering in a feast, perhaps spicy Thai from Chin Chin, or Middle Eastern fare from Maha or Nour, empanadas from Bar Lourinhã, or watching a chocolate-souffle masterclass streamed live from Vue de Monde from the comfort of your couch. Let's face it, we finally have the time.

This month seems like the perfect time to master Ross Dobson's easy Chinese on page 66, or pay homage to Portuguese cooking with Matt Preston, whose feature on page 56 was influenced by a memorable personal trip. Gill Meller's ode to making do with whatever is in season is certainly of the moment – even though it's been of the moment for centuries! His easy, comforting, nourishing recipes hit the spot, on page 92. Jonathan Barthelmess brings the flavour of his beloved Japanese spices to convert home staples like rice and chicken (p 48). Our food director Phoebe Wood comes to the rescue with some fantastic 30-minute curries, and Kirsten Jenkins' sweet take on ginger is absolutely immunity boosting so permission to indulge. I vacillated between Ellie and Sam Studd's easy Swiss fondue, with its fascinating secret ingredient (you'll have to turn to page 42 to find out), and Yotam Ottolenghi's sweet and spicy ribs (p 38). But it was an extract from a new British book called *Oats from the North, Wheat from the South* that really caught my attention. Author Regula Ysewijn helped me rediscover flapjacks (yes, flapjacks!) and I have cooked them on repeat during our time in isolation as these ingredients were some I had in abundance. My kids assured me flapjacks were infinitely better than muesli bars. But one of her comments stayed with me: "There is no better time for a good piece of cake and a cup of strong English tea." Hear, hear. The world has certainly changed, and while it is full of wonderful and complex flavours and experiences, there will always be room for simple pleasures.

Kerrie

Kerrie McCallum, Editor-in-chief

Follow me:  @kerriemccallum  @kerrie_mccallum

CLOSER TO HOME

We're continuing to bring you our Travel section through isolation because we know one day we will travel again. In fact I find myself planning and longing for that next trip more than ever! Head to delicious.com.au/travel for a list of all the 'virtual' ideas and opportunities to take advantage of in the meantime. You'll also find a list of restaurants that continue to deliver or offer takeaway near you, whatever your favourite cuisine.

We're also proud to bring you the State Winners of the annual *delicious*. Produce Awards (p 28), who continue to astound us with their quality, resilience and determination. It's never been more important to know and support our producers, the backbone of our industry, and we congratulate them all.

*Bistro Moncur - Bentley - Colin Fassnidge - Aria - Mr. Wong - Sixpenny - Peter
Catalina - Momofuku - San Telmo - Guy Grossi - 10 William St - Matthew
Gilmore - Firedoor - Bennelong - Shannon Bennett - Chiswick
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- Matt Moran - Neil Perry - Rockpool - BLACK - Chuuka - Lennox Hastie - Lee
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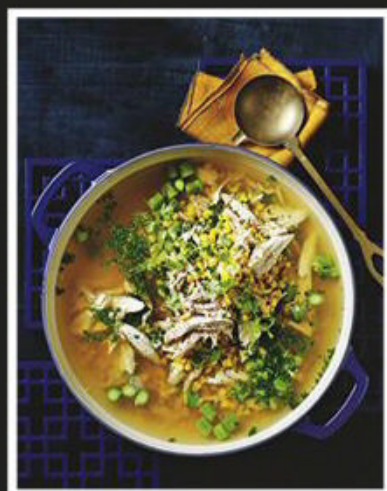
Image from MEAT: The Ultimate Companion by Anthony Puharich and Libby Travers. Photography by Alan Benson, Murdoch Books.

TALK TO US

MARCH'S MOST-LIKED POST

3980 likes, 66 comments

 Keep calm and carry on cooking with our 25 immunity-boosting chicken soup recipes (like this chicken, sweetcorn and asparagus soup) that have just dropped on the site. Make a batch and freeze the rest for later. Let us know what you're cooking and how you're coping, by sharing your posts and stories using the hashtags #makeitdelicious and #ooowithdelicious
Recipe: @chefmattmoran



#MAKEITDELICIOUS

#OOOWITHDELICIOUS

Photo: @bendearnley
Styling: @kirstenljenkins

 **SIT BACK AND RELAX:** Like many others, I've found myself going through old *delicious.* magazines and came across the editor's letter from March 2016. She wrote about wanting to spend more time in the kitchen when life gets busy. Now is the time to change all that. I'm loving going back through past copies of the magazine and actually having the time to read them and cook all the recipes. Time for me to spoil myself – great reading and cooking during these uncertain times. **Jayne McMillan**

 **FAMILY FUN:** During this strange and unsettling time, I am treasuring my *delicious.* magazine more than ever. My kids help me choose a recipe and we hunt down ingredients (increasingly challenging) or modify recipes to suit the ingredients we already have. Then, we send photos to my aunt, rate the recipe and decide if they're a keeper. Thanks *delicious.* for keeping us busy and well fed. **Kate Matthews**

 **CELEBRATING SUCCESSES:** I have been a subscriber to *delicious.* for many years and wanted to compliment you on a great April issue. I have made the lamb shank shepherd's pie (p 38) twice, Rick Stein's coq au riesling (p 59) plus so many more. Thank you one and all for a great edition. I hope you all stay safe and well. **Ruth Pedler**



MAKE THE COVER RECIPE

Herald the chilly season with our sticky ginger and caramel pudding. The effortless dessert uses one dish and can be whipped up in a jiffy, so there's more time for a second helping. Show us your winter masterpiece by tagging @deliciousaus and #makeitdelicious.



THE WINNER IS...

A magazine cover doesn't usually bring me to tears, but your April issue did just that. As I approached the checkout queue, clutching my prized pack of toilet paper, I had a little cry. Easter 2020 was not going to be the same as any other year. So I grabbed *delicious.* from the magazine stand and drove home, determined to make the best of a woeful situation. When this is all over, I will look back with happiness and remember when I first made a hot cross bun pudding (p 121) with my family. I send all fellow readers my love and best wishes – we will get through, one *delicious.* recipe at a time! **Loana Sica**

ED'S NOTE: Congratulations, Loana! You have won a Nutribullet N12-1207 1200w 12-piece set. With more power, convenience and functionality, nutritious meals will be a breeze. This powerful appliance has a 1200-watt motor and increased capacity to break down even the toughest of ingredients.

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JUNE MENUS

SPICE ROUTE



Jamaican
ginger cake

Spring onion pancakes, **p 69**
Ciello Blanco 2018 (Italy, \$23)

~
Massaman tofu curry, **p 89**
Geyer Wine Co Rose 2019
(Barossa Valley, SA, \$30)

~
Jamaican ginger cake, **p 112**
Tim Ward Wines I'll Fly Away
Syrah Pet Nat 'Rose Sparkling' 2017
(Yarra Valley, VIC, \$30)



"I always think of beer with spice-orientated dishes and then pause, check myself, and aim for the aromatic white department of my cellar. Think floral, fresh, dry and crisp white wines, and don't ignore the savoury, dry rosés too!"

Mike Bennie,
Drinks Writer

NEW SENSATIONS



Korean
chimaek

Edamame shichimi, **p 53**

~
Korean chimaek, **p 45**

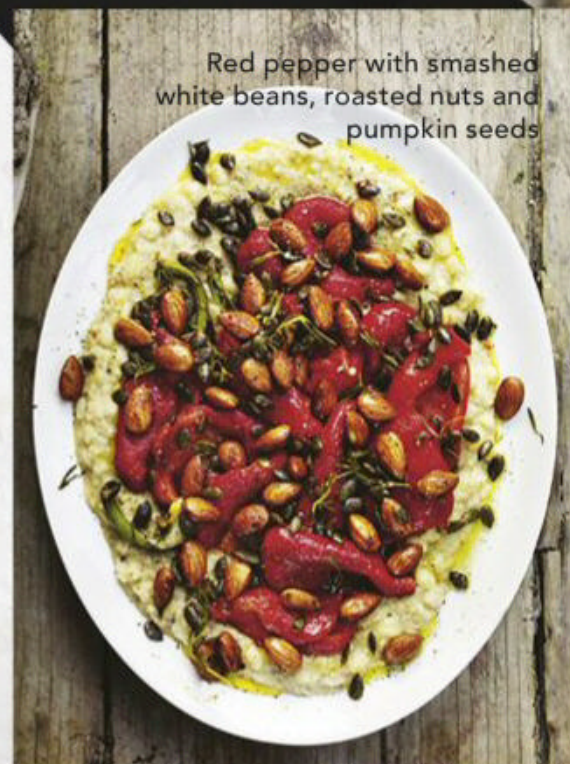
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Labneh cheesecake, roasted apricots,
honey, cardamom, **p 83**



"Spending more time at home these days, I find myself daydreaming about travel and the incredible experiences I've had over the years, from exploring mountains and remote villages in Africa, to the hustle and bustle of New York. But this month, I'll be travelling from the comfort of my own kitchen, tasting the flavours of Korea with mouthwatering chimaek, and falling in love with Palestine with this labneh cheesecake. This is one journey I'm definitely taking."

Lauren de Sousa,
delicious. Art Director

SLOW AND STEADY



Red pepper with smashed
white beans, roasted nuts and
pumpkin seeds

Red pepper with smashed
white beans, roasted nuts
and pumpkin seeds, **p 98**
Grant Burge East Argyle Pinot Gris

~
Beef cheek daube with
fennel and rum, **p 37**
Grant Burge Filsell Shiraz

~
Banbury apple pie, **p 102**
Grant Burge Moscato Frizzante



"With lashes of pear and white-flesh stone fruits, this pinot gris is a perfect match for a sunny autumn lunch. The bold flavours of the stew need a rich, bold red, and the Filsell shiraz delivers with wonderful dark fruits, hints of vanilla, spicy oak and a vibrancy that will lift the flavours. And to finish, the floral perfumes of moscato work perfectly with apple pie."

Craig Stansborough, Winemaker,
Grant Burge



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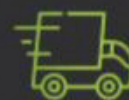
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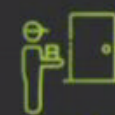


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STICKY GINGER AND CARAMEL PUDDING

SERVES 6

1³/₄ cups (260g) self-raising flour
1¹/₂ tsp ground ginger
1/4 tsp bicarbonate of soda
100g dark muscovado sugar
2 tbs treacle
120g unsalted butter, chopped, melted,
cooled
1 cup (250ml) buttermilk
3 eggs
150g uncrystallised ginger, finely
chopped, plus extra to serve
Thickened cream, to serve

GINGER SAUCE

100g unsalted butter, chopped
1/3 cup (75g) dark muscovado sugar
1/3 cup (80ml) ginger beer
200ml thickened cream

BIG LOVE

This ginger pudding by **Kirsten Jenkins** takes the comfort factor to sticky-date standards with a whole new flavour. Find the original recipe on page 116, or cosy up to this super-sized take!

GINGER CARAMEL

100g unsalted butter
1/3 cup (75g) dark muscovado sugar
1/3 cup (80ml) ginger beer
100ml thickened cream

Preheat oven to 180°C. Lightly grease a 2.3L-capacity baking dish.

Sift flour, ginger and bicarb into a large bowl. Add sugar, treacle, cooled melted butter, buttermilk and eggs and whisk until combined. Fold through chopped ginger until combined. Spoon mixture into the prepared baking dish. Bake for 40 minutes or until golden and slightly soft to touch.

Meanwhile, for the ginger sauce, place all ingredients in a small saucepan over medium heat and stir until sugar dissolves. Bring to the boil and cook, stirring, for 5 minutes or until slightly thickened. Remove from heat and allow to cool slightly, then pour sauce over the hot pudding and allow to soak in.

For the ginger caramel, place ingredients in a small saucepan over medium heat. Bring to a simmer and cook for 10 minutes or until thickened. Set aside and keep warm. Spoon pudding into serving bowls and drizzle with caramel and cream. Scatter with extra ginger to serve. ✕

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Manic Monday



Expert advice



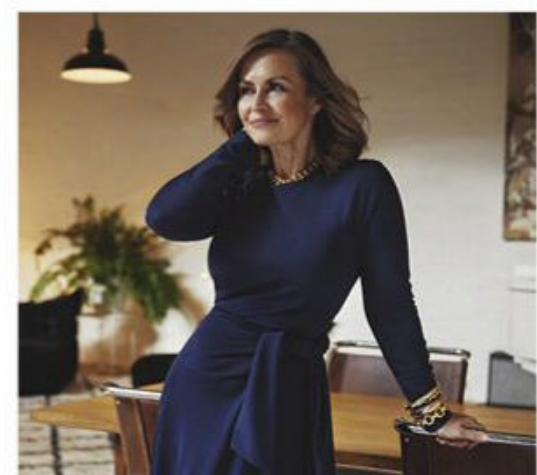
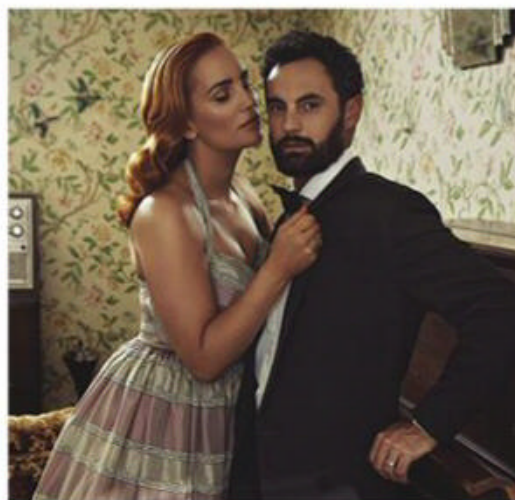
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Beauty & Wellness



Foodie Fridays





IN SEASON.

IN SEASON

He's learned to hone his craft while working with the industry's best, and now chef **Dave Pynt** is flying the Aussie flag in Singapore with his lauded restaurant, **Burnt Ends**. Here he shares some of the recipes that make him hot property.

WORDS **ERINA STARKEY** PHOTOGRAPHY **BEN DEARNLEY** STYLING **KIRSTEN JENKINS**

IN SEASON.



Roast pumpkin,
yoghurt and za'atar
(recipe p 18).



Charred pork
tomahawk with
mushroom sauce
(recipe p 18).

ROAST PUMPKIN, YOGHURT AND ZA'ATAR

SERVES 8-10 AS A SIDE

5kg jap pumpkin
2 tbs extra virgin olive oil, plus extra to drizzle
100ml sweet soy sauce (kecap manis)
Juice of 1 lemon
3½ tsp za'atar (Middle Eastern spice mix)
2 long green shallots, thinly sliced

YOGHURT DRESSING (MAKES APPROX. 400ML)

1 cup (250ml) buttermilk
75g Greek yoghurt
1 eschalot, finely chopped
¼ bunch coriander, finely chopped, plus extra leaves to serve
Finely grated zest and juice 2 limes
½ tsp ground cumin
Pinch cayenne pepper
¼ cup (60ml) extra virgin olive oil

Preheat oven to 220°C. Place pumpkin in a large roasting pan. Drizzle with extra olive oil and season liberally all over. Roast pumpkin for 2 hours-2 hours 30 minutes until tender and cooked. (Check to see if pumpkin is cooked by piercing with a metal skewer. It's cooked when the skewer is inserted easily with no resistance.) Set aside to cool.

Meanwhile, for the yoghurt dressing, place all ingredients in a medium bowl, season to taste and stir to combine.

To make the sweet soy dressing, place the sweet soy sauce, lemon and olive oil in a small bowl. Season to taste and whisk to combine.

Cut pumpkin into large pieces and place on a large serving platter. Spoon over yoghurt dressing and sweet soy dressing. Scatter over za'atar, long green shallot and extra coriander leaves to serve.

CHARRED PORK TOMAHAWK WITH MUSHROOM SAUCE

SERVES 4

Begin this recipe at least 3 hours ahead.

2 cups (500ml) mustard ramen sauce (recipe below)
4 x 400g pork tomahawk chops, skin removed
½ cup (125ml) extra virgin olive oil
600g mixed mushrooms (we used pine and shiitake) cleaned, large ones sliced lengthwise into thick slices, smaller ones halved or left whole
1½ tbs finely chopped rosemary leaves
½ bunch tarragon, roughly chopped

MUSTARD RAMEN SAUCE

3L good-quality beef stock
10g dashi powder (from Asian food shops)
350g pork trotter
2 tbs Dijon mustard

For the mustard ramen sauce, place stock, dashi powder and pork trotter in a large saucepan over high heat. Bring to the boil, reduce heat to low and simmer, skimming of any fat the rises to the surface, for 3 hours or until reduced by three quarters. Remove trotter and discard. Strain stock through a fine sieve and into a medium saucepan. Place over medium heat and stir in mustard. Season to taste. Transfer 2 cups (500ml) of the sauce and place in a medium saucepan over medium-high heat. Reduce heat to medium and simmer for 12-15 minutes until thickened and reduced by one-third. Keep warm.

(Remaining sauce can be frozen for up to 3 months and is a great addition to soups.)

Preheat a lightly greased barbecue to high heat. Place pork on a large oven tray and drizzle over ¼ cup (60ml) olive oil, turn to coat and season both sides of each pork chop. Leave to stand until pork reaches room temperature. Barbecue pork

for 4-5 minutes, turn and cook for a further 4-5 minutes until charred and cooked through. Rest for 15 minutes.

Meanwhile, to make the mushroom sauce, place mushrooms in a bowl with the rosemary. Drizzle over remaining ¼ cup (60ml) olive oil, season and toss to combine. Barbecue mushrooms, turning frequently, for 3-4 minutes until just tender and lightly charred. Add the mushrooms and chopped tarragon to the warm ramen sauce and toss to combine.

Arrange pork on serving plates and top with the mushroom sauce to serve.

LEEKs, HAZELNUT, BROWN BUTTER, BLACK TRUFFLE

SERVES 4 AS A SIDE

4 leeks, trimmed
125g unsalted butter, cut to 5mm pieces
¼ cup (60ml) lemon juice
30g baby capers, drained
50g roasted hazelnuts, skin removed, roughly chopped
¼ bunch flat-leaf parsley, leaves picked, chopped

Shaved black truffle (optional), to serve

Preheat a lightly greased barbecue or chargrill pan to high. Barbecue leeks, turning frequently, for 30-35 minutes until the outside has blackened. The leeks should be cooked through and soft in the middle. Stand until cool enough to handle. Peel the blackened outer layer and slice leeks on the diagonal into 4cm pieces.

Meanwhile, place a small saucepan over medium-high heat. Add butter and cook, swirling continuously, for 5-6 minutes until butter begins to foam. Add lemon juice and capers, season and stir to combine. Keep warm.

Divide leeks among plates and spoon over dressing. Scatter with roasted hazelnuts, parsley leaves and shaved black truffle, if using, to serve.



IN SEASON.

Leeks, hazelnut, brown butter,
black truffle



IN SEASON.

MARKET BASKET

BY DAVID PYNT

LEEK

"Leeks never come off the menu at Burnt Ends. We simply throw them in the oven and burn them and that's about all there is to it. The outside turns completely black so we strip this part off and then you're left with this soft, sweet flesh in the middle. We serve the stems with brown butter, chopped capers, lemon juice and toasted hazelnuts."

PUMPKIN

"What really attracts me to pumpkin is how tough it is. At Burnt Ends, we throw a whole pumpkin on the coals and just let it burn. It's like a little pressure cooker. You end up with this charred crust on the outside and this beautiful concentrated flavour in the middle."

PORK TOMAHAWK

"The pork tomahawk cut is an extension of the loins to the ribs. What I like about it is you get a variety of tastes and textures and this nice competition between the slightly tougher loin meat to the really fatty belly meat. If you can't get your hands on a tomahawk, you can substitute for a standard bone-in pork chop."

MUSHROOM

"I really like the textural component of pine mushrooms. They have a relatively subtle flavour that is not too overpowering when grilled over the coals. The way the mushrooms are designed, with all those tiny pores, allow them to hold the smoke quite cleanly, making them a really good medium for transferring those flavours to a dish."

d.

delicious.com.au/recipes
For more dishes that celebrate
fresh seasonal produce.



ETERNAL FLAME

With time spent in some of the world's best restaurants, **Dave Pynt** is fired up about showing his skills in his Singaporean outpost, Burnt Ends.

FEW MEALS SPARK joy like those cooked over a fire, says Dave Pynt, the Aussie chef behind Singapore's Burnt Ends. "It's a kind of magic. I don't know what it is but it just makes everything taste so f***ing good." The Perth-born chef started his career at Tetsuya's in Sydney before chasing the flame to Noma in Denmark, then Asador Etxebarri in Spain, where he trained under the great grill master himself, Victor Arguinzoniz.

In 2013, Pynt made the leap to Singapore, where he opened his first venue, the now Michelin-starred modern-barbecue restaurant, Burnt Ends. Like Arguinzoniz, Pynt has kitted out his kitchen with an impressive arsenal. A custom-made, four-tonne dual-cavity oven as well as a series of elevation grills form the heart of the restaurant, where delicate flavours are gently coaxed out over the coals.

Many of the dishes, like the Western Plains pork shoulder, start out in the cold oven, used for slow and low



 @dpynto

cooking, before being transferred to the hot oven for a charring of the crust. The pork shreds are then loaded into brioche with coleslaw and chipotle mayo to create the famous Burnt Ends Sanga. And there's more to the menu than just meat. Mushrooms are smoked, lettuce is grilled and fennel bulbs are caramelised over the coals. "Vegetables are actually one of my favourite things to cook," says Pynt. "A vegetarian has never left this place hungry."

And despite the restaurant's recent closure due to the COVID-19 pandemic, Pynt assures Burnt Ends fans can still get their fix. "We've launched a subscriptions and online platform for food delivery, including all our Australian wine imports. We've turned that into more of an online shop and delivery service. We're just pushing every sort of channel that we've got available to us." ✕



Chef and restaurateur Dave Pynt believes there is magic in cooking pork with wood and fire.

For Dave, magic starts with a passionate farmer and continues through fire and right onto the fork.

He strives to make each day more interesting and ignites his passion with approachable, tasty, quality food.

Dave Pynt is a craftsman.

He is a PorkStar.



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INSIDER.



INSIDER NEWS

Go online for restaurant, bar and takeaway news from our editors.

Edited by Erina Starkey



@erinastarkey

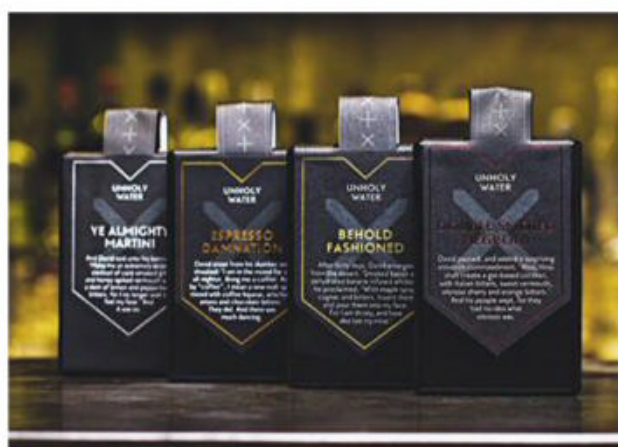
FIRST CLASS

Vue to You is a new online cooking masterclass that lets you cook along with Vue de Monde. Executive chef Hugh Allen takes you through some of the fine diner's most famous dishes at home, including the chocolate soufflé (inset). If you're unable to make it to the shops, Vue de Monde has put together a curated cooking kit, filled with all the dry ingredients you need to make the dish. vuetoyou.com.au.

TABLETALK



1 Polish up the cutlery, Merivale's best-loved venues are now offering multi-course menus to go. Sydneysiders can spoil themselves with a special meal prepared by Dan Hong, Danielle Alvarez, Jordan Toft and Mike Eggert, with only finishing touches required at home. Pair with something from the wine list or call the dedicated sommelier hotline for a recommendation.



2 Hallelujah! Hobart's MONA is now delivering its Unholy Water cocktail collection. Heathens can cleanse their palate with an Espresso Damnation, Double Smoked Negroni, Behold Fashioned or Almighty Martini. Choose from a twin pack for \$50, or go the whole Sinner's Set for \$85 from moorilla.com.au.

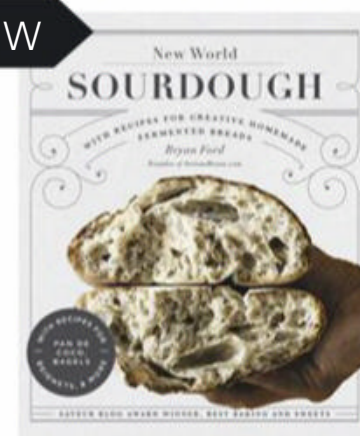
3 Ben Williamson's hotly anticipated woodfire restaurant Agnes has opened temporarily as a pop-up bakery and bottle shop in Brisbane's Fortitude Valley. The former Gerard Bistro chef was forced to blaze a new trail after dining-out restrictions set in. The woodfire oven has been put to good use, adding golden colour to sourdough loaves, Basque cheesecakes and caramel eclairs. Customers can also pick up hard-to-find wines as well as pantry items like wood-smoked butter, cheese and salumi.



TRENDING NOW

BREAD WINNER

New World Sourdough (Murdoch Books, \$39.99) teaches home bakers everything they knead to know about fermented breads.



INSIDER.

SIMMER DOWN

Keep your cool in the kitchen with Le Creuset's soothing range of stoneware. The Calm Collection features cups, plates and bowls in the soft and serene shades of Meringue, Mist Grey, Sea Salt and Shell Pink.



FEEL THE PIECE

Looking for a lockdown activity? These Areaware puzzles come in all your favourite foods, from birthday cake and blue cheese, to popcorn, pretzels and more. \$15 from areaware.com



DAILY GRIND

The Smeg Dolce & Gabbana Espresso Coffee Machine is the latest runway-ready appliance to hit kitchen counters. The haute-couture coffee maker features vibrant motifs by Sicilian artists. \$1799 from smeg.com.au



HIGH SOBRIETY

Trying to wind down the wine drinking? Melbourne-based drinks producer NON makes an assortment of zero-alcohol wine alternatives from fruits, herbs and spices. The teetotal tipples come in flavours like pear and ginger, yuzu and cinnamon, and raspberry and chamomile. \$30 each from non.world



CLEVER COOKER

Save yourself the weeknight dinner hustle with this bluetooth-connected smart cooker. The Tefal Cook4Me+ can guide you through more than 100 recipes and lets you monitor the meal from your smartphone or tablet. Genius. \$499.95 from tefal.com.au



FANCY CAN

Canned cocktail company Curatif has partnered with Melbourne bar Black Pearl to bring you The Toreador in tin form. The signature drink is made from Tequila Tromba with Illegal Mezcal, Joseph Catron Apricot Brandy and fresh lime. curatif.com

OFF THE HANDLE

This marble-patterned cutlery set by Kip&Co. will make a sharp addition to your table. \$69 from kipandco.com.au





If there's one good thing to come out of self-isolation, it's that we are all getting creative in the kitchen! Using up bits and pieces – choc chips, nuts, flour – and coming up with magic, just like these cookies, is a triumph in testing times.



PANTRY STARS

These sweet treats are so easy to whip up (use what you already have!), you'll be making them well after isolation, says **Phoebe Wood**.



PANTRY COOKIES

MAKES 24

Use whatever chocolate and nuts you have in your pantry to make these easy, moreish cookies.

150g brown sugar
150g caster sugar
1¹/₃ cups (200g) plain flour
2²/₃ cup (100g) self-raising flour
170g salted butter, melted, cooled
1 egg, lightly beaten
1 tsp vanilla bean paste/extract/seeds from 1 vanilla bean
80g chopped macadamias or whatever nuts you have in the pantry
250g chocolate chips (dark, milk or white)

Preheat oven to 180°C and line 2-3 large trays with baking paper.

Place sugars and flours in a bowl and mix to combine. Stir in the butter, egg and vanilla to form a dough. Stir in the nuts and chocolate.

Working with 1 heaped tbs of dough at a time, roll into a ball and place on prepared trays, leaving about 3cm between each cookie.

Place in oven (in batches if necessary) and cook for 12-14 minutes until edges are golden and lightly caramelised.

Cool for 5 minutes on trays before transferring to a wire rack to cool completely. Sprinkle with salt flakes, if desired, before serving. ✂



delicious.com.au/use-it-up
For more tips on making the most of ingredients.



Follow Phoebe
@phoeberosewood



Follow Mike
@mikemcneaney

SEASONAL UPDATE

Top produce picks by **Mike McEneaney** head chef of Kitchen by Mike and, now, Kitchen by Mike At Home.



THE FIRST MONTH of winter is time for the porridge pot and borscht pan, and for braises, bakes and daubes. It's also a time for citrus, slow-cooked meat and plenty of veg with lots of vitamin C.

Tangellos have an intense flavour and are ideal in salads, or caramelised and served with custard. Another great citrus for June is the grapefruit. My favourite is to drizzle it with honey and sprinkle with chilli salt.

There's always plenty of apples in June. Besides making a crunchy snack or using them in desserts, try sharp-flavoured varieties, such as Granny Smith or cox, for pureed sauces to serve with a roast.

Brussels sprouts are so delicious roasted with chestnuts, or steamed and tossed in butter. But I love to eat them raw in a salad. Shred them and serve with lentils, speck, parsley and a sherry vinegar dressing.

A versatile vegetable available in June is beetroot. Besides the standard red beetroot, look out for other varieties such as golden, and chioggia which has a candy cane stripe in the centre. Beets are also great eaten raw in salads or wrapped in foil and roasted, keeping the flavours in tact.

Winter is also the perfect time to use secondary cuts of meat. They contain collagen, which require long, slow cooking to break down into gelatine. My go-to is daube of beef (a French stew of beef and root vegetables cooked in red wine) using beef cheeks or the oyster blade.

You can now order home-style dishes from the new Kitchen by Mike At Home. The online platform also offers fruit and veg boxes from Carriageworks Farmers' Markets and pantry staples from the Kitchen by Mike range, all delivered to your door. kitchenbymike.com.au/athome ✂

INSIDER.

HOME FRONT

Stay in and stay inspired with homewares showcasing prints and colours touched by nature. Gold accents have us dreaming of sunsets in faraway places.

1. MOEBE floating leaves print, \$49, from Design Stuff (designstuff.com.au)
2. BEHR & CO Geo circle coasters brass and carrara, \$145 (for a set of 4), from Design Stuff (designstuff.com.au)
3. Smokey amber salad servers, \$79, from Kip&Co, kipandco.com.au
4. Bonnie and Neil cushion, \$165, bonnieandneil.com.au
5. Ferm Living measuring spoons, \$149, from Design Stuff (designstuff.com.au)
6. J'ai soif carafe and glass, \$79, from Maison Balzac (maisonbalzac.com)
7. Hay stone rolling pin, \$30, hayshop.com.au
8. Sedona mushroom cotton table cloth, \$150, Kiwano mushroom cotton napkins, \$52 (for a set of 4), Cuba mushroom cotton napkins, \$41.50 (for a set of 4), all from walter-g.com.au
9. Aalto metal bowl, from \$299, from iittala.com.au
10. Matin small table lamp, \$440, from Hay (hayshop.com.au)
11. Jug, \$110, tumbler (right), \$60 (for a set of 2), tumbler (left), \$65 (for a set of 2), from Hay (hayshop.com.au)
12. MENU salt & pepper grinder set, \$149, from Design Stuff (designstuff.com.au)
13. Swirl bowl, \$260, from Hay (hayshop.com.au)
14. Panarea saffron cotton napkins, \$52, from walter-g.com.au
15. AYTM Vivero watering can, \$189, from Design Stuff (designstuff.com.au)

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is pure cosy joy'

NIGELLA LAWSON

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Club is a remarkable excursion
into the realm of comfort food.
You just want to eat everything'

YOTAM OTTOLENGHI

'Food from the home is my
ultimate, especially when it
has been tried, tested and loved
by the Monday Morning
Cooking Club'

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OLD, EARTH: Little Acre
Gourmet Mushrooms



DELICIOUS. PRODUCE AWARDS 2020 STATE WINNERS

KNOW YOUR PRODUCER

The results are in: here are this year's *delicious.* Produce Awards State Winners. From the best in dairy and sea, to the top produce from the paddock and the earth, these worthy recipients showcase quality, talent and hard work. We salute them all!

AS THE DELICIOUS. Produce Awards enters its 15th year, there has never been a more important time to support our local producers. After devastating natural disasters of drought, fire and flood, the arrival of the COVID-19 pandemic was another blow to the hard work of our farmers, fishermen and artisans. But these incredible producers are resilient, and they continue to fight to bring you the most innovative and sustainable produce for which Australia is so renowned.

Our State Judges got together pre-pandemic around the country to taste hundreds of products and unearth the best of the best in the four categories: From the Earth, Dairy, Paddock and Sea. Here, we're thrilled to announce the 2020 *delicious.* Produce Awards State Winners. Congratulations to you all!

These products will go forward into national judging where they will be rigorously tested and tasted by the country's most influential palates before we announce the winners later this year. Follow all the news at delicious.com.au/produceawards and the hashtag #knowyourproducer.

