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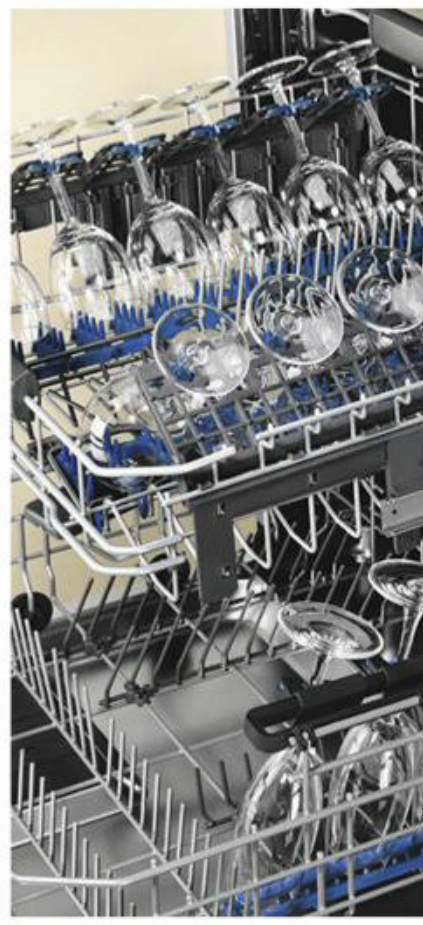
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JUNE

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ON THE COVER

Thai curry noodle soup (recipe p 9)
Recipe Shannon Bennett
Photography Nigel Lough
Styling Kirsten Jenkins
Merchandising Emmaly Stewart

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Our meat is supplied by Vic's Meat (vicsmeat.com.au).

WELCOME



***DELICIOUS.* IS BUILT** for armchair travellers and avid adventurers alike. If our readers aren't on location hunting for truffles in the South of France, fishing off the coast of Fiji, or on an escapade sourcing the very best barrel-aged feta in Greece, I guarantee they'll be reading about it at home. Or cooking. And planning.

Food is a major motivator for travel. And our annual 'global' issue is that ticket to inspiration, combining trending cuisines and destinations with a contributor line-up that reads like the United Nations of food. At home, my family love to explore the world from our kitchen table, re-creating meals and memories we've had on wonderful holidays, or simply in anticipation of the next jaunt we are planning. So sit back, strap in and relax – hopefully this issue helps inspire some memories or occasions for you and your loved ones, too.

First, we're visiting India with our intrepid style editor Kirsten Jenkins (p 52), where we'll try mustard fish and black pepper chicken. Then it's Kylie Kwong's unique take on Chinese Australia and a first glimpse at how she will shape the menu for her next venue (p 80). We'll detour through a spice market with Neil Perry (p 62), before a stopover in the Wok X Pot feature inspired by the clever YouTube series produced by Marion Grasby and Silvia Colloca (think Asia meets Italy) on page 102. John Gregory-Smith leads us on an evocative tour of Lebanon in his new book, *Saffron in the Souks* (p 90), while Kirsty Chiaplias of Melbourne's Babajan takes us on a Middle Eastern adventure tinged with a menu of Turkish influences (p 19). The Aussie taking Manhattan, Dan Churchill, files from New York, and this month we also introduce our new contributors, the Oakridge Wines 'no waste' pioneers Jo Barrett and Matt Stone, who put a local spin on global recipes that use the root-to-leaf philosophy (p 72). Round it up with the one ingredient that transcends countries and cultures, the coconut, and you have a Wicked feature from Phoebe Wood that will please any palate (p 110).

Madeleine West has selflessly eaten her way through Morocco for you, on a journey of discovery and indulgence (p 120). Firedoor chef Lennox Hastie sets himself a new challenge to scale the Himalayas (p 144), while our team visits Portland and Cabo. As for me, I'm off on an adventure soon with my family to Vietnam. If you've got any suggestions, drop me a line – you know where to find me!

Kerrie

Kerrie McCallum, Editor-in-chief

Follow me: **@kerriemccallum** **@kerrie_mccallum**

UPGRADE ALERT!

DON'T FORGET TO CHECK OUT THE BONUS MAGAZINE *RUNWAY* IN THIS ISSUE. *DELICIOUS.* HAS PARTNERED WITH SYDNEY'S AIRPORT TO CELEBRATE ITS CENTENARY, AND WE'VE SOURCED MYRIAD 'DRINK AND DINE' EXPERIENCES YOU CAN NOW HAVE BEFORE YOU FLY. BE IT BREAKFAST, A BURGER OR A BLT MARTINI PRIOR TO TAKE OFF, IT'S THE FIRST STEP TO HAPPY TRAVELS. JUST DON'T BLAME US IF YOU MISS YOUR FLIGHT!

PHOTOGRAPHY **CHRIS COURT** STYLING **KIRSTEN JENKINS**

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TALK TO US

MARCH'S MOST-LIKED POST

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The only problem with these wickedly decadent raspberry buttermilk brownies is that you'll have to share them with everyone, which is why we always recommend baking a secret batch. Find the recipe at delicious.com.au. Recipe: **@phoeberosewood** Photo: **@chriscourt** Styling: **@kirstenljenkins**

#MAKEITDELICIOUS

A DECADE OF *DELICIOUS.*: I've been subscribing to *delicious.* for over 10 years. The magazines fill a cupboard in my kitchen and now overflow into a bookcase in the lounge. My husband tells me to get rid of some, even though he loves it when I cook and continues to pay for my subscription. Over the years, I've tried hundreds of recipes, from Jamie Oliver's creamy mushroom soup in May 2008 to the gin & tonic tart from Warren Mendes in May 2016 (Wicked, p 80). Yotam Ottolenghi's mint & pistachio chocolate fridge cake (Extract, October 2018, p 76) is a frequent request from my team at work. I'm halfway through reading the May baking issue and can't wait to start cooking. Thank you, *delicious.*, for the inspiration over the past decade. I guess I have to get a bigger kitchen. **Stella Nicolaou**

THE WINNER IS...



We always bring baked goods to my book club (let's face it, it's more about the food than the literature) and we're all *delicious.* devotees. This year, we decided to have a bit of fun at Easter and hold a hot cross bun bake-off from recipes in the April 2019 issue (On Trend, p 96). In the running were the salty and sweet maple & pecan hot cross buns with bacon butter, the almost savoury pumpkin spice buns, the light and fruity blueberry pie buns, and a traditional recipe for the 'control'. The winner? Blueberry pie! We loved the crumble and agree these will keep appearing long after Easter. The bacon butter deserves a special mention, too. Thanks *delicious.*! **Kate Daniels**

ED'S NOTE: Congratulations, Kate! You have won the Wolf Gourmet four-slice toaster, valued at $599. It's packed with innovative features to deliver delicious results.

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PHOTOGRAPHY **NIGEL LOUGH** STYLING **KIRSTEN JENKINS**
MERCHANDISING **EMMALY STEWART**

FILL YOUR BOWL

The evenings are dark and the weather's turned cold… thankfully, with this warming, comforting and flavour-packed Thai curry, **Shannon Bennett**, has the perfect dish to enjoy curled up on the sofa. Just add your favourite TV show.

THAI CURRY NOODLE SOUP

SERVES 4

2 tbs coconut oil
2 large desiree potatoes, peeled, cut into 4cm chunks
1 onion, thinly sliced
1/2 cup (150g) yellow curry paste
800ml coconut milk
2 cups (500ml) chicken stock
1/4 cup (60ml) fish sauce
1/2 tsp brown sugar
Juice of 1 lime
600g skinless chicken thigh fillets
200g dried rice noodles, cooked according to packet instructions
2 cups baby spinach
1 long red chilli, thinly sliced
Thai basil leaves and coriander leaves, to serve

Heat oil in a large saucepan over high heat and add the potato. Cook, stirring, for 2-3 minutes to soften slightly, then add the onion and cook, stirring, for a further 2-3 minutes or until soft. Add curry paste and stir until fragrant and potato and onion are coated. Stir in the coconut milk, stock and 2 cups (500ml) water until combined. Bring to the boil, then reduce heat to low and simmer for 30 minutes or until potato is just soft.

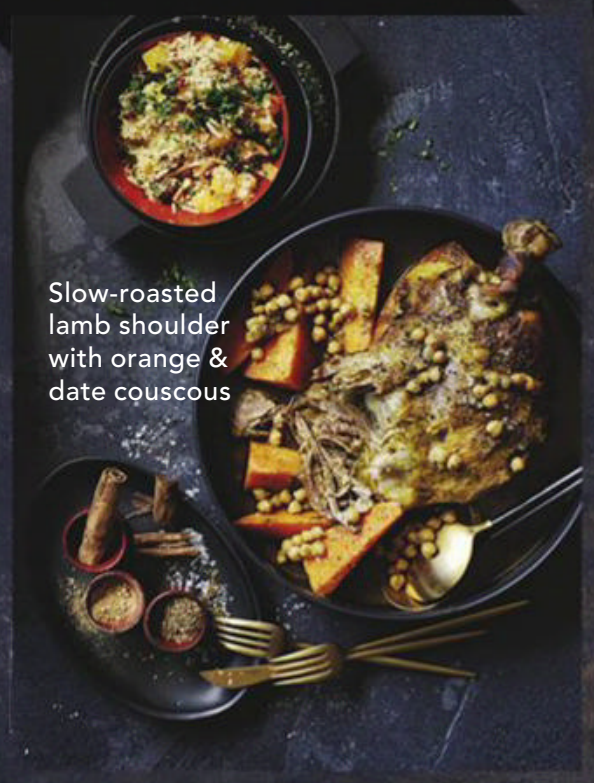
Stir in fish sauce, sugar and lime juice. Check seasoning for balance and add more fish sauce, sugar or lime as required. Cut chicken into 3cm pieces, add to sauce and simmer gently for 25 minutes or until chicken is cooked through.

To serve, divide the noodles among bowls. Ladle the curry sauce over the noodles and garnish with spinach, chilli Thai basil and coriander to serve.

JUNE

MENUS

MIDDLE EAST FEAST



Silverbeet borek with feta, **p 22**
Jilly Lone Ranger 2018 Chardonnay (New England, NSW)
~
Slow-roasted lamb shoulder with orange & date couscous, **p 69**
Jilly Lone Ranger 2018 Nebbiolo (New England, NSW)
~
Date & cinnamon squares (maamoul mad), **p 95**
Jilly Lone Ranger 2018 Gewurztraminer (New England, NSW)



"I love the progression into the cooler months – the smell of smoke in the air and the cool chill of the morning breeze. It's this time of year I find myself reaching for bolder whites and richer reds. I have chosen wines with aromatic lift and depth of flavour to complement the warmth of the menu."
Jared Dixon, Winemaker, Jilly Wines

ASIAN BANQUET

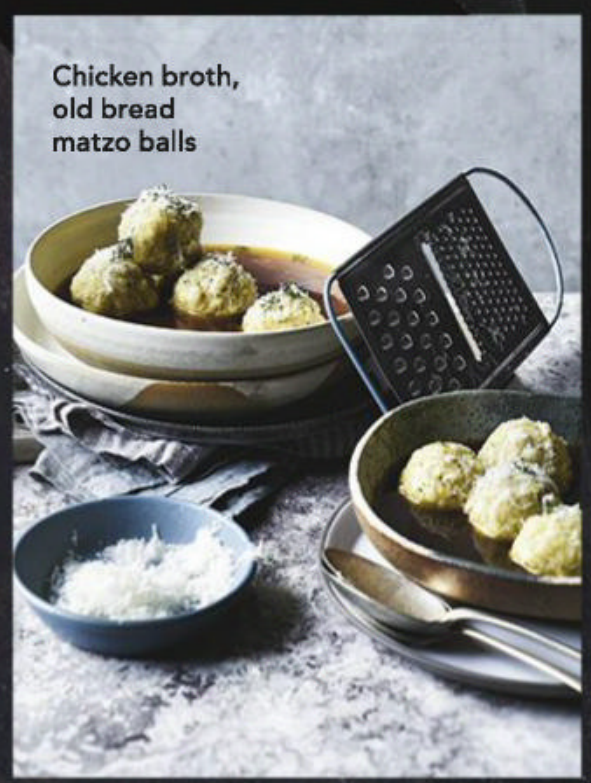


Scallop dumplings with Sichuan chilli and native herbs, **p 89**
~
Chiang Mai 'hung lay' pork curry, **p 107**
~
Mustard fish, **p 58**



"I'm a sucker for anything spicy, so this menu has my name written all over it. The only problem is not overdoing it on the scallop dumplings, so as to make sure I leave plenty of room for Marion Grasby's pork curry and the Bengali-style mustard fish from delicious. *style editor Kirsten Jenkins – I'd hate to not do justice to this awesome tour of Asia."*
Jason Scullin, Chief Subeditor

WINTER WARMERS



Chicken broth, old bread matzo balls, **p 77**
Harkham Aziza's Semillon 2018 (Hunter Valley, NSW)
~
Impress your friends pasta: pumpkin gnocchi with sage, **p 99**
Kalleske Clarry's Grenache Shiraz Mourvedre 2018 (Barossa, SA)
~
Bolo de coco, **p 116**
Woodford Reserve Bourbon



"Winter is dedicated to fuller-flavoured wines, heartier beers, particularly the dark ones, and drinking great spirits neat or in warmed cocktails. It's a time when generous, lush flavours on the plate are best met head-on with generous, lush things in a glass. Think warm-climate red wines, white wines matured in oak or on lees, and dark spirits like whisky, rum or bourbon."
Mike Bennie, Drinks Writer

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QANTAS POINTS



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"IT WAS GREAT TO BE ABLE TO CELEBRATE CUTLER & CO. AND SEE THE VENUE LOOKING STRONGER THAN EVER."
– KERRIE McCALLUM

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4 5

Out& About

We toast Cutler & Co.'s 10th birthday, taste the best of the Barossa, feast on crayfish on Flinders Island, attend an intriguing dinner party at MONA and rev up our engines at the Grand Prix.

1. Cutler & Co.'s dining room is set for a *delicious.* reader event celebrating the restaurant's 10th birthday. **2.** Cutler & Co. chef-owner Andrew McConnell with *delicious.* editor-in-chief Kerrie McCallum. **3.** Kate Foster, Melissa Anderson, Zena Dalton and Samantha Curgenven. **4.** Mark Nicevski and Josh Parsons. **5.** A pinot noir from Blessington Road in Tasmania was served with a main of King George whiting. **6.** Kerrie and *delicious.* senior editor Matt Preston. **7.** Rachael Reynolds, Aaron Loomed and Elise De Santo. **8.** One of the night's starters: heirloom tomato, Tasmanian wasabi, wild celery and begonia. **9.** McConnell is all focus as he plates up. **10.** A glorious day for guests at Jacob's Creek's 'Our Table' event in the Barossa Valley. **11.** A long lunch amid the vines awaits the 40 guests. **12.** Hawaiian poké is served.



6

DELICIOUS. @ **JACOBS CREEK**



10



7



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9



11 12



CUTLER & CO. READER EVENT PHOTOGRAPHY **MICHAEL WOODS**
MONA PHOTOGRAPHY **JESSE HUNNIFORD**
FLINDERS PHOTOGRAPHY **ADAM GIBSON**





13 14

DELICIOUS. @ FLINDERS ISLAND

"THE LOCATION AND PRODUCE MAKE THE FLINDERS ISLAND FESTIVAL ONE OF MY FAVOURITE EVENTS." – PHOEBE WOOD



15



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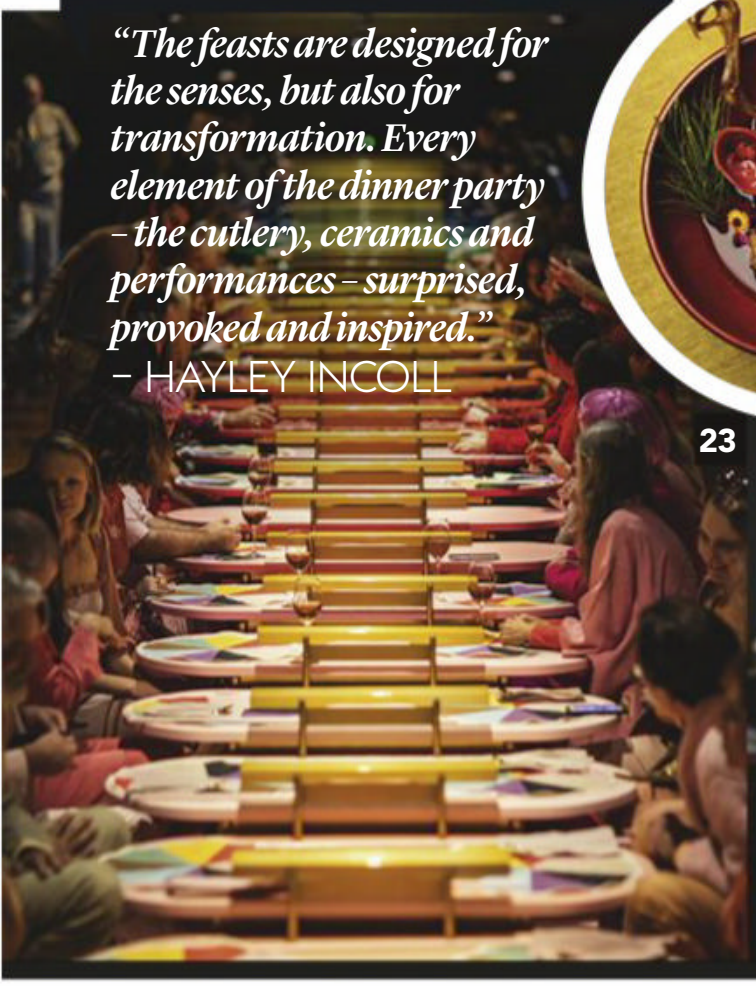
13. Pampas leaves, sourced by Joost Bakker, were a standout at Flinders Island's Food & Crayfish Festival lunch. **14.** Mark LaBrooy and Jo Barrett fire up the coals for the crayfish. **15.** The beauty of Flinders Island captivated festivalgoers. **16.** Chef Matt Stone shows off a mighty crayfish. **17.** *delicious.* food director Phoebe Wood hosted a cooking demonstration at the island's premier event. **18.** Satay mutton bird with flatbread. **19.** Getting ready to burn rubber at the Australian Grand Prix in Melbourne. **20.** *delicious.* chief subeditor Jason Scullin among all the trackside action. **21.** MONA head chef Vince Trim working hard at the museum's 'Eat the Problem' preview dinner. **22.** The 'Red Course' – possum and hare tortellini with pigeon and feral cat consommé. **23.** Guests sat at colour-coded tables and wore colours matched to courses.