NSW

DAIRY

- Binnorie Dairy – Labna
- Burraduc Buffalo – Buffalo Mozzarella
- High Valley Cheese Co – Fetta
- Pecora Dairy – Curly Red
- The Pines – Pearl
- Vannella Cheese – Buffalo Mozzarella

EARTH

- Boon Luck Farm – Tiger Striped Peanuts
- Malfroy's Gold – Malfroy's Gold Blue Mountains World Heritage Post Brood Polyflora Wild Honey
- Newcastle Greens – Calvin Lamborn Pea Varietals
- Piccolo Farm – Purple Oxalis
- The Food Philosophy by Stix Farm – Seasonal Fresh Produce (Selection of Best in Field)
- The Gourmet Potato Kadwell – Andean Sunrise
- Urban Green Sydney – Microgreens (Broad Bean Shoots, Micro Anise Hyssop, Melon Leaf, Micro Red Shiso)



NSW, EARTH: The Food Philosophy by Stix Farm

PADDOCK

- Bundarra Berkshires – Bundarra Free Range Pork
- Camden Valley Farm – Retired Dairy Beef
- Extraordinary Pork – Pasture Raised Free Range Pork
- Fair Game Wild Venison – Fair Game Wild Venison
- Grassland Poultry – Grassland Poultry Sommerlad Chicken
- Highfield Farm & Woodland – Highfield Farm & Woodland Grass-fed Dorper Lamb
- Maremma Free Range – Maremma Free Range Duck
- Moorlands Biodynamic Lamb – Moorlands Biodynamic Lamb
- Near River Produce – Near River Rare Breed Pasture Raised Pork
- Taluca Park – Pasture Raised Rare Breed Pork
- Wagga Free Range Pork – Free Range Pork

SEA

- Australia’s Oyster Coast – Appellation Oysters Wagonga
- Gary Howard – Gary Howard’s Hawkesbury River Prawns
- Mimosa Rock Oysters – The Boxer
- Tathra Oysters – Tathra Oysters 5 Year Old Bistro Grade
- Wapengo Rocks Wild Organic Oysters – Premium Grade Wapengo Rock Oyster

QUEENSLAND

DAIRY

- Barambah Organics – Barambah Organics Full Cream Milk

TAS, DAIRY: Bruny Island Cheese Company



PRODUCE AWARDS.

- Maleny Dairies – Maleny Dairies Real Cream
- Mungalli Creek Dairy – Mungalli Creek Biodynamic Quark
- Summer Land Camels – Camel Milk Persian Feta
- Tommerup’s Dairy Farm – Tommerup’s Dairy Jersey Girl Cultured Salted Butter

EARTH

- Big Heart Bamboo – Gourmet Asper Bamboo Shoot
- Bloomfield Vanilla – Bloomfield River Premium Natural Vanilla Beans
- Little Acre Gourmet Mushrooms – Gourmet Speciality Mushrooms
- Fruit Forest Farm – Seasonal Tropical Fruit (Abiu)

PADDOCK

- Bellasato Farm – Sommerlad Chicken
- Bendele Farm Organic Poultry – Bendele Farm Organic Spatchcock
- Forage Farms – Pastured Pork
- Heritage Poultry – Joyce’s Gold Heritage Chickens
- Shannonvale Chevon – Chevon
- Eggcettera – Eggcettera Box Gum Goat

SEA

- ABLP – Hard Shell Bay Lobster
- Cape Moreton Scarlet Prawns – Cape Moreton Scarlet Prawns
- Chris Bolton Fishing – Seasonal Wild Catch (Garfish)



SA, SEA:
Two Gulfs Crab



VIC, PADDOCK:
Warialda Belted
Galloway Beef

- Collison Reef Fish – Seasonal Wild Catch (Coral Trout)
- Fraser Isle Spanner Crab – Fraser Isle Spanner Crab Meat
- Rocky Point Aquaculture – Cobia

SOUTH AUSTRALIA

DAIRY

- La Vera Cheese – The Genuine Art of Cheesemaking – Belmondo Buffalo Blue
- Riverside Dairy – Sheep’s Milk Haloumi
- Section28 Artisan Cheeses – Section28 Sunrise
- The Dairyman Barossa – Artisan Farm Cream & Butter

EARTH

- Ngeringa Produce – Ngeringa Biodynamic Salad Greens
- Singing Magpie Produce – Black Genoa Semi Sun Dried Figs

PADDOCK

- Mayura Station – Mayura Station Signature Series
- Nomad Farms – Nomadic Pastured Heritage Chook
- Paroo Premium Kangaroo – Paroo Kangaroo
- TDM Free Range Farms – Free Range Berkshire X Pork

SEA

- Ausab – Yumbah Greenlip Abalone (Whole in Shell)
- Clean Seas – Spencer Gulf Hiramasa Kingfish
- Coorong Wild Seafood – Seasonal Wild Catch (Carp)
- Gazander Oysters – Gazander Oysters Premium Pacific Oysters
- Goolwa PipiCo – Live & Fresh, De-sanded and Ready to Cook Pipsis
- Kinkawooka Mussels – Kinkawooka Mussels
- Two Gulfs Crab – Blue Swimmer Crab Meat

TAS

DAIRY

- Bruny Island Cheese Company – George
- Elgaar Farm – Organic Fresh Cream

- Red Cow Organics – Red Cow Organics Persian Feta
- Tongola Cheese – Tongola Curdy

EARTH

- Bream Creek Community Market Garden Inc – Seasonal Fresh Produce
- Campo de Flori – Campo de Flori Premium Culinary Lavender-Imperial Gem
- Eladnelle Farm – Eladnelle Farm Saffron
- Felds Farm – Seasonal Annual Vegetables
- Kindred Organics – Certified Organic Wholemeal Spelt Flour
- Tasmanian Natural Garlic & Tomatoes – Heirloom Tomatoes
- Tunnel Hill Mushrooms – Oyster Mushrooms

PADDOCK

- Arundel Farm – Arundel Farm Lamb
- Broadchurch Farm – Broadchurch Farm Pasture Raised Chicken
- Bruny Island Game Meats – Wallaby
- Fork it Farm – Fork it Farm Pasture Raised Berkshire Pork
- Leap Farm – Leap Farm Tasmanian Free-range Goat

SEA

- 42 South Fishing Co – Tasmanian Sea Urchin
- Mollusca – George’s Bay Clams

VICTORIA

DAIRY

- Butterfly Factory Dairy – ‘Chamela’ (fresh lactic curd cow’s milk cheese)
- Gelato Messina – Gelato Messina Jersey Milk
- Holy Goat Cheese – Brigid’s Well
- Inglenook Dairy – Cream Top Milk
- Milawa Cheese Company – King River Gold
- Shaw River Buffalo Cheese – Shaw River Buffalo Yoghurt
- Tolpuddle Goat Cheese & Farm Foods – Great Alpine Road

PRODUCE AWARDS.

EARTH

- King Oyster Mushrooms – Snowflake Mushroom
- Mossy Willow Farm – Mossy Willow Farm Salad Mix
- Tellurian Fruit Gardens – Certified Organic Fruit (Nectarine, Pear)
- Wandin Yallock Farms – Heirloom Tomatoes

Paddock

- Mclvor Farm Foods – Mclvor Farm Berkshire Free Range Pork
- Milking Yard Farm – Coquelet Chicken
- Txuleta 1882 – Txuleta 1882
- Sher Wagyu – Sher Wagyu F1 Black Label Beef
- Warialda Belted Galloway Beef – Warialda Belted Galloway 100% Grass-fed Heritage beef

SEA

- Bruce Collis – Seasonal Wild Catch (Garfish, Southern Calamari, Greenback Flounder, King George Whiting)
- Yarra Valley Caviar – Yarra Valley Smoked Salmon Pearls

WA

DAIRY

- Dellendale Creamery – Nullaki
- Halls Family Dairy – Halls Suzette
- Jardin Estate – Salted Butter

EARTH

- Black Barley Australia – Black Barley Australia
- Jema McCabe at Burnside Organic Farm – Seasonal Organic Produce (Autumn Root, Leaf & Fruiting Crops)
- Moojepin Foods – Slender Iceplant-Saline Selection
- The Colony Concept – Southern Forests Jarrah Honey
- Tucker Bush Fresh Botanicals – Tucker Bush Native Thyme
- Warren Grange Horticulture – Heirloom Tomatoes

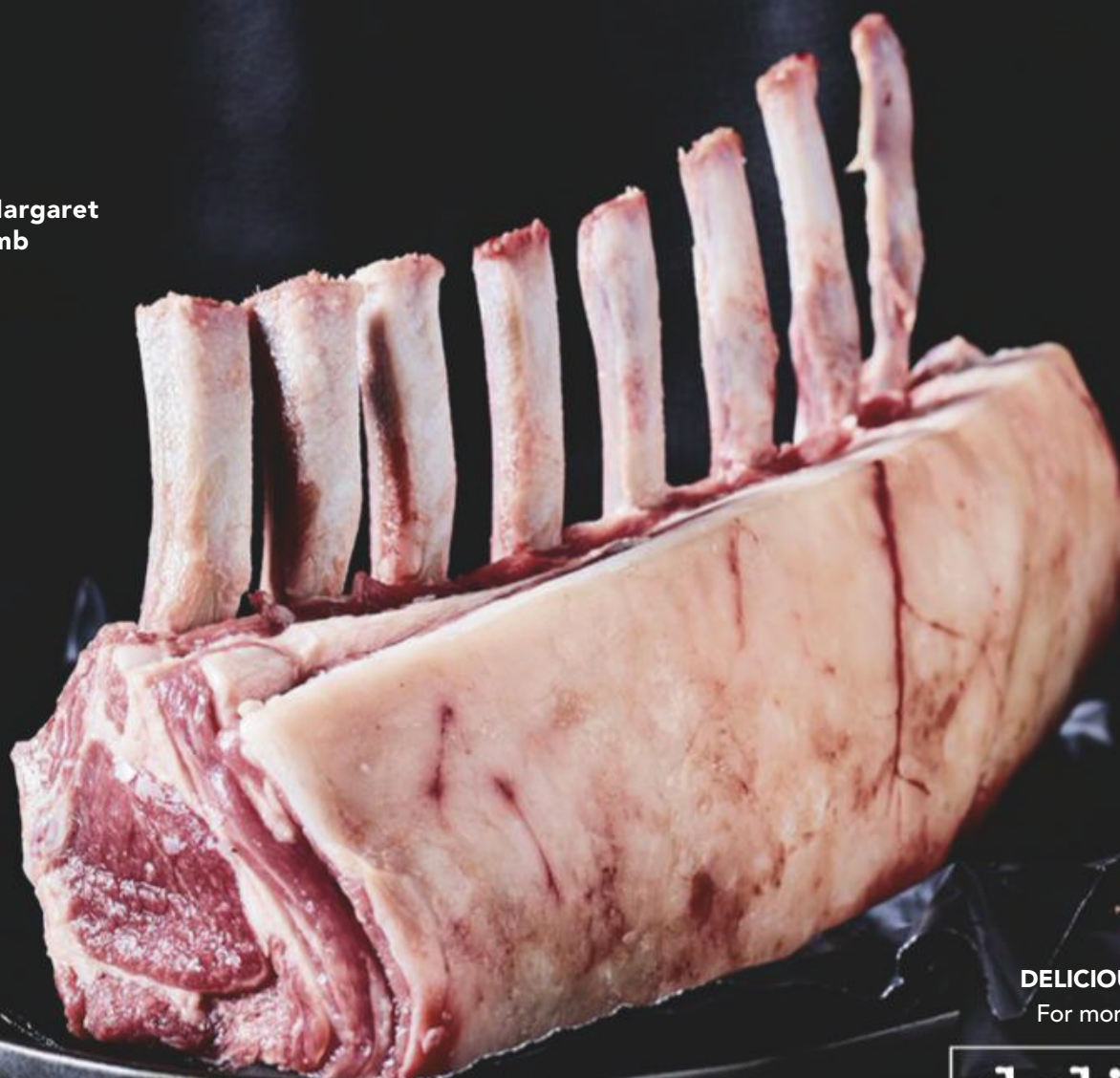
Paddock

- Mottainai Lamb – Mottainai Lamb
- Wagin Duck & Game – Wagin Duck
- Futari Wagyu – Futari Wagyu
- Hamlet Pork – Pastured Berkshire Pork
- Dandaragan Organic Beef – Dandaragan Organic Beef
- The Farm House Margaret River – Arkady Lamb

SEA

- FV Bowithick – Bowithick Double Iki Jime Dhu Fish
- Shark Bay Seafood's – Wild Scampi Caviar
- West Coast Octopus – West Coast Octopus
- McBoats – Abrolhos Island Scallop Meat
- Albany Seafoods – Albany Sardines
- Indian Ocean Fresh – Geraldton Kingfish

WA, Paddock:
The Farm House Margaret
River – Arkady Lamb



[DELICIOUS.COM.AU/PRODUCEAWARDS](https://delicious.com.au/produceawards)
For more information on the 2020 Awards.

delicious.
PRODUCE AWARDS **2020**

MASTERCHEF.



AMERICAN PIE

MasterChef's Larissa Takchi discovers the genius of using vinegar in lieu of lemons in a Stateside dessert that's sweet and sharp.

MY TIME IN Los Angeles was definitely one I won't forget. I came across the craziest pie on a menu – a vinegar pie. Yes, you heard correctly. I thought it was odd and I had never tried one before. I was immediately intrigued and had to order it.

Though I was dubious as I ordered, it was love at first bite when it arrived. The vinegar gave it a tartness; it's the same thing lemons do to a pie! I did some research when I returned home and found that when making desserts, 19th-century Americans had to make do with whatever staples they had to substitute for hard-to-get ingredients such as lemons and other fresh fruit. Vinegar was readily available year round and so the vinegar pie was born. This pie is definitely a must-try.

HONEY VINEGAR PIE WITH SPICED WHIPPED CREAM

SERVES 8-10

- 1 sheet (435g) frozen sweet shortcrust pastry, defrosted
- 1 tsp vanilla paste or 1/2 tsp vanilla essence
- 1/2 cup (125ml) thickened cream
- 110g unsalted butter
- 3/4 cup (175g) caster sugar
- 2 tbs plain flour
- 1/4 tsp sea salt
- 3 eggs, lightly beaten
- 2 tsp apple cider vinegar
- 1/4 cup (90ml) runny honey

SPICED WHIPPED CREAM
200ml thickened cream

- 250g sour cream
- 1/4 cup (60g) brown sugar
- 1 tsp ground cinnamon

Preheat the oven to 160°C fan-forced. Grease a 22cm fluted loose-based tart pan and line with pastry, allowing the pastry to overhang about 1cm and fold over slightly. Prick the base with a fork, line with baking paper and add baking weights to weigh the paper down.

Blind bake for 15-20 minutes until the side starts to go light golden. Remove baking weights and paper and return to the oven for 10 minutes or until the pastry is golden and dry to touch.

To make the filling, mix together the vanilla and cream in a heatproof bowl set over a pot of boiling water. Turn the heat down and allow to stand for 20 minutes.

Remove the vanilla mixture from the heat and set aside. In a separate heatproof bowl, add the butter and place over a pot of boiling water to melt. Set aside and allow to cool for 5 minutes.

In a large separate bowl, whisk together the sugar, flour and sea salt. Stir in the melted cooled butter until combined. Whisking rapidly, slowly pour in the eggs followed by the vanilla cream. Add the vinegar and honey, and pour the mixture into the baked pie shell, whisking as you pour.

Bake for 35-40 minutes, rotating the pan twice, until the pie is golden brown on top, slightly puffed with a slight wobble in the centre. Allow to cool in the fridge for 1 hour, or 3 hours at room temperature.

Meanwhile for the spiced cream, place all the ingredients in a stand mixer fitted with the whisk attachment and whisk until stiff peaks. Refrigerate until ready to serve. Slice the pie and serve with a dollop of the spiced whipped cream. ✂



@larissatakchi

d.

delicious.com.au/recipes
For more super-tasty recipes from the MasterChef star.



ON SALE NOW

CRITIC & THE COMIC

DROP IT LIKE IT'S HOT

Whether they're taming the heat or fanning the flames, **Mike Bennie** (the critic) and **Merrick Watts** (the comic) pour over the coolest drinks to pair with a spicy curry.



@mikebennie101



@merrickwatts

Merrick: I love rendang, I love curries, I love spicy Asian food.

Mike: Evening curry or 2am curry?

Merrick: All of them! I love beer but the problem with beer is that it fills you up. I look at a dish like a beef rendang and I want to be able to have as much of it as I can consume.

Mike: Some sommeliers will have you reaching for beer with curry. And there's an innate sort of a sensibility to that. But I also say, nah. Let's grow up and not take the easy route with spice and curries. What I really think we should be doing is going for textural white wines. Particularly stuff that seems incongruous from Mediterranean sources. The southern parts of Europe – vermentino, fiano, saline white wines.

Merrick: I was thinking along the same lines as you but bourbon and Coke.

Mike: Well, that's also a Mediterranean, Southern-style drink – super Southern! Put a piece of blood orange in it. Perhaps I'd go a nice little chardy. Texture goes against the grain with a spice element. Australian styles are refreshing, so can soothe the 'ouchy mouth' you get after

consuming curry. Many people complain of spicy 'ouchy mouth' after curry.

Merrick: Riesling is a nice pick. But can you have an aged riesling with this?

Mike: Probably could. Maybe a little bit too much sweetness, but rendang can be a little bit sweet in itself.

Merrick: Yeah it can. I'm not a snob, I love everything.

Mike: I'd be packing even a little rosé, it's the Swiss army knife of all wines.

Merrick: When I first saw this, I thought of Bondar rosé. I love the stuff.

Mike: Really cold, to the point of almost frostbite. And then it doesn't really matter what rosé you buy.

Merrick: I would have a glass of rosé, then, because I'm not a bogan, let's make it Wild Turkey and Coke. So I can have a bit of both.

Mike: If you feel ambitious, blend them.

Merrick: Don't make your stomach do all the heavy lifting, just mix them together in the one glass!

Mike: That's called a burnout.

Merrick: Mike's the person who's going to tell us what we *should* be drinking. I will just tell you what we *are* drinking.

THE CRITIC'S PICKS



FIGHTING GULLY ROAD ROSÉ 2019, \$25

Sangiovese is a secret weapon in rosé-style wines, lending light, berry fruitiness, savoury elements, and finishes up nice and dry. This is a thirst-quenching style, spot-on for the sweeter/earthy curry elements in this dish.



FAIRBANK FIELD BLEND 2019, \$27

It's a blend of fiano and viognier, two white grape varieties that usually wouldn't make easy bedfellows, but here find harmony. This has beautiful texture, saline-mineral notes and lightly spicy fruit character. It's a pretty way of hosing down your palate.



AIRLIE BANK FRANC 2019, \$22

This is a lighter style of red that demands being drunk chilled – it's fresh feeling, crunchy textured, all blueberries and green herbs, and vibrant. It's perfect straight out of the fridge and drunk from your best, lazy-night-in tumblers, too. Curry ahoy!

THE COMIC'S WILDCARD



WILD TURKEY BOURBON, \$45

An Old Fashioned made with Wild Turkey – it's an 'Old Turkey' but it still has wings and definitely knows how to gobble!

CRITIC & THE COMIC.

Beef rendang with
turmeric brown rice
(find the recipe on
delicious.com.au).



"With all the heat and spices in a beef rendang, I'm looking for something refreshing and crisp to offset the richness of this dish." – Phoebe Wood, DELICIOUS. FOOD DIRECTOR



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MEAT MARKET.

Self-isolation hasn't stopped **Colin Fassnidge** and **Anthony Puharich** from serving up cheek. Through video-link drinks, they chat about royal beef.

THE CHEF AND THE BUTCHER

A: Rum. Honestly, every recipe now has colcannon or rum.

C: Or whisky.

A: No, that's just what you're drinking.

C: I'm drinking red wine, I'm drinking limoncello. I might drink whisky later.

A: Alright, I'll talk about beef cheeks then. I know they don't sound appetising, but beef cheeks are amazing. And a big shout out to my dad (Vic, head butcher and co-owner of Vic's Meat Market), because without him no one would be eating things like oxtail, beef cheeks and brisket. The secret with beef cheeks is the sinew and connective tissue becomes gelatinous after being slowly braised, which is what gives them that juicy, unctuous...

C: Texture?

A: Nah. Juicy, unctuous... texture. Yeah, okay texture. It's about \$20 a kilo and each cheek will weigh about 300-400 grams. So about \$8 a cheek. They used to be a lot cheaper. It's gone up in price because people have cottoned on to how amazing it is. I know you love brisket, and I love brisket, and I love oxtail, but in terms of braising cuts, cheek is the Queen. You have Prince Harry and Prince Philip and the other minions. But with beef cheeks you've got the Queen.

C: Right... well the rum adds a sweetness, a smokiness. It's like the drummer in the band. It's like the back note.

A: A bit like Prince Philip; he's in the back too. But you've put fennel in this and you know I hate fennel. That aniseed-y taste.

C: I put fennel in everything. It adds a little high note to the back note of the rum here. You're building flavour, it's like building an orchestra, but in a stew.

A: Fennel for me is like Fergie. Nobody likes it.

C: Fergie has her charm! Anyway, this is the global issue, right? And it's a warm hug of a dish. Everyone needs a warm hug in these times.

A: Aw, I like that Col.

C: We can only eat with our families, so we have to share the love of food together. Everyone is craving what they've lost, and right now that's travel and global flavours. They're going to get back to what they're missing through food.

A: That's lovely... are you alright?

C: I think I've had too much limoncello.

BEEF CHEEK DAUBE WITH FENNEL AND RUM

SERVES 4-6

Begin this recipe 1 day ahead.

1 each large onion, carrot and fennel bulb, chopped
2 cinnamon quills
3 garlic cloves, sliced
3 bay leaves
¾ cup (180ml) dark rum
6 cup (1.5L) red wine
Zest of 1 lemon and 1 orange, peeled into strips
1.5kg beef cheeks, cut into 3cm pieces
¼ cup (60ml) extra virgin olive oil
80g unsalted butter
8 small eschalots, peeled, left whole
250g sliced bacon, cut into 3 cm batons
300g small button mushrooms
2½ tbs tomato paste
¼ cup (35g) plain flour
3 cups (750ml) good-quality beef stock
½ bunch tarragon, finely chopped
Mashed potato, to serve



Combine onion, carrot, fennel, cinnamon, garlic, bay leaves, rum, wine, citrus zest and beef in a bowl. Cover and marinate in the fridge for at least 4 hours, ideally overnight.

Preheat oven to 160°C. Strain beef mixture, reserving marinade, beef and vegetable mixture separately. Bring marinade to the boil in a medium saucepan over medium-high heat. Simmer for 5-6 minutes, skimming impurities from the surface. Strain through a fine sieve.

Heat half oil and half butter in a large heavy-based flameproof casserole over high heat. In batches, sear beef, stirring and tossing frequently, for 5-6 minutes until browned, set aside. Add remaining oil and butter with eschalots, bacon and mushrooms, and cook, stirring frequently, for 5-6 minutes until vegetables have softened. Add reserved vegetables and cook, stirring, for 4-5 minutes until vegetables begin to soften. Add tomato paste and stir for 1 minute, then stir in flour. Return meat to the pan with marinade and stock, scraping bottom of pan with a wooden spoon. Bring to the boil, cover and braise in oven for 2 hours-2 hours 30 minutes or until meat is tender.

Skim fat from surface of beef pan. Strain, returning liquid to pan and set aside beef and vegetables in a bowl. Return pan to medium-high heat for 3-4 minutes to reduce and thicken sauce. Return beef to the sauce with tarragon and return to a simmer. Serve with mashed potato. ✂



BUTCHER'S CUT BEEF CHEEK

This meat comes from the cow's cheek muscles and is one of the cheapest but tastiest cuts of beef. Well-loved for its meltingly tender texture, the cheek is best suited to slow cooking, taking in the rich flavours of wine and spices, and is pure heaven served with mashed potato. ✂



@askthebutcher_



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delicious ON SUNDAY



THESE RIBS ARE a treat to put together, with everything cooked in one roasting pan until the sauce turns into a sticky glaze and the ribs become super soft and tender. Some roasted potatoes or potato salad would do well here if you're serving this as part of a larger spread. Hot mango pickle, not to be confused with mango chutney, is a traditional condiment used most commonly in South Asia and is made from preserving mangoes and a variety of hot spices. Its sour/spicy qualities are what give these ribs that special oomph of flavour. You can find hot mango pickle in most Middle Eastern or South Asian supermarkets.

Yotam Ottolenghi is chef-patron of the London-based Ottolenghi delis and the NOPI and ROVI restaurants. He has published seven bestselling cookbooks – his latest is Simple, published by Random House.



@ottolenghi



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d.

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For more of Yotam's simple recipes with knockout flavours.

SPICED RACK

It's a recipe featuring a jolt of flavours, **Yotam Ottolenghi** style. The star chef enlists some of his favourite spices and seasonings, and puts them to work on a top-ranking pork dish. A soft, cooling side rounds out this unforgettable medley.

SWEET & SPICY RIBS, ESCHALOT AND CREAMY CUCUMBER

SERVES 4

Begin this recipe at least 4 hours ahead.

2 tbs olive oil
8cm piece (40g) ginger, peeled and finely chopped
1 green chilli, finely chopped, seeds and all
75g hot mango pickle, roughly chopped (I use Patak's brand)
1½ tbs coriander seeds, roughly crushed in a pestle and mortar
2 tbs tomato paste
300ml pomegranate juice
70g soft light brown sugar
40g fresh coriander, roughly chopped
1kg pork loin ribs (cut into racks), slashed a few times with a small sharp knife
350g medium eschalots, peeled and left whole or halved lengthways if larger

CUCUMBER SALAD

1 cucumber (330g), seeds removed and then cut into ¼ cm-thick half-moons
1 tbs lime juice
1 tbs olive oil
3 tbs sour cream

Preheat the oven to 130°C.

Add the oil to a large frypan on a medium-high heat. Once hot, add the ginger and chilli, and cook until fragrant, about 90 seconds. Add the mango pickle, 1 tbs of coriander seeds, tomato paste, pomegranate juice, sugar and 30g of fresh coriander and bring to a simmer. Cook for about 5 minutes, stirring occasionally, until thickened slightly. Set aside.

Add the ribs, eschalots, ¾ tsp of salt and plenty of pepper to a roasting pan about 34 x 26cm in size and toss everything together, arranging the ribs flesh-side up. Pour over the sauce, wrap tightly with foil and then transfer to the oven for 4 hours. Turn the heat up to 170°C, remove the foil and baste the ribs with the sauce. Bake for a further 25 minutes, basting once throughout, until nicely coloured and the sauce is sticky. Leave to cool slightly while you make the cucumber salad.

Add the remaining ½ tbs of coriander seeds to a small frypan on a medium-high heat. Toast for 3 minutes or until fragrant. Transfer to a medium bowl along with the cucumber, lime juice, oil, sour cream, remaining 10g of coriander, ½ tsp of salt and a good grind of pepper and toss everything together to combine.

Divide the ribs, eschalot and cucumber salad among 4 plates and serve while the ribs are still warm. ✂

**“THESE RIBS ARE
A TREAT TO PUT
TOGETHER... THE
SAUCE TURNS INTO
A STICKY GLAZE
AND THE RIBS
BECOME SOFT
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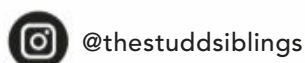
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CHEESE COUNTER.



MELTING MOMENT

With a soft spot for Alpine cheese, **Ellie and Sam Studd** revive a much-loved dish known for pure decadence. Add cured meats, pickles and a glass of wine, and dive right in.



THE WORD 'FONDUE' can conjure up hilarious and cringe-inducing images of 1970s recipe books. But an updated version can bring fun and an 'ooh la la' factor to any night of the week.

Fondue is the combination of three ingredients: cheese, wine and bread. It's a traditional dish from Switzerland and France; it's eaten on both sides of the Alps. Both the Swiss and the French use a hard cow's cheese for their fondue, the main difference is how they change its viscosity: the Swiss use a thickening agent such as flour, and the French use extra cheese.

The climate and geography of the Alps played a significant role in the creation of modern fondue, as cheesemakers and farmers found ingenious ways to make use of old cheese and wine and stale bread.

The French word *fondre* translates to 'to melt', and it has become tradition to cook the cheese in a ceramic pot over a fire or flame. We can't think of a more delicious or fun way to spend a wintry evening!

FONDUE

SERVES 4

You will need a fondue set for this recipe.

800g of grated Alpine cheese (use at least a combination of 2 types – see below), room temperature

CHEESE SUGGESTIONS – AVAILABLE AT DELIS AND SUPERMARKETS

400g La Couronne Marcel Petite Comte (at least 50% as the base cheese – substitute Gruyère)

200g Emmental (stringy)

200g Italian fontina or Section28 fontina (silky – substitute raclette)

1 tsp cornflour

1 garlic clove, halved

1½ cups (375ml) dry white wine (dry riesling or gewürztraminer)

1 tbs dry junmai (pure rice) sake (this adds a nice umami kick and is drinkable instead of traditional kirsch)

White pepper, to taste

Pinch of nutmeg, plus extra to serve

Juice of ½ a lemon, or to taste

Crusty sourdough or baguette cut into cubes, cured meats and pickled vegetables, to serve

Place grated cheese in a large bowl with cornflour. Toss to combine and set aside.

Rub the cut-side of the garlic down the sides of a large fondue pot or heavy-based saucepan. Place pan over medium-high heat and add wine. Bring to a simmer then reduce heat to medium and gradually add cheese a handful at a time, stirring continuously. Stir until melted then add another handful. Repeat until cheese is melted and combined. The fondue should be smooth and thick. Add sake and lemon juice then gently stir. Season with white pepper and nutmeg. Transfer to fondue burner or pot to keep warm. Scatter over extra nutmeg and serve with sourdough, cured meats and pickles.

WHAT IS? ALPINE CHEESE

TYPE: Cheese made in the Alps and refers to a style of cheese-making rather than a variety. It covers the French, Austrian, Swiss and Italian regions, and uses unpasteurised cow's milk.

ORIGIN: European Alps.

SPECIAL BECAUSE: From Gruyère and Emmental, to Comté and classic Swiss cheese, Alpine cheese offers a range of flavours – nutty, fruity, herbal and buttery – and as such, makes the perfect partner for both red and white wines. ✕



d.

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I'M LOVING.



I LOVE... NEXT BIG BITES

We know and love Thai, Indian and Japanese, but what are the next cuisines to make it into the mainstream? **Matt Preston** makes his picks.

KOREAN: Here's a cuisine that perfectly understands the principles of junky Stateside fast-food while embracing a glorious culinary heritage of its own. Korean food is often defined as *bibimbap*, *bulgogi* and *kimchi*, but there is so much more than that. Korean fried chicken is already justly revered here, while the barbecue also ranks among the best in the world. Familiar central flavours like garlic, soy sauce, sugar, sesame and chilli are perhaps best expressed in *gochujang* (Korea's famous fermented red chilli paste) that pops up in loads of my favourite Korean eats. Seafood is strong and fermentation is to the fore, with dishes like the impeccable 'rice thief crab'. It's so moreish you won't notice how many bowls you are consuming. Even the weird stuff like mung beans aren't too weird, especially when turned into cellophane noodles with a texture like jellyfish.

It is, however, the street food of Korea that seems most likely to get an ever-larger foothold here. Food like *tteokbokki*, a 500-year-old elastic rice cake, delicious blushing in a sauce of *gochujang*, or savoury doughnuts and steamed *hoppang* buns filled with sweet pumpkin, curry or kimchi, or chewy fried *hotteok* buns filled with brown sugar caramel and peanuts.

SRI LANKAN: So much more than Indian-lite, Sri Lankan cuisine brings freshness and acidity to the table. Dishes are lifted by a dizzying array of sambols of grated fresh coconut or *seeni sambol*, a caramelised onion relish loaded with sugar, spices and tamarind. Given local production, you'll find cinnamon, cardamom, nutmeg, chilli and mustard seeds joining coriander, cumin, saffron and those curry leaves in the spice box. Sambols are wonderful with Sri Lankan street snacks, from pan rolls to crispy-edged rice-flour hoppers. Hoppers would be among my favourite breakfasts, especially when there's an oozy fried egg cooked at the bottom.

Curries are a staple, but they tend to come across as a bit lighter and more fragrant, tempered with a coconut milk. The more tropical climate sees a dizzying array of fruit and veg on offer, while Dutch, British and Malay influences also poke through. For me, the best way to end a meal – or start the day – is with local curds doused with *kitul* syrup, made from palm tree flower sap, reduced down to make this dark treacle. It's like Sri Lanka's maple syrup.

WEST AFRICAN: Dishes from the 16 countries of West Africa have made themselves around the world, whether as the inspiration of *tamales* in Mexico, Louisiana okra gumbo and the black-eyed peas that arrived in Deep South with West African

slaves. West African is too often classified as a peasant cuisine of starchy staples like sorghum, rice, or the pounded yams, plantains and casava which are used to make Senagalese *fufu* and Nigerian *akara* fritters. But there's so much more. Soups and stews are plentiful, using fish from the coast, or beef, chicken, lamb or game further inland, flavoured with chilli, onions and tomatoes.

For the culinary adventurer, there are ingredients like *boabob*, cola nut, *egusi* seeds, guinea fowl and *melegueta* pepper, as well as wild West African greens that pop up in dishes like *palaver* stew or Cameroonian *ndolé*. Yes, I know, Cameroon only borders West Africa but who would resent having this national dish on the menu?

KOREAN CHIMAEK

SERVES 4.

1³/₄ cups (430ml) buttermilk, plus extra 1/2 cup (125ml)
2¹/₂ tsp sesame oil
3 garlic cloves, crushed
3cm piece (15g) ginger, finely grated
8 (280g each) chicken thigh fillets, cut into 6cm pieces
2 cups (300g) plain flour
1/2 cup (70g) cornflour
4 eggs
Vegetable oil, to deep-fry
1/3 cup (80ml) Korean Bulldog barbecue sauce or regular barbecue sauce
Toasted sesame seeds, to serve

KOREAN SEASONING

2 tbs each onion powder, garlic powder and sea salt
1 tbs Korean chilli powder (not flakes) or 2 tsp regular ground chilli powder
3 tsp ground ginger
2 tsp white pepper

Combine the buttermilk, sesame oil, garlic and ginger in large bowl. Add the chicken and toss to combine. Set aside for 1 hour to marinate, or if time permits cover and refrigerate overnight.

For the Korean seasoning, combine all ingredients in a bowl and set aside.

Combine the Korean seasoning and flours in a large bowl. Whisk together the eggs and the extra 1/2 cup (125ml) buttermilk in a separate bowl and season to taste.

Heat a large heavy-based saucepan half-filled with oil over medium-high heat until the oil reaches 160°C (a cube of bread will turn golden in 45 seconds with the oil is hot enough).

Preheat oven to 160°C. Working with 1 piece of chicken at a time, remove from the buttermilk, then toss in the flour mixture. Dip into the egg mixture and then the flour mixture again, to coat. In batches, fry chicken, turning occasionally, for 6-8 minutes until golden. Reheat the oil as you go to make sure it stays at 160°C. Transfer to a plate lined with paper towel to drain. Place in the oven to keep warm until ready to serve. Season to taste. Sprinkle with sesame seeds to serve, with barbecue sauce alongside. ✂

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CHINESE FOOD MADE EASY **66** >> PALESTINE'S FOOD WITH HEART **72** >> SUPER-QUICK CURRIES **84** >> GILL MELLER'S
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SAVOUR

Flavours turn Japanese
courtesy of Jonathan
Barthelmess (p 48).

GUEST CHEF.

M
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E

IN JAPAN



Tobiko, togarashi, kombu – there's a feast of outstanding flavours at Yoko, **Jonathan Barthelmess'** Japanese diner in Brisbane's Howard Smith Wharves. Here, he introduces us to a handful of his favourite recipes you can create at home.

WORDS CORINNE PARKES PHOTOGRAPHY MARK ROPER STYLING KIRSTEN JENKINS

MERCHANDISING EMMALY STEWART

Edamame shichimi.
OPPOSITE: Spanner crab
rice, edamame, tobiko
(recipes p 53).



Shichimi togarashi contains dried chilli, peppercorns, sesame seeds, ginger and seaweed. This spice blend adds a real kick to dishes.

GUEST CHEF.

Agedashi tofu, black
pepper broth (recipe p 53).

Used in soups and marinades,
kombu tsuyu is a concentrated
stock base that highlights the
subtle flavour of kelp (kombu).



Kakuni bossam
(braised pork
belly, recipe p 54)

Oroshi ginger is a ginger
paste that is typically used
for sushi, sashimi and hotpot.

GUEST CHEF.



Grilled corn salad,
parmesan, miso ponzu
(recipe p 54)



 @jonathanbarthelmess

AGEDASHI TOFU, BLACK PEPPER BROTH

SERVES 4-6 AS A LIGHT MEAL

1/4 cup (60ml) kombu tsuyu (from Asian grocers – substitute soy sauce)
2 tbs (40g) black pepper base (recipe below)
Vegetable oil, to fry
100g kuzu (cooking starch, from Asian grocers – substitute cornflour)
2 x 450g packets firm tofu, drained, cut into 5cm pieces
Shaved bonito and sliced long green shallots, to serve

BLACK PEPPER BASE

1/4 cup (60ml) grapeseed oil
8 eschalots, finely chopped
10cm piece (50g) ginger, finely grated (we used a microplane)
10 garlic cloves, finely chopped
1/2 cup (125ml) soy sauce
1/2 cup (110g) caster sugar
3/4 cup (180ml) mirin
50g whole black peppercorns, crushed
1/4 cup (60ml) black vinegar (from specialty food shops and Asian grocers)

For the black pepper base, heat the grapeseed oil in a medium saucepan over medium-low heat. Add the eschalot, ginger and garlic, and cook, stirring frequently, for 8-10 minutes until softened. Add remaining ingredients and simmer gently, stirring occasionally, for 20-25 minutes until reduced by half. Set aside 2 tbs of black pepper base for this recipe. Cool remaining mixture, transfer to an

SIMPLICITY MIGHT BE key in Japanese cooking, but behind the scenes, there's always more to a dish than meets the eye – and that's what draws restaurateur Jonathan Barthelmess in. "It always seems so simple, but there is usually a lot of technique involved, whether it is the knife skills, the way the product has been treated, how it's been cured or wrapped," says Barthelmess. "There is always a story or a trick." It's the intrigue that he celebrates, whether it's through the use of ferments or specialty ingredients. "Kombu, *koshihikari* rice, miso, *koji*... the next time you are thinking of wasabi replace it with yuzu *kosho*, you will never turn back."

And as for Yoko, Barthelmess' Japanese diner, expect big things when the weather gets warmer and the world returns to normal. "Think cocktails on the water, a punchy new menu and a raw bar to showcase the best from the region, with a real local focus to support everyone who has been doing it tough throughout this crisis."

airtight container and refrigerate or freeze for another use.

To make the black pepper broth, combine kombu tsuyu, 2 tbs reserved black pepper base (or to taste) and 400ml water in a medium saucepan. Stand for 12-15 minutes, then place over medium-high heat and bring to the boil. Turn off heat and stand for 30 minutes to infuse.

Meanwhile, half-fill a medium saucepan with vegetable oil. Place over high heat and heat to 170°C (a cube of bread will turn golden in 60 seconds when the oil is hot enough). Place kuzu and tofu in a bowl and toss gently to coat. In batches, fry tofu for 4-5 minutes until lightly golden and crisp. Remove using a slotted spoon and drain on paper towel. Season to taste.

Divide tofu among bowls and pour over broth. Scatter with shaved bonito and sliced long green shallot to serve.

EDAMAME SHICHIMI

SERVES 4-6 AS A SIDE

1 tsp seasoned nori sheets, crumbled
1 tsp shichimi togarashi (spicy Japanese seasoning – from supermarkets)
500g frozen whole edamame, thawed

LEMON DRESSING

1/4 cup (60ml) lemon juice
1/4 cup (60ml) extra virgin olive oil, plus extra to drizzle

For the lemon dressing, place all ingredients in a small bowl, season to taste and whisk to combine.

To make the seasoning mixture, place

the crumbled nori, togarashi and 2 tsp salt in a bowl and toss to combine.

Half-fill a medium saucepan with salted water. Place over high heat and bring to the boil. Add edamame and blanch for 30 seconds, refresh in iced water, then drain. Place edamame in a large bowl and drizzle with extra olive oil.

Preheat a lightly greased chargrill pan or barbecue to high. Grill edamame for 2-3 minutes until charred. Transfer to a bowl, add dressing and seasoning mixture to taste and toss to combine. Transfer to a large serving platter, scatter with extra seasoning mixture and serve immediately.

SPANNER CRAB RICE, EDAMAME, TOBIKO

SERVES 4-6

240g cooked spanner crab, meat picked
400g frozen whole edamame, thawed, steamed, podded
80g takuan (pickled daikon, from Asian grocers – substitute pickled ginger), drained, sliced
Seasoned nori flakes and sliced long green shallots, to serve
Tobiko orange (orange flying fish roe, from specialty food shops and Asian grocers), to serve

CRISPY RICE

3 cups (625g) Japanese short grain rice, soaked in cold water for 1 hour
1 tbs sesame oil, plus extra to drizzle
130g store-bought XO sauce
1/4 cup (60ml) lemon juice
1/3 cup (80ml) light soy sauce

GUEST CHEF.

For the crispy rice, drain soaked rice and cook to packet instructions. Heat 1 tbs sesame oil in a large non-stick, heavy-based, high-sided frypan over medium-high heat. Add rice and spread into an even layer. Cook without stirring for 6-8 minutes until rice is crispy and golden on the bottom. Combine XO sauce, lemon juice and soy sauce in a bowl and drizzle over the rice. Mix to combine, using a large metal spoon to fold crispy rice into the soft rice. Scatter over crab, edamame, takuan, nori, sliced long green shallot and drizzle with extra sesame oil. Place a spoonful of tobiko orange in the centre. Serve in pan.

KAKUNI BOSSAM (BRAISED PORK BELLY)

SERVES 4-6

Begin this recipe 1 day ahead.

1/4 cup (60ml) grapeseed oil
1kg boneless pork belly, skin on
400ml Japanese cooking sake (from specialty food shops and Asian grocers)
1 cup (250ml) soy sauce
100ml mirin (from specialty food shops and Asian grocers)
70g brown sugar
2 tbs oroshi ginger (Japanese ginger paste, from specialty food shops and Asian grocers)
6 eggs

CONDIMENTS

Hot mustard
Sliced cucumber pickles
Red coral lettuce, leaves separated
Kimchi (from supermarkets)
Roasted sesame seeds
Togarashi seasoning (from supermarkets)

Place oil in a large heavy-based saucepan over high heat. Sear pork, turning, for 5-6 minutes until all sides are lightly golden and skin is slightly blistered. Combine sake, soy, mirin, sugar, ginger and 4 cups (1L) water in a large jug. Pour over pork belly and bring to a simmer. Skim off any impurities that rise to the surface. Reduce heat to low, cover with a lid and simmer for 1 hour 15 minutes-1 hour 30 minutes, until pork is tender, but not falling apart. Remove from heat and cool to room

temperature. Chill overnight to allow flavours to develop.

Meanwhile, bring a small saucepan of water to the boil. Add eggs and cook for 6 1/2 minutes. Drain and refresh in iced water. Peel eggs and place in cooking liquid with the pork to marinate overnight.

The following day, remove eggs and set aside. Place pan over medium heat and bring to a gentle simmer. Simmer for 20-25 minutes until pork is warmed through. Remove pork from braising liquid and thinly slice. Place on a serving platter and pour over braising liquid. Top with halved eggs. To eat, place a slice of pork on a lettuce leaf and top with desired condiments and egg, and roll up to eat.

GRILLED CORN SALAD, PARMESAN, MISO PONZU

SERVES 4 AS A SIDE

5 sweet corn cobs, in the husk
Vegetable oil, to deep-fry
Shichimi togarashi, (spicy Japanese seasoning – from supermarkets), to serve
2 witlof, trimmed, leaves separated
1/4 cup (20g) parmesan, grated, plus extra to serve

MISO PONZU

100g Kewpie mayonnaise
2 tbs white (shiro) miso
1 1/2 tbs soy sauce
1 1/2 tbs rice wine vinegar
2 tsp lemon juice

For the miso ponzu, combine all ingredients in a bowl and mix to combine. Set aside.

Heat a lightly greased barbecue or chargrill pan to high. Grill 4 corn cobs, turning frequently, for 5-6 minutes until blackened and cooked through. Remove from the heat, cool, then cut kernels from the cob and transfer to a large bowl.

Half-fill a medium saucepan with vegetable oil and heat to 180°C (a cube of bread will turn golden in 45 seconds when the oil is hot enough). Cut kernels from remaining corn cob and pat dry. Fry kernels, stirring occasionally, for 4-5 minutes until golden and crisp.

Remove using a slotted spoon and drain on paper towel. Season to taste with togarashi.

Add witlof, parmesan, half the fried corn kernels and half of the ponzu dressing to the barbecued corn kernels and toss well to combine. Place on a large platter or bowl and scatter with remaining fried corn kernels and extra parmesan, to serve. Remaining ponzu can be refrigerated for another use.

MADELEINES WITH MISO CARAMEL

MAKES 12

You will need a 12-hole madeleine pan for this recipe.

100g unsalted butter, melted, to brush
1 tsp runny honey
100g pure icing sugar, sifted, plus extra to dust
2 tbs (40g) plain flour, sifted, plus extra to dust
2 tbs (40g) almond meal
3 eggwhites

MISO CARAMEL

180ml pure (thin) cream
175g caramel Top 'n' Fill
30g white (shiro) miso

For the miso caramel, place all ingredients in a small saucepan over medium-low heat. Bring to a gentle simmer and cook, whisking continuously, for 8-10 minutes until combined and thickened.

Place the butter and honey in a small saucepan over low heat and cook, stirring continuously, until melted and combined. Set aside to cool to room temperature. Place the icing sugar, flour and almond meal in a large bowl and stir with a whisk to combine. Add the eggwhites and butter mixture and stir to combine. Rest batter at room temperature for 2 hours.

Preheat oven to 180°C. Grease a 12-hole madeleine pan with butter and dust with extra flour, shaking off any excess.

Divide the rested batter among holes so they are about three-quarters full. Bake for 12-14 minutes until the centre springs back when pressed. Cool in pan for 10 minutes, then turn out on a wire rack until cooled completely. Serve with miso caramel. ✂



Madeleines with
miso caramel

d.

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MATT PRESTON.

PORTUGUESE STARS

Matt Preston's passion for Portuguese food has him creating inspired dishes with heat and heart. He turns the humble sardines on toast into a meal worth celebrating, whips up a chicken dish honouring the country's history, and shines the spotlight on a famous dessert.

PHOTOGRAPHY BEN DEARNLEY STYLING KIRSTEN JENKINS



Molho cru (garlic & herb sauce) with whiting (recipe p 60).

Arroz de camarao
(rice with prawns –
recipe p 63).





@mattscraton



@MattScraton

ASPARAGUS MIGAS (TRADITIONAL BREAD DISH), GRILLED PORK

SERVES 4-6

"Beja is a city that has dominated the dusty, food-bowl plains of the Alentejo region, south of Portugal, for thousands of years. The Romans planted olive groves here and the area is still famous for wheat (and the bread made from it) and anything you can make from the excellent pigs here.

Alentejana cooking is robust, honest and delicious. From a classic poor man's soup of poached eggs, verdant with loads of coriander, and silky with soaked stale bread (acorda), to dishes that pair clams with pork and potatoes.

In Beja, locals have a love for the grill, but the most interesting thing I tried was the grilled pork neck served with the Beja version of migas (a traditional bread dish). Rather than the crispy fried breadcrumbs of Spain, this migas comes as a hearty bread pudding cooked using pork fat. The best versions have crispy sides like an omelette and are loaded with asparagus, as seen in the following recipe."

**500g pork neck, cut into 1cm slices,
tenderised using meat mallet**
Extra virgin olive oil, to drizzle
Lemon wedges, to serve

FEW COUNTRIES HAVE had the same impact on me as Portugal. The delicious simplicity of the food, the quality of the produce and the warmth of the hospitality; all hallmarks of a country that I could quite comfortably call home.

The trip also inspired an intense desire for me to take on some of the best dishes back here in Australia, as well as create some new, inspired ones of my own. What to feature here is a hard call, so here is an admission about omissions. The wonderful prego roll, Bifana and crispy fingers of spider-fish eaten with the warm beach pushing up between your toes and a chilled Super Bock Mini (the world's tiniest beer bottle, perfect for hot days) dwarfed in your fist – none of these, unfortunately, make the cut. There's also no Portuguese grilled chicken here, no broad beans with crispy black pudding and nothing deep-fried (even if salt cod fritters are like a religion in Portugal). Nor is there any of that omnipresent dessert, that *pudim* (custard pudding), but there are enough memories for you to taste and enough flavour cues to spark more of them. *Bom apetite!* (Which, in well-mannered Portugal, is the phrase that says you can start eating and not just the host's wish for a hearty appetite.)

MIGAS

**2 bunches (approx 250g) asparagus,
trimmed**

**1/4 cup (60ml) extra virgin olive oil,
plus extra 2 tbs**

**10 (100g) streaky bacon rashers,
finely chopped**

350g stale sourdough

**1/2 bunch flat-leaf parsley, finely
chopped, plus extra leaves to serve**

3 garlic cloves, finely chopped

2 tsp white wine vinegar

Place the tenderised pork on a large oven tray, drizzle with olive oil and season both sides. Set aside at room temperature until ready to use.

For the migas, cut the tips of the asparagus to about 4cm long and slice the stems into 5mm rounds. Set aside and reserve in separate bowls. Heat a large non-stick frypan with olive oil over medium-high heat. Add the bacon and cook, stirring frequently, for 3-5 minutes until golden and crisp. Drain crispy bacon on paper towel and reserve bacon fat.

Place the bread in a bowl and sprinkle over 1/2 cup (125ml) hot water. Taking care of the heat, squeeze excess water from the bread. Place the reserved bacon fat in a large non-stick frypan over medium-high heat. Add the chopped parsley,

garlic and asparagus tips. Cook, stirring occasionally, for 1-2 minutes until asparagus tips are just cooked but still crunchy, then transfer to a bowl. Add the sliced asparagus and cook, tossing frequently, for 1-2 minutes until asparagus is just cooked but still crunchy. Transfer to the moist bread bowl. Add the vinegar and work in with the bacon fat, season to taste and toss to combine. Add a little extra water if the mixture is too dry.

Heat a 26cm non-stick frypan with extra 2 tbs oil over medium-high heat. Spoon in bread mixture and spread evenly over the base, pushing down to compress well. Make sure it is the same thickness around the whole pan. Cook, pushing down occasionally, for 8-10 minutes until golden and crisp. Carefully flip out of the pan and onto a large heatproof oven tray and quickly slide it back into the pan. Cook, pressing down occasionally, for a further 4-5 minutes until golden and crisp. Transfer to a plate and keep warm until ready to serve.

Preheat a lightly greased barbecue or chargrill pan to high. In batches, chargrill pork for 1-2 minutes then turn and grill for a further 1-2 minutes until charred and cooked through. Rest for 5 minutes.

MATT PRESTON.

“IN BEJA, LOCALS HAVE A LOVE FOR THE GRILL, BUT **THE MOST INTERESTING THING I TRIED WAS THE GRILLED PORK NECK** SERVED WITH THE BEJA VERSION OF MIGAS (A TRADITIONAL BREAD DISH).”

Asparagus migas
(traditional bread dish),
grilled pork



MATT PRESTON.

Cut the migas into rough wedges and place on a large platter. Top with sliced pork and scatter with bacon, asparagus tips and extra parsley leaves. Serve with lemon wedges.

SARDINES ON TOAST

SERVES 4-6 AS A LIGHT MEAL OR STARTER

"Portugal's love affair with sardines is enduring, so much so these little fish almost scored a spot on the national soccer team's jersey. Serving them on a trencher of bread is also quite traditional, and saves on the washing up when nabbed from a pavement grill. Here we've flipped it on its head so the bread doesn't just soak up the sardines' juices but also the juice of the tomatoes and the dressing. The crispy capers are my addition but they work."

- 1 small red onion, thinly sliced into rings (we used a mandoline)
- 2 tsp caster sugar
- 2 tsp white wine vinegar
- Juice of 1 orange
- Extra virgin olive oil, to fry, plus extra to drizzle
- 110g jar baby capers, drained, patted dry
- 4 garlic cloves, thinly sliced
- 125g each yellow and red cherry tomatoes, quartered
- 1/2 bunch marjoram or oregano, leaves picked
- 4 thick slices sourdough bread, chargrilled, torn into bite-sized pieces
- 2 x 140g cans sardines in oil, drained

To pickle the onion, place in a bowl with 1 tsp salt flakes and sugar. Toss well to combine. Leave to stand for 10-12 minutes or until slightly softened, then add the vinegar and orange juice and toss to combine. Set aside.

Fill a small saucepan one-third full of the olive oil. Place over high heat to 160°C (a cube of bread will turn golden in 90 seconds when the oil is hot enough). Add the baby capers and fry for 3-5 minutes until crispy. Using a slotted spoon, remove capers and drain on paper towel then season to taste. Keep pan on heat, add the garlic and fry, stirring frequently for 1-2 minutes until lightly golden. Drain on paper towel. Reserve the frying oil and cool to room temperature.

Meanwhile, place the tomato in a large bowl with the marjoram and the chargrilled sourdough. Season to taste and toss to combine.

Drain the pickling liquid from the onion, and reserve onion and liquid in separate bowls. Add 1/4 cup (60ml) of reserved oil to the pickling liquid to make the dressing. Season to taste and stir to combine.

Place the drained pickled onion, crispy capers, crispy garlic, tomato and bread mixture in a bowl with half of the dressing. Toss to combine. Top with sardines and drizzle over remaining dressing to serve.

MOLHO CRU (GARLIC & HERB SAUCE) WITH WHITING

SERVES 8 AS A LIGHT MEAL

"In a country so famous for its grilled fish, the humble linguado (a common local sole) cooked over coals captured my heart over and above the fancier choices like turbot. The closest thing to the linguado's delicate flesh I've found is fancy sweet fillets of whiting which barely need to be cooked. Serve it with a simple dressing of molho cru – like an early Portuguese precursor of Brazillian chimichurri – and it tweaks all the right memory synapses. It just needs to be served on a plastic pavement table and cooked by a walnut-faced old man in pork pie hat."

- 8 (120g each) whiting fillets, scaled, skin on, pin-boned
- Extra virgin olive oil, to drizzle
- Sliced red chilli (optional), to serve

MOLHO CRU (MAKES APPROX 1 CUP – 250ML)

- 6 garlic cloves, finely chopped
- 1 small red onion, very finely chopped
- 1/4 cup (60ml) each extra virgin olive oil and grapeseed oil
- 1/3 cup (80ml) lemon juice
- 1/4 bunch flat-leaf parsley, finely chopped

For the molho cru, place the garlic, onion, oils, juice and parsley in a bowl. Season to taste and stir to combine. Set aside.

Preheat a flat plate on a greased barbecue (with a lid) to high.

Place the fillets on a large oven tray and drizzle both sides liberally with olive oil. Lay the fillets, skin-side down, on the barbecue flat plate. Turn off the heat and lower the lid. The fish is ready (about 8-10 minutes) when the flesh has just turned white and barely comes apart. Alternatively, heat a large non-stick frypan with a lid over high heat. Working in batches if necessary, add 4 whiting fillets, skin-side down, and heat for 1-2 minutes, turn off heat and cover with lid. Stand for 8-10 minutes or until the flesh has just turned white and barely comes apart. (Better undercooked than over.) Repeat with remaining whiting.

Drizzle over molho cru and scatter with sliced red chilli, if using, to serve.

CHICKEN TARIQ

SERVES 10

"Reading the history of Portugal after spending 10 days there I realised how the gold and silver wealth of the country made it such an attraction to invaders like the Visigoths, Carthaginians and Romans. The story goes that when the Umayyad sultan



Sardines on toast

“PORTUGAL’S LOVE AFFAIR WITH SARDINES IS ENDURING, **SO MUCH SO THAT THESE LITTLE FISH ALMOST SCORED A SPOT ON THE NATIONAL SOCCER TEAM’S JERSEY.** SERVING THEM ON A TRENCHER OF BREAD IS QUITE TRADITIONAL AND SAVES ON THE WASHING UP WHEN NABBED FROM A PAVEMENT GRILL.”

Chicken Tariq
(recipe p 60).



“WHO WOULD HAVE THOUGHT CURDLED YOGHURT COULD BE SO DELICIOUS? ALSO, THE WAY THE GOLDEN SLOPES OF THE CHICKEN THIGHS RISE UP FROM THE PAN REMINDS ME OF GIBRALTAR, THE ROCK ISLAND.”

sent his general Tariq ibn Ziyad on a ‘go see’ mission to the Iberian Peninsula he disobeyed orders and instead invaded and conquered the affluent south east of Portugal and southern Spain. This dish is for him because the initial idea behind it was very different to the finished – and far more successful – result. Who would have thought curdled yoghurt could be so delicious? Also the way the golden slopes of the chicken thighs rise up from the pan reminds me of Gibraltar, the rock island actually named after the general.”

1½ cup (125ml) extra virgin olive oil, plus extra to drizzle
10 (approx 1.4kg total weight) chicken thigh fillets, skin on
70g harissa paste (or to taste), plus extra to serve
500g natural yoghurt
¼ bunch coriander, leaves picked
110g toasted slivered almonds

Preheat the oven to 240°C.

Heat half of the oil in a large frypan over high heat. Season the chicken all over. Add half of the chicken, skin-side down, and cook for 5-6 minutes until the skin is golden and crisp. Transfer to a tray or plate. Repeat with remaining ¼ cup (60ml) oil and chicken. Drain off excess oil.

Place the harissa and yoghurt in a bowl, season to taste and stir to combine. Transfer yoghurt mixture to a large, ovenproof 5L-capacity (27cm x 40cm) baking dish. Place the chicken, skin-side up, on the yoghurt mixture and drizzle with extra olive oil.

Reduce oven temperature to 150°C. Bake chicken for 30-35 minutes until cooked through. The yoghurt mixture will curdle deliciously and split, leaving the curds and the chicken whey sauce. Scatter with coriander leaves, toasted almonds and spoon over some extra harissa, if desired.

**ARROZ DE CAMARAO
(RICE WITH PRAWNS)**

SERVES 4

“This understated, very clean and rather soupy rice dish is like the chicken soup of coastal Portugal – comfort food at its best – but with the flexibility to welcome all manner of fish (like monkfish) and shellfish (like clams). Originally there was going to be blue eye in the recipe but it doesn’t need it. Neither does it need the prawn-head peri peri if you can’t be bothered and just want a clean, light supper.”

4 cups (1L) good-quality fish stock
5 vine-ripened tomatoes, base scored, core removed
1 cup (250ml) extra virgin olive oil, plus extra to drizzle
12 large green king prawns
4 long red chillies, thinly sliced, plus extra sliced to serve
6 garlic cloves, finely chopped
1 large red onion, finely chopped
Zest and juice of 1 lemon, plus extra wedges to serve
½ bunch coriander, finely chopped, plus extra leaves to serve
230g short grain rice, washed

Place the stock in a large saucepan over high heat and bring to the boil. Add the tomatoes and blanch for 30 seconds-1 minute until the skin, where scored, begins to come away from the tomato. Remove from the pan and set aside to cool. Reserve the stock and keep warm. Peel tomato and discard skin. Once tomatoes have cooled completely coarsely grate and set aside.

Heat ⅓ cup (80ml) of the olive oil in a large, high-sided, non-stick frypan over high heat. Add the prawns and cook, tossing occasionally for 3-5 minutes until just cooked and the shells change colour. Remove prawns from the pan and set aside the four best-looking prawns. Taking care of the heat, peel, clean and devein remaining prawns. Finely chop the meat and return the shells and heads to the prawn pan over medium-high heat. Pan roast, tossing frequently, for a further 8-10 minutes until the heads are crispy and slightly charred.

To make the prawn-head peri peri, place the shells in a blender with the long red chillies, 3 garlic cloves and 100ml olive oil. Blend, scraping down the sides occasionally, until you form a smooth paste. Drizzle in extra olive oil if needed to loosen. Season to taste. Return the prawn pan to high heat. Add the paste and fry for 1-2 minutes until oil starts to render out. Transfer the to a small serving bowl and scatter with extra sliced chilli. Set aside until ready to serve.

To cook the rice, heat the remaining 70ml olive oil in a large heavy-based saucepan over medium-high heat. Add

“WE ATE [THE CUSTARD TARTS] WARM FROM MOSTEIRO DOS JERONIMOS SHOP... **AND STRAIGHT FROM THE OVEN AT MANTEIGARIA**, THE FAMOUS CUSTARD-TART FACTORY.”

the onion, remaining 3 garlic cloves, lemon zest and coriander and cook, stirring frequently, for 3-4 minutes until onion has softened. Stir in the rice and cook, stirring for 2-3 minutes until rice is toasted and coated well in the oil. It will smell nutty and colour slightly. Stir in 750ml of the reserved fish stock, grated tomatoes and half of the peri peri. Bring to a simmer. Simmer for 20-25 minutes until the rice is cooked but still just a little nutty. Stir in the reserved chopped prawns and lemon juice. Add more warm stock as the consistency has to be soupy rather than like a risotto. Divide rice among bowls and top with one of the reserved prawns. Serve the prawn-head peri peri on the side.

PASTEIS DE MAFALDA (CUSTARD TARTS)

MAKES 12

“My friend, Portuguese baking goddess, Mafalda Carvalho Agante shared this recipe for these classic Portuguese custard tarts with me after we’d spent the day on a particularly fascinating deep dive into Portugal’s monastery and nunnery baking culture. This was sugar-dusted pastry nerdery of the highest order.

Above all the baking wizardry on show, the custard tart remains almost a magical symbol for Lisboa.

We ate them warm from the Mosteiro dos Jeronimos shop in Belem and straight from the oven at Manteigaria, the famous custard-tart factory where I picked up the thumb-pressure lining

trick employed here. These are probably the two most lauded pasteis de nata in the country but these ones here are so good they can save you a flight to that magical city on the Tagus.”
You will need 12-hole, 80ml-capacity cupcake pans and a sugar thermometer for this recipe.

1 sheet (375g) frozen butter puff pastry
(we used Carême brand), defrosted
Unsalted butter, to grease
2 cups (500ml) milk
1 lemon, peeled into strips
1 cinnamon quill
¼ cup (35g) plain flour
7 egg yolks, lightly beaten
300g caster sugar
Icing sugar, to dust

Grease a large oven tray and line with baking paper. Butter bases and sides of a 12-hole, 80ml-capacity cupcake pan. With the long edge facing you, roll up the pastry sheet lengthwise into a tight log. If the pastry gets too soft, place on a tray and chill until firm enough to handle. Cut 12 x 2cm thick slices and place back on the tray. Reserve and freeze leftover pastry for another use. Refrigerate again for 10-15 minutes to firm up if needed.

Working with 1 pastry slice at a time, dip your thumbs in water to prevent them sticking and push pastry to line the base and side of each hole with a 5mm overhang. Refrigerate until needed.

Preheat the oven to 220°C fan-forced. Place a large oven tray on the top shelf of the oven.

To make the filling, place milk, lemon peel and cinnamon in a large saucepan over medium-high heat and bring to the boil. Transfer one-third of the hot milk mixture to a medium bowl and gradually add the flour, whisking until smooth and combined. Set aside.

Reduce temperature to medium-low. Remove the lemon peel and cinnamon from the remaining milk mixture. Stir in the egg yolks followed by the flour mixture. Strain through a fine sieve into a jug and set aside.

Place the sugar and 100ml water in a very clean heavy-based saucepan over medium heat. Swirling pan gently, dissolve the sugar and bring the sugar to 108°C on a sugar thermometer. Gradually stir in syrup to the egg mixture and divide mixture among puff pastry cases.

You want these to be about three-quarters full. You will have a little bit of leftover mixture.

Bake for about 20-25 minutes. The cream will swell and rise a lot during cooking, but then deflate back down.

Remove from the oven, tap the tray on the surface to help loosen the tarts out of the pan. Dust with icing sugar and/or cinnamon if desired. Personally, I like them plain. ✕

d.

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MATT PRESTON.



EASY FEAST

Designed to be devoured in a flash, these Chinese favourites by **Ross Dobson** are also a snap to make. His new book *Chinese Food Made Easy* shows recipes that, with enough prep time, are simple enough to become part of your every day. Get ready for char siu pork Tuesdays.

PHOTOGRAPHY LINDA LINDER



A top-down photograph of a meal featuring spring onion pancakes. In the upper left, a white plate holds a large, golden-brown, crescent-shaped pancake, partially broken to reveal a filling of shredded white cabbage and green onions. To its right, a glass of beer with a thick head of foam sits on a grey, textured surface. Below the beer, another glass contains a dark, thick dipping sauce. In the lower half of the image, a dark metal skillet holds a stack of three more pancakes, also filled with cabbage and green onions. Beside the stack, a small white ceramic spoon and a small metal bowl both contain the same red dipping sauce. The background is a consistent grey, textured surface.

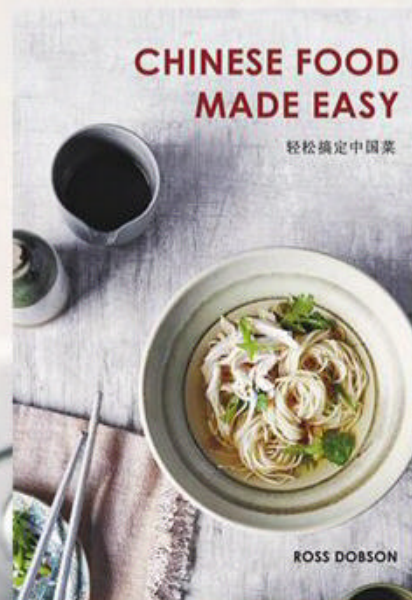
EXTRACT.

Spring onion pancakes. **OPPOSITE:**
steamed prawns and rice noodle
rolls (recipes p 69).

SOME SAY THAT silence in a Chinese kitchen is not a good omen. The Chinese kitchen is a place of sound and movement, of metal on metal, a cacophonous symphony producing food of pure harmony and balance.