17

DELICIOUS. @ MONA

"The feasts are designed for the senses, but also for transformation. Every element of the dinner party – the cutlery, ceramics and performances – surprised, provoked and inspired."
– HAYLEY INCOLL



23

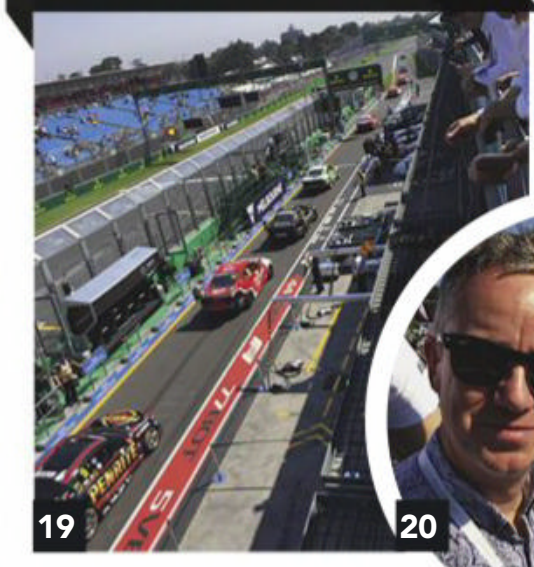


22



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DELICIOUS. @ AUSTRALIAN GP



19



20

"ABOVE THE PIT LANE IS THE PLACE TO BE AT THE GP."
– JASON SCULLIN

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GEORGE CALOMBARIS' MELBOURNE fine diner, The Press Club, may be closing its doors, but *delicious.* is giving you one last chance to sample the chef's modern Greek fare before the restaurant undergoes an exciting reinvention. As the *MasterChef* judge and *delicious.* contributor said on announcing the news: "It's time for a new chapter and to write a whole new book … We are incredibly proud of the past and now more than ever, inspired by the future."

To mark this occasion, George and *delicious.* editor-in-chief Kerrie McCallum, together with The Press Club executive chef Reuben Davis and venue manager Joey Commerford, will host an exclusive celebration of signature dishes from the restaurant's 12-year history and give diners a peek at what to expect from its rebirth. Wines from the Mornington Peninsula's Trofeo Estate will accompany the delicious menu. Don't miss out – book your ticket at the link below.

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WHEN 6pm, June 30

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BOOK thepressclub.floktu.com

THE PRESS CLUB

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MENU

Taramosalata, loukoumades
Pine mushroom, Slippery Jack spanakopita
Pacific oyster, fermented honey, smoked almond dressing
Oliver Shorthouse avgolemono

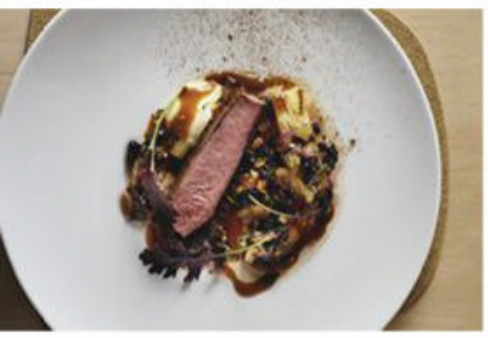
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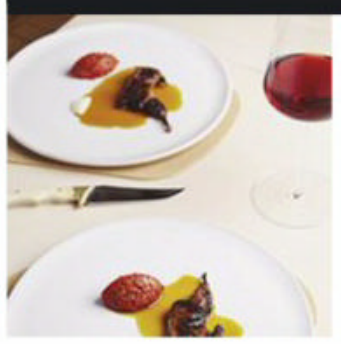
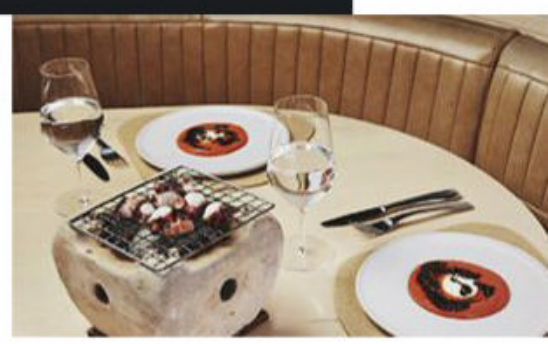
Lemono patatas, extra virgin rapeseed oil
Flinders Island lamb stifado
Yarra Valley quail, mastic yoghurt, Jerusalem artichoke

~

Halloumi doughnut, Davidson plum, Roselle sugar
Spiced rhubarb cake, liquorice, yoghurt

MENU SUBJECT TO CHANGE



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• **Nick Holloway** - Nu Nu, QLD • **Matt Stone** - Oakridge, VIC

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• **Jo Barrett** - Oakridge, VIC • **Louis Tikaram** - E.P. & L.P., Los Angeles, USA

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Melbourne chef Dave Verheul believes effort and excellence should be rewarded, reflected in his nomination of Tuerong Farm's Kittyhawk flour for a 2019 *delicious.* Harvey Norman Produce Award.



THE PRODUCER
JASON COTTER, TUERONG FARM, TUERONG, VIC

"There's an international movement whereby grain is being treated much in the same way as a single-origin coffee, or a wine – as an expression of the place that it's grown and the variety that's being grown," says Jason Cotter of Tuerong Farm on the Mornington Peninsula.

Here, Cotter grows sustainably, with minimal inputs, producing Australian hard-white wheats (including the featured Kittyhawk), French red wheats and a handful of ancient grains, all while bulking up around 200 varieties of heritage wheat from the 19th and 20th centuries. Why? "Because the genetic diversity of wheat has narrowed significantly in the last 40 years," says Cotter. "Earlier wheats offer different protein profiles, and with that comes different flavours, better ease of digestion, potentially better nutrition.

"We're not chasing yield and harvestability; what we're chasing is a flavourful product that's nutritious and offers a true expression of the place it has been grown and the variety of grain that we're growing."



QUALITY AND CARE FACTOR COME TO THE FORE

"In this age of mass-produced, chemical-laden 'bread', people like Jason Cotter of Tuerong Farm are so important," says *delicious.* Harvey Norman Produce Awards Victoria state judge Dave Verheul. "They're the ones who are putting in the immense effort to grow wheat that has not been sprayed with fungicides or insecticides, that wasn't milled over a year ago, and that may actually taste of something.

"We are using Jason's flour because this incredible product very much sits alongside what we do here at Embla and Lesa – we want produce that's connected to our region and produced in a way that takes into account sustainability, biodiversity and our health."

PHOTOGRAPHY **BRETT STEVENS** STYLING **KIRSTEN JENKINS**
MERCHANDISING **EMMALY STEWART** PORTRAIT PHOTOGRAPHY **QUENTIN BERTHONNEAU**



DAVE VERHEUL
EMBLA & LESA RESTAURANTS

TUERONG FARM SOURDOUGH FLATBREADS, COD ROE AND DILL

SERVES 4-6 AS A STARTER

Begin this recipe 1 day ahead.

4g dried yeast
2 tsp runny honey
460g Tuerong Farm Kittyhawk flour
Extra virgin olive oil spray, to grease

WHIPPED COD ROE

110g white bread, crusts removed
90g white cod roe
1 garlic clove, sliced
1 small eschalot, finely chopped
1/2 cup (125ml) light olive oil
Juice of 1 lemon

DILL PESTO

1 long red chilli (optional), seeds removed, roughly chopped
1 bunch dill with stems
1 garlic clove, sliced
1 tsp finely chopped preserved lemon
1/4 cup (35g) pumpkin seeds (pepitas), toasted
1/3 cup (80ml) extra virgin olive oil, plus extra to serve
Juice of 1 lemon

To make the flatbreads, place 260ml warm water, yeast and honey in a stand mixer fitted with the dough hook and knead gently to combine. Set aside in a warm spot for 10 minutes or until the surface starts to look foamy. Add flour and 1/2 tsp salt flakes, and knead on low speed for 6-8 minutes or until dough comes together and is smooth. If dough is a little dry add 1/2 tsp water at a time. Cover with a clean tea towel and set aside to rest for 45 minutes. Transfer dough to a lightly greased bowl and cover with plastic wrap. Set aside to prove at room temperature for 1 hour, then refrigerate overnight.

The next day, for the whipped cod roe, place the bread in a bowl and run cold water over it until completely soaked, then drain and squeeze out the excess water. Place bread in a blender with the cod roe, garlic and eschalot, and whiz until smooth. With the motor running, gradually add the oil in a thin, steady stream until combined. Add lemon juice and season to taste. Set aside until ready to serve.

For the dill pesto, place all ingredients, including chilli, if using, in a blender and whiz until smooth. Season to taste and set aside until ready to serve.

Remove the dough from the fridge. Preheat a chargrill pan or barbecue to high heat. Place dough on a lightly floured surface and divide into 6 pieces. Roll out each piece until 5mm thick. In batches, spray each flatbread with oil and cook for 2-3 minutes each side or until charred and cooked through.

Serve with whipped roe and pesto.

delicious. Harvey Norman PRODUCE AWARDS 2019

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For more information on the 2019 awards.

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FROM LEFT: Oakridge Wines co-executive chef Jo Barrett; Anchovy co-owner and chef Thi Le; ARC Dining and Wine Bar head chef Alanna Sapwell; and Lauren Eldridge, group pastry chef for the Van Haandel Group.

PORTRAIT PHOTOGRAPHY **LAUREN BAMFORD**

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IN SEASON

From carrots and eggplants to silverbeet and quince, Babajan's **Kirsty Chiaplias** knows a thing or two about turning humble produce into bold flavours, and it's seen her Melbourne cafe achieve international recognition.

WORDS **GEORGE EPAMINONDAS**
PHOTOGRAPHY **BEN DEARNLEY** STYLING **KIRSTEN JENKINS**

MERCHANDISING **EMMALY STEWART**

Carrot *ezme*
(recipe p 22).

EGGPLANT KARNIYARIK 'SPLIT STOMACH'

SERVES 8

4 medium eggplants
2 tbs extra virgin olive oil
800g lamb mince
2 small onions, finely chopped
6 tomatoes, roughly chopped
2 tbs finely chopped oregano
3 bay leaves
1 tbs tomato paste
1 tbs harissa paste
1 tsp dried chilli flakes
1 cup (250ml) beef stock
Sunflower oil, to shallow-fry
1 roasted red capsicum, cut into thin strips
Pickled yellow chillies and natural yoghurt, to serve

Halve eggplants lengthwise and salt liberally. Place in a large colander and stand for 20 minutes.

Heat olive oil in a medium saucepan with a lid over high heat. Add lamb and cook, stirring and breaking up any lumps, for 6-8 minutes or until browned. Season to taste. Reduce heat to low, stir in onion and cook for 5-6 minutes or until softened. Stir in tomato, herbs, tomato and harissa pastes, chilli flakes and stock. Cover and cook for 25-30 minutes or until lamb is soft and saucy.

Preheat oven to 200°C. Rinse eggplant, pat dry very well with paper towel and half lengthwise. Heat 3cm sunflower oil in a large, deep frypan over high heat. In batches, fry eggplant, turning, for 6-8 minutes or until slightly softened and golden. Drain on paper towel. Arrange eggplant in a large roasting pan, cut-side up. Slice flesh down the centre without piercing skin and keeping slices intact. Spoon most of lamb mixture into each half and scatter over roasted capsicum. Pour remaining lamb mixture around eggplant and roast in oven for 30 minutes until eggplant is cooked and golden on top. Top with pickled chillies and yoghurt to serve.

CARROT EZME

SERVES 4-6 AS A STARTER

Begin this recipe 1 day ahead.

2 1/4 cups (630g) Greek yoghurt
20g caster sugar
2 tbs extra virgin olive oil
4 garlic cloves, crushed
2 long red chillies, finely chopped
400g (about 3 medium) grated carrot
Warm Turkish bread and baby radishes, to serve

To make the labneh, place half the yoghurt in a small colander over a bowl lined with muslin or a clean Chux cloth. Stand overnight in fridge. The next day, place sugar and 1/4 cup (60ml) boiling water in a small bowl and stir to dissolve sugar.

Heat oil in a large saucepan with a lid over medium-high heat. Add garlic and chilli, and cook, stirring, for 2-3 minutes or until garlic is golden. Stir through carrot. Season. Reduce heat to very low, cover and steam for 35-40 minutes or until softened (the carrots should not be coloured).

Stir through labneh, sugar syrup and remaining 315g yoghurt until smooth. Season to taste. Transfer to a serving bowl and serve with Turkish bread and radishes.

SILVERBEET BOREK WITH FETA

SERVES 6-8

1/2 bunch silverbeet, stems and leaves separated
1/3 cup (80ml) extra virgin olive oil
1 onion, thinly sliced
1/4 tsp allspice
1/2 bunch parsley, finely chopped
1/4 bunch dill, roughly chopped
1 1/4 cups (250g) feta, crumbled
250g fresh ricotta, drained, crumbled
13 sheets fresh filo pastry

BUTTER MIXTURE

100g unsalted butter
1 egg, lightly beaten
100ml sunflower oil
1/3 cup (95g) Greek yoghurt

Slice silverbeet stems 1cm thick and finely shred the leaves. Place in separate bowls.

Heat oil in a medium saucepan with a lid over medium-high heat. Add onion and cook, stirring occasionally, for 4-5 minutes or until softened. Stir in silverbeet stems, cover and steam for 5-6 minutes or until softened. Stir in silverbeet leaves. Season to taste. Stir through allspice and herbs. Transfer silverbeet mixture to a baking tray and cool completely. Once cooled, scatter over both cheeses. Season to taste.

Preheat the oven to 180°C.

For the butter mixture, melt butter in a small saucepan over low heat. When just melted, remove from heat and whisk in egg, oil and yoghurt. Brush base and sides of a 37cm x 25cm x 2cm baking dish with butter mixture. Trim 10 filo pastry sheets to fit prepared dish. Set aside. Place 1 untrimmed filo sheet lengthwise to cover base and short sides of prepared dish and 2 untrimmed sheets widthwise to cover base and long sides. Trim excess pastry, leaving 3cm overhanging. Arrange 4 sheets trimmed pastry over untrimmed pastry in base of prepared dish, buttering between each layer. Scatter half silverbeet mixture over the filo. Layer with 2 more trimmed sheets, buttering in-between, then remaining silverbeet mixture. Top with 4 filo sheets, buttering in-between. Butter top layer, fold overhanging pastry to enclose and bake for 35-40 minutes or until golden and pastry is cooked through.

PERSIAN LOVE CAKE

SERVES 10-12

Begin this recipe 1 day ahead. You will need kitchen string.

180g unsalted butter, chopped, softened
2/3 cup (150g) brown sugar
2/3 cup (150g) caster sugar
4 1/2 cups (450g) almond meal
3 eggs
1 tsp allspice
1 cup (280g) Greek yoghurt, plus extra to serve
1/2 cup (75g) toasted pistachios, roughly chopped, plus extra to serve

POACHED QUINCE IN RED WINE

2 quinces
2/3 cup (165ml) red wine
1 1/2 cups (330g) caster sugar
6 cardamom pods
4 bay leaves
2 each cloves and cinnamon quills
1 orange, zest peeled into strips

For the poached quince, peel and core quinces, reserving peel and seeds. Cut quince into wedges and place in acidulated water (1L water and juice of 1 lemon). Wrap peel and seeds in a muslin 'parcel' and secure with kitchen string.

Preheat the oven to 160°C.

To poach quince, place all ingredients except quince but including quince parcel in a medium saucepan over high heat with 1 1/2 cups (375ml) water and bring to the boil. Remove quince from acidulated water and place in poaching liquid. Cover with a cartouche (a circle of baking paper), reduce heat to medium-low and simmer for 3 hours or until quince is tender. Remove from heat and cool in fridge completely. When ready to use, remove quince from poaching liquid and drain well on paper towel. Discard liquid and parcel.

Line base and side of a 22cm round springform cake pan. Place butter, sugars and 3 1/2 cups (350g) almond meal in a stand mixer fitted with paddle attachment and beat on medium speed until combined and smooth. Transfer to a bowl.

In cleaned stand mixer fitted with whisk attachment, whisk eggs, allspice and yoghurt on medium speed until combined. Add half almond meal mixture and remaining 1 cup (100g) almond meal to yoghurt mixture and whisk until smooth.

Using a palette knife or the back of a metal spoon, press remaining almond meal mixture evenly over base of prepared pan. Pour in batter and tap gently to remove air bubbles. Evenly arrange quince over top and scatter with pistachios. Bake for 1 hour 30 minutes or until edges are well set. Remove from oven and cover with foil. Bake for a further 30 minutes or until centre is firm to touch. Remove foil, place pan on a wire rack to cool completely, then refrigerate for 4 hours or until cold. Remove cake from pan and transfer to a serving platter. Serve with extra yoghurt and pistachios.

“BOREKS ARE SUCH A GOOD DISH TO HAVE AT HOME AS A SNACK FOR KIDS.”



Silverbeet borek with feta

“THE WAY THIS PERSIAN LOVE CAKE IS BAKED, IT’S ALMOST LIKE A CHEESCAKE.”



Persian love cake (recipe p 22).



MARKET BASKET

BY KIRSTY CHIAPLIAS

EGGPLANT

"It's so versatile, but people get nervous about cooking it. You always get a better texture if you salt it first and then fry it. Or sometimes I will burn the eggplant [over a flame], so that the skin comes off, and then use the inside in a salad. Or chop up the inside with salt, garlic and olive oil, and serve it on top of roast lamb. It's a winner."

CARROT

"It's not just about chopping them up as a snack, or as chunky vegetables in a pot. I roast carrots and serve with roast chicken, hazelnuts and honey and thyme dressing. I turn them into a salad, use them in soups and make them into a dip."

SILVERBEET

"You can use it in so many ways. You can blanch it, braise it, put it over vegetables or into soups, or just cook it and fold it into filo pastry and make a borek or pie. You could even combine silverbeet, spinach and chicory, and skip the cheese."

QUINCE

"My dad used to eat them raw, which is not my cup of tea. Most people, when choosing fruit for a cake, go for raspberries or pears, but if quinces are cooked properly you can store them in the fridge for so long. You can then add them to granola, custard and salads. We serve it sometimes with fried saganaki, which is delicious."

@kirstychic472 @babajan_eatery

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LABOUR OF LOVE

Whether they're eating in or taking away, Melburnians in their scores patiently line up to taste the fusion of Turkish and Greek flavours **KIRSTY CHIAPLIAS** serves up at her cafe, Babajan.

THE MIDDLE-AGED couple dining at Babajan in Melbourne's Carlton North on a recent afternoon were sounding a little off-kilter. In-between mouthfuls of hearty salads and deadpan conversation, they kept winding back rather loopily to the same exchange. "She knows her food," one would observe. "She sure does," the other would respond approvingly. The 'she' in question was chef Kirsty Chiaplias whose mesmerising mélange of Turkish, Greek and wider Mediterranean food can make people slightly nutty.

In a spare, sun-dappled room, Babajan serves breakfast, brunch and lunch six days a week and dinner Friday and Saturday. Signature dishes include *menemen* (Turkish baked eggs), Cypriot haloumi pies, and rose and cardamom rice pudding, while Chiaplias fills the counter with a rotating selection of salads, boreks and Greek treats like *kourabiedes*. The chef wants patrons "to feel they are bombarded with flavours and food. It's like being at your mum's or grandmum's for lunch where there is a feast in front of you."