Food from the regions of China is not only linked by ingredients and technique. Regardless of where you are, dishes all over China are often given seemingly incongruous names. 'Ants climbing tree' or 'lion's head meatballs' are intriguing names for dishes that are delicious nonetheless. And this book shows just how easy it is to achieve the famous flavours of this cuisine, so gather the family, tonight's feast is on.

This is an edited extract from Chinese Food Made Easy by Ross Dobson (Murdoch Books, \$39.99) and is available where all good books are sold. Photography by Linda Linder.



 @rossdobsonfood

Crispy chicken with ginger & spring onion sauce



CRISPY CHICKEN WITH GINGER & SPRING ONION SAUCE

SERVES 4

"Ginger and spring onion sauce is a great recipe to have in your repertoire. It uses the very Chinese technique of pouring hot oil onto the spring onions and ginger." Begin this recipe at least 3 hours ahead.

¾ cup (180ml) rice malt syrup
3 cups (750ml) white vinegar
3 tbs light soy sauce
1.6kg chicken, pat dry with paper towel
1 tsp sesame oil

GINGER & SPRING ONION SAUCE

(MAKES APPROX. 125 ML)

100g finely sliced spring onions
20g fresh ginger, peeled and cut into thin matchsticks
3 tbs vegetable oil
1 tbs sesame oil
½ tsp caster sugar
1 tsp light soy sauce

For the ginger and spring onion sauce, combine the spring onions and ginger in a heatproof bowl. Combine the vegetable and sesame oils in a small saucepan. Cook over high heat. When the oil mixture is smoking hot, carefully pour it over the spring onions and ginger, causing them to sizzle. Stir to combine then add the sugar and soy sauce. Cover and store in the fridge for 2-3 days.

Combine 4 litres water with the rice malt syrup, vinegar and soy sauce in a large saucepan. Bring to the boil over high heat.

Add the chicken, making sure it is totally submerged. Cover and cook for 15 minutes. Remove from the heat and leave covered for 1 hour.

Transfer the chicken to a rack set over a large plate or tray. Chill for 3-6 hours so the skin dries out. Discard liquid.

Preheat the oven to 180°C and line a baking tray with baking paper. Brush the sesame oil over the chicken. Place the chicken on the tray and cook in the oven for 1 hour 15 minutes or until the skin is crispy and golden. Transfer to a chopping board and leave to rest for 30 minutes.

Chop the chicken into similar-sized pieces. Transfer all the chicken to a heatproof serving plate and serve with the ginger and spring onion sauce.

STEAMED PRAWNS AND RICE NOODLE ROLLS

SERVES 4

You will need a bamboo steamer for this recipe.

16 frozen green prawns, defrosted, peeled, deveined
1 quantity chilli & soy sauce (recipe below)
½ tsp light soy sauce
½ tsp Chinese rice wine (shaohsing)
4 rice noodle sheets
8 snow peas, half sliced

CHILLI & SOY SAUCE (MAKES APPROX.

½ CUP – 125ML)

2 small red chillies, finely sliced (remove seeds if you want to reduce the heat)
2 garlic cloves, finely chopped
1 spring onion, finely chopped
3 tbs light soy sauce
½ tsp caster sugar

For the chilli and soy sauce, combine the ingredients in a bowl, stirring until the sugar has dissolved. Cover and refrigerate for 2-3 days.

Place the prawns in a bowl with the chilli and soy sauce, light soy sauce and rice wine. Toss the prawns around in the mixture. Set aside for 15 minutes.

Unroll the rice noodle sheets. Cut into 20cm squares and lay them on a clean work surface.

Put 4 prawns along the length closest to you, about 2cm from the edge. Roll the noodle sheet to firmly enclose the prawns and transfer to a heatproof plate that will fit inside a steamer basket. Repeat to make 4 rolls, then sit the plate in the steamer basket.

Bring a saucepan of water to the boil. Place the steamer basket on top, cover and steam for 10 minutes or until the prawns are cooked through and the rice noodles are soft. Serve hot with more chilli and soy sauce on the side.

SPRING ONION PANCAKES

SERVES 4

65g finely sliced spring onions

DOUGH

2 cups (300g) plain flour, plus extra to dust
½ tsp baking powder
½ tsp fine sea salt
1 tbs sesame oil
½ cup (125ml) vegetable oil

For the dough, combine the flour, baking powder and salt in a food processor. With the motor running, add 175ml boiling water and whiz until the mixture forms into a ball. If needed, add 1 or 2 extra tablespoons of water to bring the mixture together.

Tip the dough onto a lightly floured surface and knead for a few minutes to form a smooth disc shape. Cover in plastic wrap and set aside for 30 minutes.

Combine the sesame oil and half the vegetable oil in a small bowl.

Divide dough into 4 pieces. Working with 1 portion at a time, roll out on a lightly floured surface to a very thin 20cm circle. Brush some oil mix over dough and sprinkle over one-quarter spring onion.

Starting at the end nearest you, roll the pastry into a log enclosing the spring onions. Now starting from one end, firmly roll into a coil or snail shape, tucking the end in. Repeat with the remaining dough.

On a lightly floured surface, roll each coil roughly into a 20cm circle. Put the dough on a plate with pieces of baking paper between each one and chill until needed. These can be made a day in advance.

To cook the pancakes, heat remaining oil in a large non-stick frypan over medium heat. Cook each pancake for 2-3 minutes on each side until golden and crispy. Cut into wedges or roughly tear to serve.

STIR-FRIED MUSSELS WITH BLACK BEAN & CHILLI

SERVES 4 TO SHARE

"This chilli sauce is made with fresh chillies. It's delicious and addictive and goes with just about any dish."

EXTRACT.

2 tbs vegetable oil
2 tbs chilli sauce (recipe below)
1/3 cup (80ml) Chinese rice wine (shaohsing)
2 tbs black beans, roughly mashed
1 tbs light soy sauce
1kg mussels, de-bearded and scrubbed
1 bunch coriander, roughly chopped
Steamed rice, to serve

CHILLI SAUCE (MAKES APPROX. 2 CUPS – 500ML)

24 large red chillies, ends trimmed and roughly chopped (about 200g)
6 garlic cloves, chopped
10cm piece fresh ginger, peeled, chopped
1/2 cup (125ml) vegetable oil
2 tbs light brown sugar
3 tbs light soy sauce

For the chilli sauce, place the fresh chillies, garlic and ginger in a food processor and whiz to a finely chopped paste. Heat the oil in a wok over medium-high heat. Add the chilli paste and stir-fry for 3 minutes or until softened and aromatic. Stir in the brown sugar and cook for 1 minute or until the sugar has completely dissolved in the paste. Add the soy sauce and cook for 1 minute, then remove from the heat. Leave to cool, then transfer to a clean glass jar. Serve straight away or keep covered in the fridge for up to 1 week.

Meanwhile, heat the oil in a wok over high heat. Add the chilli sauce and stir-fry for just a few seconds to flavour the oil. Add the rice wine and cook for a few seconds.

Add the black beans, soy sauce and 360ml water and bring to the boil. Add the mussels, cover the wok and cook for about 5 minutes or until the mussels start to open. Discard any that remain unopened.

Stir through half the coriander and remove from the heat. Transfer to a large serving bowl and scatter over the remaining coriander. Serve with steamed rice.



Char siu pork neck

CHAR SIU PORK NECK

SERVES 6-8

"Five spice is the quintessential Chinese spice mix. It is used to deeply flavour slow-braised and roasted meats and chicken. To make more, simply double or triple the quantity. It will keep for ages, stored in an airtight container." Begin this recipe 8 hours ahead.

750g pork neck, in 1 piece
1 tsp five spice (recipe below)
50g light brown sugar
3 tbs plum sauce
1 tbs dark soy sauce
2 tbs tomato sauce
1 tbs sesame oil

FIVE SPICE

2 cinnamon quills
3 star anise
1 tsp Sichuan peppercorns
1/2 tsp fennel seeds
2 cloves

For the five spice, combine the ingredients and store in an airtight container.

Cut the pork in half lengthways place on a non-metallic bowl. Combine the five spice, sugar, plum sauce, dark soy sauce, tomato sauce and sesame oil in a bowl. Pour over the pork and use your hands to massage the sauce mixture into the meat. Cover and refrigerate for 6 hours or overnight, turning the pork every 3 hours.

Preheat the oven to 220°C and line a baking tray with baking paper. Place the pork on the prepared tray and scrape out all the marinade over the pork. Cook for 20 minutes then turn the meat over and cook for a further 20 minutes. Reduce the oven temperature to 160°C and cook for 1 hour 30 minutes, turning every 20 minutes or so and basting with the pan juices, or until the pork is dark and caramelised.

Transfer to a plate and cover with foil for 30 minutes before slicing and serving. ✂



**“MUSSELS ARE
A CONVENIENT
INGREDIENT,
OFTEN SOLD READY
TO COOK. HERE,
THEY ARE COOKED
WITH CHILLI AND
BLACK BEAN.”**

Stir-fried mussels
with black bean &
chilli (recipe p 69)

d.

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Chinese dishes fit for a feast.

HEART & SOUL

In their new book, *Falastin*, Ottolenghi co-founder **Sami Tamimi** and Ottolenghi long-timer **Tara Wigley** draw on heritage and passion to write a love letter to Palestinian food, where story and spice combine with inspired recipes to cook, eat, and make your own

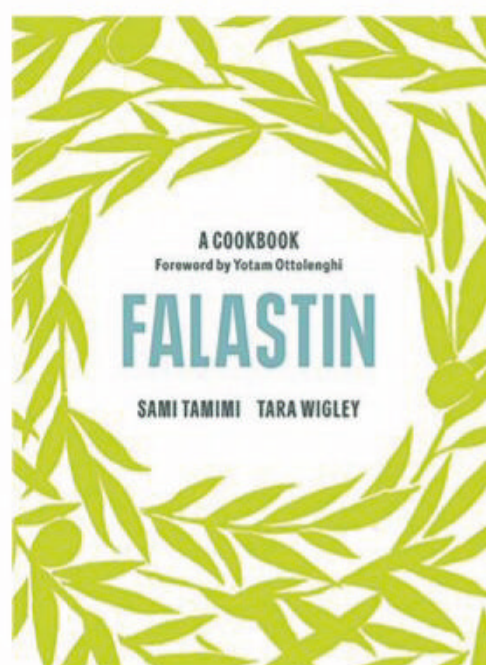
PHOTOGRAPHY JENNY ZARINS





Hummus: two ways
(recipe p 80).

EXTRACT.



THIS IS A BOOK about Palestine – its food, its produce, its history, its future, its people and their voices. It is a book about the common themes that all these elements share, and how Palestine weaves narrative and cooking into the fabric of its identity. The two go hand-in-hand.

Recipes are like stories: events brought to life and shared in the making and telling. They are passed from one person to the next, and in that movement, some details change, others come to the fore, while others will be left by the wayside. And stories are like recipes: a series of individual experiences blended together to create a whole. Where stories and recipes intersect is the nexus, the point, of this book. Rather than telling 'a' story or 'the' story of Palestine, then, we're telling lots of stories.

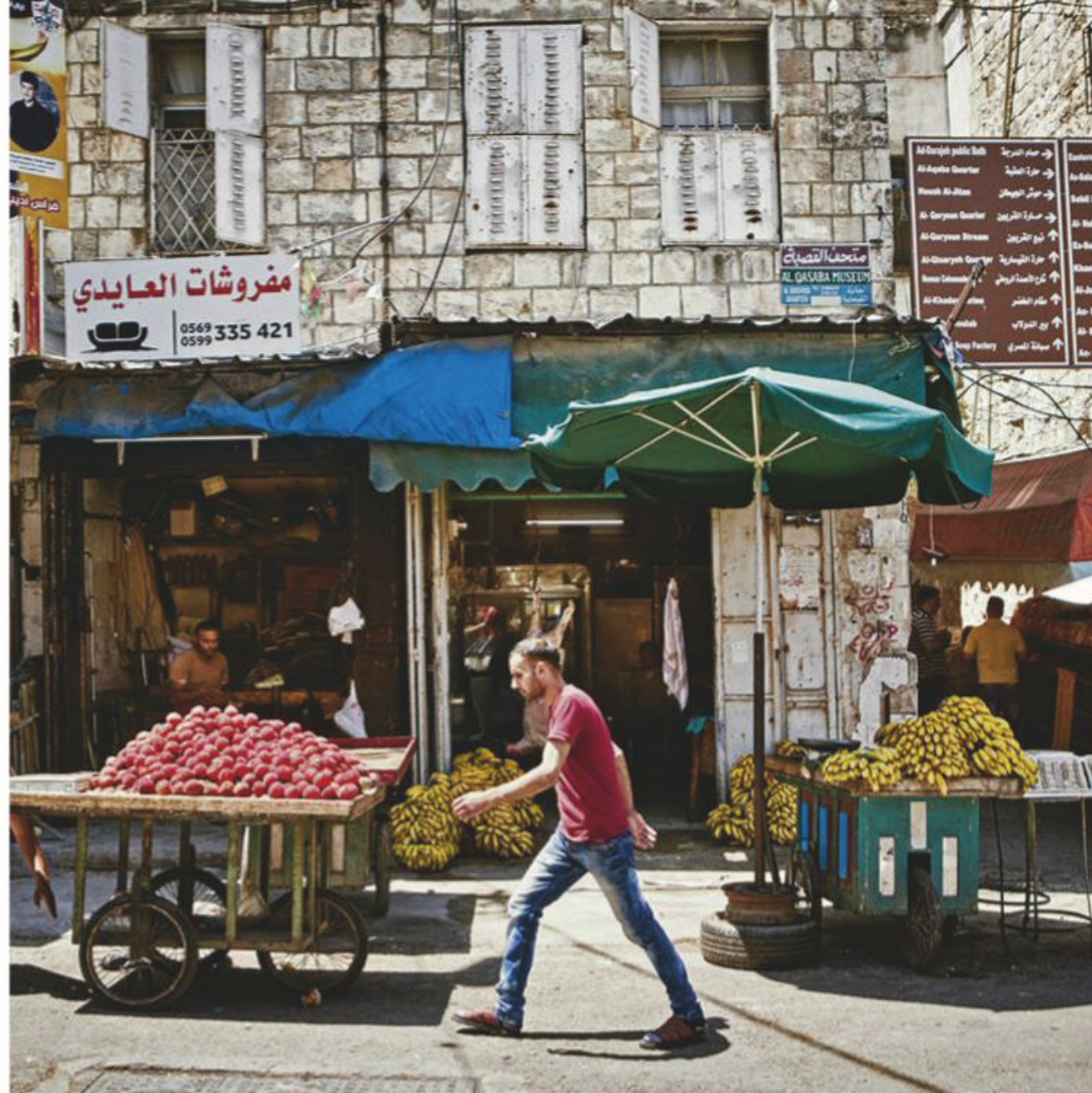
Falastin is a new kind of Palestinian cookbook: a collection of over 110 recipes we hope you'll cook, eat, love and make your own. It's the culmination of Sami's lifetime obsession with Middle Eastern food and cooking – born and raised in East Jerusalem, relocated to London, and a founding member of the Ottolenghi brand. It's also about Tara's decade-long obsession with Middle Eastern food and home cooking – raised in London and adopted into the Ottolenghi family. *This is an edited extract from Falastin by Sami Tamimi and Tara Wigley (Ebury, \$49.99).*



@sami_tamimi



@tara.wigley



PULLED LAMB SHAWARMA SANDWICH

SERVES 8

Begin this recipe 1 day ahead.

3 onions, 1 roughly chopped and the other 2 quartered into wedges
2 garlic bulbs, 1 cut in half horizontally, and 8 cloves from the second bulb roughly chopped
2½ cm (25g) piece of ginger, peeled, roughly chopped
2½ tbs flat-leaf parsley, roughly chopped
1½ tbs each ground cumin and ground coriander
2 tsp each smoked paprika, ground turmeric and ground cinnamon
¼ tsp ground cloves
¼ cup (60ml) apple cider vinegar
¼ cup (60ml) olive oil
2-2.5kg lamb shoulder, bone in
700ml good-quality chicken stock
Juice of ½ lemon, to serve

SUMAC YOGHURT

200g Greek-style yoghurt
¼ cup (60g) tahini
1½ tbs lemon juice
2 tsp sumac

TO SERVE (ANY OR ALL OF THE FOLLOWING)

2 roma tomatoes, thinly sliced
1 red onion, thinly sliced
Parsley leaves, picked, to serve
Mint leaves, picked, to serve
8 store-bought pita breads

To make the spice paste, place the chopped onion into a food processor with the chopped garlic and ginger. Whiz until finely minced, then add the parsley and spices. Whiz for 10 seconds, until just combined. Scrape down the sides of the bowl, then add the vinegar, oil, 2¼ tsp of salt and a generous grind of black pepper. Whiz to form a coarse paste, then transfer to a non-metallic container large enough to hold the lamb.

Pat lamb dry and liberally pierce all over with a small, sharp knife. Add to spice paste and coat generously, so all sides are covered. Cover with foil and leave to marinate, refrigerated, overnight. Take lamb out of fridge about an hour before going into the oven – you want it to be room temperature rather than fridge-cold.

Preheat oven to 140°C fan-forced. Put the quartered onion and remaining head of garlic into the centre of a large



**“ASK A PALESTINIAN WHAT THE WORD
‘FALASTIN’ MEANS TO THEM:
THE ANSWER WILL RARELY BE SHORT AND
WILL OFTEN END WITH THE WORD ‘HOME’.”**

Pulled lamb
shawarma
sandwich

EXTRACT.

roasting tray and pour over chicken stock. Sit the lamb on top, cover tightly with foil and bake for 4 hours. Remove from the oven, discard the foil and bake for a further 1 hour 30 minutes, increasing the oven temperature to 160°C fan-forced towards the last 30 minutes of cooking time. The lamb is ready when it is tender and easily pulls away from the bone. Set aside to cool slightly, about 15 minutes, before using 2 forks to roughly shred the meat directly in the pan, gathering as much of its juices as possible. Transfer the shredded lamb, onions, garlic and any of the pan juices to a serving bowl. Drizzle with lemon juice and set aside.

For the sumac yoghurt, place the yoghurt, tahini, lemon juice, 2 tbs water, sumac and 1/4 tsp salt in a bowl and whisk well to combine. When ready to serve, lay out all the various condiments, along with the pita, to let everyone make up their own shawarma sandwich.

EGGPLANT, CHICKPEA AND TOMATO BAKE (MUSAQA'A)

SERVES 4 AS A MAIN, OR 6 AS A SIDE

5 (1.25kg total weight) medium eggplants
120ml olive oil
1 onion, finely chopped
6 garlic cloves, crushed
1 tsp chilli flakes
1 tsp ground cumin
1/2 tsp ground cinnamon
1 1/2 tsp tomato purée
2 (200g total weight) green capsicum, deseeded, cut into 3cm pieces
400g can of chickpeas, drained, rinsed
400g can chopped tomatoes
1 1/2 tsp caster sugar
2 tbs coriander, roughly chopped, plus extra to serve
4 roma tomatoes, sliced 1 1/2 cm-thick

Preheat oven to 220°C fan-forced.

Use a vegetable peeler to peel away strips of aubergine skin from top to bottom, leaving the eggplant with

alternating strips of black skin and white flesh, like a zebra. Cut widthways into round slices, 2cm thick, and place in a large bowl. Mix well with 75ml of oil, 1 tsp salt and plenty of black pepper and spread out on two large parchment-lined baking trays. Roast for about 30 minutes or until completely softened and lightly browned. Remove from the oven and set aside.

Reduce oven to 180°C fan-forced.

While the eggplant are roasting, make the sauce. Put 2 tbs of oil into a large saucepan over a medium-high heat. Add the onion and cook for about 7 minutes or until softened and lightly browned. Add the garlic, chilli, cumin, cinnamon and tomato purée and cook for another minute, or until fragrant. Add the capsicum, chickpeas, tinned tomatoes, sugar, 200ml water, 1 1/4 tsp salt and a good grind of black pepper. Reduce the heat to medium and cook for 18 minutes or until the capsicum have cooked through. Stir in the coriander and remove from the heat.

Spread half the roma tomatoes and half the roasted eggplant on the base of a large baking dish, about 20cm x 30cm. Top with the chickpea mixture, then layer with the remaining tomatoes and eggplant. Drizzle with the remaining tbs of oil, then cover with foil and bake for 30 minutes. Remove foil and bake for another 20 minutes or until the sauce is bubbling and the tomatoes have completely softened. Remove from the oven and leave to cool for about 20 minutes. Top with remaining coriander and serve either warm or at room temperature.

MOLOKHIEH SOUP WITH BROAD BEANS (BESARA)

SERVES 4

450g podded frozen broad beans
2 tbs olive oil
1 (150g) onion, finely chopped
3 large garlic cloves, crushed
250g frozen molokhieh (a leafy vegetable

commonly found in the Levant), chopped (substitute 400g spinach, stems discarded (200g), plus 150g okra, sliced into 2-3mm rounds)

1 tsp cumin seeds, toasted, roughly crushed
2 tsp coriander seeds, toasted, roughly crushed
700ml good-quality chicken or vegetable stock
1 tbs coriander, roughly chopped, plus extra leaves to serve
1 tbs flat-leaf parsley leaves, roughly chopped, plus extra to serve
1 tbs dill, roughly chopped, plus extra to serve
1 large red chilli, thinly sliced
1 lemon, quartered, and warm bread (optional), to serve

To remove broad beans from their skins, cover with boiling water for 30 seconds, refresh under cold running water, then squeeze beans out of skins. You should be left with about 450g.

If using just the molokhieh, place oil in a large saucepan, about 21cm-wide, over a medium-high heat. Add onion and cook for about 8 minutes, stirring from time to time, until onion is golden brown. Add garlic and cook for another minute. Take half the mixture out of the pan and set aside: this will be used when serving. Add the molokhieh to the mixture in the pan (it should go in frozen) along with most of the broad beans and all the cumin and coriander seeds. Pour over stock and bring to a gentle boil on a medium heat, skimming any scum from the surface as you go. Cover the pan and simmer on a low heat for 5 minutes, then add all the herbs,





Eggplant, chickpea
and tomato bake
(musaqa'a)

**"LOYALTY TO THE
PALESTINIAN PANTRY
- A RELIANCE ON
GROUND ALLSPICE
AND CUMIN, OLIVE
OIL, PULSES,
GRAINS, ZA'ATAR,
SUMAC, LEMONS,
YOGHURT, DILL,
GARLIC AND GREEN
CHILLIES WHICH FILL
IT - IS UNWAVERING."**



Molokheih soup
with broad beans
(besara, recipe p 76).



EXTRACT.

1½ tsp of salt and a good grind of black pepper. Return to the boil, then simmer gently for a final 5 minutes with the pan covered. (If using the combination of spinach and okra, place oil in a large saucepan over medium-high heat. Once hot, add onion and cook, stirring occasionally, for about 7 minutes or until softened and lightly browned. Add garlic and cook for another minute. Take half this mixture out of the pan and set aside – this will be used when serving. Add okra to the onion mixture in the pan and cook for 3 minutes, then add spinach, spices, stock, 1½ tsp salt and a good grind of black pepper. Bring to the boil, then lower heat to medium and cook for 20 minutes or until the okra has completely softened. Add the herbs and most of the broad beans, and cook for another 5 minutes.)

Using a blender, roughly whiz the soup. (Don't want to blend too much, you want to see pieces of broad bean.) Ladle soup into bowls, and top with reserved fried onions and whole broad beans, a sprinkle of chilli and extra herbs. Serve with a wedge of lemon and some warm bread, if you like.

SUMAC, ONION AND HERB OIL BUNS

MAKES 12 BUNS

Begin this recipe 1 day ahead.

530g plain flour, plus extra to dust
35g caster sugar
7g (about 1 sachet) dried yeast
3 large eggs
150g unsalted butter, room temperature, cut into 2cm pieces
Sunflower oil, to grease

SUMAC ONION FILLING

100ml olive oil
3 onions, finely chopped
2 tsp ground cinnamon
½ tbs sumac, plus 1 tsp extra to dust
2 tbs oregano, roughly chopped
1 tbs thyme leaves, roughly chopped
1 tsp caster sugar

HERB OIL

2 tbs flat-leaf parsley leaves, finely chopped

1 red chilli, seeds removed, finely chopped

1 tsp finely grated lemon zest

120ml olive oil

Place the flour, sugar and yeast into the bowl of a stand mixer with the dough hook. Mix on low for a minute. Whisk together eggs and 120ml of water then add to the mixer. Work on a low speed for a few seconds, then increase speed to medium. Continue to work for 2 minutes until the dough comes together. Next, add ½ tsp salt and start adding the butter, a few cubes at a time, until it all melts together into the dough. Continue kneading for about 10 minutes on a medium speed, until the dough is completely smooth, elastic and shiny. Place dough in a large bowl brushed with sunflower oil, cover with a clean tea towel and leave in the fridge for at least half a day or, preferably, overnight. It will increase in volume by just under 50 per cent.

For the filling, place 3 tbs oil in a medium saucepan over a medium-low heat. Add onions and cook for 15 minutes, stirring frequently, until the onions are completely soft and golden brown. Add cinnamon and cook for another minute. Remove from heat and set aside to cool before adding remaining 55ml of olive oil, sumac, oregano, thyme, sugar and 1 tsp salt.

Grease a 20cm x 30cm baking tray and line with baking paper. On a lightly floured surface, roll the dough out into a rectangle, about 55cm x 35cm. Spread the sumac onion filling all over the dough, taking it right up to the edges. With the long end facing towards you, gently roll the dough as you would a Swiss roll, using both hands to gently press as you go along. Trim about 2cm off both ends so that it becomes a perfect sausage. Cut widthways into 12 even slices, each about 4cm wide. Carefully arrange slices on the baking tray, evenly spaced apart with the cut side facing up so that the filling is showing. Cover the tray



EXTRACT.

with a slightly damp tea towel and leave to rise in a warm place (near a stove, for example) for 1 hour 30 minutes. The rolls will rise by 20-30 per cent. About 30 minutes before the buns have finished rising, preheat oven to 180°C fan-forced.

Remove the tea towel and place the tray of buns on the middle shelf of the oven. Cook for 30 minutes, until the buns are golden brown. Remove from oven, cover loosely with foil and return buns to the oven for about another 20 minutes or until the dough is cooked through. Remove buns from the oven and set aside to cool for 30 minutes. Meanwhile, combine all the ingredients for the herb oil in a bowl with a small pinch of salt. Once the buns have cooled, pour oil evenly over the tops, sprinkle lightly with sumac and serve.

WINTER TABBOULEH WITH BLOOD-ORANGE DRESSING (TABBOULEH SHATWIEH)

SERVES 6-8

200g bulgur wheat
1/2 tsp ground cinnamon
1/2 tsp ground allspice
1 tbs olive oil
225ml boiling water
250g cavolo nero, stems discarded, leaves roughly shredded
1/2 (about 550g) red cabbage, trimmed, shredded
2 1/2 tbs flat-leaf parsley, roughly chopped
2 tbs mint leaves, torn
6 long green shallots, thinly sliced
4 blood oranges (or 2 regular oranges), peeled and sliced 5mm-thick
85g pomegranate seeds (from 1/2 a pomegranate)

BLOOD ORANGE DRESSING

1/4 cup (60ml) blood orange juice (or regular)
2 tbs lemon juice
1/4 tsp each ground cinnamon and allspice
2 tsp pomegranate molasses
1 tsp caster sugar
130ml olive oil

Place the bulgur, cinnamon, allspice, 2 tsp olive oil, boiling water and 1/4 tsp salt in a

medium saucepan with a lid. Bring to the boil over a medium heat, then cover the pan, remove from the heat and set aside for 30 minutes. Remove the lid, fluff the bulgur with a fork and set aside to cool.

Put the cavolo nero into a bowl with the remaining tsp oil and a tiny pinch of salt. Using your hands, mix well, gently massaging the leaves, then set aside.

For the dressing, place all ingredients, apart from the olive oil, in a bowl with 3/4 tsp salt and a good grind of black pepper. Whisk to combine, then, continuing to whisk as you pour, slowly add the oil until the mix is thick and emulsified.

Tip the cooled bulgur into a very large bowl and add the cabbage, parsley, mint, shallot, orange, 3/4 tsp salt and a generous grind of black pepper. Mix to combine, add the cavolo nero and pour over the dressing. Mix to combine, then transfer to a serving platter or individual plates. Sprinkle over pomegranate seeds to serve.

HUMMUS: TWO WAYS

SERVES 4-6 AS A STARTER

250g dried chickpeas, soaked overnight in double their volume of water
1 tsp bicarbonate of soda
1 cup (280g) hulled tahini
1/4 cup (60ml) lemon juice
4 garlic cloves, crushed
100ml ice-cold water

MEATBALLS (FOR KOFTA VERSION)

500g beef or veal mince (or a mix of both)
1 (120g) small onion, coarsely grated
1 (65g) large tomato, coarsely grated, skin discarded
2 1/2 tbs flat-leaf parsley leaves, finely chopped
1 red chilli, seeds removed, finely chopped
3 tbs olive oil

TOPPING (FOR KOFTA VERSION)

1 tbs olive oil
25g pine nuts
1 tbs flat-leaf parsley, roughly chopped
1/2 tsp Aleppo chilli flakes (or 1/4 tsp regular chilli flakes)
A few small mint leaves (optional)

EGGPLANT (FOR EGGPLANT VERSION)

2 (500g total) large eggplant, roughly chopped into 2cm cubes
300ml sunflower oil, to fry
1 1/3 cups (160g) walnut halves, roughly chopped
1 tbs flat-leaf parsley, roughly chopped
2 tsp mint leaves, roughly chopped
2 tbs lemon juice
2 tbs olive oil
1/2 tsp Aleppo chilli flakes (or 1/4 tsp regular chilli flakes)

To make the hummus, drain chickpeas and place in a medium saucepan over high heat. Add bicarb soda and cook for about 3 minutes, stirring constantly or until combined. Add 6 cups (1 1/2 litres) water and bring to the boil. Cook for about 30 minutes (timing can vary from 20-40 minutes depending on the freshness of the chickpeas) skimming off any foam that appears. Chickpeas are ready when they collapse easily when pressed between thumb and finger: almost mushy.

Drain chickpeas and transfer to a food processor. Whiz to form a stiff paste and then, with the machine running, add the tahini, lemon juice, garlic and 1 1/2 tsp salt. Finally, slowly drizzle in the iced water and continue to process for another 5 minutes (this will feel like a long time but it is what is needed to get a very smooth and creamy paste). Transfer to a bowl and set aside at room temperature, until needed. If you are making it in advance, transfer to a sealed container and keep in the fridge. Remove it 30 minutes before serving to bring it back to room temperature and give it a good stir if a 'skin' has formed.

For the meatballs, place all ingredients apart from the olive oil in a medium bowl with 1 tsp salt and a good grind of black pepper. Using your hands, mix well to combine. With wet hands, roll mixture into roughly 3cm balls (weighing about 15g each). You should make about 45 balls.

For the topping, place oil in a large frypan over medium heat. Add pine nuts and cook for a minute, stirring constantly, until golden brown. Spoon nuts, along with the oil from the pan, into a little bowl and set aside.

Winter tabbouleh with
blood-orange dressing
(tabbouleh shatwiah)



Arjah public Bath
qaba Quarter
sh Al-Jitan
Qaryoun Quarter
Qaryoun Stream
Qisaryeh Quarter
an Colonnade
Khader
oulah
Soap Factory





Labneh cheesecake,
roasted apricots,
honey, cardamom



d.

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To fry the meatballs, place 1 tbs oil into the same pan over medium heat. Add $\frac{1}{3}$ of the meatballs (or as many as you can fit into the pan without overcrowding) and cook for about 3 minutes, turning throughout so that all sides take on colour and the balls are just cooked through. Keep them somewhere warm while you continue with the remaining balls, adding another 1 tbs of oil with each batch.

When ready to serve, spoon hummus into individual shallow bowls, creating a slight hollow in the centre of each. Divide meatballs between bowls, placing them in the middle of the hummus, and spoon over the pine nuts and their cooking oil. Sprinkle over parsley, chilli and mint, if using, and serve with a drizzle of olive oil.

For the eggplant version, place eggplants in a colander over a bowl or in the sink and sprinkle over 1 tsp salt. Use your hands to mix well, then set aside for about 45 minutes (this is so that the bitter juices can be released). Transfer eggplant to a tray lined with paper towel and pat dry as best you can.

Place sunflower oil in a medium frypan over medium-high heat. Once hot, add eggplant in 2 or 3 batches so as to not overcrowd the pan and fry for about 8 minutes, until completely softened and golden brown. Using a slotted spoon, transfer eggplant to another tray lined with paper towel (or the same tray lined with fresh paper towel) and set aside for the excess oil to be absorbed. Repeat with remaining eggplant. Transfer eggplant to a bowl, add walnuts, parsley, mint, lemon, olive oil and Aleppo chilli and mix well to combine.

When ready to serve, spoon the hummus into individual serving bowls, creating a small well in the middle of each portion. Spoon in the eggplant and serve at once.

LABNEH CHEESECAKE, ROASTED APRICOTS, HONEY, CARDAMOM

SERVES 10-12

Begin this recipe 1 day ahead.

5 sheets good-quality filo pastry
90g unsalted butter, melted

40g walnut halves
60g pistachio kernels
 $1\frac{1}{2}$ tbs plain flour
50g caster sugar
10 cardamom pods, shells discarded, seeds finely crushed in a pestle and mortar (or $\frac{3}{4}$ tsp ground cardamom)
1 tsp ground cinnamon
 $\frac{1}{4}$ tsp sea salt flakes

FILLING

500g store-bought labneh
500g firm ricotta, drained
210g caster sugar
 $\frac{2}{3}$ tsp sea salt flakes
2 eggs, plus 3 extra yolks
2 tsp finely grated orange zest
1 tbs orange blossom water
 $1\frac{1}{4}$ tsp vanilla extract
 $1\frac{1}{2}$ tbs cornflour

TOPPING

75g runny honey
2 tsp orange blossom water
2 tbs orange juice
6 cardamom pods, shells on, roughly bashed in a pestle and mortar
350g ripe apricots, stones removed, cut into 6 wedges
A small handful of picked mint leaves, to serve (optional)

Preheat oven to 160°C fan-forced. Grease a 23cm springform pan and line the base and sides with baking paper.

To make the base, lay out one sheet of filo on a clean work surface. Measure out 30g of the melted butter (this will be used for brushing the sheets) and set the remaining 60g aside. Brush the filo sheet until well coated, then top with the second filo sheet. Continue in this fashion until all the filo and butter has been used up, finishing the last layer with a coating of butter. Transfer the filo stack to a parchment-lined baking tray and bake for about 20 minutes, or until golden and crispy. Remove from the oven and set aside to cool for 15 minutes (or longer) before breaking apart into large shards. In two batches, place the shards in a food processor and whiz for about 10 seconds to form fine crumbs. Place in a medium

bowl, then add the nuts to the processor. whiz for about 20 seconds, until fine but not powdery. Add the nuts to the filo along with the flour, sugar, spices, salt and reserved 60g melted butter and mix to combine. Tip the mixture into the base of prepared pan press down firmly and evenly so the whole base is covered. Bake for 12 minutes or until lightly golden. Remove from oven and set aside to cool.

For the filling, clean out the food processor and add the labneh, ricotta, sugar and salt. Whiz for a few seconds to combine. Scrape down the sides of the bowl, then add the eggs, yolks, orange zest, orange blossom water, vanilla and cornflour. Whiz for about 15 seconds to combine, then pour the mixture over the cooled base in the cake pan. Bake for 60-70 minutes until the cake is beginning to take on some colour around the edges but still has a slight wobble in the middle. Remove from oven and leave to cool at room temperature for an hour before refrigerating for at least 4 hours or preferably overnight.

On the day of serving, preheat oven to 200°C fan-forced to prepare topping.

Place the honey, orange blossom water, orange juice and cardamom pods in a small saucepan over medium-high heat. Cook for 4-6 minutes, stirring often, until the mixture has reduced by half and is beginning to form a thin syrup. Spread apricots out on a lined baking tray and drizzle over half the syrup. Bake for about 8 minutes, turning the apricots over halfway through, until completely softened but still retaining their shape. Remove from oven and set aside for about 30 minutes, until completely cool.

Just before serving (or up to 1 hour, if you want to prepare ahead), release the cake from its tin and transfer to a round serving platter. Top with the apricots (there should not be any overlap) and drizzle with remaining syrup. The bashed cardamom pods can be used for garnish as well (they look nice) but these are not to be eaten. Scatter over the mint leaves, if using, and serve. ✂

Chicken tikka masala
(recipe p 89).

TAKE THE HEAT...

...on a colourful journey where spices are plentiful and flavour rules. **Phoebe Wood**'s quick curries (we're talking 30 minutes cooking time!), with sides – cumin and carrot salad, coconut and lime sambal or beetroot raita – will fast track your way to dinnertime glory.

PHOTOGRAPHY CHRIS COURT STYLING KIRSTEN JENKINS

FASTER FOOD.



Easy fish curry.
(recipe p 89).



**“SERVE THIS
FLAVOUR-PACKED
MEAT-FREE
MASSAMAN ANY
NIGHT OF THE
WEEK AND WATCH
IT DISAPPEAR IN
SECONDS.”**



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d.

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For more speedy, spicy curries
to warm up your evenings.

FASTER FOOD.

Lamb and eggplant
rogan josh. **OPPOSITE:**
massaman tofu curry
(recipes p 89).



FASTER FOOD.



Pork meatball
green curry

CHICKEN TIKKA MASALA

SERVES 4-6

1/3 cup (80ml) melted coconut oil
2 small onions, sliced
10cm piece (50g) ginger, finely chopped
5 garlic cloves, finely chopped
800g skinless chicken thigh fillets
1/2 cup (140g) tomato paste
2 tsp each garam masala and ground turmeric
1 tsp each ground cumin, ground chilli and smoked paprika
2 cups (500ml) chicken stock
200ml coconut cream
Freshly chopped green chilli, coriander leaves, thick natural yoghurt and steamed basmati rice, to serve

Heat oil in a large wide pan over medium heat. Add onion, ginger and garlic, and cook, stirring, for 10 minutes or until fragrant and softened. Add chicken and increase heat to high. Cook, stirring regularly and using tongs to turn the chicken, for 5-6 minutes until chicken is browned all over. Stir in tomato paste and spices. Add stock, coconut cream and simmer rapidly for 15 minutes until chicken is cooked through. Season to taste. Scatter with fresh green chilli and coriander and serve with yoghurt and rice.

EASY FISH CURRY

SERVES 4-6

2 tbs coconut oil (we used Woolworths Macro organic coconut oil)
1/4 cup finely chopped ginger
1 bunch long green shallots, white part finely chopped, green part shredded
3/4 cup fresh curry leaves, plus extra fried leaves to serve
2 long green chillies, finely chopped
1 tsp each ground turmeric and whole cardamom pods
4 roma tomatoes, roughly chopped
400ml can coconut milk
800g skinless firm white fish, such as ling or blue eye trevalla, cut in 10cm chunks
2 tbs fish sauce
1 tbs lime juice, plus extra lime to serve
1 tsp caster sugar
Storebought roti, to serve

Heat oil in a large pan over medium heat. Add ginger and shallot, and cook, stirring, for 5-6 minutes until softened. Stir through curry leaves, chilli and spices. Add tomato, coconut milk and 1/2 cup (125ml) water, and bring to a simmer. Cook for 15 minutes or until slightly reduced. Add fish and cook for a further 8-10 minutes until fish is just cooked. Season with fish sauce, lime juice and sugar. Scatter over extra fried curry leaves and extra fresh lime. Serve with roti.

MASSAMAN TOFU CURRY

SERVES 4-6

2 tbs coconut oil
1 red onion, finely chopped
1/2 cup (150g) massaman curry paste
600g desiree potatoes, peeled, cut into 2cm chunks
4 kaffir lime leaves, plus extra leaves to serve (optional)
1 1/2 cups (375ml) chicken or vegetable stock
450g firm tofu, cut into large chunks
1 cup (250ml) coconut milk
1 tbs fish sauce
1 tbs lime juice
1/2 tsp brown sugar
Chopped red chilli, chopped salted peanuts and steamed jasmine rice, to serve

Heat oil in a medium deep saucepan over medium heat. Add onion and cook, stirring, for 4-5 minutes until softened. Add curry paste and stir for 2 minutes or until lightly caramelised. Add potato, lime leaves and stock and bring to the boil. Cook for 15 minutes until potato is tender. Add coconut milk, bring to a simmer. Add tofu and reduce heat to low. Cook for 2-3 minutes to warm through. Stir through fish sauce, lime juice and sugar. Check seasoning to taste. Scatter with red chilli, extra kaffir lime leaves (if desired to garnish) and peanuts. Serve with steamed rice.

LAMB AND EGGPLANT ROGAN JOSH

SERVES 6

1/4 cup (60ml) melted coconut oil
1 eggplant, cut into 2cm pieces

1 onion, finely chopped
2 tbs finely chopped ginger
2 garlic cloves, finely chopped
500g lean lamb mince
1 tsp each fennel seeds and kashmiri chilli powder
1/2 tsp ground turmeric
5 cardamom pods
1 cinnamon quill
1/4 cup rogan josh curry paste
3 truss tomatoes, roughly chopped
Coriander, lime wedges, fresh tomato, store-bought naan and yoghurt, to serve

Heat 2 tbs coconut oil in a saucepan over medium-high heat and add the eggplant. Cook, stirring occasionally, for 10 minutes or until golden. While eggplant is cooking, heat remaining 1 tbs oil in a large deep frypan over medium heat. Add the onion, ginger and garlic, and cook, stirring, for 3-4 minutes until golden and softened. Increase heat to high and add lamb mince, and cook, breaking the mince up with a spoon, for 6 minutes or until mince has browned. Add spices and curry paste and cook, stirring frequently, continuing to break up the mince, for 3-4 minutes until curry paste and lamb are lightly caramelised. Add eggplant and tomato to pan and stir to coat. Add 1/2 cup (125ml) water and bring to a simmer. Reduce heat to medium and cook, stirring occasionally, for 15-20 minutes until thickened and reduced. Season to taste. Divide among bowls and scatter over coriander and tomato and squeeze over lime wedges. Serve with naan and yoghurt.

PORK MEATBALL GREEN CURRY

SERVES 4

"Blanch the green vegetables and stir through the curry at the end to keep them crisp and bright, but you can cook it in the sauce for ease if you prefer."

500g pork mince
1 lemongrass stalk, white part finely grated, green part reserved
2 tsp finely grated ginger
1 tbs cornflour
3 tsp sambal oelek
2 tbs coconut oil

FASTER FOOD.

1/3 cup (100g) Thai green curry paste
1/2 tsp caster sugar
2 cups (500ml) chicken stock
1 cup (250ml) coconut cream
2 kaffir lime leaves
1 cup sugar snap peas
1 cup baby spinach
200g finely chopped broccoli
2 tbs fish sauce
1 tbs lime juice
Thin rice vermicelli, 1/2 cup
snow peas, thinly
shredded, and Thai
basil, to serve

Combine pork mince, grated lemongrass, ginger, cornflour and sambal oelek in a bowl. Roll heaped tablespoons of the mixture into balls and place on a lined tray. Refrigerate meatballs for 5 minutes.

Melt oil in a medium non-stick saucepan over medium heat. Add curry paste and sugar, and cook, stirring, for 4 minutes until paste is lightly caramelised. Add stock, coconut cream, kaffir lime leaves and bring to the boil. Cook for 6-8 minutes to enrich flavour and slightly reduce. Reduce heat to low. Add pork meatballs and poach for 6 minutes or until just cooked through. Add sugar snap peas, spinach and broccoli, and cook for 3 minutes or until broccoli is cooked. Stir in fish sauce and lime juice.

Serve on cooked rice vermicelli or plain rice, and top with snow peas and Thai basil.

SPICED RED LENTIL AND PRAWN CURRY

SERVES 4

2 tbs coconut oil
1 onion, finely chopped
2 garlic cloves
2 tbs finely chopped ginger
1 1/4 cups (185g) red lentils, washed under cold water, drained
2 tsp garam masala
1 tsp mild chilli powder, or more to taste
3 tsp Madras curry powder
200ml coconut cream, plus extra to drizzle

400g can chopped tomatoes
2 cups (500ml) fish stock
600g green prawns, peeled, deveined
chopped
Crispy eschalots, chilli flakes, mint leaves
and fried pappadams, to serve

Heat oil in a large saucepan over medium heat. Add onion, garlic and ginger, and cook, stirring occasionally, for 4-5 minutes until softened. While the onion mixture is cooking, blanch the lentils in boiling water for 5 minutes to soften (do not salt the water or the lentils will stay crunchy). Stir spices into onion mixture, then drain the lentils and add to the pan and stir to coat in spices. Add coconut cream and tomatoes, stock and 1 cup (250ml) water, and bring a simmer. Cook for 20 minutes or until lentils are tender. Stir through prawn in the final 5 minutes of cooking. Season to taste with salt and black pepper. Serve scattered with crispy eschalots, chilli flakes, mint leaves and pappadams on the side.

BEETROOT RAITA

1 medium beetroot, coarsely grated
1 1/2 cups labneh or thick Greek yoghurt

Combine ingredients in a bowl and season with salt.

CUMIN & CARROT SALAD

1 carrot, coarsely grated
1 tbs lemon juice
2 tbs melted coconut oil
1/2 tsp toasted cumin seeds

Combine ingredients in a bowl and season with salt.

COCONUT & LIME SAMBAL

1/3 cup (30g) desiccated coconut
Finely grated zest of 1 lime, plus 2 tsp
lime juice
1/2 long green chilli, finely chopped

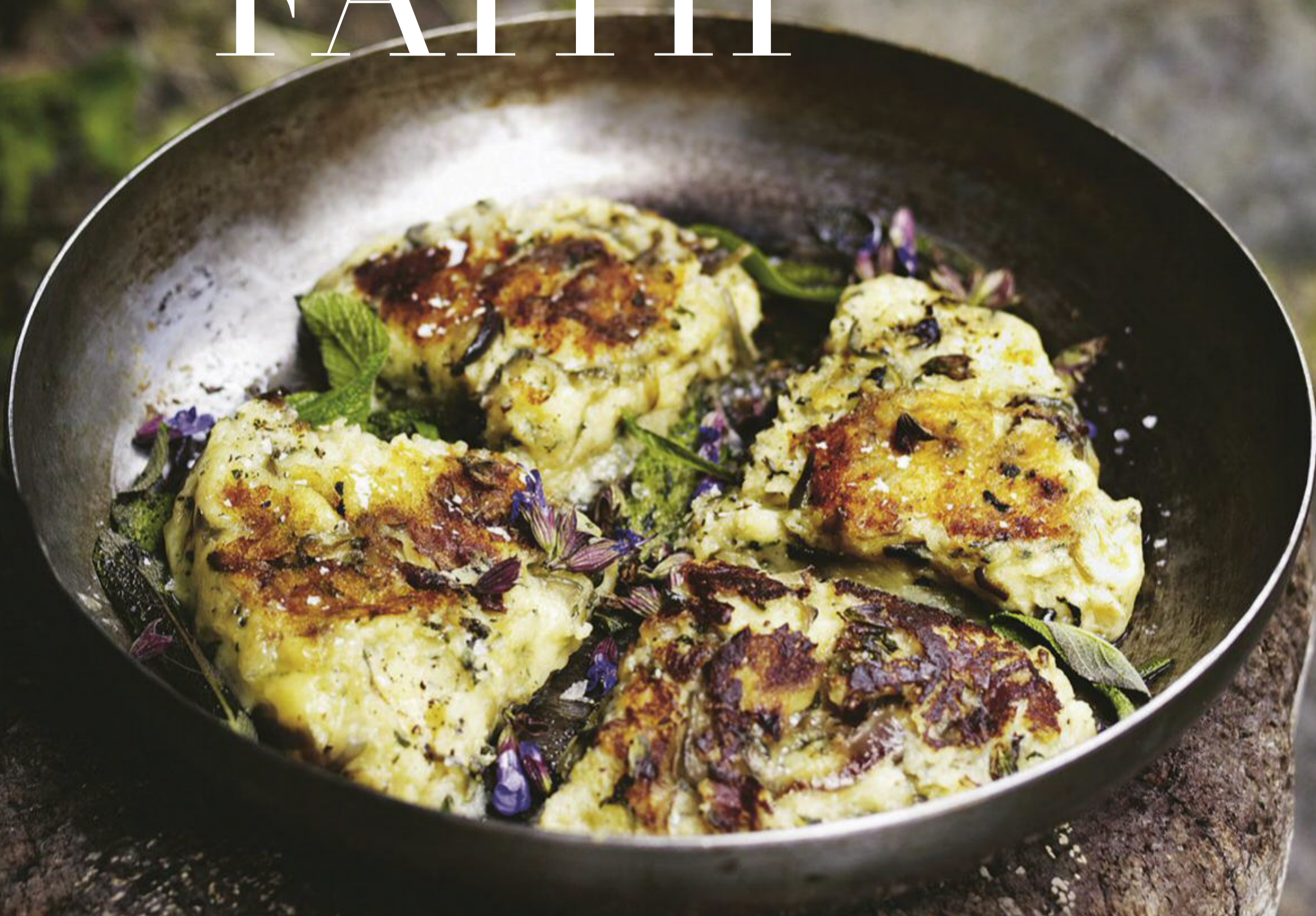
Place coconut and zest in a bowl with 1/2 tsp salt flakes and rub together with your fingertips to release oils from the zest. Add remaining ingredients, stir to combine. ✕

FROM TOP: coconut & lime sambal, beetroot raita and cumin & carrot salad.



Spiced red lentil
and prawn curry.
Tablecloths and napkins
(throughout) by [walter.g](http://walter-g.com.au),
walter-g.com.au, and
In Bed, inbedstore.com.

LEAF OF FAITH



Whether it's for the betterment of the planet or a boost for your health, the power of plant-centric eating is something we all need to believe in, says **Gill Meller**, whose new book *Root, Stem, Leaf, Flower* highlights the good in increasing your fruit-and-vegetable dose.

PHOTOGRAPHY ANDREW MONTGOMERY

Squash, lentil, tomato and
rosemary pie. **OPPOSITE:** red
onion, sage, blue cheese &
potato farls (recipes p 97).



GILL MELLER.



AUTUMN VEGETABLE STEW

SERVES 6-8

"Sometimes early autumn can be just as warm and beautiful as late summer. No surprise really – it's hard to know where one begins and the other ends. Despite the falling leaves, there's still a place for lighter, fresher meals – although I've called this a stew, it is delicate, colourful and brimming with vibrant vegetables."

- 400g can cannellini beans, drained, rinsed
- 1 large butternut pumpkin, peeled, seeds discarded, cut into 3cm chunks
- 3 fennel bulbs, trimmed, cut into 6 wedges
- 4 tbs extra virgin olive oil, plus extra to serve
- 750g large ripe tomatoes
- 2 onions, thinly sliced
- 4 garlic cloves, thinly sliced
- 2 tsp fennel seeds
- 1 tsp coriander seeds, crushed

CHANGING THE WAY we eat is one way to do some good in a world crying out for help. These changes, although small, can have a positive effect on our environment, even if at times it seems like they won't.

This is not meant to be a 'vegetarian cookbook' and it's clearly not a vegan cookbook either. It is a book for anyone who enjoys cooking and eating good food and is, for whatever reason, looking to broaden their repertoire of veg-centric recipes. It's a book for people interested in connecting with the environment, who understand the global challenges we are facing and who want to do their own little bit to help. I believe that this book can help you do that, simply by inspiring you to cook more seasonal fruit and veg every day. The changes we make now, no matter how small, will create a brighter, greener future for everyone.

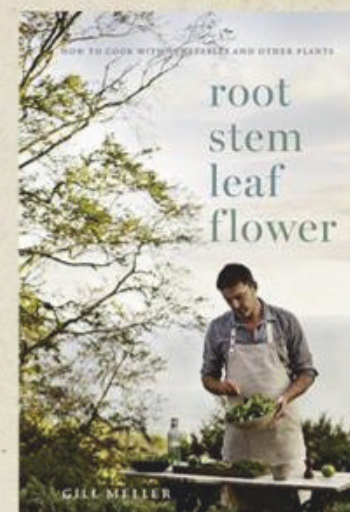
This is an edited extract from Root, Stem, Leaf, Flower by Gill Meller (Hardie Grant Books, \$49.99) and is available where all good books are sold.



@gill.meller



@GillMeller



- 4 celery stalks, sliced 2cm thick
- Pinch of chilli flakes (optional)
- 4 bay leaves
- 4 thyme sprigs
- Juice and pared zest of 1 lemon
- 1 cup (250ml) vegetable stock
- 1 1/4 cups (310ml) red wine
- 1/4 bunch flat-leaf parsley, chopped
- 1/4 bunch dill, chopped

If you're using dried beans, soak them in a bowl of water for 6 hours or overnight. Then, drain them and transfer the beans to a pan. Cover with water and bring to the simmer. Cook for 35-40 minutes until they are almost tender. Drain and set aside.

Heat the oven to 200°C.

Place the pumpkin and fennel in a roasting pan. Drizzle over half the olive oil and season to taste. Tumble everything together, cover loosely with baking paper or foil and roast for 50-60 minutes, turning once or twice during cooking, until the vegetables are nice and tender.

Meanwhile, prick the tomatoes with a knife, then place them in large heatproof bowl. Pour over boiling water to cover and leave them to stand for 3-4 minutes to loosen the skins. Using a slotted spoon, remove the tomatoes from the

water and when the tomatoes are cool enough to handle, peel away as much skin as you can and discard in the compost. Roughly chop the tomatoes and set aside.

When the fennel and pumpkin are ready, heat a large cast-iron casserole over a medium heat. Add the remaining 2 tbs olive oil and, when it's hot, add the onion, garlic, fennel seeds, coriander seeds, celery, chilli flakes, if using, bay leaves, thyme, pared strips of lemon zest, and some salt and pepper. Stir the vegetables as they soften, for about 12-15 minutes, taking care that they don't burn. When they are sweet and tender, add the chopped tomato and stir well.

Add the cannellini beans, the roasted fennel and squash, the stock and the red wine. Bring to the simmer and cook for 45-50 minutes, stirring gently every so often, until you have a nice thick, rich sauce and the vegetables and beans are meltingly tender. Then, add the lemon juice and plenty of salt and pepper to taste. When you're happy with the balance, remove the casserole from the stove and stir in the parsley and dill. Drizzle over some olive oil to serve.

“COOKING SEASONAL FRUIT,
VEGETABLES, HERBS OR
SALADS HELPS TO INSPIRE
CREATIVITY IN THE KITCHEN.”



Autumn vegetable stew

GILL MELLER.

**CAULIFLOWER CHEESE GRATIN
WITH CEPS AND PARSLEY**

SERVES 4-6

"Out and out this is the tastiest cauliflower cheese I've had the pleasure of eating. In fact, it could be one of my favourite recipes in the book. I add dried ceps (sometimes they're called porcini), a wild fungus and part of the Boletus family of mushrooms. They have a magical, savoury depth and add a completely new swathe of flavour to this classic."

**25g dried sliced cep (porcini)
mushrooms**

**1 (approx 765g) large cauliflower,
cut into bite-sized florets, trimmings
reserved**

850ml whole milk

**1/2 bunch flat-leaf parsley, leaves picked
and chopped, stalks reserved**

2 bay leaves

100g unsalted butter

1 onion, halved, thinly sliced

2 garlic cloves, thinly sliced

1/3 cup (50g) plain flour

125g mature cheddar cheese, grated

**1 1/2 cups (105g) fresh coarse white
breadcrumbs**

Place the ceps in a small bowl and pour over 150ml hot water. Leave to soak while you deal with other matters.

Place the reserved cauliflower trimmings, including the stem and leaves, in a large saucepan pan and pour over the milk. Add the parsley stalks and bay leaves. Place the pan on a medium heat, bring up to the simmer and immediately turn off the heat. Let the milk infuse for a while.

Place another large frypan on a medium heat. Add 25g of the butter and, when it's melted and bubbling away, add the onion and garlic, and season lightly with salt and pepper. Gently fry, stirring regularly for 10-15 minutes, until onion is nice and caramelised.

Meanwhile, drain the ceps, reserving the soaking liquid.

When the onion is ready, add the cauliflower florets along with the rehydrated ceps. Stir to combine, turn up



**“DRIED CEPS... ADD
A NEW SWATHE OF
FLAVOUR TO THIS CLASSIC.”**

the heat a little and fry for 6-8 minutes, until cauliflower has softened. (Make sure you stir everything regularly so it cooks evenly.) Add the chopped parsley leaves and season well with salt and pepper.

Heat the oven to 200°C.

Melt the remaining 75g butter in another large saucepan over a medium heat. When it's melted and bubbling, stir in the flour. Reduce the heat to medium-low and cook gently for a minute or so, then pour half the infused milk through a sieve into the pan.

Use a whisk to mix the sauce vigorously, then sieve in the remaining milk, along with the mushroom soaking liquid (don't add the very last few drops, though, as the dregs can be gritty) and whisk again for 5 minutes.

Add all but a handful of the cheese to the sauce and stir it in well to melt. Taste, and season with salt and plenty of black pepper.

Pour the sauce over the cauliflower and give it a good mix. Spoon out the mixture into a large ovenproof dish or roasting pan and give it a shake to level it out. Scatter over the breadcrumbs and the remaining cheese and bake for 20-25 minutes, or until the sauce is bubbling away and the breadcrumbs are golden, crisp and crunchy.

SQUASH, LENTIL, TOMATO AND ROSEMARY PIE

SERVES 6-8

"I have some experience with pies. I eat pies, I make pies, I don't throw pies (except maybe once, but he'd been incredibly rude) and I love pies. So, I feel qualified to judge this pie up there with the holy trinity: steak and kidney, chicken, and fish (Mum's recipe). The squash-and-lentil filling remains incredibly moist thanks to ripe tomatoes. I like to crumble over some barrel-aged feta for a salty twang; capers or chopped sun-dried tomatoes would work well too."

2 cups (300g) plain flour

150g unsalted butter, cut into

1cm pieces, chilled

Pinch of fine sea salt

FILLING

2 tbs extra virgin olive oil

2 onions, thinly sliced

4 garlic cloves, thinly sliced

2 tsp crushed coriander seeds

1 heaped tsp smoked paprika

1 (approx 1.1kg) large pumpkin, such as butternut, peeled, halved, seeds discarded, chopped

500g large, ripe tomatoes, skin removed, chopped or 1 x 400g can chopped tomatoes

³/₄ cup (150g) red lentils

2 rosemary sprigs, leaves picked, roughly chopped

4 cups (1L) good-quality vegetable stock

¹/₄ bunch flat-leaf parsley

¹/₄ bunch chives, finely chopped

1 cup (200g) feta cheese, drained, broken into chunks

1 small handful fennel tops (optional), torn

To make the pastry, pulse the flour, butter and salt in a food processor to the consistency of breadcrumbs. With the motor running, steadily add ¹/₂ cup (125ml) chilled water, stopping as soon as the dough comes together. Remove the dough, knead it a couple of times, then wrap it in baking paper and chill in the fridge for at least 30 minutes.

While the pastry is in the fridge, make the filling. Place a large, heavy-based saucepan on a medium heat and add the olive oil. When it's hot, add the onion, garlic, coriander and paprika. Season with salt and pepper and cook, stirring regularly, for 10-12 minutes until the onion is soft and fragrant. Add the pumpkin, tomato, lentils and rosemary, and stir well. Pour over the stock, stir again, and bring up to the simmer. Reduce the heat a little and cook, stirring occasionally, for 45-55 minutes until the pumpkin starts to break down, the lentils are soft and have thickened the sauce nicely and everything looks godly. Season, taste and season some more, then stir in the parsley and chives, remove from the heat and allow to cool.

Remove the chilled pastry from the fridge about 30 minutes before you intend to bake the pie. Heat the oven to 200°C.

Grease and flour a 30 x 20cm pie dish or something similar. On a floured surface roll out the pastry to 5mm thick as evenly as you can until you have a sheet large enough to line the base and sides of the dish with a good overhang. Spoon the filling into the lined dish. Push in the chunks of feta and fold the overhang up and over the edges to partly encase. Season with some flaky salt and some pepper, scatter over the torn fennel tops, if using, then bake for 40-50 minutes until the pastry is crisp and golden. Allow to cool for at least 20 minutes before serving.

RED ONION, SAGE, BLUE CHEESE & POTATO FARLS

SERVES 4 AS A STARTER

"Farls are traditional Irish fare, sort of leavened fried potato cakes (what's not to like there?). Sometimes they're made with flour and served more like a soda bread of sorts, but they're also made with potatoes and served at breakfast, particularly up in the north. I tend to make them with lots of red onion and sage and sometimes blue cheese too (again, what's not to like?). They're super as they are, but become super, super farls with a fried egg on top."

250g large white potatoes, peeled, cut into large chunks

25g unsalted butter

1 red onion, thinly sliced

¹/₄ bunch sage leaves, finely chopped, plus the flowers if available

40g plain flour

100g blue cheese, crumbled

¹/₄ tsp baking powder

Extra virgin olive oil, to drizzle

Fried eggs and roast tomatoes, to serve (optional)

Place the potato pieces in a medium saucepan and cover with salted water. Bring to the boil, then reduce the heat and simmer for about 20 minutes or until tender. Drain and allow the potatoes to steam off for a few minutes in the



Red pepper with
smashed white
beans, roasted
nuts and
pumpkin seeds

colander, then tip them back into the pan and mash them with half the butter.

Meanwhile, heat a frypan over a medium heat. Add the remaining butter, followed by the sliced onion and a little salt and pepper. Cook for 6-8 minutes until beginning to soften. Add the sage leaves, stir well and remove from the heat to cool.

Add the flour, blue cheese, baking powder and softened onion to the potato, season well with salt and pepper and mix to combine.

Shape the potato dough into a round that measures about 16cm in diameter, then cut into 4 quarters. Wipe out the onion pan and return it to a medium heat with a drizzle of extra olive oil.

Lay the quarters in the pan and cook for 4-5 minutes on each side or until

golden brown. The farls are delicious topped with fried eggs and roasted tomatoes.

RED PEPPER WITH SMASHED WHITE BEANS, ROASTED NUTS AND PUMPKIN SEEDS

SERVES 4-6

Begin this recipe at least 4 hours ahead.

250g dried cannellini beans
75g skin-on almonds (unblanched)
25g pumpkin seeds
4 large red peppers (capsicum)
4 tbs extra virgin olive oil
1 tsp smoked paprika
Pinch of dried chilli flakes (optional)
3 rosemary sprigs
1 onion, thinly sliced
2 garlic cloves, thinly sliced

Soak beans, almonds and seeds first thing in the morning – they want at least 4-6 hours immersed in water. You can soak the almonds and pumpkin seeds together, but keep the beans separate.

Heat the oven to 220°C.

Drain the soaked beans, place in a large pan and cover with cold water. Bring to the simmer and cook for 35-40 minutes until they are tender. Drain in a colander set over a bowl, reserving the cooking liquid. Set aside.

Meanwhile, place the peppers on a baking tray and roast in the hot oven for 30-40 minutes until the flesh has softened and the skin has blistered. Transfer the cooked peppers to a heatproof bowl and cover with a clean cloth. (This will help to loosen the skins, making peeling easier.)

While the peppers are roasting, drain the almonds and pumpkin seeds and place them in a small roasting tray. Drizzle with 1 tbs olive oil, sprinkle with smoked paprika and chilli flakes, if using, and tear over half the rosemary. Season with salt and pepper and tumble everything together. Bake for 10-12 minutes, stirring once during cooking, until toasted.

Place a large saucepan over a medium heat. Add 2 tbs olive oil and, when it's hot, add the onion and garlic and season with a little salt and pepper. Chop the leaves from the remaining rosemary and add this to the pan. Stir regularly and, when onion and garlic are soft and sweet (about 8-10 minutes), add the beans and stir well. Add 300ml of the bean cooking liquid and bring to a gentle simmer.

After 5 minutes or so, smash the beans. I do this with a hand-held stick blender, but you could simply squash them with a potato masher. You want a creamy, yet textured consistency. Season well and keep warm.

Remove the peppers from the bowl, peel away the skins and discard in the compost. Halve peppers and remove seeds, then season with salt and pepper and drizzle over the remaining olive oil.

Spoon out the bashed beans onto a warmed platter, arrange the peppers over the top and sprinkle over the toasted nuts and seeds. Serve at once.

GILL MELLER.

APPLE, CARROT, LEMON & CINNAMON CAKE

SERVES 8-10

"Made with spelt flour, fresh carrots and a sharp apple purée, this cake is so unbelievably moist that I want to call it a pudding, but I'm going to resist as it's good to eat at any time. I've folded lots of grated lemon zest, fiery ginger and cinnamon into the batter, so it's fragrant."

2 (260g) red apples (we used Fuji), peeled, quartered and core removed
250g light brown soft sugar
100g currants
Juice and finely grated zest of 1 lemon
100ml sunflower oil, plus extra to grease
2 eggs
250g carrots, peeled, coarsely grated
1 tbs grated root ginger
2 tsp ground cinnamon
2 tsp baking powder
200g spelt flour

DRIZZLE

Juice of 1 lemon
50g light brown soft sugar

ICING

150g unsalted butter, softened at room temperature

300g pure icing sugar, sifted
Very finely grated zest of 1 lemon and a good squeeze of juice
Calendula flowers, petals picked, to decorate (optional)

Place the apples in a medium saucepan with 50g of the sugar, the currants and the lemon juice and set over a medium heat. Cook, stirring regularly for 8-10 minutes or until you have a compote that is bubbling, silky and thick. Spoon the compote into a bowl to cool.

Meanwhile, lightly grease a 20cm cake pan (about 7-8cm deep) and line with baking paper.

Heat the oven to 170°C.

Pour the oil into a large bowl, add the remaining 200g sugar and the eggs, and beat with a whisk until pale and fluffy. Fold in the apple and currant compote, along with the lemon zest, grated carrot, ginger, cinnamon and a pinch of salt. In a separate bowl, stir the baking powder into the flour, then fold this gently through the wet ingredients in the bowl to form a batter.