It's her deft mix-master approach that is so appealing. Chiaplias infuses Ottoman fare with a cosmopolitan edge. How does someone of Greek heritage become so adroit at preparing Turkish food? "I've been waiting to get asked this question," she says, smiling on a break from service. "Basically, I fell in love with a Turkish man, then I fell in love with Turkish food." The first love ran its course, but the second is clearly flourishing.

For the chef, the desire to combine myriad flavours and to modernise classic Turkish dishes is perfectly natural. Some traditionalists can be vexed, but "once they eat it, they're happy and most of them come back". Last year, *The New York Times* singled out the three-year-old cafe for its "moments of transcendence". "I was overwhelmed," says Chiaplias. "We've had New Yorkers coming here straight from the airport."


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Edited by George Epaminondas

@georgeepam



BON APPÉTIT

With numerous dining zones, an elaborate interior complete with a gallery-worthy mural by Lisa King (pictured), and a boldface chef in Sean Connolly, The Bon Pavilion is a new regional star in Gosford, NSW. The ambitious venture, from entrepreneur John Singleton, offers everything from espresso and pastries for breakfast to king crab linguine and lamb tomahawk chops for dinner at Bonfire, the signature eatery with Hunter Valley drops. Given it's just over an hour's drive from Sydney to the Central Coast, a day trip to Gosford is beckoning city gourmands.

TABLETALK



1 Situated on the Brisbane River, MASSIMO (above) is a new 140-seater devoted to the kind of breezy food you might enjoy on the Italian Riviera. Start with octopus carpaccio sliced so thin it's almost transparent, proceed to the sand crab and prawn tagliolini, and finish with a delicate parfait infused with coffee and chocolate. More substantial dishes include the *cioppino* or fish stew, brimming with barramundi, pipis, prawns, octopus, calamari and scallops. Restaurateur Michael Tassis of the Greek-themed George's Paragon is switching up his Mediterranean influences with success.



2 If you're craving Korean barbecue in Adelaide, make a beeline for PLUS 82 GOGI (above) in the city's West End. *Gogi* (meat) choices comprise ox tongue, pork belly and beef brisket, while sides include 'shake shake rice' – flavoured with kimchi and topped with a fried egg. The former warehouse space has been vibrantly updated with murals, parasols and grills imported from Korea. The playful restaurant is from the same team behind Korean venture Plus 82 Pocha and Thai restaurant Mimi.

3 Paul McGivern and Bailee Dewes, last seen at The Wolfe, recently opened CORELLA (above right) in Brisbane's Woolloongabba. The minimalist eatery, with kitchen helmed by chef Callum Gray, serves the kind of unfussy food that inspires return visits. Burrata with fig and roast grape chutney is a winner, while warrigal green risotto is a novel take on the native spinach. McGivern, who also owns La Lune Wine Co, has whittled down that venue's expansive wine list to a sharp 50 options.



TRENDING NOW

FIG LEAF

Flavourful fig leaves are often used to wrap cheeses or even fish, but lately Melbourne chef Andrew McConnell has been grinding them up as a crown for his panna cotta with blackberries and fig syrup. Meanwhile, Danielle Alvarez at Fred's in Sydney has used them in an ice cream accompanying her macadamia crumble.



BON PAVILION PHOTOGRAPHY **JACS POWELL**

DELICIOUS.COM.AU/EAT-OUT Go online for weekly restaurant news and reviews from our critics and reviewers.



GO WEST

Mummucc, a fashionable new wine bar from Tania Nicolo and Ryan Bookless of Monsterella Pizza, has opened its doors in Perth's Wembley. The new venture serves tempting dishes such as grilled stonefruits with stracciatella and toasted hazelnuts, and woodfired butternut and ricotta agnolotti. The drinks list puts the spotlight on small-scale producers from WA and Italy, and classic aperitifs, including cynar with tonic and lemon. The name, pronounced ma-mooch, means mother in Abruzzese. Naturally, the homemade cannoli is top-notch.



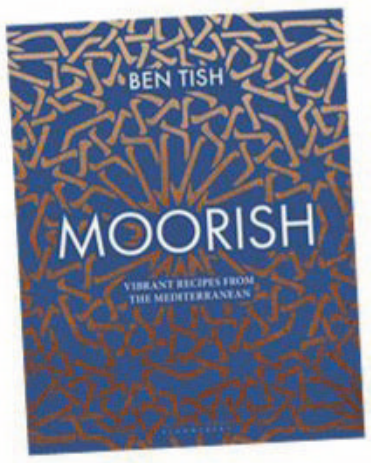
HELPING HAND

Explore the rich culinary traditions of Tamil women in Sri Lanka and support their cause with *Handmade* ($59, Palmera), an ode to their extraordinary resilience and exquisite recipes as they rebuild their lives after civil war.



HOLY GUACAMOLE

The national obsession with avocado knows no bounds, but maybe it's time to progress from smashed avo to lashings of guacamole? You'll need a traditional Mexican mortar and pestle. Known as a *molcajete*, and hand-carved from volcanic rock, it's also ideal for grinding spices and chillies or making pesto. The mortar's rough texture renders it perfect for crushing most ingredients. $39, westelm.com.au



A BIT MORE

British chef Ben Tish explores the tantalising fusion of North African, Middle Eastern and Mediterranean flavours in *Moorish* ($45, Bloomsbury), from light salads to slow-cooked dishes that fill the house with spiced aromas.



NEW DIRECTION

Sommelier extraordinaire Chris Morrison recently joined QT Sydney as its wine director. His first order of business? Elevating the offering at Gowings Bar & Grill from 200 to more than 500 carefully sourced regional wines from around the globe. The restaurant now serves more than 50 unique varieties, including the surprisingly popular *saperavi*, a red grape native to the Caucasus nation of Georgia.



PAN OF THE HOUR

The right baking pan can make or break your recipe, which is why we turn to Wiltshire (wiltshire.com.au). The brand's line-up includes pans for every sweet you can imagine, and its latest aluminium additions are designed to ensure picture-perfect loaf cakes and brownies. *Pick up this month's* delicious. *in Woolworths and you can get a Wiltshire cake pan for just an extra $2 (subject to availability).*

NEXT OF GIN

Supernormal, Andrew McConnell's temple of pan-Asian food in Melbourne, has debuted its own gin. The collaboration between beverage director Leanne Altmann and Brendan Carter of Applewood Distillery has yielded a distinct blend of Japanese and Australian botanicals, including strawberry gum, riberry, pepperberry, nori, ginger and yuzu. Pick up a bottle at Supernormal, or sample it in one of its zinging cocktails.





NO-WASTE CHALLENGE

MasterChef alumna **Kylie Millar** shows how to turn sorry, soggy silverbeet into an irresistible sour and spicy kimchi.



I ALWAYS FIND it hard to walk past a big, lush bunch of crisp silverbeet at the market or greengrocer, only to look in the fridge a week later and find a saggy, droopy bunch of something that hardly resembles anything of its former bright and perky self.

Instead of letting my silverbeet go to waste, I use the stems in one of my favourite ferments, kimchi.

This recipe is based on 500g raw weight of silverbeet stems. Trim the stems into 5cm pieces, pulling off any stringy bits as you go. Sprinkle with 40g fine table salt and leave for 1 hour. Rinse under cold running water and leave to air dry. In a food processor, whiz 40g fresh ginger, 50g garlic cloves, 20g salted dried shrimps, 30g caster sugar, 2 tbs glutinous rice flour (from Asian food shops), 100g gochujang chilli paste (from Asian food shops) and 3 spring onions until a fine paste. Place sliverbeet stems and a small grated daikon in a bowl. Massage paste into stems and radish, then pack into a sterilised glass jar. Seal and leave to ferment for 3-5 days at room temperature.



Search delicious.com.au for 'mushroom and silverbeet pasta bake'

STORE AND SELECT

Choose bunches of silverbeet with firm, sturdy stems and dark-green leaves without dark patches. Wrap in a damp tea towel and store in the crisper drawer of your fridge to make them last longer.

GOES WITH

Currants, pine nuts, feta, ricotta, butter, preserved lemon, chilli.

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ILLUSTRATION **ALICE CLEARY**

FUTURE PROOF

Shannon Harley takes a bite of the latest cuisine to make its mark globally.



WHY DON'T WE know more about African food? Perhaps it's that the current culinary paradigm lumps the diverse foodways of more than 1.2 billion people in 54 countries into a single group. Distilling 'African food' into a handful of distinctive dishes is as problematic as defining European food by a single schnitzel or plate of pasta.

There are the heady flavours of the Maghreb, a land of couscous, dates and almonds. The curries of West Africa are built on fried onions, tomatoes and chillies, while okra and peanuts thicken stews that are served with cassava, plantain and tomato-laced *jollof* rice. Locals around Lake Victoria eat jet-black fly burgers – providing a nutritious source of protein – when the bugs swarm in the wet season. From South Africa to Botswana, the food of the Cape counts influences from the local San tribes as well as Europe, India and Malaysia.

While you may be familiar with South Africa's *bobotie* (mince pie), *braai* (barbecue) and biltong, the new wave of African flavours is coming from the west of the continent via *kelewele* (spicy fried plantain from Ghana), Senegalese *yassa* (marinated chicken with caramelised onions and lemon) and *maafe*, the moreish West African peanut stew.

One of the first high-end Nigerian restaurants in London, Ikoyi, recently earned a Michelin star. In New York, Dakar-born chef Pierre Thiam is dishing up modern pan-African comfort food at Teranga. That might look like his version of *jollof*, made with *fonio* – a West African ancient grain – instead of rice and served with Moroccan-inspired chermoula-roasted salmon and a Senegalese black-eyed pea salad. Get it while it's hot.

TO A TEA

Whether it's oolong, chai or classic Earl Grey, your favourite brew deserves to be served with a touch of class.

PHOTOGRAPHY **NIGEL LOUGH** STYLING **EMMALY STEWART**

1 & **2.** T2 'Dazed and Dazzled' blue teapot, $68, and 'Ombre Opulence' forest cup and saucer, $34, t2tea.com **3.** Williams Sonoma 'Open Kitchen' glass teapot, $60, williams-sonoma.com.au **4.** Salt&Pepper 'Palais' teapot, $49.95, saltandpepper.com.au **5** & **6.** Zakkia 'Tab' teapot, $54, and 'Stem' tea strainer in silver, $43, zakkia.com.au **7.** Marimekko 'Oiva' teapot, $109, marimekko.com **8.** T2 'Do the Dotty' navy teapot, $30 **9.** Le Creuset stoneware teapot with infuser in Marseille Blue, $99, lecreuset.com.au **10.** Wedgwood 'Byzance' teapot, $299, wedgwood.com.au

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CURRYING FAVOUR

Too often, Indian food drink pairings are uninspired. **Mike Bennie** has fresh thinking that goes far beyond the usual suspects.

@mikebennie101 @mikebennie101



HODDLES CREEK ESTATE CHARDONNAY 2018, *$22* A brilliant chardonnay that is equal parts generous in flavour and refreshing, becoming a particularly excellent foil for your takeaway curry night. Expect crisp stone fruit and faint nutty-savouriness in this delicious wine.



HENSCHKE JOSEPH HILL GEWÜRZTRAMINER 2018, *$36* Gewürztraminer wines seem to be written into lore as the go-to for piquant dishes, and this one from biodynamic-farmed vines is wildly fragrant, cool in the palate, gently kissed with rose water flavours, and utterly wonderful with northern Indian cuisine.



TEMPLE BRUER 'THE AGONIST' CHENIN BLANC 2017, *$26* From stalwart organic wine producers, this has enough acidity to cut through the creaminess of Indian dishes and comes with a touch of fruity sweetness to manage any spicy heat. Try this out with your best butter chicken.



MAAN WINES 'HANDY MAAN' GMS 2017, *$20* Grenache, mourvèdre and shiraz are blended in this lightweight but bright, crunchy and vivacious red wine. I imagine this with vindaloo dishes or similar, but I bet it would be an absolute treat with smoky-fragrant things from the tandoor. It's gorgeous!



LARRIKIN GIN 'SCOUNDREL' LONDON DRY, *$75* The dry, botanical freshness of gin married to the gentle sweetness and bubbles of tonic water all marry particularly well with fiery Indian dishes. Larrikin's dry style here is sophisticated and detailed.



YULLI'S 'SEABASS' MEDITERRANEAN LAGER (375ML CAN), *$5* This crisp, lightly bitter and ultra-drinkable lager comes from a good place and good people, and does good things with your suburban Indian array of dishes. Kick things off with a sip and a samosa.

ONE OF THE finest sommeliers I know is a man by the name of Harshal Shah. His background is Indian, though he has worked widely around the world, with a particular focus on high-end dining and prestigious wines. A consummate gentleman, stoically traditional, perennially well-dressed and armed with a rapier-like wit, Shah is now leading one of Ireland's poshest wine merchants, Pembroke Wines.

But during his extended time in Australia, his landmark role involved elevating the wine culture at Aki's, a top-flight Indian restaurant in Sydney. The extensive wine list championed the best wines of the best regions, which meant you could be drinking exceptional Burgundy one minute or sipping on grand marque Champagne the next.

This dedication is a far cry from the lackadaisical approach typical in Indian cuisine beverage pairings. Common wisdom sees neutral, refreshing beers or light, aromatic white wines the mainstay matches, even though Indian cuisine works with some of the broadest flavour and texture palates you'll find.

I fondly recall visiting Shah at Aki's, impromptu, to have him sit me down and school me on how an array of wines worked with the breadth of the cuisine.

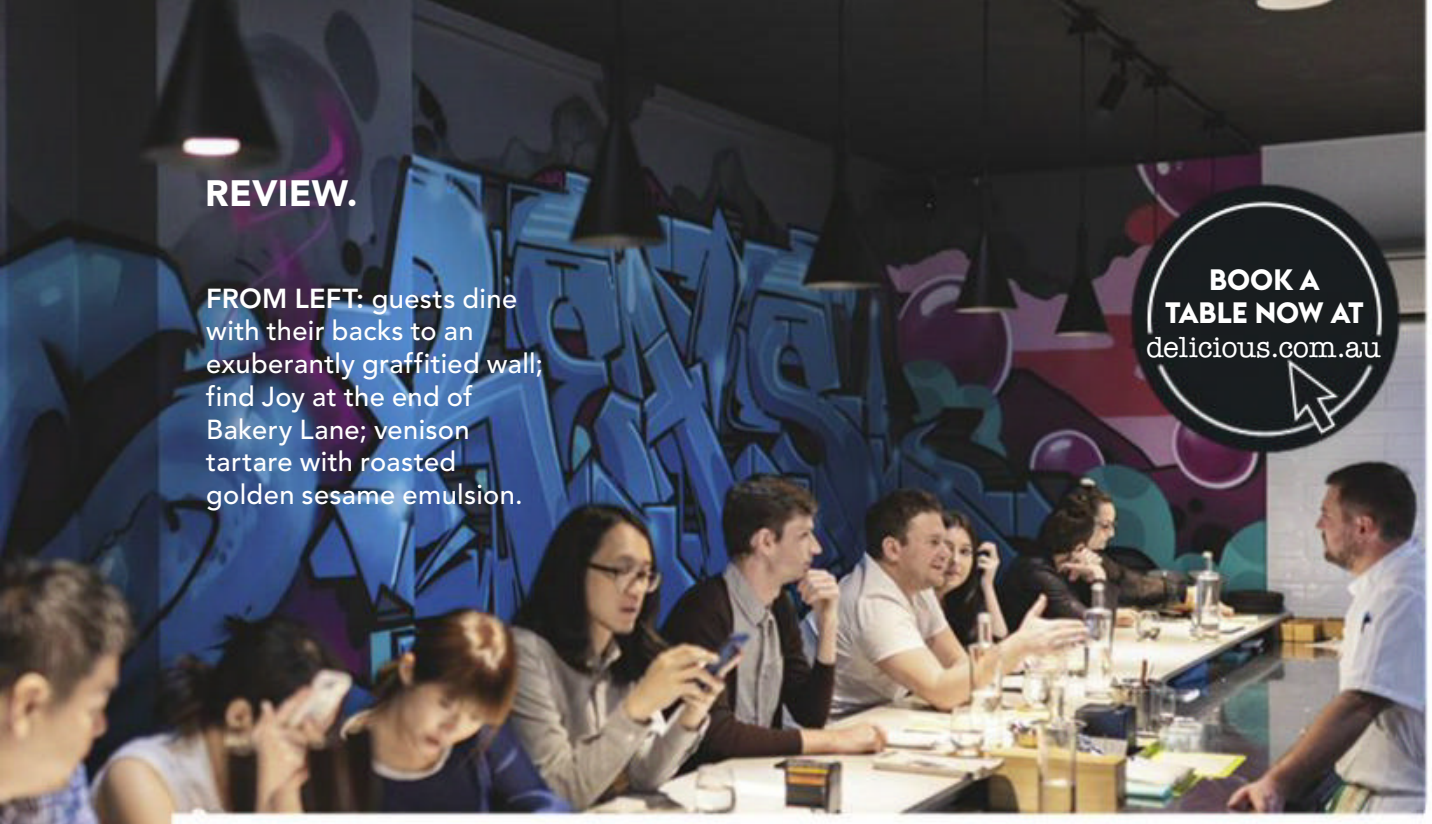
That day, he opened several Margaret River cabernets, pitch-perfect medium-weight reds that brought sweetness to mild curries. He showed me textural whites matured in oak, chardonnay included, that had an opulence that settled in gloriously with creamier curries. The dishes with more heat were perfectly balanced by two poles of wine: firstly, aromatic and fruity gewürztraminer was a treat, but fleshy, full-flavoured reds were a revelation. Unusually, things like Barossa shiraz or blends with grenache were particularly friendly with dishes that went from warm through to eye-wateringly hot.

Shah's vision may be a little harder and faster than most, but kudos for his work elevating the Indian dining experience.

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To peruse more of Mike's favourite drinks.

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FROM LEFT: guests dine with their backs to an exuberantly graffitied wall; find Joy at the end of Bakery Lane; venison tartare with roasted golden sesame emulsion.

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TWO'S COMPANY...

... and 10 is a crowd, finds **Anthony Huckstep** as he visits a Brisbane restaurant proving joyous things come in (very) small packages.



WHEN WE DINE out it's generally about enjoying our chosen company, not to spend an evening with the chef or restaurant staff.

But Joy is different. This tiny 10-seat restaurant delivers a dining experience that turns the regular night out on its head.

At Joy, it feels like you're having an intimate dinner with the only two people working there – owners Tim and Sarah Scott. All 10 guests perch at the kitchen counter eagerly awaiting their choice of a five- or nine-course meal, while the Scotts play the role of waitstaff, sommelier, chef and dish washer. It's a lovely display of how to make the restaurant experience special without all the pomp and ceremony.