Scrape the batter into the prepared cake pan and level the top a bit. Loosely cover the top of the cake pan with a piece of foil to stop the cake getting too dark during baking. Bake for about 1

hour, then remove the foil and bake for a further 20 minutes or until a skewer inserted into the centre comes out clean. (Bake for a further 10 minutes and test again, if necessary.) Remove from the oven and leave in the pan.

For the drizzle, set a small saucepan over a medium heat and add the lemon juice and the sugar and bring to the simmer. As soon as the sugar has dissolved, remove the pan from the heat. Prick the cake all over with a thin skewer and drizzle the syrup over while the cake is still warm.

While the cake is cooling, make the icing. Place the butter in the bowl of a stand mixer with the whisk attachment and whisk (alternatively, use a large mixing bowl and an electric whisk or hand whisk) until the butter is light and pillowy. Add half the icing sugar and continue to whisk until thoroughly combined. Then, add the remaining 150g icing sugar, along with the lemon zest, and beat some more. Finally, add the squeeze of lemon juice to soften the mixture to the desired consistency.

Remove the cake from the pan and use a palette knife to spread the icing over the top and sides in a relatively even layer, but don't worry if it's a bit thin in places. Decorate with a few orange calendula petals, if using. ✕



d.

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Bake Britain

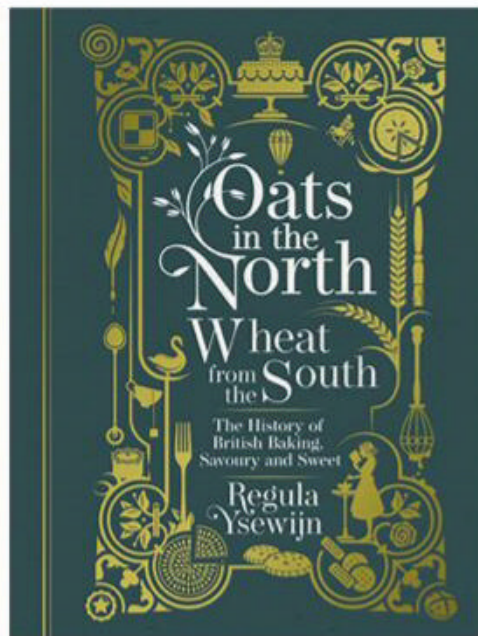
EXTRACT.

Steak and ale pies.
OPPOSITE: Cornish
pasties (recipes
p 106).

In her new book, *Oats in the North, Wheat from the South*, author, photographer and food stylist **Regula Ysewijn** guides us through Great Britain's baking heritage, from Cornish pasties to a Banbury apple pie.

PHOTOGRAPHY REGULA YSEWIJN

EXTRACT.



EVER SINCE I was little, I have been fascinated with Britain. On our travels through England, Scotland and Wales, I was constantly looking for regional bakes and local bakeries. I ate soup every afternoon because I knew it would come with the advertised 'warm soft white roll'. I experienced the renaissance of British food and saw how proud people were about their local produce. Even then, notes were made on the menus to say the meat or fish was local.

The recipes in this book paint a picture of the British landscape. I developed them based on those I encountered during my historical research – not as straightforward as you might think, since recipes were not explained as extensively in the past as they are today. Much has changed in Britain in recent years, but I think there is no better time for a good piece of cake and a cup of strong English tea.

This is an edited extract from Oats in the North, Wheat from the South: The History of British Baking, Sweet and Savoury by Regula Ysewijn (Murdoch Books, \$49.99).



@missfoodwise

BANBURY APPLE PIE

SERVES 6-8

"This is a type of closed pie as we know mostly from America today. These kinds of sweet pies came from England, where they have been on the menu for centuries. Their lids were either decorated with pastry, or the pies were cut into shapes, creating the 'cut laid tarts' we find in old cookbooks. Apple pie was common in Britain through the ages. I like that this recipe is linked to the town of Banbury in Oxfordshire, from a recipe I found in a 1928 newspaper." You will need a 22cm pie dish (a pan with a wide rim on which you can rest the bottom pastry and then attach the pastry lid.

1 cup (250ml) milk
1 cup (250ml) pure (thin) cream with at least 40% fat
25g raw (demerara) sugar
1 tsp freshly grated nutmeg
1 fresh bay leaf
5 egg yolks
Ice cream, custard, or clotted cream, to serve

SHORTCRUST PASTRY

1 ²/₃ cup (250g) plain flour, plus extra to dust
100g pure icing sugar, sifted
Pinch of sea salt
125g unsalted butter, chilled, chopped, plus extra softened butter to grease
1 egg

1 tbs water
1 egg yolk whisked with 1 tbs milk, to wash

FILLING

1kg red apples (Jonagold or another red variety)
100g raw (demerara) sugar
1 tsp ground cinnamon
1/4 tsp ground ginger
50g currants
25g candied citrus peel
50g unsalted butter, cut into cubes

For the shortcrust pastry, combine the flour, sugar, salt and butter in a food processor and whiz for 8 seconds or until the mixture resembles breadcrumbs. Add the egg and water and whiz until the dough forms a ball in the bowl. Remove from the bowl and knead briefly. Wrap the pastry in plastic wrap and let it rest in the refrigerator for 30 minutes.

Meanwhile, to make the custards, heat the milk and cream in a saucepan with the sugar, nutmeg and bay leaf over medium heat. Beat the egg yolks in a large bowl. Discard the bay leaf, then pour a little of the warm milk mixture onto the egg yolks and beat well (this prepares the egg yolks for the warm mixture). Pour the rest of the milk mixture onto the egg yolks, whisking constantly.

Pour the custard back into the saucepan and cook over a very low heat,

stirring with a spatula continuously, for 15-20 minutes until it starts to thicken. Make sure the mixture doesn't get too hot or you will end up with scrambled eggs. Pour the thickened custard through a fine sieve into a jug. Cover the jug with foil to prevent a skin from forming on the custard.

Preheat oven to 190°C. Cut the apples into slices and then into thirds. Combine with the sugar and spices and mix well. You need 650g of chopped apples.

Butter the pie plate and dust with flour. Thinly roll out half of the pastry on a floured work surface and place in the pie plate. Brush the rim of the pastry with the eggwash.

Spoon half of the apple mixture into the pastry. Sprinkle the currants over the top and then add the candied peel. Finish with the remaining apple mixture and the butter cubes.

Thinly roll out the rest of the pastry, lay it over the apple mixture and cut away the excess. Press the rim of the pie well with a fork or crimp with your fingers for a scalloped effect. Make a cross or a hole in the middle of the pie so that the steam can escape. Decorate with the leftover pastry and brush with the eggwash.

Bake the pie in the middle of the oven for 45-50 minutes. Allow to cool for 5 minutes before serving warm with ice cream, custard or copious amounts of clotted cream.

**“THINGS TASTE
BEST WHEN THEY
HAVE JUST COME
OUT OF THE OVEN
AND ARE STILL
STEAMING WHEN
YOU BREAK
THEM OPEN.”**

Banbury apple pie

**“BRITISH BAKING IS
COSINESS AND WARMTH.
THE BRITISH MAKE TIME
FOR CAKES. IF THEY
COULD, THEY WOULD
DROP EVERYTHING EACH
DAY AT FOUR O’CLOCK
FOR AFTERNOON TEA.”**



Bakewell tart

BAKEWELL TART**SERVES 6-8***You will need a 20cm round springform cake pan for this recipe.***150g unsalted butter** **$\frac{1}{3}$ cup (75g) raw (demerara) sugar****150g almond meal****1 tbs rosewater** **$\frac{2}{3}$ cup (50g) fresh white breadcrumbs****2 eggs****Pinch of grated nutmeg****3 tbs raspberry jam****Handful of flaked almonds****PASTRY** **$1\frac{2}{3}$ cup (250g) plain flour****100g pure icing sugar, sifted****Pinch of sea salt****125g unsalted butter, chilled, chopped,
plus extra softened butter to grease****1 egg****1 tbs water****Flour, to dust**

For the pastry, combine the flour, sugar, salt and butter in a food processor and whiz for 8 seconds or until the mixture resembles breadcrumbs. Add the egg and water and whiz again until the dough forms a ball in the bowl. Remove from the bowl and knead briefly. Wrap the pastry in plastic wrap and let it rest in the refrigerator for 30 minutes.

Preheat oven to 180°C. Grease the base and side of the cake pan with butter. Line the base with baking paper and coat the sides with flour, dusting off any excess.

Roll out the pastry on a floured work surface to a thickness of 5mm. Fold in the sides so that the pastry will fit into the base of the cake pan, then gently lift it into the pan, letting it sink down into the base. Use a small piece of excess dough to firmly press the edges of the pastry into the pan. Trim the excess pastry with a knife and then pierce the base with a fork. Rest in the fridge for at least 30 minutes or overnight (we don't blind bake this pastry as we want it to blend a little with the filling).

Melt the butter in a saucepan over low heat but don't let it bubble. Remove the pan from the heat, add the sugar, almond

meal, rosewater and breadcrumbs and stir well. Add the eggs and nutmeg and mix well. Let the filling rest for at least 1 hour.

Spread the raspberry jam over the pastry base and spoon the filling on top. Sprinkle with the flaked almonds and bake for 40-45 minutes until golden brown. Remove from the oven and cool in the pan on a wire rack.

FLAPJACKS**MAKES 8-10 BARS**

You can add a handful of chocolate chips, chopped pecans, cranberries, dried blueberries, dried apricots or currants, or replace the oats or spelt flakes with your favourite muesli. You will need a 20cm square cake pan for this recipe.

220g rolled oats or spelt flakes**200g unsalted butter, plus extra
softened butter to grease****100g golden syrup, maple syrup or honey****50g soft brown sugar****Pinch of sea salt****Handful of chocolate chips (optional)**

Preheat oven to 160°C. Grease the cake pan with extra butter and line the base and sides with baking paper.

Place the oats in a blender and whiz for 3 seconds. Place the butter in a saucepan over low heat and cook, stirring frequently, for 1-2 minutes until melted (make sure it does not bubble). Add the golden syrup, sugar and salt and stir until the sugar has dissolved. Remove from the heat and add the oats (or spelt flakes, if using), plus any other optional ingredients. Stir well.

Firmly press the mixture into the prepared pan so the top is even. Bake in the middle of the oven for 20-30 minutes until golden on top.

To make the optional chocolate topping, add the chocolate chips as soon as the flapjacks come out of the oven. Once they have melted, use a spatula to spread the chocolate.

Leave the flapjacks to cool in the pan for 15 minutes. Using the baking paper, carefully lift the flapjack out of the pan and cut it into bars or squares to serve.

EXTRACT.

STEAK AND ALE PIES

SERVES 4

"This pie is a real pub classic. If you want to eat it like they do in the pub, serve it with steamed peas, carrots and thick-cut chips. You can also make these pies with leftover stew – just halve the recipe for the dough if necessary. The variation with Stilton cheese is another example of a classic British pie and if you want to go Victorian style, add a couple of raw oysters to the stew. This used to be the custom to make the meat stretch further when oysters were poor people's food. Times do change! You can also freeze the unbaked pies and bake them straight from the freezer." You will need four 13cm round pie pans for this recipe.

800g beef chuck steak
1/4 cup (35g) plain flour, to dust
2 tbs vegetable oil
1 onion, finely chopped
1 carrot, finely chopped
2 tbs tomato paste
1 cup (250ml) Guinness, stout, porter or bitter dark beer (or use beef stock for an alcohol-free alternative)
1 slice of bread spread with English mustard
80g-100g Stilton cheese (optional)

PASTRY

4 cups (600g) plain flour
1/2 tsp sea salt
150g unsalted butter, chilled, chopped, plus extra softened butter to grease
150g cheddar, grated, or an extra 150g unsalted butter
150ml water
1 egg yolk whisked with 1 tbs milk, to wash

Preheat oven to 160°C. To make the filling, place the meat in a large bowl with the flour and toss well to combine. Season to taste. Heat a large flameproof casserole or frypan with oil over medium-high heat. Add the onion and carrot and cook, stirring occasionally, for 4-5 minutes until vegetables begin to soften. Add the floured meat and cook, tossing and stirring for 6-8 minutes until browned. Add the

tomato paste and stir until well combined. Add the beer (or stock, if using), scraping the bottom of the pan with a wooden spoon. Bring to the boil, then add the slice of bread with mustard. Stir until the bread falls apart.

Cover tightly with a lid and braise in the oven for 2 hours-2 hours 20 minutes until the meat is very tender. Once the stew is cooked, let it cool.

Meanwhile, for the pastry, combine the flour, salt, butter and cheese in a food processor and whiz for 8 seconds or until the mixture resembles breadcrumbs. Add the water and whiz again until the dough forms a ball in the bowl. Remove from the bowl and knead briefly. (You can also make the pastry by hand by rubbing the butter into the flour and salt until it is the consistency of breadcrumbs, then add the water.) Remove dough from the bowl and knead to bring the pastry together. Wrap the pastry in plastic wrap and let it rest in the refrigerator for 30 minutes.

Increase oven to 180°C and grease the pie pans with butter.

Set aside one-third of the pastry for the lids. Roll out the remainder on a floured work surface until 3mm thick. Roughly cut the pastry into four pieces. Gently lift each piece of pastry over a pie pan and let it sink into the base. Let the excess dough hang over the edge to help attach the pastry lid. Use a piece of dough to press the pastry into the edges of the pans.

Roll out the pastry for the lids until 3mm thick, cut into four pieces and set aside.

Fill the pies with cooled stew. For steak and Stilton variation, crumble the Stilton cheese and add it to the cooled stew before filling the pies.

Place a piece of pastry on top of each pie and use a sharp knife to cut the excess pastry from the base and top. Squeeze the edges together so that the pies do not open during baking. You can decorate the pies with leftover pastry.

Brush the top of each pie with eggwash. Bake in the middle of the oven for 40-50 minutes until the pies are golden brown. Serve the pub way, with steamed peas and carrots, chips or roast potatoes.

CORNISH PASTIES

SERVES 6

SHORTCRUST PASTRY

4 cups (600g) plain flour, plus extra to dust
1/2 tsp sea salt
300g unsalted butter, chilled, chopped
150ml water
2 egg yolks whisked with 2 tbs milk, to wash

FILLING

450g beef onglet, skirt steak or hanging tender, cut into 1.5cm pieces
450g floury potatoes (we used sebago), cut into 1.5cm pieces
120g turnip, cut into 1.5cm pieces
2 onions, finely chopped

For the pastry, combine the flour, salt and butter in a food processor and whiz for 8 seconds or until the mixture resembles breadcrumbs. Add the water and whiz again until the dough forms a ball in the bowl. (You can also make the pastry by hand by rubbing the butter into the flour and salt until it is the consistency of breadcrumbs, then add the water.) Remove from the bowl and knead to bring the pastry together. Wrap the pastry in plastic wrap and let it rest in the refrigerator for 30 minutes.

Preheat oven to 190°C and line a baking tray with baking paper.

For the filling, combine meat and vegetables in a large bowl and season. Set aside.

Roll out pastry on a floured work surface until 1/2 cm thick. Using a plate as a guide, cut out six 24cm circles and brush the edges with the eggwash. (You may need to collect the scraps and re-roll pastry to get the correct amount of pastry circles). Divide the filling among the centre of the circles and fold in half. Use your fingers to crimp the edge of the pastry together.

Lay the pasties on their side on the baking tray lined with baking paper and brush tops with the eggwash. Bake for 40-50 minutes until the pasties are golden brown. Serve hot. ✂

**“CAKES, BISCUITS, PIES AND
OTHER SWEET AND SAVOURY
PASTRIES ARE ENTWINED
WITH THE IDENTITY OF
THE INHABITANTS OF THE
GREEN BRITISH ISLES.”**

Flapjacks
(recipe p 105)

d.

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warm up

Kirsten Jenkins harnesses the warmth of ginger, featured in globe-trotting sweet recipes with a kick, from classic German spiced cookies and a rich Jamaican cake, to Italian doughnuts bursting with sugar and spice.

PHOTOGRAPHY BEN DEARNLEY STYLING KIRSTEN JENKINS

Jamaican ginger cake
(recipe p 112).

WICKED.

American-style ginger
molasses cookies
(recipe p 112).



Pfeffernüsse (German iced
spice cookies, recipe p 115).

WICKED.

Italian bombolini with
ginger custard (recipe p 115).





“One of my favourite things about ginger is its universality. The punchy heat and moreish spice sing when paired with sweetness, and so many global cuisines have their own take – from molasses-heavy Jamaican cakes to irresistible Italian bombolini.”

 @kirstenljenkins

AMERICAN-STYLE GINGER MOLASSES COOKIES

MAKES 34

2¼ cups (335g) plain flour
2 tsp bicarbonate of soda
1 tbs ground ginger
1 tsp ground cinnamon
½ tsp ground allspice
170g unsalted butter, chopped,
softened
½ cup (110g) caster sugar
½ cup (110g) dark brown sugar
1 egg
¼ cup (95g) molasses
1 cup (220g) demerara sugar

Combine the flour, bicarb, ginger,

cinnamon, allspice and ½ tsp salt in a bowl. Set aside.

Place butter and sugars in the bowl of a stand mixer fitted with the paddle attachment and beat until thick and pale. Add the egg and beat until well combined, then add the molasses. Gradually add the flour mixture and fold through until well combined. The dough will be very soft and sticky. Cover bowl with plastic wrap and refrigerate for 2 hours or until completely chilled.

Preheat oven to 180°C. Lightly grease two baking trays and line with baking paper. Place demerara sugar in a small bowl and set aside.

Roll the chilled dough into 1 tbs-sized balls, then toss in demerara sugar until completely coated. Arrange dough on the prepared trays, allowing room for the cookies to spread. Bake in batches for 14-15 minutes until the cookies begin to spread and crack on top. Allow to cool completely on the tray before serving.

JAMAICAN GINGER CAKE

SERVES 12-14

2½ cups (375g) self-raising flour
1 tbs ground ginger
2 tsp ground allspice
200g unsalted butter, chopped,
softened
250g dark muscovado sugar
3 eggs, lightly beaten
10cm piece (50g) ginger, peeled,
finely grated
250g sour cream, at room temperature
¼ cup (60ml) milk
1 cup (250ml) molasses

GINGER ICING

1½ cups (180g) icing sugar mixture
1½ tsp ground ginger

Preheat oven to 160°C. Grease a 20cm x 30cm x 5cm-deep baking pan and line the base and sides with baking paper.

Sift flour and spices into a bowl and mix to combine. Place butter and sugar in the bowl of a stand mixer fitted with the paddle attachment and beat until thick and pale. Add eggs and beat to

combine. Add ginger, sour cream, milk and molasses, beat to combine, then fold in flour mixture until combined.

Pour batter into the prepared pan and bake for 55 minutes-1 hour until a skewer inserted in the centre comes out clean. Set aside to cool completely in the pan.

For the ginger icing, sift the icing sugar and ginger into a bowl and gradually add 1½-2 tbs water, stirring until well combined and smooth. Turn out cooled cake onto a wire rack, pour over icing and cut into pieces to serve.

NEW ZEALAND'S GINGER CRUNCH SLICE

MAKES 16 PIECES

2 cups (300g) plain flour
1 tsp baking powder
2 tsp ground ginger
190g unsalted butter, chopped,
softened
½ cup (110g) caster sugar

GINGER ICING

75g unsalted butter, chopped
3 cup (115g) golden syrup
1½ cups (240g) pure icing sugar, sifted
1 tbs ground ginger

Preheat oven to 180°C. Grease a 22cm square baking pan and line the base and sides with baking paper.

Sift flour, baking powder and ginger into a bowl and mix to combine. Place butter and sugar in the bowl of a stand mixer with the paddle attachment and beat until thick and pale. Fold in the flour mixture until well combined. Press mixture firmly into prepared pan and prick all over with a fork. Bake for 25-30 minutes until light golden.

Meanwhile, for the ginger icing, place the butter, golden syrup, icing sugar and ginger in a medium saucepan over low heat. Cook, stirring, for 3 minutes or until butter has melted. Pour ginger icing over the cooked base while both are still hot and set aside to cool completely. Once cool, set aside at room temperature for 1 hour or until set.

Using a hot knife, cut slice into 16 squares to serve.

WICKED.

New Zealand's ginger
crunch slice



WICKED.



Ginger & apple kuchen
(German ginger & apple cake)



GINGER & APPLE KUCHEN (GERMAN GINGER & APPLE CAKE)

SERVES 8-10

170g unsalted butter, chopped, softened
1/2 cup (110g) caster sugar
1/3 cup (115g) runny honey, plus extra to brush
4 eggs
4cm piece (20g) ginger, peeled, finely grated
80g uncrystallised ginger, finely chopped
2 cups (300g) self-raising flour, sifted
2 (375g total) medium green apples, peeled
Double cream, to serve

Preheat oven to 160°C. Lightly grease a 22cm springform pan and double-line the base and side with baking paper.

Place butter, sugar and honey in a stand mixer fitted with the paddle attachment and beat until thick and pale. Add eggs and beat to combine (the mixture will appear split at this stage). Fold through both gingers, flour and 1/2 tsp salt and mix until just combined. Spoon mixture into prepared pan.

Cut the cheeks of the apples from the core and thinly slice into 5mm-thick slices. Arrange apple slices around the top of the cake, then loosely cover the pan with foil. Bake for 1 hour then remove foil and bake for a further 20 minutes or until a skewer inserted in the centre comes out clean. Allow to cool in the pan for 10 minutes before carefully removing the side of the pan. Warm extra honey and brush over the top of the cake. Serve warm with double cream.

PFEFFERNÜSSE (GERMAN ICED SPICE COOKIES)

MAKES 16

Begin this recipe at least 4 hours ahead.

1 cup (150g) plain flour
1/4 tsp bicarbonate of soda
2 tsp mixed spice
2 tsp ground ginger
1/4 tsp black pepper, finely ground

35g unsalted butter
1 1/2 tbs thickened cream
1/4 cup (60g) brown sugar
2 tbs runny honey
1/4 cup (25g) almond meal (we used Woolworths Macro almond meal)
1 egg
1 1/4 cups (150g) pure icing sugar, sifted

Sift the flour, bicarb, mixed spice, ginger, pepper and 1/4 tsp salt into a bowl. Set aside.

Place the butter, cream, sugar and honey in a small saucepan over low heat and stir until sugar dissolves. Remove from the heat and stand for 5 minutes, then stir through the flour mixture and almond meal. Add the egg and mix well to combine (the dough will be very sticky and wet). Cover dough in plastic wrap and rest for 4 hours.

Preheat oven to 180°C. Lightly grease 2 baking trays and line with baking paper. Roll 1 tbs-sized balls of cookie mixture and place on the trays, leaving room for the cookies to spread. Bake for 14-15 minutes until golden brown. Allow to cool completely on the trays.

To make the icing, place icing sugar in a bowl with 5 tsp of hot water. Mix until until smooth. Dip cooled biscuits in the icing, allowing excess to drip off. Place on a wire rack set over a baking tray and set aside until the icing sets.

ITALIAN BOMBOLINI WITH GINGER CUSTARD

MAKES 12

You will need a piping bag with a 1.5cm plain or star nozzle for this recipe.

7g (about 1 sachet) dried yeast
2/3 cup (165ml) milk, lukewarm
1 1/4 cups (275g) caster sugar
2 2/3 cups (400g) plain flour
2 eggs
100g unsalted butter, chopped
2 tsp ground ginger
Vegetable oil, to deep fry

RICE BUBBLE PRALINE

1 cup (220g) caster sugar
3/4 cup (15g) Rice Bubbles

GINGER CUSTARD

250g creme fraiche

1 cup (250g) store-bought thick custard

2 tbs (40g) uncrystallised ginger, finely chopped

Place yeast, milk and 1 tbs sugar in a jug and stir to combine. Cover and set aside in a warm place for 10 minutes until frothy. Place the flour in the bowl of a stand mixer fitted with the dough hook. Add yeast mixture, 2 tbs sugar, eggs and 1/4 tsp salt. Knead for 2 minutes or until dough comes together. Add butter, 1 piece at a time, and knead until combined. Knead for 2-3 minutes until dough is soft. Transfer to a greased bowl, cover and set aside in a warm place for 1 hour or until doubled in size.

Meanwhile, to make the Rice Bubble praline, line a baking tray with foil. Place sugar in a large frypan over medium-high heat and cook, swirling the pan occasionally, for 6-7 minutes until a dark caramel. Remove from heat and add the Rice Bubbles, swirling to coat in the caramel, then pour over prepared baking tray. Set aside for 30 minutes until cold and set. Break into small pieces and place in a food processor and whiz until crushed into fine crumbs. Store in an airtight container until needed.

For the ginger custard, place the creme fraiche in the bowl of a stand mixer fitted with the whisk attachment and whisk to firm peaks. Add the custard and whisk until thick. Fold through the ginger, then transfer mixture to a piping bag fitted with a 1.5cm plain or star nozzle. Chill until needed.

Knock back the dough. Divide into 12 portions, roll into balls and place on an oiled baking tray. Cover and set aside for a further 20 minutes or until risen slightly.

Combine remaining 1 cup (220g) caster sugar and ground ginger in a large bowl. Half-fill a large saucepan or wok with vegetable oil and heat to 170°C (a cube of bread will turn golden in 60 seconds when the oil is hot enough). In batches, deep-fry doughnuts, turning, for 3-4 minutes until golden. Remove from the oil with a slotted spoon and drain

on paper towel. Toss hot doughnuts in ginger sugar mixture. Push piping bag nozzle into the side of each doughnut and pipe in ginger custard. Sprinkle the praline over the custard and serve warm.

STICKY GINGER PUDDING

SERVES 6

1 3/4 cups (260g) self-raising flour

1 1/2 tsp ground ginger

1/4 tsp bicarbonate of soda

100g dark muscovado sugar

2 tbs treacle

120g unsalted butter, chopped, melted

1/2 cup (125ml) buttermilk

3 eggs

150g uncrystallised ginger, finely chopped

Thickened cream or ice cream, to serve

GINGER SAUCE

100g unsalted butter, chopped

1/3 cup (75g) dark muscovado sugar

1/3 cup (80ml) ginger beer

200ml thickened cream

120g uncrystallised ginger, chopped

Preheat oven to 180°C. Lightly grease a 6-hole Texas muffin pan.

Sift the flour, ginger and bicarb into a bowl. Add the sugar, treacle, butter, buttermilk and eggs and whisk until combined. Add the ginger and fold through until well combined. Divide mixture into prepared pan and bake for 20-25 minutes until golden and slightly soft to the touch.

Meanwhile, for the ginger sauce, place all ingredients in a small saucepan over medium heat and stir until the sugar dissolves. Bring to the boil and cook, stirring, for 5 minutes or until slightly thickened. Remove from the heat and allow to cool slightly.

Turn the puddings out into bowls and pour over the warm ginger sauce. Serve warm with cream or ice cream. ✕

d.

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WICKED.

Sticky ginger pudding





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PETER GILMORE DISCOVERS SOUTH KOREA'S UNIQUE FLAVOURS **120** >> HOKKAIDO: JAPAN'S COOLEST ISLAND **128** >> THE BEST OF SANTA MONICA **134** >> LUXURY STAYS IN INDONESIA **140** >> LYNDEY MILAN'S TOP SPOTS IN OSLO **144** >> GUY SAVOY'S PARIS **154**

TRAVEL

Find out why South Korea holds the Quay to Peter Gilmore's genius (p 120).

QUAY TO SEOUL

Sophie McComas-Williams travels to the South Korean capital and surrounding countryside with **Peter Gilmore**, to discover the origins of the chef's favourite ingredients. From organic laver to aged soy and vinegar, the prized items open up a new world of flavour, and Gilmore is right there to taste it all.

PHOTOGRAPHY NIKKI TO



@moremccomas



@chefpetergilmore



PETER GILMORE.

Peter Gilmore with
kimchi master
Mrs Lee Ha Yeon.
OPPOSITE:
bossam kimchi
(wrapped kimchi).



PETER GILMORE.



Not two hours have passed since Peter Gilmore landed in Seoul and already he's experiencing something new; the soft milky flesh of poached cow's udder bubbling in a bronze *eo bog jaeng ban* – a hot pot of beef broth stuffed with meat, mushrooms and chrysanthemum leaves. It's a feast. Quay's executive chef is quietly thrilled, this is what he came here for.

"I've never eaten this cut, but I wanted Pete to try it," says Paul Lee, spooning broth into our bowls. Lee and his wife Idylle have brought Gilmore here to South Korea to try new things. Not udders in particular but the people, traditions and processes behind the highly artisanal Korean ingredients Gilmore works with at Quay and Bennelong, supplied through the pair's Sydney-based business, Table 181 (table181australia.moonfruit.com).

Seeking out South Korea and Japan's most precious edible products is trusted to Idylle and her "impeccable palate". She travels to Asia 12 times a year to meet with producers of fermented, dried, aged, salted and fresh produce for Lee to deliver to chefs across Australia, including Automata's Clayton Wells, Saint Peter's Josh Niland, Supernormal's Andrew McConnell, and Rene Redzepi during his Noma Australia pop-up. Each item – from blood-red *gochujang* (fermented chilli paste) to aged soy, rock laver, sesame oil, anchovy extract, vinegar and kombu, is by far best-in-class, painstakingly made or gathered the way it has been for centuries, with strictly no chemical preservatives or flavour boosters. Lee is adamant, if not slightly pedantic, about this point. The only enhancements these complex

ingredients see are time and tradition.

While the height of elegance in Japanese cuisine is singularity and purity, in Korea, complexity and depth are more valuable – fermentation adding multiple layers of umami to ingredients such as *jang* (fermented sauces), aged soys and fish extracts. When these are harnessed correctly they not only deeply season a dish in place of salt, but fundamentally alter it in a way that is so deliciously perplexing, you just can't stop eating it. Peter Gilmore is Table 181's most important customer, purchasing 90 per cent of its small-but-growing range for both Quay and Bennelong. Sit down to lunch at Quay and you'll find subtle layers of Korean ingredients at every turn. In a dish of hand-harvested seafood, thinly sliced scallops, octopus and vongole are dressed in an exquisitely balanced combination of Table 181's brown-rice vinegar, virgin soy and snips of umami-rich black laver, delicate enough to complement the sweet, briny seafood without overpowering it. To season a recent lamb dish with coastal succulents, Gilmore created a pure anchovy salt made from Table 181's fermented anchovy extract, freeze-dried overnight at Quay. "When Peter uses a new ingredient, people take notice," says Lee. The enquiries roll in.



Bukchon Hanok Village.
ABOVE, RIGHT:
Pyeongyang naengmyeon,
North Korean-style
noodles in cold broth.





CLOCKWISE FROM TOP LEFT: cooking *galbi* (marinated beef short ribs) over charcoal; Mrs Lee mixing kimchi; *gan jang* (soy sauce) ageing in *onggi*; which are also used to age other *jangs*; Gilmore visits Sangchon with artisan *jang* maker Mrs Kwon Ki Ok.



PETER GILMORE.



CLOCKWISE FROM TOP LEFT:
Gilmore looks over a field of
green rice ready for harvest;
lunch at the Yecheon organic
farm using produce from the
property, including *jang* and
oils; Yecheon organic farm;
mixed grains; tofu is made with
soybeans grown and harvested
from the farm; which also
produces green rice.





CLOCKWISE: Apple and citrus vinegar ageing in *onggi* buried underground for 18 months; Asparagus, green beans, white sesame and pickled *sansho* (pepper) wrapped in *gamtae* (green laver naturally harvested in winter) at Mingles in Seoul; pumpkins grown at the farm.



“KOREANS LOVE HOT, SOUR, SWEET AND UMAMI FLAVOURS... AND SO VINEGAR IS A PILLAR OF FLAVOUR HERE.”

And so here we are, on a mission to find new things, armed with an itinerary that zips us around the country in just eight days. The first of many memorable dishes is *kimbap* (a Korean version of sushi) wrapped in *gamtae*, long hair-like strands of green laver that grow on the pristine mudflats of Seosan. They're hand-harvested by a producer named Badasooop in the dead of winter, no easy task, and are part of an intricate 11-course degustation at Mingles in Gangnam. As we arrive at Sangchon on the outskirts of Yongin, a landscape dotted with glossy brown *onggi* appears. The traditional porous clay vessel is used to ferment bricks of inoculated soybean pulp (*meju*) to make *jang* and soy sauce. Sangchon Chairman Kiok Kwon is one of the nation's few grand masters of Korean cuisine, and her highly prized soy and *jangs*, based on recipes that sprung from her great grandmother's position in the Royal Palace, are exclusively available in Australia via Table 181. As we walk through the field of *onggi*, Kiok Kwon opens one for Pete, her reflection shining on the liquid's inky surface as she offers him a spoonful of 16-year-old soy. "Major umami," says the chef, letting the sauce roll on his tongue. "Salty, rich, earthy, mouthwatering and rounded with so much character."

Even more interesting is a meat-and-fish soy, a pungent, rich condiment that Paul finds is "the most difficult product" on the Table 181 product list to convince chefs – including Peter a year ago – to buy. Its flavour is strange and strikingly unfamiliar, created by layering hunks of Korean beef, chicken, tofu, three types of semi-dried white fish, kelp and abalone in a salt-water brine and stored underground for one year to ferment. Traditionally, it's used to enrich stocks with layers of umami. Much like the bewitching scent of truffle or texture of caviar, soy this special can't be replicated. It's a product of place as much as it is technique, making the most of the pure water from the nearby mountain, rare Korean soybeans and the clean air of the valley. Suddenly, seeing how it's used on the Korean table, Lee's bottles of soy aren't looking so expensive, and Gilmore ponders how he can harness its powerful flavour back home, as we pass around dishes of rich stock-poached beef and tiny bowls of *banchan* (small side dishes).