With two seatings, 6pm and 8:30pm, you need to arrive on time, as each course is made in front of you and served to everyone at the same time. It's an immersive dining experience.

On arrival, Sarah shows diners to their seat – stools along a counter running the length of the narrow room – and offers an aperitif while Tim prepares the first course. One wall is a kaleidoscope of graffiti, the other is awash with stainless steel and the calm theatre of two fine chefs plying their trade. Drinks taken care of, Sarah joins Tim and they get busy plating up the first course – corn *chawanmushi*. Traditionally an umami-rich savoury egg custard, here, in a corn rendition, it's slightly denser and garnished with soured pumpkin, dried scallop and globes of smoked trout roe.

Al dente confit squid, tossed in zucchini puree and topped with a mountain of baby herbs, looks and eats like pasta. It's a wonderful dish, but by plating up 10 at once it could have benefitted from being slightly warmer. Housemade buckwheat bread rolls arrive at the last forkful to help swipe up the remaining zucchini puree.

Sure, I may be a sucker for chicken fat and skin, but the Scotts' red cabbage cooked in chicken fat, crowned with crisp chicken skin and cranberry hibiscus leaf tempered by pickled cucumber, is a delight. Rich, light and deeply satisfying.

Gingered cucumbers and salted daikon make a great accompaniment to slow-cooked short rib that's blushing pink inside and blackened sweet outside thanks to a black vinegar glaze. A delightfully refreshing melon, jalapeno and mint granita would suffice for yours truly, but is only a pre-dessert. The Scotts' take on the French meringue medley 'Mont Blanc' partners malt artichoke, Chantilly and an unnecessary gold leaf atop. It's a popular finale among my fellow nine diners.

Joy feeds our need for something a bit special, but engages far more with the diner than many Brisbane contemporaries. It could feel formal, with the artful food and tasting menu, but any notion of that is dispelled by the Scotts' affable manner and personal touch. A joy, indeed.





JOY

CUISINE
Contemporary

CHEFS
Tim and Sarah Scott

VISIT
Bakery Lane, 694 Ann St, Fortitude Valley

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d. delicious.com.au/EATOUT
For more of our critics' dining picks.

REVIEWED ONLINE THIS MONTH
Canton! Canton!, Sydney CBD
Ton & Co., Windsor, Melbourne
Soul Dining, Surry Hills, Sydney
Johnny's Green Room, Carlton, Melbourne

PHOTOGRAPHY **VANESSA VAN DALSEN**

FROM FEASTING TO FLYING

PRIMO PASTA
Chef Luke Mangan's orecchiette, pumpkin, field mushrooms, feta, thyme and spring onion with brown butter at Coast Café (T1) is packed with fresh flavour.

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CATCH OF THE DAY.



The cuttlefish's love for feasting on prey in shallowish, weedy warm waters gives the mollusc a creamy, rich flavour.

CUTTLEFISH

It might be the squid's ugly cousin, but when it comes to taste, cuttlefish is the star of the family, writes **Anthony Huckstep**.



I'VE NEVER HAD a pet budgie. A friend had five and their cages were strewn with half-eaten cuttlebones. More shell than bone, they're great to nibble on, apparently. Ask any budgie.

Now, I don't know about you, but I think I'll stick to the cuttlefish itself.

Cousins of squid, and closely related to octopus, cuttlefish are cephalopods, with a prominent head and tentacles (or legs) protruding from a primitive molluscan foot.

Cuttlefish, however, look different to their relatives, with reddish-brown skin and white markings, and eight small and two larger tentacles. They're prolific producers of ink, too, which, according to John Susman of Fishtales, has a much nuttier taste than squid ink.

"Without the thin body and long legs of the squid, the cuttlefish, with its round body and small legs, has often been seen as inferior," says Susman. "But it's come into its own over the past decade – moving from bait to centre of plate.

"Cuttlefish is the preferred bait (over squid) for the savvy King George whiting fisherman. Clearly, the KGW is a fish of style and taste, appreciating the more complete mouthfeel – from the initial crisp bite to the creamy texture and slightly livelier flavour."

Found throughout Southern Australia, cuttlefish are fast-breeding and fast-growing, giving them stellar sustainability ratings. Commonly sold around 15-25cm, they behave similar to squid in the kitchen, but there are slight differences to consider.

"I prefer cuttlefish to squid for sashimi," says Susman. To get the best, most tender outcome, he advises you double-skin the hoods of cuttlefish. "There is a second layer which is fine to eat, but if you gently peel it off, the raw-eating experience is magnified." (Ask your fishmonger to do this if you find it tricky.)

"Fresh, raw cuttlefish has a texture and taste superior to squid," Susman continues. With a light eggwhite and green-melon aroma, a texture that's tender, and a flavour that boasts mild milky notes and a fresh cream finish, they are stunning raw, but can hold their own in a deep-fried salt-and-pepper play, too.

When cooked, Susman loves them shaved thin and simply tossed through a hot wok with oil, butter, garlic, parsley and lemon juice. "It's one of the best eating experiences you can have," he says.

@huckstergram @anthuckstep

delicious.com.au/food-files
For more tips on buying and storing fresh seafood.



Search delicious.com.au for 'chargrilled garlic and chilli cuttlefish'

BUYING Buy whole, with double skin still on, or get your fishmonger to skin it for you. Look for shimmering, wet flesh and a clean sea aroma.

STORING Store whole for no more than 24 hours on a drip tray over ice in an airtight container. Once cleaned, use immediately, or wrap tight in freezer film and store in the vegetable crisper. Use within 24 hours.

COOKING Raw, sauteed, steamed, poached, grilled, fried, braised.

CATCHING METHOD
Prawn trawl.

SUBSTITUTIONS Squid.

ACCOMPANIMENTS Chilli, thyme, butter, parsley, garlic, basil.

ILLUSTRATION **ALICE CLEARY**

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FAIR GRAIN

On a trip to India, *MasterChef* winner **Sashi Cheliah** discovers the beauty of barley and, back home, showcases it in his version of a classic Italian dish.

@sashi_cheliah

TRAVEL AND FOOD go hand in hand on my holidays. I find joy in learning about culture through what the locals eat, and my recent journey to India has certainly brought plenty of great memories. I sampled street food, dined at fancy restaurants and ate everything in-between.

It was a great culinary tour, and one where I learnt that one of ancient India's staple crops isn't actually rice, but barley, known as '*jau*' in Hindi. And while most Indians today wouldn't think to include this ancient grain in their everyday diet, many chefs aim to lure foodies into this healthier option by using it in their dishes.

There are so many health benefits to cooking with barley. Some of them include better digestion because of the higher levels of fibre found in the grain, and it might also help lower cholesterol levels. Then there's the fact that its slightly nutty taste makes it the perfect ingredient for more robust dishes. It has definitely inspired me to come up with this month's recipe. I like to think of it as a modern twist on Indian food, and it's such a simple, hearty dish to make.

Yes, heritage grains are trendy once again, so please try my saffron barley risotto; I guarantee you will love it!

SAFFRON BARLEY RISOTTO

SERVES 4-6

2 tbs ghee
2 eschalots, finely chopped
1 garlic clove, finely chopped
1 tsp ground cumin
350g small Swiss brown mushrooms, trimmed
2 tbs unsalted butter
2 cups (400g) pearl barley
1 pinch saffron
1/2 cup (125ml) white wine
1.2L hot vegetable stock
2/3 cup (50g) finely grated parmesan, plus extra to serve

PICKLED RED ONION

1/4 cup (55g) caster sugar
1/2 cup (125ml) white wine vinegar
5 tarragon sprigs
2 bay leaves
1 large red onion, sliced into rings

For the pickled onion, place sugar, vinegar, tarragon, bay leaves and 2/3 cup (165ml) water in a small saucepan. Bring to the boil over high heat, stirring until sugar dissolves. Place onion rings in a heatproof bowl and pour over pickling liquid. Stand at room temperature to cool completely.

Heat a large, deep, heavy-based saucepan over high heat. Add ghee and heat for 30 seconds or until melted. Add eschalot and cook, stirring, for 4-5 minutes or until softened. Stir in garlic, cumin and mushroom. Cook for 4-5 minutes or until mushroom is softened. Stir in butter, barley and saffron, season to taste and cook, stirring, for 3-4 minutes or until barley is coated in oil. Stir in wine and cook until absorbed by barley. Reduce heat to medium-low and add stock, 1 ladleful at a time, stirring gently until the barley is cooked (about 1 hour 40 minutes). Remove from heat, stir through parmesan and season to taste. Transfer to bowls, top with pickled onion and sprinkle with extra parmesan to serve.

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

PHOTOGRAPHY **NIGEL LOUGH** STYLING **KIRSTEN JENKINS** MERCHANDISING **EMMALY STEWART**

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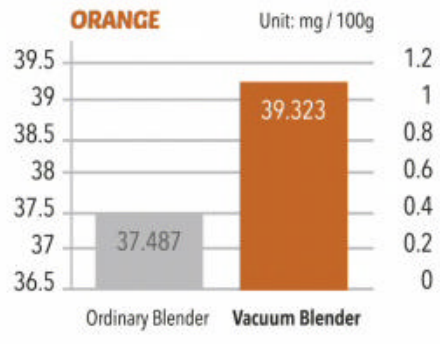


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I LOVE IT SOUR

Prepare to pucker up, **Matt Preston** is delving into the science of sour – and it could be the key to getting kids to eat their greens.

WE ARE LIVING in a sour age! Never has there been so much love for sour foods, whether it be fermented pickles or dairy products, sourdough bread or cider vinegar, a slice of lime in your Mexican beer, or making your whisky or pisco 'sour'. Acid from the likes of vinegar, lemon juice or a pinch of tartaric acid sharpens flavours and brightens dishes.

Sugar and then salt are commonly the flavours we first fall in love with; sourness and bitterness a sign of a more sophisticated palate. But research dating back to Charles Darwin in the 19th century has suggested some children chase very different tastes to adults. More recently, a study in the journal *Chemical Senses* found that in a group of five- to nine-year-olds, one-third had a love of extreme sour flavours absent in their mothers. Not only that, as the flavours became more intensely acid, they loved them more, while the adults and remaining children were increasingly negative about the sourer flavours.

The sour-loving children were generally also found to be more adventurous eaters and had often been exposed to sour flavours at an early age, perhaps through the presence of tamarind in their breast-feeding mother's diet or sour-flavour components like protein hydrolysate in their baby formula.

Earlier European research found that adults who were more adventurous eaters were far more appreciative of higher sourer flavours – and were more likely to search out fresh fruit and veg – than more conservative eaters. It also turned out they were significantly less interested in comfort foods than those who preferred sweet flavours. This perhaps helps explain why those couch potatoes living on a junk food/meat-and-potatoes diet avoid fruit, and would run a mile from those puckeringly sour worms and Warheads that were the rage a few years back. The good news is, that to get kids to embrace an adventurous diet, you might just need to introduce them to fruit and veg early on.

These findings may all have something to do with the fact that eating sour foods not only releases feel-good serotonin into the brain, but also activates a reaction in the tastebuds and an electrical jolt similar to the response we have when we 'taste' chilli.

While I have a cupboard filled with a couple of dozen different vinegars and a fruit bowl overflowing with citrus, tamarind is my latest love affair to 'go sour'. Fresh is best if you can find them – peeled and sprinkled with sugar they are divine – but bottled as a paste they are the slightly caramel-tasting sour secret behind everything from my golden egg curry recipe (delicious.com.au) to Worcestershire sauce (featuring vinegar) and in this rather special tamarind and chipotle ketchup.

For Matt's 11 other global ways to go sour, visit delicious.com.au.

PUMPKIN DOUGHNUTS WITH TAMARIND & CHIPOTLE KETCHUP

SERVES 6 AS A STARTER

1 butternut pumpkin, halved, seeds removed
200g tamarind paste
1/2 cup (125ml) chicken stock
60g chipotle chilli in adobo sauce (remove chilli from sauce), finely chopped
1/2 cup (110g) brown sugar
2 tsp apple cider vinegar
1 cup (140g) glutinous rice flour (from Asian food shops), plus extra if required
Sunflower oil, to deep-fry
1/2 cup (75g) white sesame seeds, plus extra to serve
250ml creme fraiche
1 bunch coriander, leaves picked

Preheat oven to 180°C. Place pumpkin, cut-side up, on an baking tray and roast for 1 hour or until the flesh is tender. Remove from oven and stand until cool enough to handle. Reduce oven to 90°C.

Meanwhile, to make ketchup, bring tamarind and stock to the boil over medium-high heat in a small saucepan. Reduce heat to medium and simmer, stirring occasionally, for 2-3 minutes or until combined. Stir in chipotle chilli and sugar, and simmer for 5-6 minutes or until thickened. Remove from heat and, using a stick blender, whiz until smooth. Season to taste and gradually stir in enough apple cider vinegar to balance out the ketchup. Set aside.

Scoop flesh from pumpkin and mash (you'll need 500g). Stir in rice flour until a thick, spoonable batter (it should be a little thicker than thickened double cream; add a little more flour if too wet).

Fill a deep-fryer or large saucepan three-quarters full with oil and heat to 190°C (a cube of bread will turn golden in 55 seconds when the oil is hot enough).

Cook 1 'test' doughnut. Using 2 tablespoons, shape about 1 tbs batter into an oval. Over a large plate, sprinkle with sesame, gently shaking off excess. Spoon batter into oil and fry, stirring gently with a long-handled slotted spoon, for 2-3 minutes or until golden. If 'test' doughnut flattens out too much, add more flour to batter. Repeat testing until you have the correct consistency.

Fry doughnuts in batches, stirring gently with slotted spoon, for 2-3 minutes or until golden. Remove and drain on paper towel.

Place creme fraiche in a small bowl and stir gently to loosen. Divide doughnuts among serving plates and scatter with extra sesame and coriander. Serve with ketchup and creme fraiche.

PHOTOGRAPHY **NIGEL LOUGH** STYLING **KIRSTEN JENKINS** MERCHANDISING **EMMALY STEWART**



@mattscravat

Visit delicious.com.au for more recipes from Matt.

For more from Matt each week, see:
delicious. ON SUNDAY

The pot's hot and the temperature's rising as **Colin Fassnidge** and **Anthony Puharich** debate a winter warmer that's all about a star cut of beef.

THE CHEF AND THE BUTCHER



C: I'll embrace this. I'm global, mate.
A: Global! You? I'm Mr Worldwide.
C: I'm not global then, I'm universal!
A: I'm Mr Worldwide, you're still stuck in Malabar!
C: I'm global, just like this issue! Let's not make it beige, let's make it rage. It's not a hotpot, it's a Col-pot. Get it? And it looks like we're going to use a good beef.
A: Yes, a wagyu chuck here. And we'll be swishing the meat around in a flavoured stock so it's just delicious and rich. Meat is under attack, but my opinion is balance will bring you a long, happy and healthy life. And with meat I believe that means it has to be about quality over quantity.
C: Okay, that does make a lot of sense. So with a quality chuck I'd bring in some root vegetables and garlic, ginger, star anise and orange zest. Then a beef stock with soy sauce and mirin.
A: Your contribution is the broth. Mine is the meat.
C: I'm the engine, you're the oil.
A: I think it's the other way around. Anyway, it's June, right? It's soups, broths, comfort food. But with an Asian twist. I like the idea of building layers in this. Vegetables, mushrooms, broth. Eat the meat, drink the broth, boom. Healthy!
C: I think it's about the broth, good meat, rich stock with flavour.
A: Yes, a high-quality chuck is going to make all the difference to the flavour.
C: What do you use if you can't get high-quality chuck?
A: Scotch. But we're using chuck. And now I will teach you something useful: so *shabu shabu*…
C: Is this like a rap? Croatian rap? Col-pot and *shabu shabu*!
A: It means 'swish swish' in Japanese, you idiot. Which is exactly what we do, right? Swish the meat around in the stock?
C: No, I did no swishing, we just let the beef cook in our stock.
A: You ruin everything!
C: No I don't! This will be full of flavour.
A: Yes, layers of flavour, like a fashion outfit. Layer the textures. This is what Anna Wintour would eat.
C: Anthony's showing his age.

WAGYU BEEF HOTPOT

SERVES 4-6

1/2 cup (125ml) extra virgin olive oil
1.25kg wagyu chuck, trimmed, cut into 6cm pieces
6 eschalots, quartered
400g desiree potatoes, cut into 3cm pieces
300g carrots, cut into 3cm pieces
2 garlic cloves, thinly sliced
3cm piece (15g) ginger, cut into matchsticks
5 star anise, crushed
4 cloves
2 each cinnamon quills and bay leaves
Zest of 2 oranges
2 tbs plain flour
1 cup (250ml) Chinese rice wine (shaohsing – from Asian food shops)
1/4 cup (60ml) soy sauce
1/4 cup (60ml) mirin
6 cups (1.5L) beef stock
200g fresh shiitake mushrooms
1/4 cup firmly packed flat-leaf parsley leaves, shredded, plus extra torn to serve
Steamed gai lan, to serve

Preheat the oven to 160°C.

Heat half the oil in a large ovenproof saucepan over high heat. Add beef, season and cook, stirring frequently, for 6-7 minutes or until browned. Remove from pan and set aside on a plate. Add remaining 1/4 cup (60ml) olive oil with eschalot, potato, carrot, garlic, ginger, spices, bay leaves and orange zest. Cook, stirring regularly, for 4-5 minutes or until eschalot begins to brown. Return beef to pan and sprinkle over flour. Cook, stirring for a further 30 seconds to quickly toast the flour. Add the rice wine, scraping the bottom of the pan with a spoon. Stir in soy sauce, mirin and stock. Bring to the boil, reduce heat to medium and simmer for 5 minutes. Cover loosely with foil and place in the oven for 2-3 hours or until meat is very tender. Add mushrooms in last 30 minutes of cooking time.

Remove from oven. Stir in parsley and season, then divide beef among serving bowls. Scatter with extra parsley and serve with steamed gai lan.

BUTCHER'S CUT

WAGYU CHUCK

Originally bred in Japan, wagyu beef is famed for its fine fat marbling, buttery texture and intense flavour – not to mention the often hefty price tag it attracts. Wagyu chuck is taken from the neck and shoulder, and is a more affordable cut that doesn't sacrifice flavour or tenderness.

INTERVIEW **SAMANTHA JONES** PORTRAIT PHOTOGRAPHY **SHARYN CAIRNS**
FOOD PHOTOGRAPHY **CHRIS COURT** STYLING **KIRSTEN JENKINS**



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Look out for more from Colin in
delicious. ON SUNDAY



WORLD *LEADERS*

Ellie and **Sam Studd**'s favourite cheeses come from some of the best producers around the globe. Here, they use three of them to make a universally loved dish.

@thestuddsiblings



CHEESE IS A TRULY international food and endless in its iterations. One of the things we love about our job is that even after years in the industry, we're still learning about new (and sometimes very old) cheese-making techniques and discovering a variety of amazing flavours and textures.