We continue our journey into Gyeongsangbuk province the following day, driving past fields of golden rice, wild cosmos and blue-green mountains, and pull up at an open-air ageing room studded with 510 *onggi* buried in the stable temperature of the soil. Cho San Jung was founded in 1946 by the current owner Sang Jun Han's grandmother, and produces both grain and fruit-based vinegars. "Koreans love hot, sour, sweet and umami flavours," says Lee, "and so vinegar is a real pillar of flavour here." We taste a thick, syrupy vinegar made from crushed local apples

PETER GILMORE.

Their juice is boiled slowly at 80 degrees, fermented for 500 days in the *onggi* out back, then aged for another 18 months to reduce and become glossy and thick. Good vinegar takes plenty of time. Gilmore takes another spoonful, the liquid golden and honey-like. He likes it. We all dream that night of glazed pork.

There's so much for Gilmore to taste and see on this tour. On Jindo Island, we visit the producer of the laver seaweed he's been using for years. "Most chefs think laver grows in square sheets," says Lee, "and that's the only way Pete has seen it. But it grows like this, in long curly strands in the water." He gestures to the seaweed, which is smooth and glassy in texture when fresh, with a slight chewiness. "He uses so much of it, and now he'll never think about it the same way. I wanted him to see it in the elements. I wanted him to see what the water was like, who grew it, to feel it."

Extra virgin, single origin, organic sesame oil is a prized ingredient on the Table 181 product list, and when we arrive at the source – a humble farm down the road into Gyeongsangbuk we're greeted by 10 hectares of the stuff, growing tall thanks to farmers Ki Ho Nam and his wife, Ok Rye Jung. Pesticides haven't been sprayed on this land in over 35 years and it shows in the lush rows of parilla, ancient green rice and mung beans. As we stroll through the farm's processing shed, Gilmore peers into tubs of tiny black soybeans smaller than a fingernail, green rice and toasted sesame for oil, all picked and processed by hand, transfixed. "Paul, why haven't I seen this!" he says, opening a door, revealing rows of puffed grains. Lee scribbles in his book of notes, and Gilmore opens a bag of puffed sorghum (broom corn), its painterly pattern mimicking quail eggs, and turns them over in his palm. "This is why we came here, this is so good, Paul." The chef is beaming, his mind in overdrive. Potentially the little puffed grains could be sautéed in koji butter and added as a crunchy component to a dish at Bennelong... Or they could be mixed through rice or noodles. "I'll have to experiment when I get home," he says.

We grill chicken and wrap it in perilla leaves, and discuss why a trip like this has been special, what it means for a chef to journey to origin. "As I get older, the more I want to get to the essence of what a product is," says Gilmore. "To understand the passion that's gone into producing something inspires me, and makes me want to honour that product even more." The chef turns a chicken thigh over the coals and continues: "Good produce is about integrity. Something I noticed with the producers we've met is the pride they have. It's not just their product; it's their life. I watched the farmer while I was eating his food, and the smile on his face was priceless." Lee considers this and says, "That farmer has spent 30 years getting his soil right to grow those grains you love so much. We wanted you to see that." ✂

Author's note: As this story went to print, Paul Lee, founder of Table 181, suffered a heart attack, and subsequently passed away on April 26, 2020. As a respected and much-loved member of the Australian hospitality industry, losing Paul is a devastating blow. Our food landscape without Paul and his ingredients and knowledge is one that is markedly less delicious. Our thoughts are with his loving wife, Idylle, with whom he shared everything.





CLOCKWISE: *miyeok* (wakame) being aged in a dry room; Gilmore tries his hand at making *onggi* (clay pots); monk Jeong Kwan, who is also renowned for her cooking; inspecting organic *kimm* (laver); laver submerged in the ocean; salted anchovies are fermented. **OPPOSITE, FROM TOP:** Gilmore with dried radish top at a market in Jindo; local seafood and seaweed for lunch. Peter Gilmore travelled to Seoul thanks to Asiana Airlines.

Snow isn't the only thing Japan's northern-most island is good for – travel writer Jane Lawson

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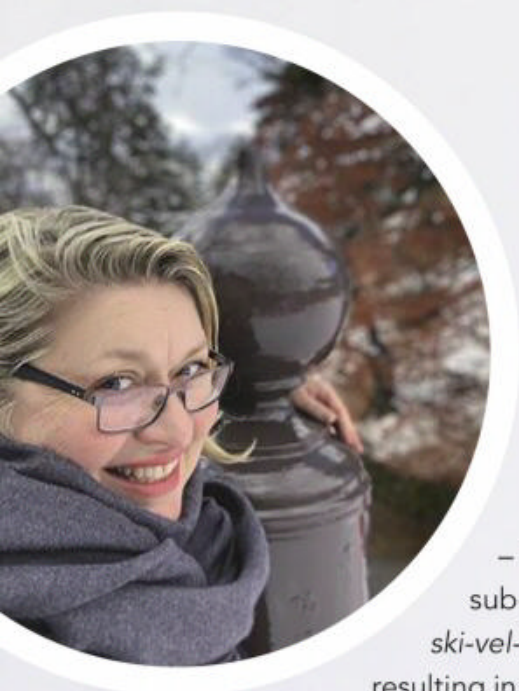


GLOBAL.

discovers the region is thriving, with food, craft and culture just the tip of the iceberg.

PHOTOGRAPHY JANE LAWSON

TAIDO



Six consecutive months of snow is not the only reason Australians keep returning to the coolest island in Japan (literally). Year-round, Hokkaido acts as a playground of sorts – even for non-outdoorsy types. Winter's sub-zero temperatures propel all but the true ski-vel-Knievels indoors for extended periods, resulting in a thriving craft and design scene. In the

warmer months, folks spring from hibernation to seize every, and I mean every, opportunity to socialise. Boy, can they throw a festival. One constant, regardless of season, is Hokkaido's food – best known for bracingly fresh seafood, lush dairy (thanks to the region's fertile pastures and alpine climes), the reliable inclusion of lamb, ramen for days, soup-curry and plenty of *nabe* (hotpot) action. It's quite the melting pot, especially when you consider that culinary influencers include Russian and Chinese neighbours, the lingering touch of Dutch traders, and the indigenous *Ainu*. Consider spending several days in each of the following epicurean cities and beyond for a true taste of Hokkaido spirit.

ASAHIKAWA

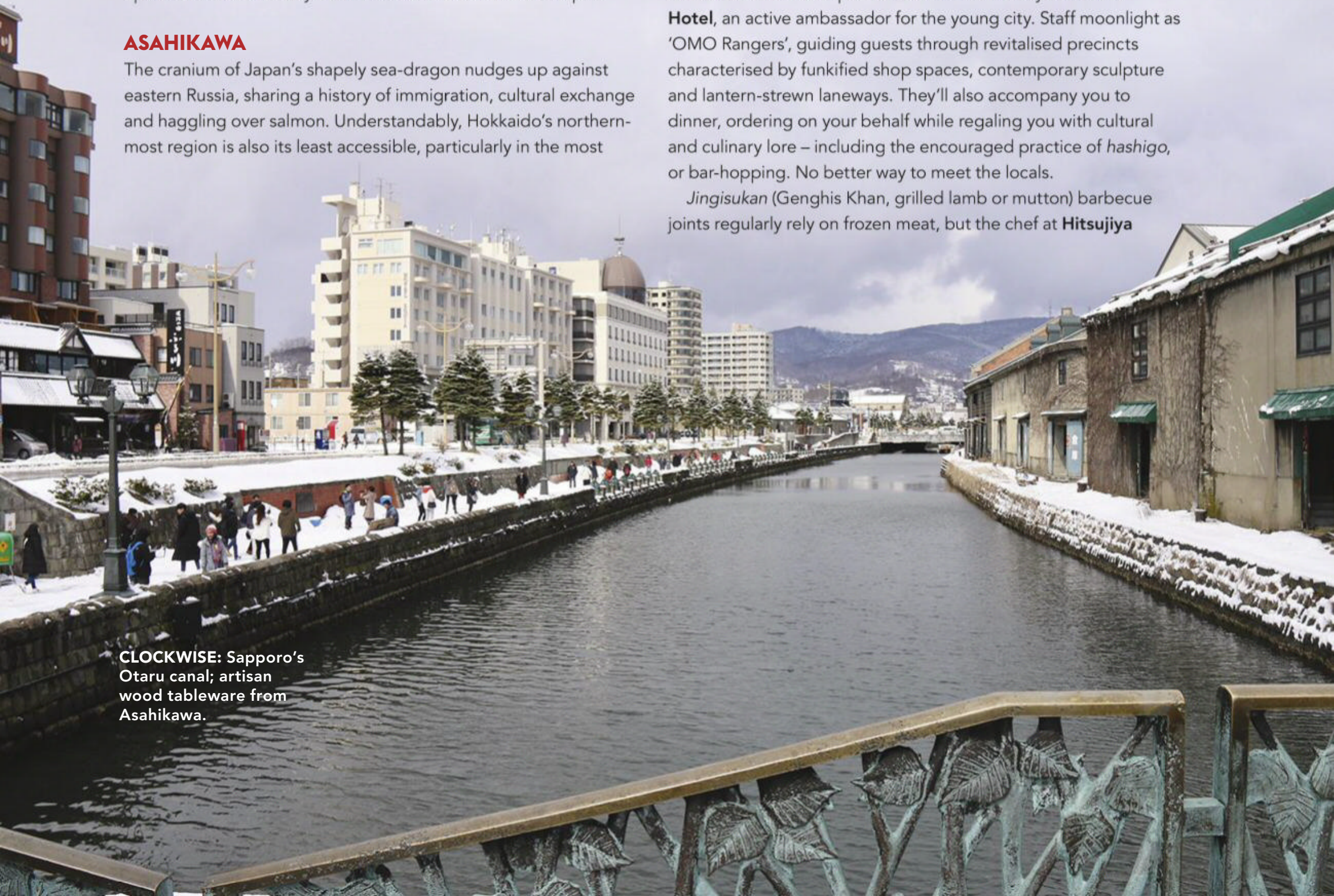
The cranium of Japan's shapely sea-dragon nudges up against eastern Russia, sharing a history of immigration, cultural exchange and haggling over salmon. Understandably, Hokkaido's northernmost region is also its least accessible, particularly in the most



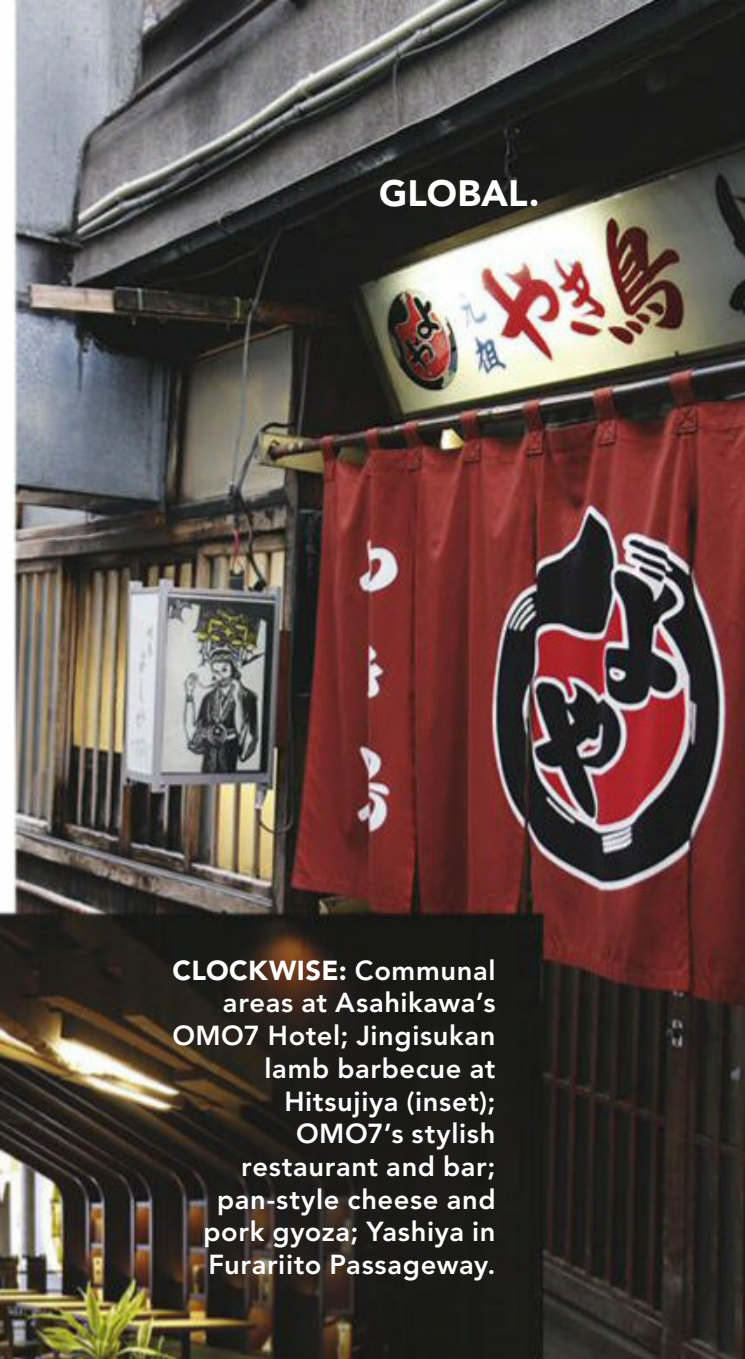
frigid months between November and March, when even 300-kilogram *higuma* (brown bears) are dubious of survival. When the snow melts, a cosmos-sized wilderness reveals grazing land for Jersey and Holstein cows, pretty floral fields and rivers racing with freshwater fish. Do you hear yodelling? It's likely the rhythmic notes of *Ainu* throat-song dancing on the breeze.

Bordering towns quietly flourish in an empathetically low-rise way. Asahikawa, the commercial heart of the island's north and conduit to the south, is affectionately branded a 'ski-city' due to its location at the crossing point of four rivers that dissect world-class mountain peaks. Poised in its bullseye is **OMO7 Hotel**, an active ambassador for the young city. Staff moonlight as 'OMO Rangers', guiding guests through revitalised precincts characterised by funkified shop spaces, contemporary sculpture and lantern-strewn laneways. They'll also accompany you to dinner, ordering on your behalf while regaling you with cultural and culinary lore – including the encouraged practice of *hashigo*, or bar-hopping. No better way to meet the locals.

Jingisukan (Genghis Khan, grilled lamb or mutton) barbecue joints regularly rely on frozen meat, but the chef at **Hitsujiya**



CLOCKWISE: Sapporo's Otaru canal; artisan wood tableware from Asahikawa.



CLOCKWISE: Communal areas at Asahikawa's OMO7 Hotel; Jingsukan lamb barbecue at Hitsujiya (inset); OMO7's stylish restaurant and bar; pan-style cheese and pork gyoza; Yashiya in Furariito Passageway.

sources only fresh, locally bred Suffolk Cross and Icelandic lamb breeds for their sweet, tender flesh. He'll also ensure you're sipping a frozen lemon wedge sour while perusing the menu that includes smoked offal and custom-made sausages. **Furarito Passageway** (and nearby Pari gai) is lined with family-run restaurants like **Izakaya Fukurotei** which displays a huge selection of the region's superb sake – perfect for marrying with its velvety crab croquettes, rare venison with grated wasabi and potato salad made from Hokkaido's illustrious crops, which are also the foundation of some fine provincial *shochu*. The old-school atmosphere of **Yashiya Yakitori** is best absorbed sitting at the counter, eating house-made pickles, and observing the elderly master fluidly alternating between fine-tuning charcoal and dipping sides of *shinko-yaki* (grilled young chicken) and salt pork chops (both specific to Asahikawan 'stick-joints') into soy and mirin glaze. While Sapporo-ites are stalwarts for miso ramen and Hakodate prefers lighter *shio* (salt) ramen, Asahikawa's style sits in

between, with *shoyu* or soy ramen, although it always comes down to personal taste. At institution **Hachiya**, punters come specifically for the deeply roasted pork and chicken essence with a charred, slightly oily finish. Play nicely and you might even score a home-cooked meal of *ishikari nabe* (the region's Ainu-originated salmon hotpot).

If you swoon over Japanese tableware, spend half a day wandering the forest-backed enclave of **Arashiyama Pottery Village** for ceramics, hand-blown glass and modern hand-crafted wooden objects. Don't miss **Taisetsugama**, **Brown Box** or the chance to refuel at **Café Tutto**. Set inside a private home, you'll befriend the entire family, including the cat, over coffee and cake. For something more traditional, visit **Fukuyoshi Café** for grilled-to-order red bean-centred *tokiwa yaki*, a pastry of sorts, modelled on neighbouring Asashi bridge – best washed down with a matcha latte. And visit **Furano**, a small ski town an hour's drive away, to explore their steadily propagating wine and cheese trail.



CLOCKWISE: Sapporo's Ganso Yokochō (ramen alley); a chef busy at work over the pans at Soup Curry Cocoro; snowy beauty en route to the Hokkaido Shrine; nigiri sushi (inset).

SAPPORO

On the surface, the prefecture's capital could pass for any low-rise Japanese city, but give it a good scratch and you'll find a wealth of subterranean and cleverly sheathed street-level strips jammed with great grub. Dig a little deeper for off-track culinary experiences like **Nikka's Yoichi Whiskey** distillery and **Kinoko Okuko** (Mushroom Kingdom) where you can sample a selection of the 1000-plus 'shroom varieties in the eateries attached. Sidestep centrally located fish markets in favour of *kyogai-ichiba* (wholesale market) worth the extra few taxi kilometres for sublime sea fare and to rub shoulders with neighbourhood chefs. Try to time it with the less regular Sapporo *asaichi* (morning market) for a peek into home-bound shopping baskets.

Fond of Japanese beer? You'll already know the name Sapporo, but a recent explosion in craft brew has spawned a slew of brewpubs such as **Tsuki to Taiyou** (Moon Sun), for getting straight to the 'sauce', and Bankei ski area's inspired **Craft Beer Forest** festival, held each July. Guaranteed froth and frolic.

In Japan, drinking is usually accompanied by food, so it's a mystery as to why crowd-pleasing soup-curry is seldom seen outside Hokkaido. It's nutritious and damn tasty – imagine deep bowls of thin curry broth, heat scaled to personal limits, brimming with seasonal vegetables including lotus root, pumpkin, peppers and fried eggplant alongside optional protein like roast chicken, egg or *natto* (fermented soybeans). Rice and a coldie are served on the side. Vegetarians beware, as it's common for *dashi* (stock) to contain fish. Committed carnivorous should bolt towards acclaimed **Soup Curry Cocoro** for the chef's superb soup rich with veal, chicken and pork bones.

Sapporo's hearty miso ramen (reportedly good for hangovers) comes topped with much-loved combinations like butter, corn, pork belly and spring onion, or laden with seafood, chilli, garlic and sesame oil. Sniff out ramen alley **Ganso Yokochō** for 17 of the city's best bowls. Can't decide between cold-slaying chicken ramen from **Toripan**, the super-spicy blend from **Higuma** or **Shimijimi's** shellfish special? Well, order a plate of *zangi* (Hokkaido fried chicken) while you ponder. The basement of the Hokuren building contains a select number of venerated eateries such as **Ichiryuan**, where, among other flavour-drenched varieties, a sroupless ramen featuring chewy house-made noodles is drizzled with concentrated, smoky *hokkigai* (surf clam) dashi emulsified with pork fat and garlic and topped with sizzled slithers of pork belly and *onsen tamago* (soft-cooked egg) – redolent of top-notch carbonara.

An enduring late-night ritual of slurping *shime-ramen* (loosely translating to 'end the night' noodles) is being nudged aside by the rising popularity of a *shime-parfait* movement. Evenings capped with complex ice-cream concoctions in a spectrum of flavours including tea, fruit, seeds, fresh herbs and booze can be located at **Parfait, Coffee, Liquor, Sato** – just one of many 'afters' bars featured on the dessert-directory **Sapporo Shime Parfait**. Hokkaido lusts after dairy-opulent foods with unparalleled enthusiasm – flaunting its creamy, sugary decadence across the



capital. Try walking one block without being arrested by the scent of **Kinotoya Bake's** souffle-like cheese tarts warm from the oven.

Forty minutes away, the canals of Otaru, an attractive portside town once recognised for its booming herring industry, overflow with sweet-tooths seeking out fancy confectioners like **LeTAO** (hello, four-cheese ice cream!) and **Rokkatei** for its not-to-be-missed *marusei* cookies sandwiched with white chocolate buttercream and rum-soaked raisins. Conversely, they're queuing up at **Kamaei's** factory shop for artisanal *kamaboko* (fishpaste cakes) served fresh from the fryer. It might sound unappetising, but the deep-fried 'mayo sandwich' featuring fish cake, chilli flakes and Japanese mayonnaise wrapped in white bread is one of those

'OMG' moments in strange snackery – think prawn-toast on steroids. *Sankaku ichiba* market shanties heave with fanatics devouring sea-treasures at a fraction of the price you'd pay in Tokyo.

HAKODATE

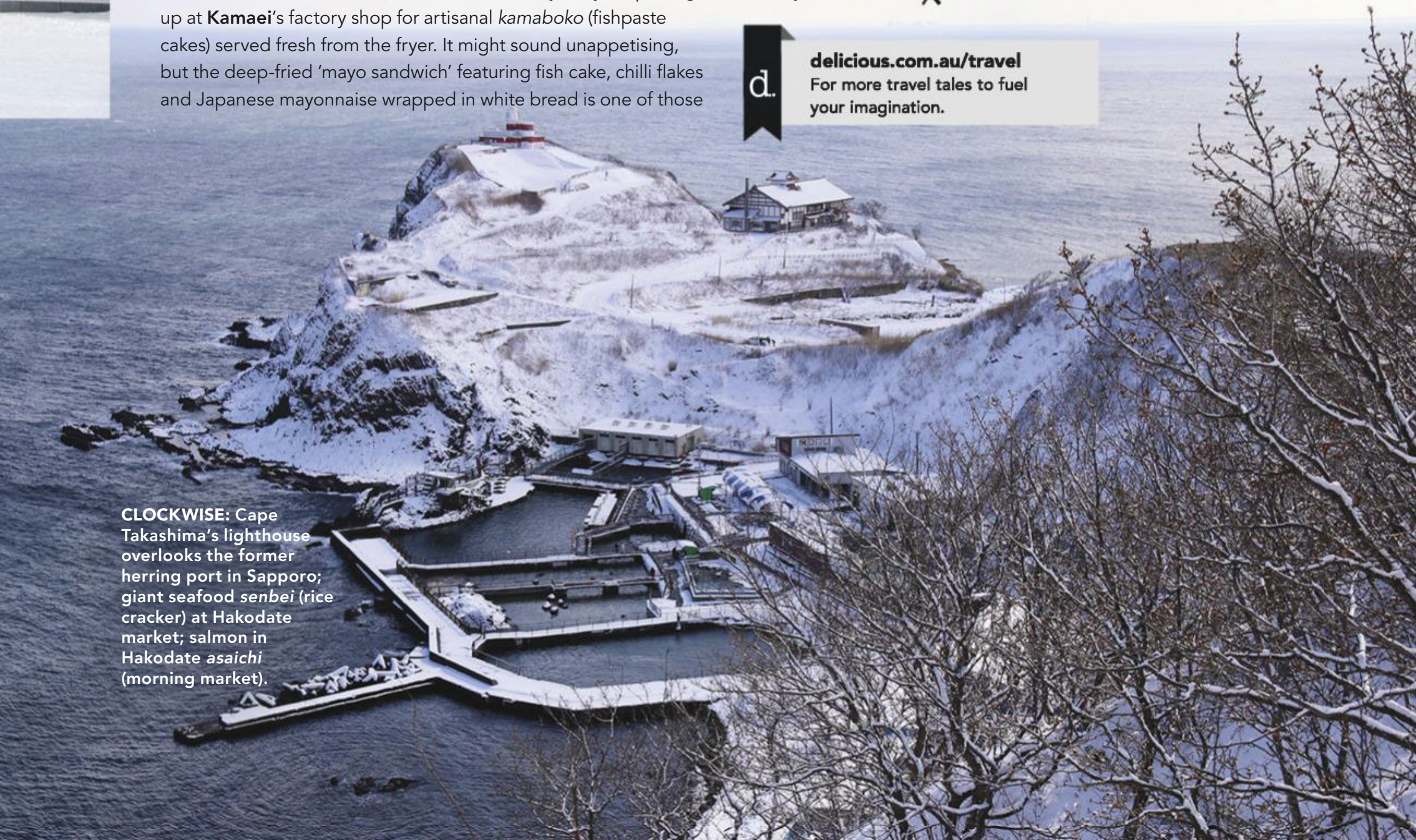
Since this photogenic destination became directly accessible via *shinkansen* (bullet train) in 2016, it's received an influx of mainland day-trippers who come to admire the port town's exquisitely preserved Dutch and Russian-inspired architecture and... eat.

Make your first stop **Donburi Yokochō**, the restaurant corridor of recently revitalised Hakodate *asaichi* for a breakfast of *kaisendon* – deep bowls of hot rice topped with sea urchin petals, glossy salmon roe and fresh crab meat, or equally luxe compositions. Inside the market, snap up souvenirs of *ikasumi sakiika*, the most goth-looking bar snack in existence (squid in its ink, dried and shredded) and a packet of *ika senbei* (wafer-thin basketball-sized squid rice crackers). Hakodate's cephalopods are also eaten raw in *ika somen* (thinly sliced noodles of raw squid) – try it at the stupendous **Ryotei Fumoto**. And for an entire meal of immaculate sashimi and sushi head to **Kihara's** ocean-view rooms.

Wind back the clock to the mid-1800s by walking along the *Motomachi* (historical) quarter's scenic slopes, concluding with dinner at restaurant **Gotoken** for silver-served *yoshoku* (Japanese-Western fusion cuisine) including the legendary Dutch curry, borscht or stroganoff. Which should you choose? Never mind, you'll be back. ✕

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CLOCKWISE: Cape Takashima's lighthouse overlooks the former herring port in Sapporo; giant seafood *senbei* (rice cracker) at Hakodate market; salmon in Hakodate *asaichi* (morning market).



SANTA MONICA

Oh, for a beach to look like this again! Pre-pandemic, **Phoebe Wood** headed to vibrant Santa Monica to check out the then-thriving dining scene. Here, she relives the dream.

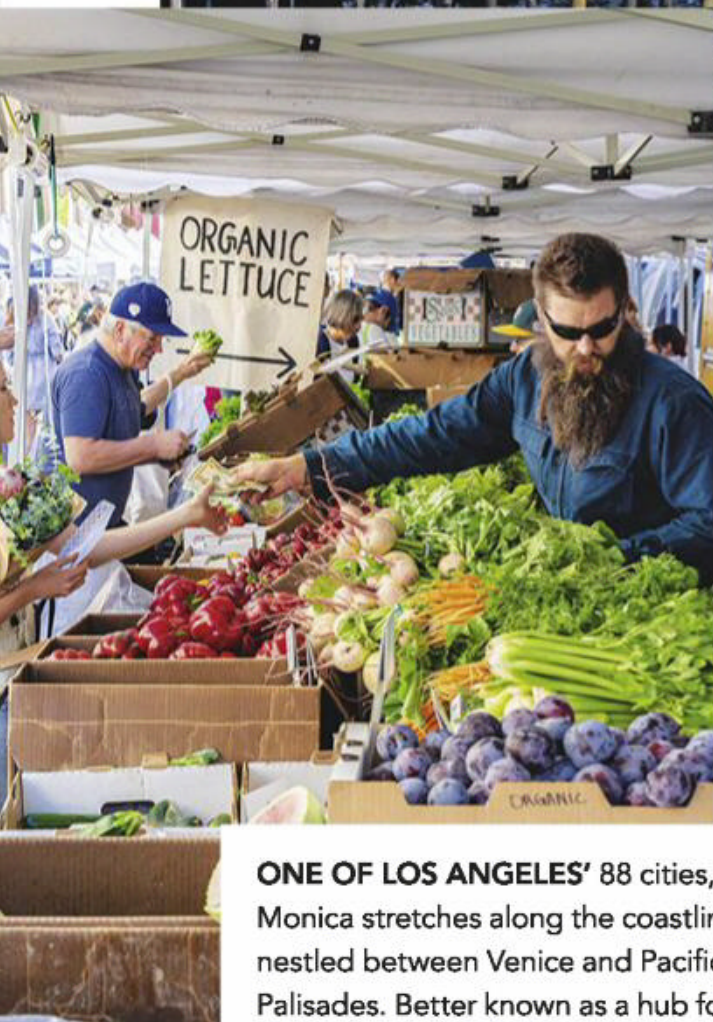
PHOTOGRAPHY **SIMON KELLY**



@phoeberosewood



CLOCKWISE: Santa Monica pier; Art Deco vibes at Hotel Shangri-La; Dialogue's hibiscus and parsley leaves with vanilla ice cream, white sesame shortbread; beachside cool; organic markets. OPPOSITE: dreaming of beach days.



ONE OF LOS ANGELES' 88 cities, Santa Monica stretches along the coastline, nestled between Venice and Pacific Palisades. Better known as a hub for a glitzy health-and-wellness scene, in the past few years Santa Monica has thrived as a dining destination, with some of America's best chefs cooking here in restaurants ranging from ultra-luxe and exclusive, kitsch family-friendly all-American, to health focused. Among all the incredible bites there's the unmissable visit to the iconic Santa Monica Pier, buzzing with performers, preachers and activists, gloriously colourful farmers' markets showing off sun-kissed Californian produce and plenty of outdoor adventure options, to work it all off.

Live like a local and start the day on the sand for beachside sprints, volleyball, or a yoga class by the water with Beach Yoga SoCal guru Vee Gomez, who runs daily

classes ranging from flow to meditation, with a focus on connecting with the environment through a meditative slow flow class. Continue the healthy start with breakfast or brunch at Aussie cafes Little Ruby (also for excellent coffee) or Sydney favourite Bondi Harvest (recently relocated from Santa Monica to nearby Culver City) for breakfast burritos and a veggie-packed brunch bowl of cauliflower rice, pistachio dukkah, house-made falafel and hummus.

Wake up beachside at the charming Art Deco Hotel Shangri-La on Ocean Avenue; the perfect spot for a low-key, easy getaway. Built in 1939 and independent of the hotel chain of the same name, the property has retained its original architectural façade and classic design. The breezy suites are comfortable and guest rooms overlook the beach. They also feature full

kitchenettes if you're planning on self-catering.

With four weekly farmers' markets in the city, spot local residents and chefs alike selecting organic produce from the Santa Monica Farmers' market (on Wednesdays and Saturdays). Its focus is on small producers peddling produce such as heirloom tomatoes in exotic varieties like Black Brandywine and Green Zebra, and pretty bunches of flowering broccoli. There's also an incredible selection of peppers, as well as wild salad greens, and garden vegetables in abundance – think French breakfast radishes and fennel.

While farm-to-table can be a phrase that's thrown around, it's a concept that comes to life in the city's restaurants. Chef Dave Beran, of Michelin-starred Dialogue and his most recent venture Pasjoli, has a chef solely responsible for selecting the perfect market haul, and it shows on the



CLOCKWISE: views galore at Elephante; stylish dining at Social Eats food hall; a tartare dish featuring brussels sprouts; Social Eats; cocktail hour at Elephante; chef Andy Doubrava. OPPOSITE: Fuku's hot chicken; street markets.



“SANTA MONICA’S FOOD SCENE IS WORTH A RETURN TRIP WHEN THIS BEACHSIDE HEAVEN BOUNCES BACK.”



plate. At Pasjoli, diners are transported to another era of dining. The sleek dining room, with gold-accented bar, leads to a quiet and meticulous open kitchen where Beran commands the pass. The a la carte menu is inspired by turn-of-the-century French cuisine (the chef pays tribute to Escoffier on his menu). Golden heirloom tomato stuffed with raw tuna, tomato jelly and aged tomato vinaigrette segues to a classic incarnation of beef tartare fired up with a peppery nasturtium pesto and a mandala of raw radish for a subtle heat. A whole duck theatrically carved at the table has the breasts thinly sliced, while the whole carcass is placed in the brass duck press to form a rich sauce seasoned by cognac and red wine. Polished service shifts easily from conversational banter to

expert recommendations and in-depth explanations. It’s a standout experience. The conversation continues at Beran’s fine diner Dialogue, discreetly located at the top of the Social Eats food court on 3rd Street promenade. The dialogue begins from the beginning of the meal, when guests receive confidential instructions on the day of their booking to access the private dining room, simply marked Suite K, Private. A steady flow of carefully considered courses threads together with a story of seasonality revealing dishes like prawn ceviche and nasturtium with fermented green strawberry to a tiger’s milk jelly, the by-product of the ceviche, with shiso and caramelised soy. Each dish is cleverly connected by an ingredient from the previous course.