This month, we're sharing a dish that marries some of our favourite cheeses together. The first of these is La Couronne Comté, from the Franche-Comté region in France. Each wheel is crafted from milk from Montbéliard cows and then matured in a fort under the mountains. This comté has a sublime caramel sweetness and nutty texture.

Next up is the kefalotyri from Central Greece. Kefalotyri (commonly known as saganaki) is made from the traditional combination of seasonal goat's and ewe's milk. The Greeks' answer to haloumi, this melty cheese has a rich, moist texture and delicious savoury finish.

Finally, we have English clothbound cheddar, handmade in the rolling green hills of the West Country and carefully matured traditionally under cloth. The result is a classic firm cheddar with an evocative flavour, an earthy aroma and a lingering tang.

STORING AND SELECTING

Store all your cheese in the vegetable compartment of your fridge. Cheese is 'alive' with cultures, so definitely forego enclosing it in suffocating plastic wrap; instead, store it in wax paper, to allow it to continue to breathe. If eating these cheeses as they are (ie, without cooking them), they are at their best served at room temperature.

WANDERLUST MAC 'N' CHEESE

SERVES 6

This dish showcases these international cheeses perfectly. We highly recommend it for a cosy winter night in (Netflix optional).

400g dried macaroni
50g unsalted butter
1 leek, finely chopped
1/3 cup (50g) plain flour
1 tsp Dijon mustard
3 cups (750ml) milk
150g vintage cheddar (we used Clothbound Farmhouse Cheddar)
150g comté (we used La Couronne Comté), coarsely grated
30g panko breadcrumbs
170g grated saganaki (we used Artemis Kefalotyri Saganaki)
250g punnet cherry truss tomatoes
Basil leaves, to serve

Preheat the oven to 200°C.

Bring a large saucepan of salted water to the boil over high heat. Cook pasta according to packet instructions, then drain.

Melt butter in a saucepan over medium heat. Add leek and cook, stirring, for 10 minutes or until softened. Add flour

PHOTOGRAPHY **BEN DEARNLEY** STYLING **KIRSTEN JENKINS**
MERCHANDISING **EMMALY STEWART**

and stir for 1 minute. Reduce heat to low and add mustard. Gradually add milk, stirring to remove any lumps. Increase heat to medium and bring to a simmer. Simmer for 10 minutes or until thickened.

Remove from the heat, add the cheddar and comté, and stir to melt. Transfer to a large baking dish, add cooked macaroni and stir to completely coat. Season. Combine panko and kefalotyri in a bowl and scatter over the top. Place tomatoes on a small baking tray. Place both dishes in the oven, with the macaroni on the top shelf. Bake for 25 minutes or until macaroni is golden and tomatoes are softened and bursting. Top macaroni with tomatoes and basil leaves to serve.



d.
delicious.com.au/recipes
For recipes starring Australian and international cheeses.

the art of TABLE STYLING

For that special occasion, a beautifully styled dining table makes a statement. The curated homewares collection at David Jones has everything you need to create an impressive focal point.

A thoughtfully laid table helps set the mood for your dinner party. Once you've decided on a theme, the tableware can be confidently selected to imbue the whole occasion with personality, whether that be a raw and natural look, or one that is unreservedly luxe.

SET THE SCENE

The collection of homewares at David Jones features a variety of brands that each deliver that special something. The elegant, nature-inspired look (top) features an earthy colour palette courtesy of dinner plates from David Jones by Robert Gordon, and bowls from Dinosaur Designs and Broste, with the table and chairs from Tony Parker. The Menu vases add an autumnal touch and the Studio W 'Soho' cutlery set, with its simple lines, makes a bold finish.

The luxe look pictured left was created with lavish vases from Menu, candlesticks and candles from Georg Jensen, aubergine napkins from Broste, a Country Road table cloth in grey and large white Serax dinner plates. The opulent look is enhanced by the rose-gold hues of Tom Dixon's decanter, glasses and tongs, and the David Jones cutlery set.

For the more textured look pictured above, the Serax dinnerware and goblets perfectly complement the marble tabletop, while the bold Georg Jensen cutlery and delicate Krosno wine glasses refine the look. The eye-catching Denby dinner plate (inset) adds a touch of cool.

DAVID JONES

• Homewares are available at your nearest David Jones store or www.davidjones.com

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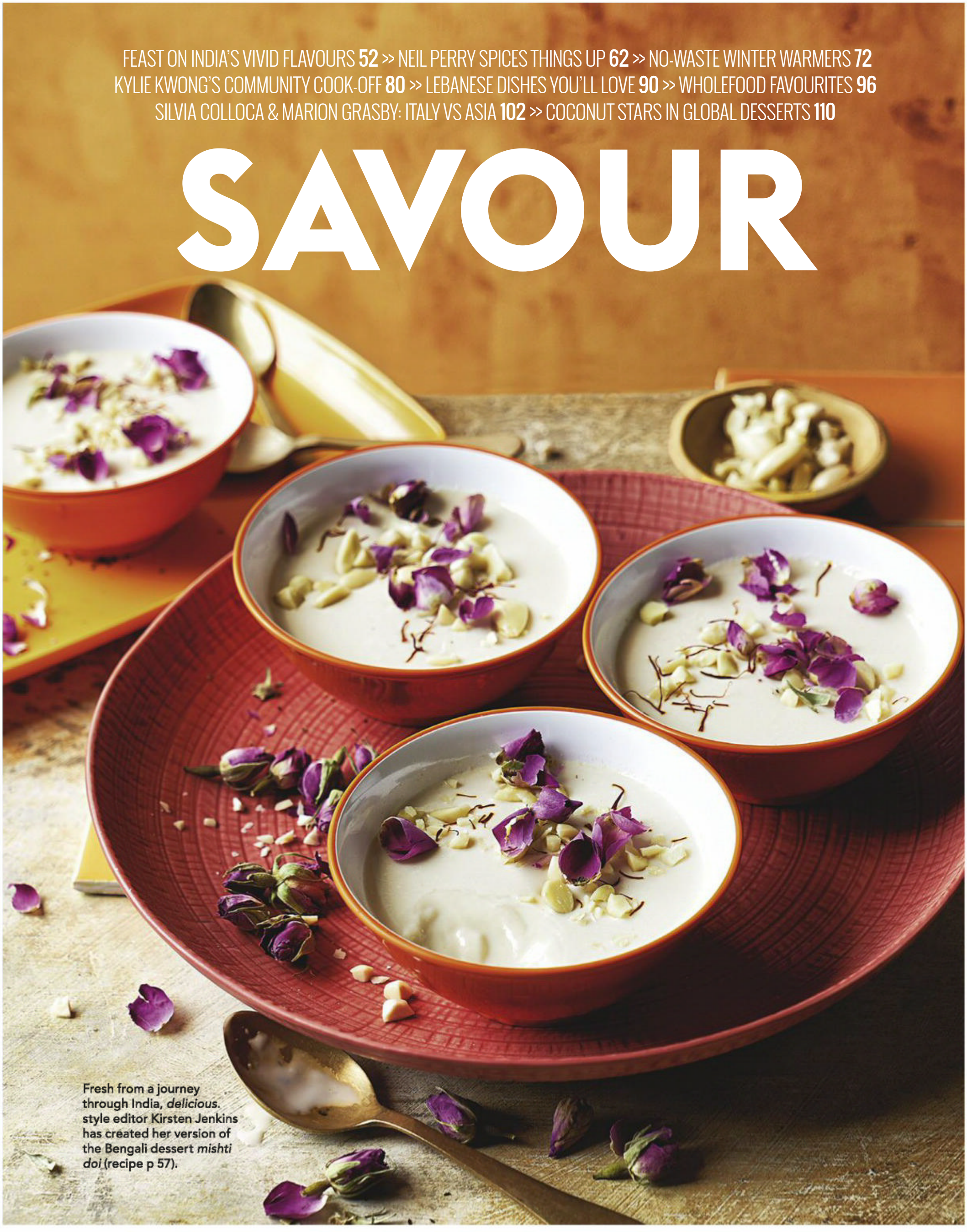


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SAVOUR



Fresh from a journey through India, *delicious.* style editor Kirsten Jenkins has created her version of the Bengali dessert *mishti doi* (recipe p 57).

PHOTOGRAPHY **CHRIS COURT** RECIPE AND STYLING **KIRSTEN JENKINS**

in living colour



From north to south, *delicious.* style editor **Kirsten Jenkins** spent a month immersed in the sights, sounds and flavours of India, enjoying a journey of joyous discovery. Here, she shares some of her memories and a menu inspired by the country's vivid cuisine.

FOOD PHOTOGRAPHY **CHRIS COURT** RECIPES, FOOD STYLING & TRAVEL PHOTOGRAPHY **KIRSTEN JENKINS**

MERCHANDISING **EMMALY STEWART**

Vegetable & paneer shish kebab, roti and carrot salad (recipe p 57). **OPPOSITE:** the Taj Mahal at sunset.





CLOCKWISE: *delicious.* style editor Kirsten Jenkins; taking a bath by the flower markets in Kolkata; street signage in Puducherry; cattle herder in traditional attire in Narlai; a room at the Udai Bilas Palace in Dungarpur; the onion road market in Madurai.

"JUST REMEMBER TO maintain your sense of humour when in India." That's an interesting final message to pass on to someone who is about to embark on a first-time visit to this bold country. But in retrospect, this was the message I kept coming back to over our month-long trip.

Arriving in India was, for us, like arriving on the moon: a completely new frontier we weren't quite sure we were properly equipped for, especially when our first stop was the incredibly busy Kolkata.

The capital of the state of West Bengal is a place where the volume feels permanently turned up: the colours, the sounds, the people and the food are all loud. It feels like meeting someone for the first time in a really great, super-noisy bar and falling instantly in love. India had me, right there and then. With its beautiful colonial buildings and very friendly locals, it feels far more intimate than the approximately 14 million people you are sharing the not-so-well-maintained footpaths with would suggest.

The food of Bengal is punchy and strong, full of mustard seeds and mustard oils. Vegetables make up much of your plate and the freshwater fish is a really nice surprise. But just as we settle in, it is already time to leave and head to our next stop. Varanasi, considered India's holiest city by its Hindu population, sits on the banks of the 'Mother Ganges'. She is the lifeblood of the Hindu religion, and arriving by boat along her provides an insight into the country's beating heart. If you were called upon to produce a film on India tomorrow, and were struggling to come up with a suitable location, Varanasi would be perfect. Walking through its narrow, secretive paths is like walking through India's equivalent to a Hollywood film lot – it's 'on' 24/7.

As we travel through India, mostly by car, leaving the north and heading south, the original important 'sense of humour' message is much tested. Staying in your lane on the highway is very optional, as is driving on the right side of the road. And taking your donkey, goat, cow or even child for a walk along these same highways seems like a very good idea, too. But once you embrace India for all its fantastic quirks, you will feel a permanent smile plant itself on your face and in your heart.

Arriving in the south is like crossing a border, and oddly like coming home. The climate, people, food, environment and energy all feel completely different. It is balmy, laid-back and really tells you to slow down after the fast pace of the north. And while the north has served up some incredible food, the south just says, "sorry, the bar is higher". Enter coconuts, bananas, tomatoes, onions *en masse* (seriously; we witness a whole street dedicated to selling them), turmeric, black pepper and spice – spice that tells your tastebuds to stand up and pay attention.

My most memorable meals in India were experienced at The Bangala in Karaikudi in the Chettinad region. During our visit, this humble homestay and restaurant was named no.28 in *Conde Nast Traveller* India's Top Restaurant Awards. I religiously ate breakfast, lunch and dinner there, fearing that if I missed one meal, I would possibly miss another amazing dish.

Finishing our tour of India down south with a very full stomach, I realised I had come to see the colour, experience the cuisine and take pictures until I ran out of memory cards for my camera, but I was leaving with a far greater gift: that of actually understanding humanity on a much deeper level. Thank you India.

Our trip was put together by Fiona Caulfield, who owns Love Travel India and has written several books on its different cities (lovetravelguides.com).

@kirstenljenkins

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For more fabulous food inspired by our travels.



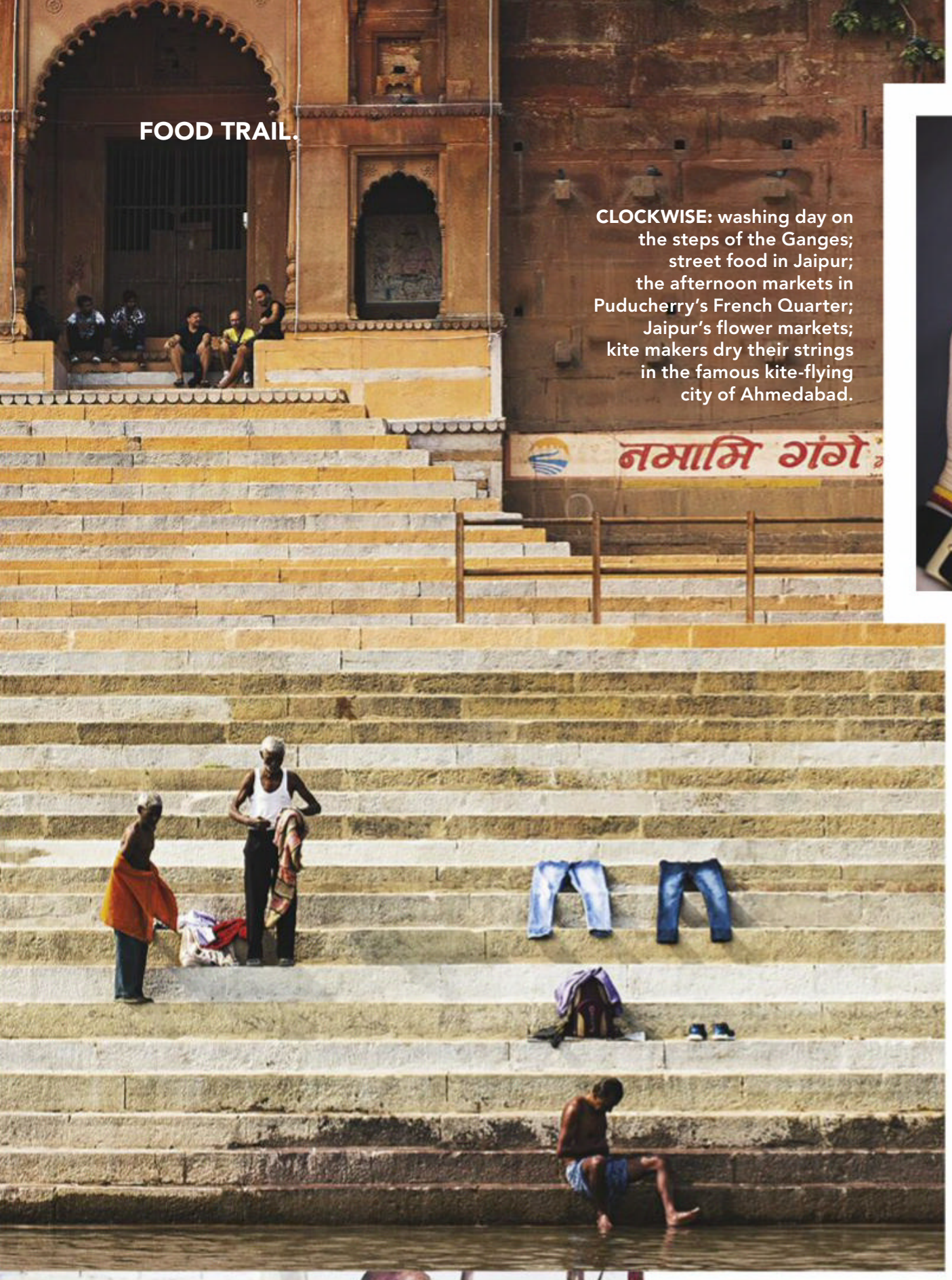




Cardamom lassi
(recipe p 58).

FOOD TRAIL.

CLOCKWISE: washing day on the steps of the Ganges; street food in Jaipur; the afternoon markets in Puducherry's French Quarter; Jaipur's flower markets; kite makers dry their strings in the famous kite-flying city of Ahmedabad.



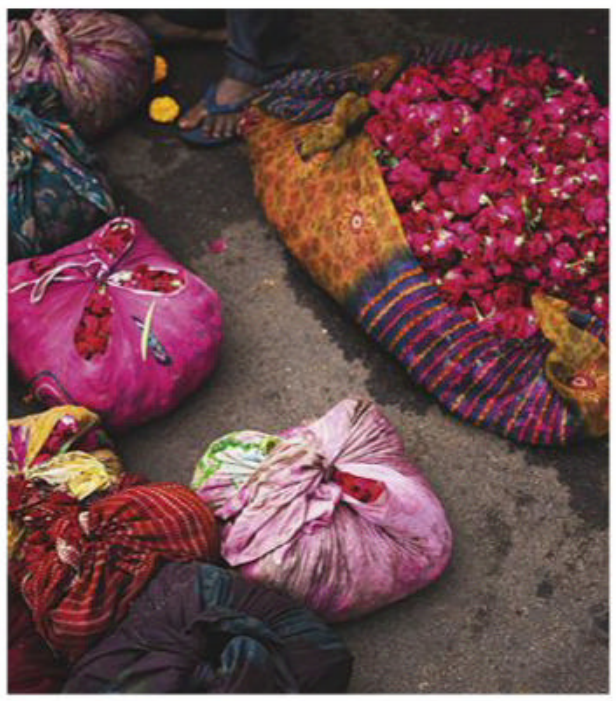




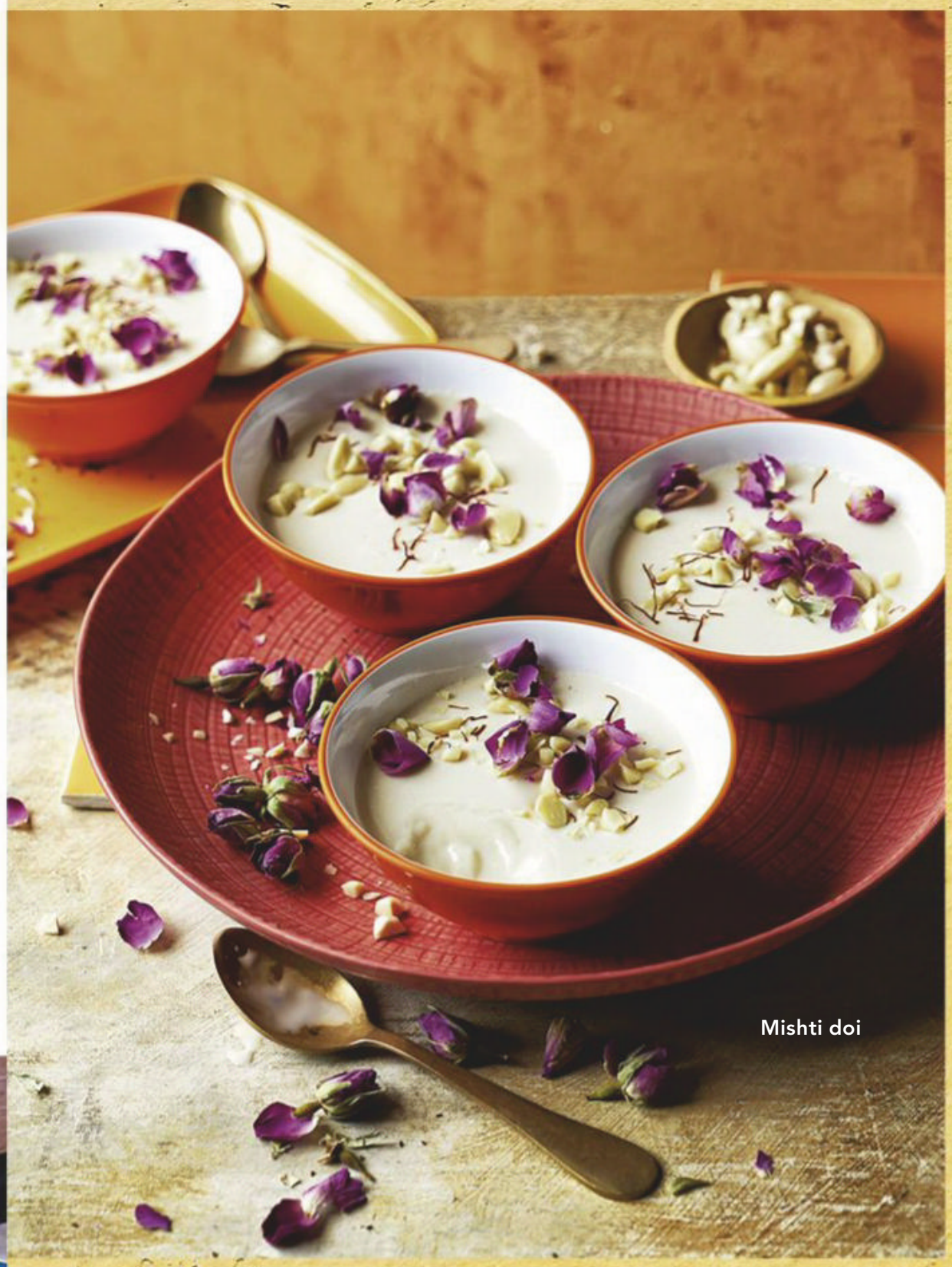












Mishti doi

MISHTI DOI

SERVES 4

"This is my interpretation of the popular Bengali dessert. The more authentic version requires a bit of time and patience to 'set' the yoghurt mixture. So to speed things up, I've added a little gelatine to get that 'set' sooner. Purists, please don't hate me!" Begin this recipe at least 3 hours ahead.

4 cups (1L) full-cream milk
1½ titanium-strength gelatine leaves
½ cup (110g) caster sugar
⅓ cup (95g) natural yoghurt
2 tbs chopped blanched almonds, to serve
½ tsp saffron threads, to serve
1 tbs edible dried rose petals (from gourmet food shops), to serve

Place the milk in a large saucepan over medium heat, bring to the boil and cook for 20-25 minutes or until reduced by half. Remove from the heat and set aside to cool slightly.

Soak gelatine leaves in cold water for 5 minutes to soften. Meanwhile, place sugar and 2 tbs water in a small saucepan over high heat and stir until sugar dissolves. Cook, without stirring, for 4-6 minutes or until sugar caramelises and turns a golden caramel colour. Carefully add cooled milk to the pan and stir until caramel dissolves into milk. Remove pan from heat.

Squeeze excess liquid from gelatine and stir through milk mixture until dissolved. Cool to room temperature.

Add yoghurt to the cooled milk mixture and whisk until smooth. Strain into four 1-cup (250ml) serving bowls and refrigerate for 3-4 hours or until set (note: it will be very softly set, similar to a soft curd). Serve mishti doi topped with almonds, saffron threads and rose petals.

VEGETABLE & PANEER SHISH KEBAB, ROTI AND CARROT SALAD

SERVES 6

"I ate a version of this dish at the very colonial Tollygunge Club in Kolkata. I didn't think a kebab could get any better, but it did." You will need 6 metal skewers.

1cm piece (5g) ginger, finely grated
1 garlic clove, crushed
1 tsp garam masala (Indian spice mix)
½ tsp ground chilli
½ cup (140g) natural yoghurt
3 x 400g blocks paneer, drained, cut into 4cm pieces
1 (350g) green capsicum, trimmed, cut into 3cm pieces
Sunflower oil, to brush
Warm roti, to serve

CARROT SALAD

3 small Asian (red) eschalots, quartered
Juice of 1 lemon
2 tbs white vinegar
1 tbs caster sugar
1 tsp mustard oil (from selected supermarkets and health food shops)
2 medium carrots, peeled, cut into long, thin batons

CORIANDER YOGHURT

1 bunch coriander, leaves picked
1cm piece (5g) ginger, finely grated
1 tbs lemon juice
½ tsp caster sugar
¼ cup (70g) natural yoghurt

Combine the ginger, garlic, garam masala, ground chilli, ½ tsp fine table salt and yoghurt in a bowl. Add the paneer and carefully combine to coat. Cover and refrigerate for 2 hours.

For the carrot salad, place the eschalot, lemon juice and ½ tsp fine table salt in a bowl and combine with your hands. Rub the lemon juice mixture into the eschalot to bruise them slightly and set aside for









2 hours or until pink and translucent. Combine the remaining carrot salad ingredients in a serving bowl and set aside until ready to serve.

Meanwhile, for the coriander yoghurt, place all ingredients in a small food processor and whiz until smooth. Refrigerate until ready to serve.

Heat a barbecue or chargrill pan to medium heat. Thread the paneer and capsicum onto metal skewers, alternating, and brush with sunflower oil. In 3 batches, cook kebabs for 4-5 minutes each side or until lightly charred and the capsicum is tender.

Drain the eschalot and add to the other carrot salad ingredients. Serve with the kebabs, roti and coriander yoghurt.

MUSTARD FISH

SERVES 4

"Mustard fish is a delicacy in the Bengali region; however, my favourite version of this dish was the one I learned to cook at the famous homestay, The Bangala, in the Chettinad region. The often overpowering and bitter mustard seeds are softened in this recipe with some sugar and the interesting addition of Asian chilli and garlic sauce."

1/2 tsp ground turmeric
1 cm piece (5g) ginger, finely grated
650g skinless monkfish, cut into 6cm pieces
1 tbs yellow mustard seeds
2 tbs white vinegar
1 tsp lime juice
2 tsp Vietnamese chilli and garlic sauce (from Asian food shops)
2 tsp caster sugar
2 tbs ghee
1 small red onion, sliced
Large banana leaf (optional), to serve

Place turmeric, ginger, 1/2 tsp fine table salt and fish in a large bowl. Combine carefully to coat the fish, cover and refrigerate for 10 minutes to marinate.

Meanwhile, place the mustard seeds and vinegar in a small bowl and set aside for 20 minutes to soften slightly. Using a mortar and pestle, grind until a rough paste forms. Return the paste to the bowl with 1/4 tsp fine table salt, lime juice, chilli and garlic sauce, sugar and 1 tbs water. Stir well to combine and set aside until required.

Heat the ghee in a large non-stick frypan over medium heat, then add the onion and cook for 5-6 minutes or until softened. Remove from the pan and set aside. Increase heat to high, add the fish to the pan and cook, turning occasionally, for 10-12 minutes or until just cooked through.

Reduce heat to medium-low, add the vinegar mixture to the pan and cook, turning the fish in the sauce, for a further 2-3 minutes or until the sauce is reduced and slightly thickened. Place banana leaf, if using, on a serving plate, then top with onion and fish. Spoon over the remaining sauce to serve.

CARDAMOM LASSI

SERVES 2

"Lassi is an everyday staple in India. Whether it's to cool your body temperature or to cool your mouth after a spicy curry, you are pretty much guaranteed to see it on the menu everywhere."

2 cups (560g) natural yoghurt
1/4 cup (55g) caster sugar
1/2 tsp ground cardamom

Place all ingredients in a blender and whiz until smooth and combined. Pour into glasses and refrigerate for 1 hour or until very chilled before serving.

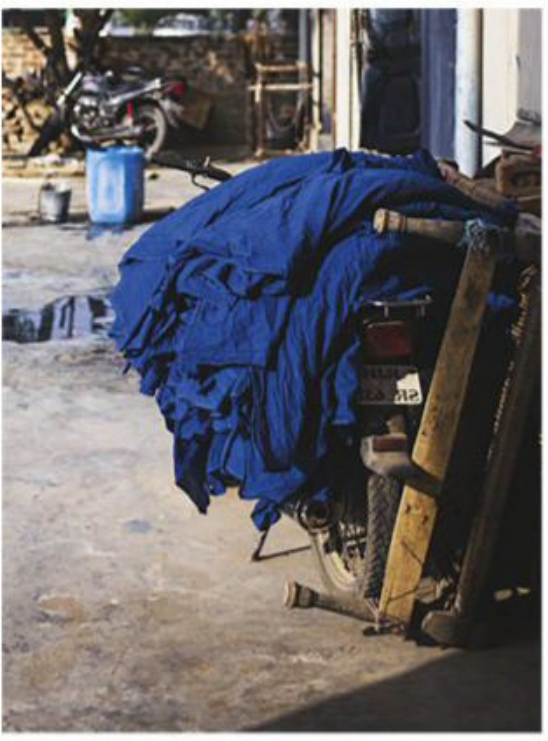
Mustard fish.
OPPOSITE (clockwise from top left): wooden horses guard the old temple in Chettinad; the banana market in Madurai; a porter at Kolkata's fruit and vegetable markets.

“This was my favourite dish I ate in the Chettinad region down south.”

Chettinad black pepper chicken. **CLOCKWISE (from centre):** a bus marshall in Kolkata; dyed fabric in the textile hub of Jaipur; incredible interiors of the Lake Palace in Udaipur; a chicken makes a run for it in Chettinad.

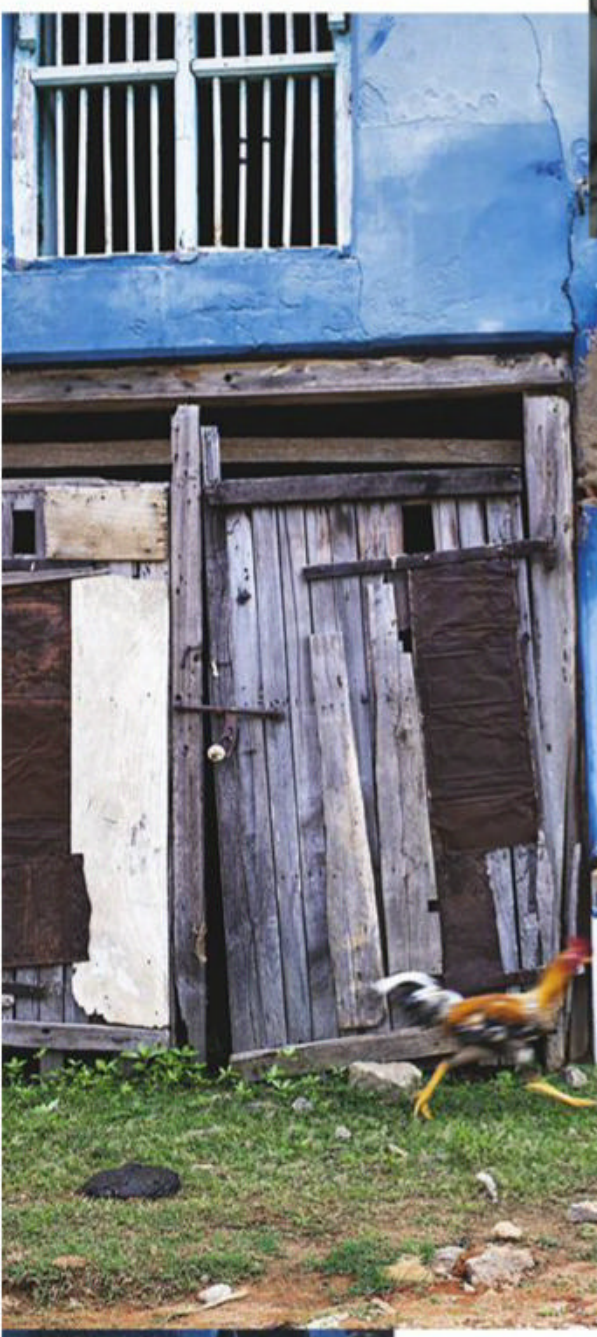












CHETTINAD BLACK PEPPER CHICKEN

SERVES 6-8

"This was my favourite dish I ate in the Chettinad region down south. The region is renowned for its unique cuisine, and this chicken dish is regarded as the 'poster child' for the collection of spices and flavour combinations used in this area."

1/3 cup (80ml) sunflower oil
1/2 cinnamon quill
4 green cardamom pods
1 (300g) red onion, finely chopped
1 cup (250ml) tomato passata
2 tsp caster sugar
1.5kg skinless chicken drumsticks and thigh cutlets
Banana leaf (optional), steamed rice, plain yoghurt and mango chutney, to serve

BLACK PEPPER PASTE

2 tsp fennel seeds
1 tbs black peppercorns
2 tsp cumin seeds
2 tsp coriander seeds
1 long dried red chilli
2 garlic cloves, finely grated
1cm piece (5g) ginger, finely grated
1 tsp ground turmeric

For the black pepper paste, dry-roast fennel, pepper, cumin seeds, coriander seeds and chilli in a small non-stick frypan over medium heat for 2-3 minutes or until fragrant and slightly darkened. Transfer to a small food processor with the garlic, ginger, turmeric and 2 tbs water, and whiz until a wet paste forms. Set aside.

Heat the oil in a large, deep, heavy-based frypan over high heat and add the cinnamon, cardamom and onion. Reduce heat to medium and cook, stirring, for 4 minutes or until softened. Add the tomato passata and cook for a further minute.

Add the black pepper paste to the pan and stir to combi ne. Cook, stirring regularly, for 10-12 minutes or until the oil separates and the mixture has darkened. Add 2 tsp fine table salt, sugar and chicken. Stir well to coat the chicken, then add 2 cups (500ml) water.

Bring to the boil, reduce heat to medium-low and cook, stirring occasionally, for 50-55 minutes or until the chicken is tender and the sauce is thick. Serve on a banana leaf, if using, with rice, yoghurt and mango chutney.







SPICE

WITH NEIL PERRY

Warming heat, intense flavours. The legendary chef brings both to the table in this collection of favourites that looks to China, India, Mexico and more for recipes savoury and sweet.

WORDS **JASON SCULLIN** PHOTOGRAPHY **CHRIS COURT** STYLING **KIRSTEN JENKINS**

MERCHANDISING **EMMALY STEWART**

NEIL PERRY.

Slow-roasted lamb shoulder with orange & date couscous (recipe p 69).



“IF YOU LOOK AT THE TAGINE, OR THE MEXICAN RIBS,
OR, IN FACT, THE PORK, THEY ALL BENEFIT FROM
BEING MADE THE NIGHT BEFORE.”



Slow-cooked pork shoulder curry (recipe p 66). **OPPOSITE:** orange cake with cardamom custard (recipe p 70).



THE USE OF spices lies at the heart of much of Neil Perry's cooking. "I love Moroccan, Chinese, Mexican… it's the way I cook at home, and the dishes here are some of the simple favourite recipes that I cook."

That love of spice is not confined to the Perry home. His Spice Temple restaurant in Sydney celebrates its 10th anniversary this year and, says the chef, it "has always been true to its name – a temple of spice".

"From the very beginning, we have used chilli in all its forms. We have also loved Sichuan pepper and its wonderful numbing ability, as well as the classics in Chinese cooking – cumin, star anise, fennel seed and cassia bark."

Ever-evolving, Spice Temple will be exploring native Australian spices and flavourings as it enters its second decade. "We love native pepperberry, desert limes, wattle seeds and paper bark," says Perry, "and think that many of the Australian natives with bitter, astringent or sour notes will work well with our food going forward." Variety, it seems, is indeed the spice of life for the Rockpool Dining Group culinary director.

@chefneilperry @chefneilperry

MEXICAN-STYLE BRAISED SHORT RIBS

SERVES 6

Begin this recipe at least 4 hours ahead.

2.5kg beef short ribs
2 tbs extra virgin olive oil
1 red onion, finely chopped
1 long green chilli, seeds removed, finely chopped
3 garlic cloves, crushed
1 tsp each ground white pepper, ground cumin and ground coriander
½ tsp ground chilli powder
½ tsp ground allspice
½ bunch coriander, roughly chopped, plus extra sprigs to serve
400g can crushed tomatoes
1½ tbs pickled jalapeño chillies, chopped
2 tbs brown sugar
2 tbs red wine vinegar
3 cups (750ml) chicken stock
Juice of 1 lime
Creamy polenta, barbecued corn and smashed avocado, to serve

Place ribs in a heavy-based saucepan, cover with cold water and bring to the boil over high heat. Strain, then return ribs to pan and cover once more with fresh water. Bring to the boil and simmer, skimming off any impurities that come to the surface, for 1 hour. Remove from heat and allow ribs to cool in water at room temperature. Once cooled, drain and place in a bowl. Set aside.

Preheat oven to 180°C. Meanwhile, heat oil in a wide, heavy-based saucepan over high heat. Add onion, chilli, garlic, 1 tsp sea salt, white pepper, cumin, ground coriander, chilli powder, allspice and chopped coriander, and cook, stirring, for 1 minute or until fragrant. Add tomatoes, jalapeño, sugar, vinegar and chicken stock. Season to taste. Bring to the boil, reduce heat to medium and simmer for 6-8 minutes for flavours to develop. Place ribs in a large roasting pan, season, then pour sauce over the ribs. Turn to coat.

Roast ribs, basting occasionally, for 2 hours or until meat is tender and falling off the bone. Transfer ribs to a serving platter and spoon over sauce from pan. Scatter with extra coriander sprigs and drizzle with lime juice. Serve with polenta, corn and avocado.

SLOW-COOKED PORK SHOULDER CURRY

SERVES 4-6

1.2kg boneless pork shoulder, skin removed, fat trimmed
1 lemongrass stalk, halved
3 cups (750ml) coconut milk
⅓ cup (80ml) sunflower oil
1 large eggplant, cut into 3cm pieces
4 cups (1L) coconut cream
5 kaffir lime leaves
2 tbs grated palm sugar
¼ cup (60ml) fish sauce
3 long red chillies, seeds removed, thinly sliced, plus extra to serve
½ bunch Thai basil leaves, shredded, plus extra leaves to serve
Juice of 1 lime

CURRY PASTE

4 dried long red chillies, seeds removed, soaked in warm water for 30 minutes, chopped
1 tsp fennel seeds
1 tsp white peppercorns
1 lemongrass stalk, tough outer leaves removed, chopped



Mexican-style
braised short ribs

NEIL PERRY.