Light bites and more than 100 wines by the glass are on offer in the wine compendium at Wally's on Wilshire Boulevard. The store, which also sells bottles, has up to 4,000 wines at any given time, ranging from well-priced glasses to ultra-special-occasion \$850 per glass of Screaming Eagle from the Napa Valley.

For relaxed family-friendly American dining vibes, there's Birdie G's, the venue that *LA Times* restaurant critic Bill Addison called 'Santa Monica's hottest restaurant of 2019'. Conceived through the vision of chef and co-owner Jeremy Fox (also the owner of neighbouring Rustic Canyon), the smart, industrial-style venue

showcases a menu that riffs on nostalgic flavours. Fox is clever about it, connecting each of us to our past through generous bowls of comfort food that don't compromise on technique and execution. Memories of French onion dip come flooding back through an incredibly enjoyable five-onion dip served with a colourful bundle of crudité. A corned brisket with pickles and mustard transports you back to your nan's table.

It's not all about fine dining, and the ethos behind food hall Social Eats on 3rd Street promenade is to showcase exactly that. It's an innovative dining food hall that cites equality as its founding principle, making great food experiences available for everyone. Here, you could wander between the stalls to sample anything from pan-Asian bowls of cacio e pepe made with udon noodles, or feisty tacos stuffed with pork belly and charred pineapple at Azulé Taqueria. The very brave should sample the hottest chicken on the West Coast, at Korean-American chef David Chang's Fuku. A pair of gloves are essential, as is carton of milk, before trying Chang's fried chicken sandwich, seasoned with Scorpion and Carolina

Reaper chillies, dubbed the hottest in the world.

The plates are more hot than fiery at local favourite Rustic Canyon, Jeremy Fox's flagship restaurant. Helmed by the young and charismatic Andy Doubrava, his Instagram tagline encapsulates the restaurant's ethos 'simple ain't easy.' Elegant plates hero the 'vegetable first' philosophy, like a tangle of yellow carrot kimchi. There is also the cherry tomato dish glistening with prawn oil, or the 'fruit salad with meat', which turns out to be an elegant steak tartare scattered with a crumb of anchovies and capers and served with dried mulberry and fresh pear.

With Southern Italian vibes and a breezy vista overlooking Santa Monica beach, Elephante provides the perfect spot to settle in for the all-day experience. Under the culinary direction of Aussie chef Thomas Lim and head chef Phil Rubino, Elephante is known for blistered pizza doughs topped with house-made charcuterie, handmade pastas and moreish plates of seafood.

Santa Monica's food scene, sunshine and laidback vibes are worth a return trip when this beachside heaven, and the rest of the world, bounces back. ✂



d.

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TRAVEL NEWS

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SENT PACKING

For those who refuse to pack light, German luxury luggage brand RIMOWA has released the Original Trunk XL. Designed with epic voyages and sprawling closets in mind, it is built in the brand's iconic trunk shape, but with an extra 25 litres of space. Handcrafted in Cologne from high-end anodised aluminium, it's ideal for long journeys or maximalists who just need more room. \$2,840. rimowa.com

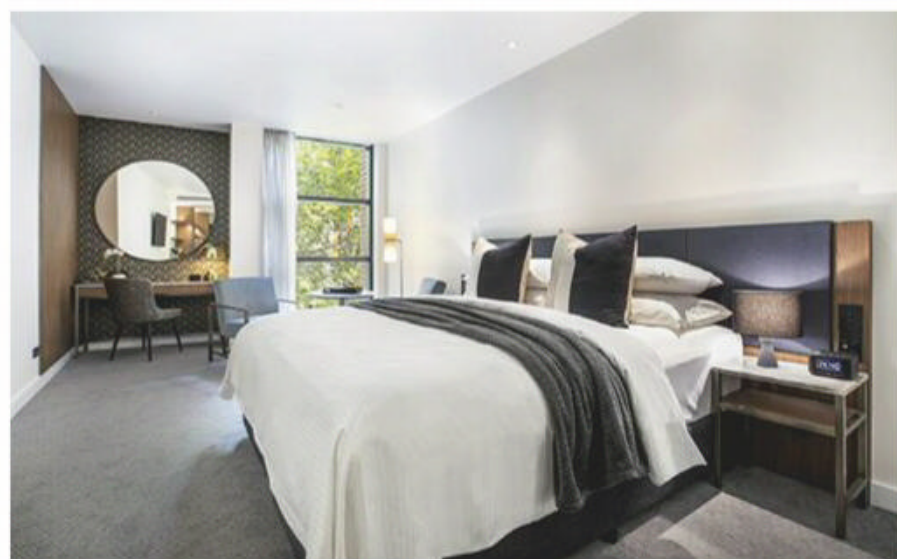
High life

Few resorts can claim the coveted six stars, and the Barossa Valley will soon be home to one of them. Adelaide's internationally renowned wine region is set for a landmark transformation with the announcement of Oscar Seppeltsfield. Set to open in 2022, the \$50 million luxury hotel and day spa will have 70 suites and penthouses, each with private balconies, a dedicated sky bar with sweeping 360-degree views and an exclusive day spa complete with infinity pool. seppeltsfield.com.au



SCENT FROM ABOVE

Self-isolate in luxury (why not?) with the new Ourika fragrance from upscale French candle house Cire Trudon. Featuring floral notes of gardenia, rose and magnolia combined with deeper, spicier touches of benzoin and pink peppercorn, our future nights in just got cosier. \$135. agencedeparfum.com.au



CHECK IN

1 The final countdown is on to the opening of Sydney's newest addition: Crowne Plaza Sydney Darling Harbour (above and left). The brand-new \$150 million hotel in the heart of the city boasts 152 guest rooms with loads of extra elbow room. Antipasto aficionados and wine lovers in particular will be awaiting the arrival of La Bella Trattoria & Bar, helmed by Egyptian-born Mohamed Abdell. And while reclining at a rooftop infinity pool mere footsteps from bustling Sussex Street may take some getting used to, we're willing to rise to the challenge. Crowne Plaza Sydney Darling Harbour is set to open later this year. crowneplaza.com



2 There's nothing quite like a complete escape from the world. Luckily for those daydreaming of pulling a disappearing act, being marooned on your own private island is now an option. Guests at Anantara Medjumbe Island Resort (above), off the coast of Mozambique, can now be swept away to the nearby uninhabited Quissanga Island and left in blissful solitude on the private beach. There's nothing to do but gaze at the starry night sky, dine on a fresh seafood barbecue and eventually retire to your al fresco four-poster bed. reservations.africa@minorhotels.com

Edited by Rosemary Slade  @someshtishchick

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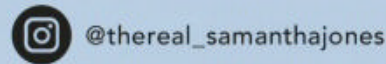


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INDO ISLE

Indonesia boasts no shortage of unique experiences in one-of-a-kind destinations. And **Samantha Jones** discovers truly breathtaking sceneries and spirit during her stay.



THE LAST TIME I was handed a map on arrival at a resort was when I was far younger and enjoyed annual trips to an adventure park in the UK. It was always a weekend of cycling, swimming and general energy that my sisters and I loved, but left my parents more exhausted than when we arrived.

The map I have just been handed is for the sprawling Ayana Resort & Spa in Bali's Jimbaran, just 20 minutes' drive from the airport. Set over 90 hectares, the resort boasts 19 restaurants and bars, 12 swimming pools, two spas and a private beach. I'm pretty sure it would have done more to ensure my parents left sunkissed and sufficiently cocktailed than the adventure park back home.

I'm here for three nights before I fly down to Ayana's newest destination, Ayana Komodo Resort at Waecicu Beach, and a packed itinerary means it's time to get going.

THE ROOM

I'm staying in an Ocean View Suite, a 98 square-metre sanctuary with a luxurious bed, huge balcony overlooking the Indian Ocean and – my favourite – a deep freestanding bath set in the middle of the opulent bathroom. If there wasn't so much to

explore outside, I'd be quite happy to stay in here enjoying the little gifts of sweet treats and fruit that arrive daily.

THE EXPERIENCES

There are numerous ways to make the most of your time at Ayana Bali, including yoga, golf, beach picnics and, of course, lying beside one of the numerous pools – one of which has set times for getting snaps for social media so it remains peaceful for all guests. I select a cooking class and a visit to the spa, because I am a strong believer in balance.

A trip to Jimbaran food market kicks things off and we weave our way through bunches of dried chillies, tubs of fresh fish being cleaned by women sitting on stools, and stalls selling baskets for *canang sari*, the daily offerings made by Balinese Hindus that you see everywhere in Bali. It's an experience for the senses, and a peek inside life as a local.

Back at the resort, I head to the breezy cooking school, surrounded by lush gardens growing lemongrass, ginger and herbs that are used in the kitchens. Chef Wayan Darpa sets me to work preparing shallots, garlic, chillies and palm sugar for our



Ayana Komodo Resort
on Flores Island.

CHECK-IN.



CLOCKWISE FROM LEFT: life is good poolside at Ayana Bali; get expert help with your cooking skills at the resort; to whip up traditional dishes (inset); Rock Bar's unrivalled ocean views; classic Balinese touches are seen in the rooms; sit back in your own beachside cabana.

CLOCKWISE: a room at Ayana Komodo; beachside dining never looked so good; a glorious sunset overlooking Kukusan Island; the great Komodo dragon, king of the island (inset).



"THE SKY APPEARS TO BE ON FIRE AS THE SUN GOES DOWN BEHIND PYRAMID-SHAPED KUKUSAN ISLAND."



sate lilit – a minced seafood satay. We use snapper and prawn, and once everything is chopped it is very easy to make, though my method of shaping the mixture around the skewers isn't quite up to chef's standards and he does most of the work. The more familiar second dish of nasi goreng, a popular Indonesian fried rice that I will eat at any time of day, has me tossing a pan full of ingredients like I'm a professional – though the mess on the counter afterwards suggests I am not. The dishes are fragrant and full of flavour, and the experience is a lovely way to learn more about Balinese cooking.

After all my (chef Darpa's) hard work, I head for a well-deserved hydromassage at the serene spa. The state-of-the-art outdoor aquatonic seawater therapy pool has me progressing around 60 jets designed for different parts of the body to aid lymphatic drainage and improve overall circulation. It's an invigorating massage and I leave feeling energised and refreshed.

THE FOOD & DRINK

Each of the options at Ayana boasts something a little different and I'm free to move between the restaurants during my stay. Padi offers classic Balinese cuisine in generous portions, with traditional music and dancing that has guests up on their feet. Relaxed Damar Terrace specialises in Tsujiri, an iconic brand of Japanese green tea that's served in its drinks and desserts.

There are also options for seafood, Italian and even a steak restaurant, but arguably the most popular is infamous Rock Bar. Jutting out directly over the ocean, it is the number-one spot for sunset, and Ayana guests have priority reservations. I hop on the inclinor and journey down the side of the rocky cliffs to arrive just in time to see the sun slip below the horizon. Fun, innovative cocktails are matched with music from a live band that takes requests, and this becomes my favourite evening of the trip.

AYANA KOMODO RESORT

A short one-hour flight down to Labuan Bajo and I arrive on Flores Island. Tourism here is in its infancy, and Ayana Komodo has proudly opened the only five-star hotel on the island.

Recognisable from photos by its 250-metre jetty that snakes out into the water, this particular Ayana is the destination for those keen to see komodo dragons, the largest species of lizard alive. Guests can book one of the daily boat trips to Rinca Island, where guided rangers will take you on an exhilarating tour to see these unusual creatures in their natural habitat. There's also snorkelling and stand-up paddle boarding directly from the jetty, a spa and pool, with handy sunlounger drinks service overlooking the beach.

The rooms here are succinct and modern, painted bright white with panoramic views across the water. Compact balconies offer the perfect spot for an afternoon Bintang (it'd be rude not to), and the bathrooms have glass panels to allow you to catch those dazzling views even from the shower.

As with Ayana Bali, Komodo has a number of dining options, but the must-do is Kisik. Situated on the sand and lit by roaring flame torches, Kisik offers a spread of freshly caught seafood for guests to choose from and have cooked as they wish. I go for the traditional Labuan Bajo fish with rice cooked in bamboo and split open at the table alongside giant prawns on skewers served sizzling over hot coals. It's a wonderful meal served by generous waitstaff in a very special setting.

From the rooftop bar Unique, margarita in hand, the sky appears to be on fire as the sun sets behind pyramid-shaped Kukusan Island and I wonder how this slice of paradise has remained a secret for so long. ✕

d.

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CLOCKWISE FROM TOP LEFT:
Torggata, one of the main spots in
Oslo's bar scene; Vippa, a food, culture
and education centre that empowers
immigrants to sell their national food;
the world's best-preserved Viking ship
at the Viking Ship Museum; the
subterranean Einbar.

In Oslo, fjords are just the beginning. From an enviable food scene, next-level coffee and inventive bars, to cultural experiences like no other, the Norwegian capital is brimming with delights, writes **Lyndey Milan**.

PHOTOGRAPHY MORTEN WANVIK



@lyndeymilan



@LyndeyMilan

CITY GUIDE.



THERE'S MUCH MORE

to Oslo than the stunning wintry scenery. With both hipster hangouts and unspoilt woodlands and fjords, there's something appealing year-round in this sophisticated city of food, drink and culture.

WHERE TO EAT

Oslo can be expensive, so balance your experiences. The city offers all aspects of the dining spectrum, from high-end restaurants to the fashionable 'trash gourmet' scene, which finds Michelin-trained chefs serving street food in simple, urban spaces. Wander the funky shops in Grünerløkka to find **Torggata** and look out for **Munchies**, **Taco Republica**,

Wunderburger, **Freddy Fuego** and **Crowbarare**. Or for pastries, head to an **Åpent Bakeri** – a very good bakery chain.

Vippa on the waterfront is much more than a food court. It is a food, culture and education centre incorporating two social enterprise outlets that empower immigrants to sell their national food and become financially independent.

For casual, new-Nordic food, dine at **Sentralen** restaurant in a historic and picturesque area of the city. It has an ever-changing menu with

light bites and more substantial dishes, both perfect for sharing. Be sure to order king crab in any guise, but perhaps as part of the bao special.

Kampen Bistro is a lovely moderately priced local restaurant and performance venue located in Kampen, an old part of town, dotted with traditional wooden houses and views of the city. The menu is designed daily at 5pm according to ingredient availability.

While **Maaemo** offers the most sublime Michelin-starred experience, it charges accordingly. So for an alternative experience, try **Kontrast**. The modern Scandinavian, one-Michelin-star restaurant celebrates ethically sourced, organic seasonal ingredients, stunningly presented in appealing yet unusual combinations – how's bone marrow with preserved summer berries and rhubarb for dessert?

WHERE TO DRINK

Coffee plays an important part in Oslo's everyday life, so the city boasts world-champion baristas and dozens of cosy coffee shops. Check out **Tim Wendelboe**, **Supreme Roastworks**, **Java**, **Hendrix Ibsen** or sit in retro Norwegian style in **Fuglen**, where you can also order cocktails.

The bar scene in the city is incredible.

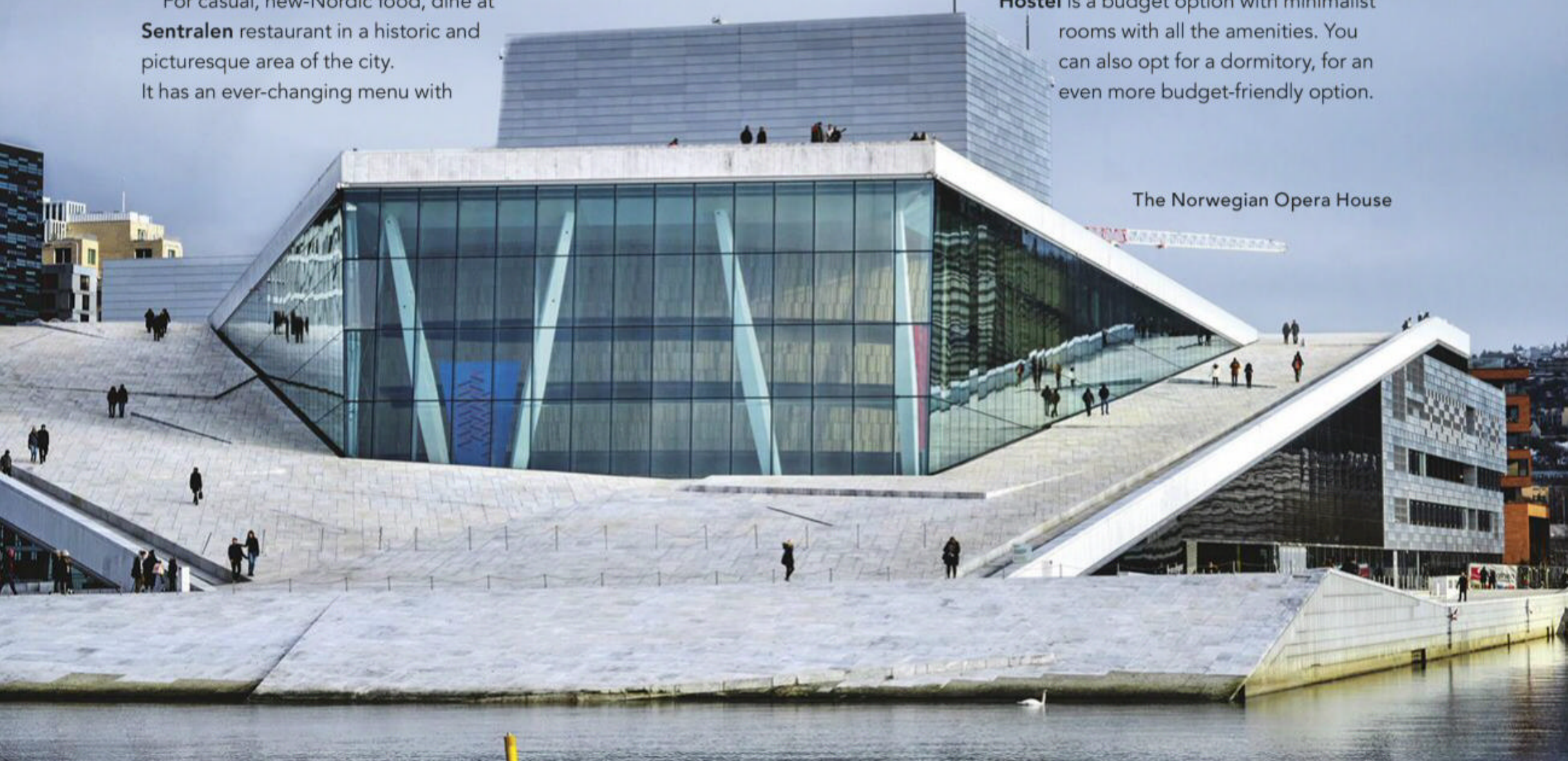
Torggata Botaniske feels like a greenhouse, with climbing plants adorning every corner of the space, and fresh herbs used in its quirkily named drinks. **Einbar** is the subterranean bar next to Nordic grill restaurant **Einer**. Try the Vidda gin and Fentimans tonic with pine shoots, or any of the complete array of wines, including natural. Snack on the likes of pointed cabbage, mussel and yeast, or eat a full meal from the menu.

Brygg Oslo is one of the newest breweries, with beer tasting on offer plus hundreds of beers on tap and bottled, all centrally located at the west end of Storgata in the city's centre. A short walk away is **Himkok**, both a cocktail bar and craft distillery, set in one of the oldest brick buildings in Oslo. It has a greenhouse for plants and herbs that are used in the outdoor kitchen as well as in the drinks.

WHERE TO STAY

Hotel Continental is a recently renovated hotel with an enticing breakfast, contemporary rooms and great location opposite the National Theatre. There's a good bar and restaurant on site, too.

Scandic Victoria Hotel is lower-priced, also well located in the centre of the city, offers a fabulous buffet breakfast. **Anker Hostel** is a budget option with minimalist rooms with all the amenities. You can also opt for a dormitory, for an even more budget-friendly option.



The Norwegian Opera House



CLOCKWISE FROM TOP LEFT: What's on offer at cocktail bar Himkok; loaves from Åpent Bakeri (inset); Vipppa on the waterfront is much more than a food court; morning coffee with a pastry at Åpent Bakeri; the interior of Tim Wendelboe coffee shop; serving the best (and most expensive) coffee in Oslo; expert brewing.

CITY GUIDE.



CLOCKWISE FROM TOP LEFT: Oslo's most visited attraction, Vigelandsparken; Einbar; Hotel Continental; a vibrant cocktail from Torggata Botaniske (inset); one of the many different dishes on offer at Vippra; Åpent Bakeri at Tranen; the interior of Himkok. **OPPOSITE:** Brygg Oslo, in the west end of Storgata; has hundreds of beers on tap and in the bottle.



WHAT TO SEE AND DO

Oslo is great to see on foot, and don't be confused by the term 'gate' – it just means road. Start at the Tourist Information Office by Central Station to get literature and check seasonal opening times. From there, it's a short walk to the stunning **Norwegian Opera House** which you can walk not only around but over. Soon, it will be joined by a new **National Museum** (home to Edvard Munch's 'The Scream') and the **Munch Museum** with its constantly changing exhibitions – check to see what's open and what is on display. This point of the city also gives a great view of the surrounding fjord and also the houseboats where you can have a sauna and jump into the brisk water – very Scandinavian.

Stroll the waterfront and visit the very moving **Nobel Peace Center** with a permanent exhibition of all the winners of this prestigious prize. You can learn the stories behind the winners, and there are changing exhibitions, too. It's well worth devoting an hour or two. The awards ceremony is held at the spectacular **City**

Hall located opposite the Center. City Hall also has free guided tours during the summer – a great opportunity to marvel at the amazing friezes decorating the walls. For contemporary art and cutting-edge architecture visit the **Astrup Fearnley Museum**, and be sure to visit the outside sculptures, too.

Back towards the city centre, try to see a show in the prestigious **National Theatre**, dating from 1899. It is Norway's main arena for stage artists, theatre productions, large celebrations and such events as the **Parabere Forum**, which aims to highlight the importance of women's roles in the field of gastronomy. From there you can walk around the **Royal Palace** (or tour in summer), opened in 1849 and set within the beautiful Palace park, complete with sculptures and picture-perfect ponds.

Popular for selfies is Oslo's most-visited attraction, **Vigeland Park**, always open with 212 bronze and granite statues of men, women and children, donated to the city by the artist Gustav Vigeland

Enjoy the fjord by taking a public ferry

to Bygdøy to visit the astonishing **Viking Ship Museum**, where you can see and learn about the world's best preserved Viking ship.

DAY TRIPS

Food lovers will want to spare some time for one of the unique experiences offered all year by **Up Norway**. The **Farm To Table At Grøndalen Farm** experience takes you 45 minutes out of Oslo to a small family-run organic farm where you can participate in milking the 13 happy cows, learn about making fresh *nyr* cheese (a soft, acidic fresh cheese made on the farm) and try the produce before returning to Oslo for a degustation dinner using the Grøndalen produce and other local ingredients. Within Oslo, the **From Glass to Grass: Urban Green Oslo** explores the rapidly changing city suburbs before heading to urban farm **Losøter bakehouse** for a picnic lunch. ✂

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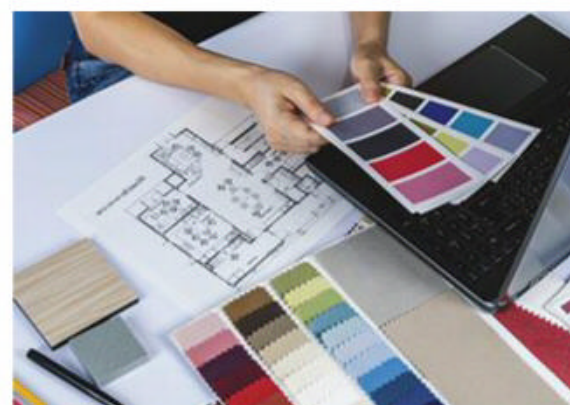
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fragrant and fresh

Valcom's red curry paste is a staple for authentic Thai cooking. Made from a traditional blend of lemongrass, galangal, dried red chillies, garlic, shrimp paste and kaffir lime peel, it's rich, robust and perfect for all creations.

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fancy that

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botanic beauty

Sip on the best of Australia's great outdoors with **Hunter Distillery's Native Gin**. The fine distilled, organic gin is made with juniper berries, coriander, finger lime, lilly pilli, Kakadu plum and cinnamon myrtle for a flora infusion.

Visit: hunterdistillery.com.au

shake it

For an irresistible chipotle kick, try MasterFoods Shaker Fries Seasoning in Mexican BBQ. Take classic fries to the next level, pimp up your popcorn or put a twist on humble roasted vegetables with this pantry staple.

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STARTERS, SIDES & LIGHT MEALS

Agedashi tofu, black pepper brothp 53
Asparagus migas (traditonal bread dish), grilled pork.....p 58
Cauliflower cheese gratin with ceps and parsley (V).....p 96
Cornish pasties..... p 106
Edamame shichimi (V)p 53
Eggplant, chickpea and tomato bake (musaqa'a) (V).....p 76
Fondue.....p 42
Grilled corn salad, parmesan, miso ponzu (V).....p 54
Hummus: two waysp 80
Leeks, hazelnut, brown butter, black truffle (V)p 18
Molho cru (Portuguese garlic & herb sauce) with whiting.....p 60
Molokhie soup with broad beans (besara) (V).....p 76
Red onion, sage, blue cheese & potato farls (V)p 97

Red pepper with smashed white beans, roasted nuts and pumpkin seeds (V)p 98
Roast pumpkin, yoghurt and za'atar (V)p 18
Sardines on toastp 60
Spring onion pancakes (V).....p 69
Sumac, onion and herb oil buns (V)p 79
Winter tabbouleh with blood orange dressing (tabbouleh shatwieh) (V).....p 80

Sticky ginger pudding

MAINS

Arroz de camarao (rice with prawns)p 63
Autumn vegetable stew (V)p 94
Beef cheek daube with fennel and rump 36
Char siu pork neckp 70
Charred pork tomahawk with mushroom sauce.....p 18
Chicken Tariq.....p 60
Chicken tikka masalap 89
Crispy chicken with ginger & spring onion saucep 69
Easy fish curry.....p 89

Spring onion pancakes



Kakuni bossam (braised pork belly).....p 54

Korean chimaekp 44

Lamb and eggplant rogan joshp 89

Massaman tofu curry (V)p 89

Pork meatball green curryp 89

Pulled lamb shawarma sandwich.....p 74

Spanner crab rice, edamame, tobiko....p 53

Spiced red lentil and prawn curry.....p 90

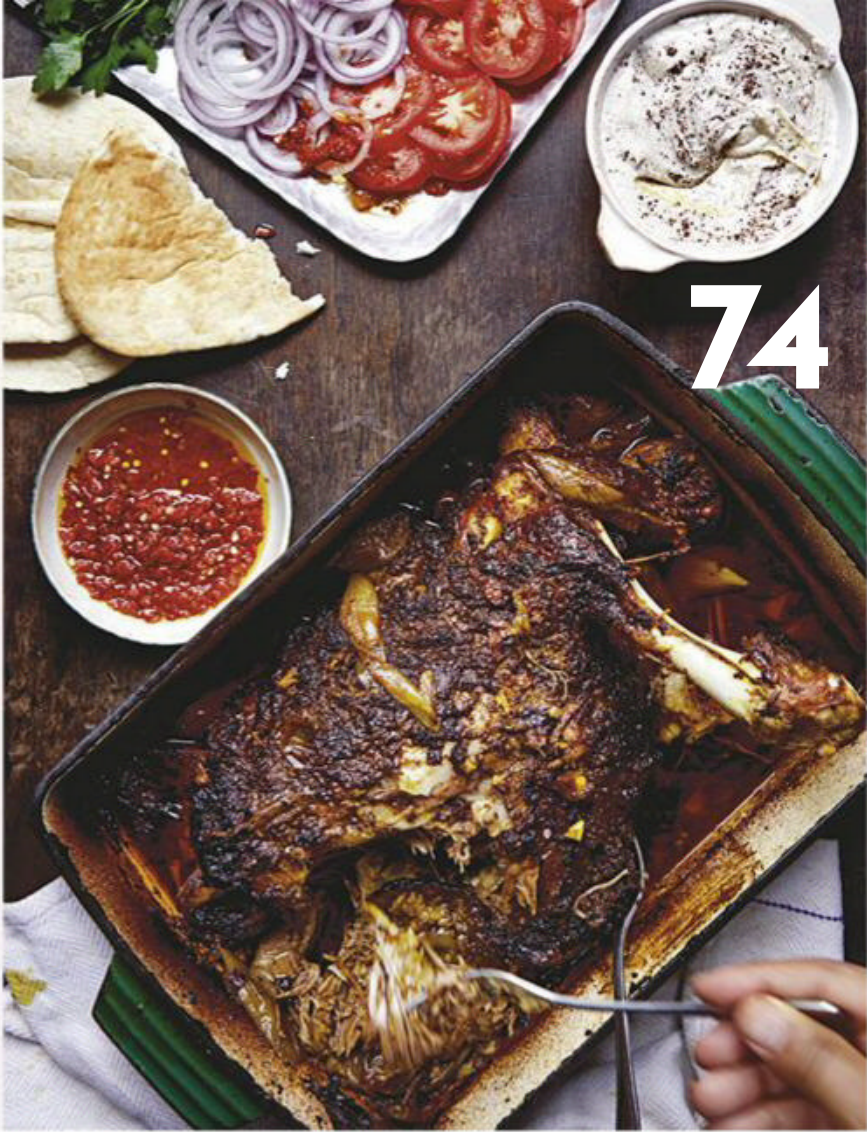
Squash, lentil, tomato and
rosemary pie (V)p 97

Steak and ale pies..... p 106

Steamed prawns and rice noodle rolls....p 69

Stir-fried mussels with black bean
& chillip 69

Sweet & spicy ribs, eschalot and
creamy cucumberp 38



Pulled lamb shawarma sandwich

SWEET THINGS

American-style ginger molasses
cookies..... p 112

Apple, carrot, lemon & cinnamon
cake.....p 99

Bakewell tart..... p 105

Banbury apple pie p 102

Flapjacks..... p 105

Ginger & apple kuchen (German
ginger & apple cake) p 115

Honey vinegar pie with spiced
whipped creamp 32

Italian bombolini with ginger custard p 115

Jamaican ginger cake..... p 112

Labneh cheesecake, roasted apricots,
honey, cardamomp 83

Madeleines with miso caramelp 54

New Zealand’s ginger crunch
slice p 112

Pantry cookies.....p 25

Pasteis de mafalda (custard tarts)p 64

Pfeffernüsse (German iced spice
cookies)..... p 115

Sticky ginger and caramel puddingp 13

Sticky ginger pudding p 116

DRINKS & EXTRAS

Beetroot raita (V).....p 90

Coconut & lime sambal (V).....p 90

Cumin & carrot salad (V).....p 90



Pasteis de mafalda (custard tarts)

OFFICIAL TEST KITCHEN SUPPLIER:
Our meat is supplied by Vic’s Meat (vicsmeat.com.au).

(v) denotes vegetarian recipe

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GUIDE TO PARIS

There are guides to the City of Light, but none as in-the-know as one from renowned French chef **Guy Savoy**.

@guysavoy

ALL CITIES ARE UNIQUE, but some cities are more unique than others! I am at home when I am in Paris: lots of memories, lots of friends... What better way to say that Paris is my city!

All travellers must visit the **6th arrondissement** of Paris once in their life, as two of my restaurants are located there, and you can experience two very different cuisines: the gastronomic **Restaurant Guy Savoy** and the street food-style **Supu Ramen**. This arrondissement is also worth a visit for the monuments and special sites such as **Le Pont des Arts**, **l'Institut (Académie Française)**, **Le Louvre**, the **Seine** and its *bouquinistes* (booksellers' stalls). The **20th arrondissement** is also one of my favourite areas in Paris; it is often overlooked by visitors but it offers diverse cuisines, perfect for eclectic gourmets.

We are lucky in France, and of course in Paris, to get an incredible diversity of products and dishes. If I have to choose one dish all gourmands should try, it is my famous artichoke and black truffle soup, which has a special place in my heart.

To dine with close friends, I love **Le Coq Rico**, followed by a walk on the **Montmartre** hill. For a romantic dinner on a Sunday night, head to **Bellotta-Bellotta Champs Elysees**. I like **Galerie du Plaza Athenee** for a sweet afternoon tea (*le goûter*

as we say in France), and all the cafes that have a terrace from **Montmartre** to **Saint-Germain-des-Pres**!

Everyone will be able to find exceptional places in Paris. Some of the best places and things to do are: a walk along the **Saint-Martin Canal**, watching the sun set on the Pont des Arts and seeing an exhibition at the Louvre.

There are so many outstanding landscapes all over the world, but there is only one Paris! ✂

Guy Savoy will be travelling to Sydney for a very special Paris gala dinner in September 2021.

For more information, visit au.france.fr



CLOCKWISE: Guy Savoy at his Restaurant Monnaie de Paris; the city's picturesque streets; Le Louvre (inset); afternoon tea at Galerie du Plaza Athenee; Le Coq Rico; Bellotta-Bellotta vino and cured meat; Supu Ramen's very cool dining room.

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