“QUITE OFTEN WE MUCK AROUND AND CALL THE NOODLES ‘AKA BOLOGNESE’, **SO IT’S CHINESE BOLOGNESE.”**

Spicy pork noodle

3cm piece (15g) ginger, grated
2 tsp Thai shrimp paste (from Asian food shops), wrapped in foil, roasted until fragrant
3 Asian (red) eschalots, finely chopped
12 garlic cloves, chopped
Finely grated zest of 1 lime

Place the pork and lemongrass in large saucepan, cover with cold water and bring to the boil over high heat. Reduce heat to medium and skim off any impurities that come to the surface. Add 2 cups (500ml) coconut milk and return to a simmer. Cover tightly with a lid, reduce heat to low and simmer for 2 hours or until pork is very tender. Transfer pork to a chopping board and, using 2 forks, tear into 5cm pieces.

Meanwhile, for the curry paste, place all ingredients in a food processor with 1/4 cup (60ml) tepid water. Whiz, scraping down the side occasionally, to form a paste. Season to taste. Set aside.

Heat half the oil in a heavy-based saucepan over medium-high heat. Add eggplant and cook, turning, for 4-5 minutes or until dark golden. Remove from pan with a slotted spoon and set aside. Add coconut cream, kaffir lime leaves and remaining 2 tbs oil, and cook, stirring, until coconut cream just begins to split. Stir in the curry paste and eggplant, and reduce heat to medium. Cook, stirring occasionally, for 15-20 minutes or until fragrant and eggplant is just cooked. Add palm sugar, fish sauce and remaining 1 cup (250ml) coconut milk, and bring to a simmer. Stir in the pork, chilli and Thai basil. Stir in lime juice and season to taste. Simmer for 5-6 minutes or until pork is warmed through.

Divide pork and eggplant among bowls. Scatter with extra chilli and Thai basil to serve.

SPICY PORK NOODLE

SERVES 4

1/3 cup (80ml) dark soy sauce
400g pork mince
1/4 cup (60ml) peanut oil
2 garlic cloves, crushed
2cm piece (10g) ginger, grated
2 long green shallots, finely chopped
1/4 cup (70g) Chinese sesame seed paste (from Asian food shops) or tahini
2 tbs chilli oil
2 tbs light soy sauce
2 cups (500ml) chicken stock
500g fresh Shanghai noodles, cooked according to packet instructions
1/2 tsp Sichuan peppercorns, crushed
1 Lebanese cucumber, peeled, seeds removed, cut into matchsticks

Combine dark soy sauce and pork in a bowl. Cover and marinate for 10 minutes.

Place wok over high heat until smoking, then add half the peanut oil. When hot, add pork mixture and cook, breaking mince up with a wooden spoon, for 2-3 minutes or until browned all over. Transfer to a bowl.

Reheat the wok over high heat and add remaining 1 1/2 tbs peanut oil. When hot, add garlic, ginger and shallot, and cook, stirring, for 2 minutes or until fragrant and softened. Add sesame paste, chilli oil, light soy sauce and chicken stock, and simmer for 4-5 minutes. Return pork mixture to wok and cook for 1-2 minutes or until heated through.

To serve, divide noodles among bowls and ladle over pork mixture. Sprinkle with Sichuan peppercorns, top with cucumber and serve immediately.

SLOW-ROASTED LAMB SHOULDER WITH ORANGE & DATE COUSCOUS

SERVES 6

Begin this recipe 3 hours ahead.

2kg lamb shoulder (bone in), trimmed
1/4 cup (60ml) extra virgin olive oil
Juice of 1 lemon
2 tbs runny honey
Large (700g) sweet potato, peeled, cut into 8cm-long rough wedges
2 x 400g cans chickpeas, drained, rinsed

CHERMOULA
Juice of 1 lemon
1/2 bunch flat-leaf parsley, leaves picked
1 bunch coriander, plus extra leaves to serve
1 red onion, thinly sliced
4 garlic cloves
2 tbs ras el hanout (Moroccan spice blend – from Middle Eastern food shops and selected grocers)
1 tsp each ground ginger, ground cumin and mild chilli powder
1/2 tsp ground turmeric
1/2 cup (125 ml) extra virgin olive oil

COUSCOUS
100g unsalted butter, chopped
2 tbs extra virgin olive oil
400g couscous

ORANGE SALAD
4 oranges
2 tbs caster sugar
1/4 cup (60ml) extra virgin olive oil
2 1/2 tbs sherry vinegar
1/2 tsp ground cinnamon
2/3 cup (110g) finely chopped dates
2/3 cup (90g) slivered almonds, toasted

For the chermoula, place all ingredients, except oil, in a food processor with 1 tbs sea salt, whiz to a paste. With the motor running, gradually add oil to form a wet paste. Season. Place lamb in a large bowl, spoon over one-third chermoula paste and rub all over to coat. Season and stand at room temperature for 1 hour to marinate.

Heat olive oil in an extra-wide heavy-based saucepan with a tight-fitting lid over medium-high heat. Add the lamb and cook, turning, for 6-8 minutes or until browned all over. Add lemon juice, honey, 3 cups (750ml) water and remaining chermoula paste. Season to taste. Bring to the boil, then reduce heat





to low, cover and simmer gently for 1 hour. Remove lid, place sweet potato wedges around the lamb shoulder, re-cover and cook for a further 1 hour or until the meat is tender and falling off the bone. Add chickpeas to warm through.

Meanwhile, for the couscous, place butter, oil and 400ml boiling water in a bowl with a pinch of salt. Cover with foil and stand for 2 minutes or until butter is melted. Add couscous, stirring constantly, then, when the liquid is absorbed, fluff with a fork. Transfer couscous to a basket steamer lined with a clean tea towel or muslin. Set over a saucepan of boiling water and steam for 20 minutes or until tender. Transfer to a large heatproof bowl.

Meanwhile, for the orange salad, juice 1 orange. Peel and segment remaining oranges and cut into 1cm pieces. Combine with juice and all remaining ingredients, and season. Refrigerate until ready to use. When ready to serve, add to couscous and stir to combine. Season.

Transfer lamb shoulder to a large serving bowl. Arrange sweet potato, chickpeas and sauce in bowl. Scatter with extra coriander and serve with couscous.

ORANGE CAKE WITH CARDAMOM CUSTARD

SERVES 8

220g almond meal
65g stale breadcrumbs (from day-old bread)
1/4 tsp baking powder, sifted
Finely grated zest of 2 oranges
2/3 cup (150g) caster sugar
4 eggs
1/4 cup (60ml) vegetable oil
Pure icing sugar, to dust

CARDAMOM CUSTARD
2 cups (500ml) milk
1 vanilla bean, split, seeds scraped
6 cardamom pods, bruised
5 egg yolks
1/3 cup (75g) caster sugar

Preheat the oven to 170°C. Lightly grease a 22cm round cake pan and line the base and side with baking paper.

Place almond meal, breadcrumbs, baking powder and orange zest in a bowl and stir to combine. Place caster sugar and eggs in a stand mixer fitted with the whisk attachment and whisk until thick and pale. With the motor running, gradually add oil and whisk until well combined. Using a large metal spoon, gently fold dry ingredients into egg mixture. Pour batter into prepared pan and bake for 55 minutes or until a skewer inserted in centre of cake comes out clean. Stand in pan until completely cooled.

Meanwhile, for the cardamom custard, heat milk in a saucepan with vanilla pod and seeds and cardamom over medium heat until just below boiling point. Remove from heat and discard vanilla pod. Whisk egg yolks and sugar in a large bowl until pale. Slowly pour warm milk mixture over egg mixture, whisking until combined. Return custard to saucepan and place over low heat. Cook, stirring constantly, for 5-6 minutes or until mixtures is thick enough to coat the back of a spoon. Strain through a fine sieve into a bowl to remove cardamom pods. Place over a bowl of iced water, stirring occasionally, until cool.

Remove pan and transfer cake to a serving plate. Dust all over with icing sugar and serve with cardamom custard.

SPICED DATE CAKE WITH GINGER ICING

SERVES 10-12

380g medjool dates, stones removed, chopped
1/4 tsp bicarbonate of soda
90g unsalted butter, softened
1 cup (220g) light-brown sugar
3 eggs, at room temperature
1 1/2 cups (225g) self-raising flour
1/2 tsp ground cinnamon
1/4 tsp ground star anise
1/4 tsp ground cloves, plus extra to serve
1/4 tsp ground ginger
Chopped crystallised ginger, to serve

GINGER ICING
150g unsalted butter, softened
125g pure icing sugar, sifted
1 vanilla bean, split, seeds scraped
1 tsp ground ginger

Preheat oven to 180°C. Grease a 24cm round springform cake pan and line base and side with baking paper. Combine dates with 300ml water in a small saucepan. Bring to boil, then immediately remove from heat. Stir in bicarb and allow to stand for 5-6 minutes or until date begins to break down. Place date mixture in a food processor and whiz until smooth. Cool completely.

In a stand mixer fitted with the paddle attachment, beat butter and sugar until thick and pale. Add eggs, 1 at a time, beating well after each addition. Sift the flour and spices together in a bowl. Gently fold flour mixture into butter mixture, then fold in cooled date mixture. Pour batter into prepared pan and smooth top with the back of a spoon.

Bake for 1 hour or until a skewer inserted in the centre comes out clean. Remove from oven and cool in pan for 10 minutes before turning onto a wire rack to cool completely.

Meanwhile, for the ginger icing, place butter, icing sugar and vanilla seeds in cleaned stand mixer fitted with the paddle attachment. Beat on high for 5-6 minutes or until fluffy and pale. Beat in ground ginger to combine. Spread onto cooled cake and scatter with crystallised ginger and extra ground clove to serve.

d. **delicious.com.au/recipes**
For more recipes that use spices to full effect.

Spiced date cake
with ginger icing



winter is coming

And our two newest contributors, sustainability champions **Jo Barrett** and **Matt Stone**, are here to help you get every bit of goodness and flavour out of the season's greatest greens.

PHOTOGRAPHY **CHRIS COURT** STYLING **KIRSTEN JENKINS**

NO WASTE GREENS

In a pickle

"Fermentation is great for greens – salting and pickling is a way to prolong their shelf life and use them in another application," says Barrett. "This torte is a regular for dinner in our house. It's so yum and low carb!"

MERCHANDISING **EMMA LY STEWART**

NO WASTE BROCCOLI

Green dream

"We are both big fans of broccoli. This salad is so textural you never get bored eating it and forget that, at the end of the day, the bulk of it is broccoli. I can't go past broccoli soup, though; I always have some in the freezer. Hot pickle the stems to prolong the life of broccoli."

Broccoli, buckwheat & almond salad (recipe p 74). **OPPOSITE:** winter greens torte (recipe p 78).



Matt and Jo say they feel fortunate to be surrounded by incredible producers.

RESPECT AND CREATIVITY. These are what drive the newest members of the *delicious.* contributor family, Jo Barrett and Matt Stone.

"We now have the experience of growing our own food and relationships with primary producers to be aware of the resources required to produce food," says Barrett who, together with Stone, is a *delicious.* Harvey Norman Produce Awards state judge. "Wasting anything would be disrespectful." As for creativity, "working with waste in mind, you become more creative and think outside traditions".

The highly regarded young chefs, partners in life and as co-head chefs in the kitchen at Oakridge Wines in Victoria's Yarra Valley, will be bringing their shared philosophy of sustainable dining to the pages of *delicious.*, kicking off with a focus on winter greens. "It was only in the last couple of years I got into braising greens and it was a revelation," says Barrett. "They are delicious, comforting and full of vitamins. Adding olive oil and a little cream or grated cheese is heaven."

Beyond their recipes, the chefs have plenty of simple tips on conscious, ethical eating. For example, explains Barrett, if you eat tropical fruit and veg in winter, it will usually have travelled a long way and lack nutrients. And while not everyone can pop down to their local dairy, they can research what they're buying. "The *delicious.* Harvey Norman Produce Awards are a perfect introduction to knowing your producer," she says. Know your producer. We couldn't agree more!

@jobarrett @chefmattstone

BROCCOLI, BUCKWHEAT & ALMOND SALAD

SERVES 4-6

Begin this recipe 1 day ahead.

2 (460g each) heads broccoli
15cm piece dried kelp
1/2 cup (50g) flaked almonds, roasted
1/4 cup (50g) buckwheat, roasted

DRESSING
1/2 cup (125ml) extra virgin olive oil
2 tbs chardonnay vinegar (substitute white wine vinegar)
1 preserved lemon quarter, finely chopped
1/3 cup (55g) raisins, roughly chopped
2 long green chillies, seeds removed, finely chopped
1 tbs wholegrain mustard, toasted
2 tbs baby capers, rinsed, drained, finely chopped

ALMOND SAUCE
1 cup (160g) whole blanched almonds
2 tbs sherry vinegar (substitute red wine vinegar)

For the almond sauce, place almonds in a large bowl and cover with cold water. Stand at room temperature overnight. Drain and rinse under cold running water. Whiz in a blender with 1 1/4 cups (310ml) lukewarm water on high speed until smooth. Add vinegar and season to taste. Set aside.

For the dressing, whisk all ingredients in a bowl to combine. Season to taste.

Cut broccoli florets from stems and cut into large crumbs (they should resemble couscous). Trim stems and cut broccoli stalks, lengthwise, into 4 pieces. Fill a large saucepan three-quarters full with water. Add kelp, place over high heat and bring to the boil. Add broccoli stalks and cook for 3-4 minutes or until just tender. Drain, reserving kelp. Place broccoli on a plate and cool to room temperature.

Finely chop reserved kelp. Place in a large bowl with broccoli florets. Add almonds, buckwheat and half the dressing. Season and toss to combine. To serve, divide almond sauce among plates. Top with broccoli stalks and scatter with floret mixture. Drizzle with remaining dressing.

GARDEN KIMCHI

MAKES 2.5KG

Begin this recipe at least 3 days ahead.

2 (280g) medium carrots, tops attached
2 (400g) large golden beetroots, leaves attached
6 baby red radishes, leaves attached
3cm piece (15g) unpeeled ginger, trimmed, cut into matchsticks
4 long green shallots, thinly sliced
15 large green leaves (whatever you have around – we used English spinach and Chinese broccoli), trimmed, cut into 1cm-thick slices
10 long red chillies, roughly chopped
6 garlic cloves

Cut the stalks and leaves off carrots, beetroots and radishes. Wash well, then drain. Finely chop the stalks and roughly chop the leaves. Set aside. Cut the carrot and beetroot into matchsticks and thinly slice the radishes. Place in a large bowl. Add the ginger, shallots, sliced green leaves and chopped stalks and leaves.

Weigh the vegetable mixture – you will need two per cent of the total weight in salt (eg, 100g vegetables equals 2g salt). Scatter the salt over the vegetables and massage in well with your hands. Leave to stand for about 30-40 minutes, using your hands to combine occasionally.

Meanwhile, place chilli and garlic in a small blender or food processor. Season, then whiz to a paste, scraping down the side occasionally. Alternatively, grind to a paste using a mortar and pestle.

Remove salted vegetables from the brining liquid, reserving liquid. Place vegetables into a clean large bowl and stir in chilli and garlic paste until well combined. Place the kimchi into a large sterilised jar, pressing down as firmly as possible to squeeze out all the air. Pour over reserved brining liquid to cover the kimchi by about 1cm (if you do not have enough brine liquid, add some water). Place out of direct sunlight for a minimum of 3 days and up to 10 days, depending on the level of fermentation you prefer (the longer it ferments, the more flavour it develops). Refrigerate after opening.



Super saver

NO WASTE
VEGETABLES

"This is a great way of using up all the one-off vegetables, leaves and shoots in the garden. You don't waste anything and you get a good dose of healthy kimchi bacteria. The kimchi itself is great to have on hand to add to stir-fries."





NO WASTE
BEETROOT

Feel the beet

"This dish is a good introduction in getting the hang of using all parts of an ingredient. Beetroot is delicious in a juice or used to replace the carrot in carrot cake."



BEETROOT – ROOTS, STALKS AND LEAVES

SERVES 4-6

1 red baby beetroot, leaves attached, washed
1 golden baby beetroot, leaves attached, washed
1/3 cup (80ml) extra virgin olive oil, plus extra to drizzle
1 onion, finely chopped
4 garlic cloves, crushed
1/2 tsp each cinnamon and allspice
1/4 bunch flat-leaf parsley, leaves picked, finely shredded
1/4 bunch dill, leaves picked, roughly chopped, plus extra sprigs to serve
Juice of 1/2 lemon
Baby red sorrel leaves and 2 tbs red wine vinegar, to serve

POACHED BEETROOT

8 (700g) medium beetroot, leaves attached, washed
1 cup (250ml) apple cider vinegar
1/4 cup (110g) raw sugar
8 thyme sprigs
2 tbs each fennel seeds, coriander seeds and black peppercorns

Trim the leaves and stalks from all beetroot and place large leaves, small leaves and stalks in 3 separate bowls.

For the poached beetroot, place beetroot in a large saucepan with vinegar, sugar, thyme, spices and 2 tbs salt flakes. Add enough water to cover beetroot. Bring to the boil, reduce heat to medium and simmer for 25-30 minutes or until just cooked. Remove from heat and leave to stand in poaching liquid until cool enough to handle.

Meanwhile, finely chop beetroot stalks. Finely shred large beetroot leaves and reserve small beetroot leaves to garnish. Finely slice the baby beetroots (we used a mandoline) and place in a bowl of iced water. Set aside until ready to use.

Heat oil in a medium frypan over high heat. Add onion, garlic and spices. Cook, stirring, for 3-4 minutes or until softened. Stir in chopped beetroot stalk and shredded leaves. Cook, stirring occasionally, for 4-5 minutes or until stalk begins to soften. Add herbs and lemon juice, and cook for a further 4-5 minutes. Season, then transfer to a heatproof bowl. Stand at room temperature until cooled.

Remove poached beetroot from poaching liquid and peel and discard skin. Cut beetroot into wedges. Divide beetroot stalk mixture and wedges among serving plates. Scatter with sliced baby beetroot, reserved small beetroot leaves, red sorrel and extra dill sprigs. Drizzle with vinegar and extra oil to serve.

CHICKEN BROTH, OLD BREAD MATZO BALLS

SERVES 6

Begin this recipe at least 3 hours ahead.

1.5kg chicken wings
1/3 cup (80ml) extra virgin olive oil, plus extra to drizzle
2 onions, roughly chopped
1 fennel bulb, roughly chopped
4 large celery stalks, roughly chopped
6 garlic cloves, crushed
2 bay leaves
10 thyme sprigs
1/3 cup (80ml) soy sauce
1/4 cup (60ml) Worcestershire sauce
1 tbs chilli sauce

MATZO BALLS

1/3 cup (80ml) chicken fat (reserved from roasting chicken wings)
560g stale fine breadcrumbs (from approx 1 1/2 loaves, crusts removed)
2 tsp baking powder
1 tsp each onion powder, dried parsley and dried dill
1/2 tsp garlic powder
4 eggs
Grated parmesan and dill sprigs, to serve

Preheat the oven to 220°C. Place chicken wings in a large roasting pan and drizzle over half the olive oil. Roast wings for about 40-45 minutes or until golden brown. Reserve 1/3 cup (80ml) chicken fat.

To make broth, place a large saucepan with remaining 2 tbs olive oil over medium-high heat. Add onion, fennel, celery, garlic, bay leaves and thyme. Cook, stirring occasionally, for 4-5 minutes or until vegetables begin to soften. Add 4L cold water and bring to the boil. Add roasted chicken wings, return to the boil, and reduce heat to low. Simmer gently for 2-3 hours, skimming off any impurities and fat. Strain broth through a fine sieve into a smaller saucepan, discarding solids. Return broth to high heat and bring to the boil. Reduce heat to medium and simmer for 5 minutes. Stir in soy, Worcestershire and chilli sauces, adding more or less according to taste. Season and set aside.

Meanwhile, for the matzo balls, warm reserved chicken fat in a small saucepan over medium-low heat until it liquifies. Place dry ingredients in a large bowl with 1 tsp salt flakes and 1/2 tsp freshly ground black pepper. Combine eggs, 1/3 cup (80ml) water and liquified chicken fat in a separate bowl. Pour chicken fat mixture into dry ingredients and stir gently until combined – do not overwork. On a work surface, roll mixture into 30 balls and chill for 1 hour.

Place a medium saucepan of water over high heat and bring to the boil. Add half the matzo balls and return to the boil. Reduce heat to medium and simmer for 5-6 minutes or until matzo balls are cooked through. Remove with a slotted spoon and drain on paper towel. Repeat with remaining matzo balls.

Bring broth to a simmer over medium heat. Add matzo balls and warm for 3-4 minutes. Divide broth and matzo balls among serving bowls and drizzle with extra olive oil. Scatter with parmesan and dill sprigs to serve.



NO WASTE BREAD

Use your loaf

"We love this dish; it gets multiple meals from a few ingredients. It's cost-effective, delicious and no-waste. Old bread makes the matzo balls, you get to use the chicken frames and meat. Another great use for stale bread is in bread and butter pudding or, in winter, apple Charlottes."

WINTER GREENS TORTE

SERVES 8

"This is a tasty dish that's pretty simple to make but is so good for you. I always feel amazing after eating this, there are so many greens packed in. If you're feeling adventurous, you can add some backyard weeds – mallow and dandelion are awesome. This torte is even better the next day."

300g silverbeet, washed
300g kale, washed
200g English spinach, washed
100g unsalted butter
1/4 cup (60ml) extra virgin olive oil
1 leek, thinly sliced
4 garlic cloves, crushed
1 long red chilli (optional), thinly sliced
40g flat-leaf parsley, leaves and stems finely chopped
40g coriander, leaves and stems finely chopped
40g dill, leaves and stems finely chopped
6 eggs
1 tbs chilli sauce (optional)
Natural yoghurt and salad leaves, to serve

Tear silverbeet, kale and spinach leaves from their stalks. Shred leaves and finely chop stalks, and place in separate bowls. Heat a medium non-stick frypan over medium heat. Add half the butter and 1 tbs olive oil. Add leek and cook, stirring occasionally, for 2-3 minutes. Add stalks, garlic and chilli, if using, and cook for a further 5-6 minutes or until stalks and leeks have softened. Season to taste. Transfer leek mixture to a heatproof bowl. Wipe pan clean and set aside.

Fill a large saucepan three-quarters full of water and place over high heat. Add a pinch of salt flakes and 1 tbs olive oil, and bring to the boil. In batches, add shredded leaves and blanch for 2-3 minutes or until wilted. Drain leaves in a colander and refresh under cold running water until cool enough to handle. Place in a large clean tea towel and wring as much water from the leaves as possible. Loosen leaves, add to leek mixture with herbs and toss to combine. Add the eggs, 1 at a time, mixing well with your hands until combined. Season and stir through chilli sauce, if using.

Place cleaned pan over medium heat. Add remaining 50g butter and 1 tbs oil. Pour torte mixture into pan and use a large metal spoon to compress as much as possible. Cook for 1-2 minutes, then gently push the sides of the torte mixture to the middle of the pan. Spread and compress the mixture evenly as it cooks, making sure it is the same thickness around the whole pan. Cover with a lid or foil and cook, gently shaking pan, for 8-10 minutes or until base and edges of torte are set and the middle is still wobbly. Carefully invert the torte from the pan onto a large heatproof plate or baking tray and quickly slide it back into the pan. Cook for a further 6-8 minutes or until set in the centre. Remove torte from pan and place on a serving plate. Serve at room temperature with natural yoghurt and salad leaves.

CREME FRAICHE MOUSSE WITH RHUBARB & ORANGE GRANITA

SERVES 6

Begin this recipe at least 8 hours ahead.

2 cups (500ml) pure (thin) cream
1 1/2 titanium-strength gelatine leaves
1/2 cup (110g) caster sugar
1 tsp vanilla bean paste
300g creme fraiche

RHUBARB & ORANGE GRANITA
1 cup (250ml) white wine
1 1/4 cups (165g) caster sugar
6 oranges, juiced and strained (you will need 520ml juice), peel from 2 oranges reserved and cut into strips
4 lemon thyme sprigs, plus extra leaves to serve
1 bunch rhubarb, trimmed, cut into 5cm pieces
70g macadamias, roasted, roughly chopped

Place 300ml cream in a stand mixer fitted with the whisk attachment and whisk to soft peaks. Transfer to a bowl and refrigerate until needed.

Soak gelatine leaves in cold water for 5 minutes to soften. Heat sugar, vanilla and remaining 200ml cream in a small saucepan over medium heat, stirring occasionally, for 6-8 minutes or until the sugar is dissolved. Remove from the heat and stir in the gelatine. Strain through a fine sieve into a heatproof bowl and stand until warm to the touch. Whisk in creme fraiche until just combined, then fold in the whipped cream, being careful not to overmix and split the mousse. Divide the mousse among six 1-cup (250ml) shallow dishes and refrigerate for 3-4 hours or until set.

For the rhubarb and orange granita, place the white wine, sugar, orange juice and peel, lemon thyme and 3 cups (750ml) water in a medium saucepan. Bring to the boil, then reduce heat to medium and simmer. Add rhubarb and cook for 6-8 minutes or until just tender. Using a large spoon, transfer the rhubarb to a heatproof bowl and pour over one-quarter of the poaching liquid. Refrigerate until needed. Strain the remaining poaching liquid into a shallow 4-cup (1L) container and freeze for 5-6 hours or until frozen. Once frozen, scrape the top of the granita with a fork until fluffy. Return to freezer and use as needed.

Top mousse with rhubarb and granita, and scatter with macadamia and extra lemon thyme leaves to serve.

NO WASTE

RHUBARB

In the pink

"This is a really easy but impressive dessert. You can't eat the leaves on the rhubarb plant, so pop them into the compost. Cook the rhubarb stalks in a sugar syrup. Once it's cool, add soda water and you have rhubarb sodas."

Creme fraiche mousse with rhubarb & orange granita

d.

delicious.com.au/recipes
For more no-waste cooking that celebrates winter's best produce.

Force *of* Nature

A major milestone heralds a new beginning for **Kylie Kwong**. But as the doors close on her beloved Billy Kwong, the chef shares with us her plans for a new, more intimate dining experience, and recipes inspired by the community of producers who bring her such joy.

WORDS **GEORGE EPAMINONDAS**
PHOTOGRAPHY **CHRIS COURT** STYLING **KIRSTEN JENKINS**

@kylie_kwong @kwongkylie

Whole ocean trout with honey and tamari dressing

(recipe p 84).

OPPOSITE: Kylie preps a feast of fresh native ingredients.*Organic presentation plate, cheese plate and dinner plate, entree/dessert plate (used throughout) and Floris tapas bowl (stack, at left), all Long Courrier (longcourrier.com.au).*

MERCHANDISING **EMMALY STEWART**
MAKEUP **RENEE SAYED USING MAKE UP FOR EVER**



Shallow platter/entree plate, Long Courrier. (longcourrier.com.au).

EARLIER THIS YEAR, prompted by the occasion of her 50th birthday last October, Kylie Kwong announced she would be shuttering her revered Sydney restaurant, Billy Kwong. "I would like a major lifestyle change and the time to explore new-found interests," she told us. "Community, compassion and connection are where it's at for me."

That means deepening her collaborations with food communities, including René Redzepi's MAD Symposium and Maria Canabal's Parabere Forum, charity organisations like The Wayside Chapel, and the Sydney arts centre and market Carriageworks. But, fortunately for her adoring fans, she won't be retreating from the pans entirely.

Soon, Kwong, a member of the *delicious.* Harvey Norman Produce Awards expert panel, will debut a casual eatery whose details are being solidified at the time of writing. It will have only 30 seats, trade during the day and be designed by the Adelaide-based architect Khai Liew. "It will feel as if you are coming into my dining room for a meal," says Kwong. "The emphasis will be on bespoke, artisanal, personal."

Many chefs have cordial relations with their producers, but Kwong speaks of them in reverent tones, as the recipes on these pages confirm. Bush food purveyors Mike and Gayle Quarmby are "two of my greatest mentors". Farmer and restaurateur Palisa Anderson is "a shining light". Kwong admires Josh Niland for his "passion and know-how", and Mark Eather for his commitment to sustainable fishing.

Saskia Beer is responsible for the chef's favourite chicken and pork. "For this menu I've also highlighted Paulette Whitney's amazing winter greens of radishes and kale," she adds. Other trusted collaborators include Maidenii's Gilles Lapalus and Ashley and Jane Huntington of Two Metre Tall Brewery.

Fittingly, Kwong is retiring the wireless headset she used to synchronise the troops at Billy Kwong. Her visionary thoughts are coming through loud and clear.

Gilles Lapalus
Josh Niland
Mark Eather
Palisa Anderson
Saskia Beer
Mike + Gayle Quarmby
Paulette Whitney
Jane + Ashley Huntington

THE TAO OF KYLIE

PROVENANCE

"The producers who make up this menu are all very special individuals who inspire me. We cooks can only be as good as the produce we are able to serve. These producers are the lifeblood of what we do. We share similar values and, together as a collective, we wish to acknowledge the traditional custodians of this land, upon which we stand and whose indigenous produce we feel so privileged to be able to work with."

SEAFOOD

"Being of Cantonese descent I am totally obsessed with seafood. We are so fortunate to live in a country that boasts pristine oceans and waterways, which are well-managed. When Josh Niland's Fish Butchery is closed on a Monday and Tuesday, I don't know what to eat or cook with! Having regular access to the finest-quality fishermen's daily catch, such as [that from] Mark Eather, is so exciting for us."

STYLE

"I have always leaned more towards a natural, earthy vibe. I want the space at my new eatery to be captivating, beautiful, meaningful, mindfully created and warm. I want the energy of the space to stay with you well after you have left the building."

DRINKS

At Billy Kwong, Kwong partnered with Gilles Lapalus of Maidenii on a custom vermouth – used in the Negroni recipe here – and with Ashley and Jane Huntington for the sour ale.

delicious. ***also acknowledges the Gadigal people of the Eora Nation as the traditional custodians of the place we now call Sydney, where this magazine is published. We pay respect to elders past, present and emerging.***

Scallop dumplings with Sichuan chilli and native herbs (recipe p 89).



Shallow platter and Tea Ceremony placemats in vintage cotton (used throughout), all Long Courrier.



WHOLE OCEAN TROUT WITH HONEY & TAMARI DRESSING

SERVES 6-8

Featuring Josh Niland's ocean trout and Palisa Anderson's kaffir lime leaves.

You will need clean newspaper sheets for this recipe.

2kg whole ocean trout, cleaned, scaled
1 tbs finely shredded kaffir lime leaves
Lemon wedges, to serve

DRESSING
1/4 cup (60ml) runny honey
1/4 cup (60ml) organic tamari
1/2 cup (125ml) extra virgin olive oil
Juice of 2 lemons

For the dressing, place all ingredients in a bowl and whisk to combine. Season.

Preheat oven to 250°C. Cut 2 sheets of baking paper 20cm longer than the trout. Place newspaper under cold running water to wet. Place 1 sheet of newspaper followed by baking paper on a work surface. Place trout, lengthwise, on baking paper. Season fish on all sides and inside cavity. Place second sheet of baking paper on top of fish, pat down onto the skin, then firmly wrap up the ends of the baking paper. Place a second sheet of newspaper over baking-paper-enclosed trout. Carefully and firmly wrap the fish, just like a parcel, in the wet newspaper.

Place fish parcel on a large baking tray and roast for 20-25 minutes for rare, 25-35 minutes for medium-rare, and 35-40 minutes for well-done. When cooked to your liking, remove from oven, immediately remove newspaper and carefully remove top layer of baking paper. Carefully slide fish onto a large serving platter (the bottom layer of baking paper should slide away quite easily from the fish as you do). Rest for 5 minutes before serving.

Drizzle fish with dressing and sprinkle with kaffir lime leaves. Serve with the lemon wedges.



STIR-FRIED PIPIS WITH CHILLI SAUCE

SERVES 4 AS PART OF A BANQUET FOR 4

Featuring Mark Eather's pipis.

1kg live pipis
1/3 cup (80ml) chilli sauce (recipe follows)
2 tbs tamari
1 tbs malt vinegar
1 tbs brown sugar
1 tsp sesame oil
1/2 cup native sea parsley (substitute coriander), leaves picked

CHILLI SAUCE
8 long red chillies, roughly chopped
6 garlic cloves, roughly chopped
15cm piece (75g) ginger, roughly chopped
1/2 cup (125ml) peanut oil
1/2 tsp brown sugar
1 tbs light soy sauce

Soak pipis in cold water in the refrigerator, changing the water every 30 minutes, for 2 hours to help purge the pipis of any grit. Drain well.

For the chilli sauce, place chilli, garlic and ginger in a food processor and whiz until finely chopped. Heat peanut oil in wok over medium heat until surface shimmers slightly. Reduce heat to medium-low, add chilli mixture and cook, stirring regularly, for about 3 minutes to cook out the flavours. Add sugar and cook, stirring regularly so sauce doesn't catch on the base of the wok, for 1 minute. Stir through soy sauce, reduce heat to low and cook, stirring constantly, for 8-10 minutes or until the sauce is darkened and the oil begins to split slightly. (The chilli sauce can be used immediately or cooled and stored, in an airtight container in the refrigerator, for up to 1 week.)

Bring 1/2 cup (125ml) water to the boil in a wok over high heat. Add pipis and cover with a lid. Cook, covered, for 1-2 minutes. As the pipis begin to open, immediately remove from wok and place in a bowl (tap on the shells with tongs to encourage them to open; using tongs, remove any that have not opened after about 4 minutes and open by hand (discard any that won't open). Drain water from wok and wipe clean with kitchen towel.

Combine chilli sauce, tamari, vinegar, sugar and sesame oil in a bowl with 2 tbs water. Add chilli sauce mixture to the clean wok and cook, stirring to combine, for 1 minute. Return pipis to the wok and toss well for 2 minutes. Add native sea parsley, toss to combine and serve immediately.



This pipis recipe is also inspired by Kylie's relationship with Mike and Gayle Quarmby, long-time suppliers of native ingredients and future collaborators with Kylie.



The pipis are served with a sour ale, a collaborative affair from Ashley and Jane Huntington's Two Metre Tall Brewery in Tasmania, horticulturist Paulette Whitney and Kylie.



BK NEGRONI

MAKES 1

Featuring Gilles Lapalus' Maidenii Vermouth.

30ml Campari
30ml gin
30ml Billy Kwong Maidenii Vermouth
1 large strip pared orange zest

Pour all ingredients except orange zest into an Old Fashioned glass over a single large ice cube (smaller cubes will melt, diluting the cocktail). Stir. Squeeze orange zest over drink, then place zest in glass. Serve immediately.

"Mark's exceptional-quality sustainable seafood has created the backbone of my Billy Kwong menu for over 15 years."

- Kylie Kwong

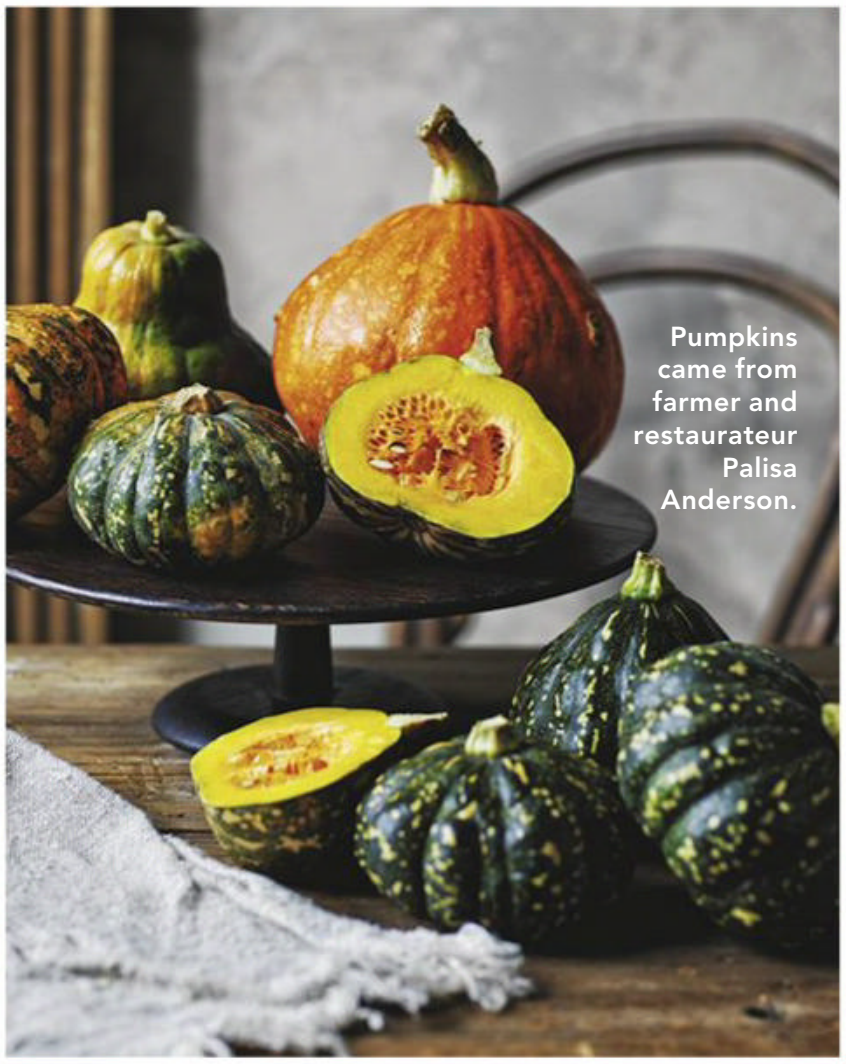
Stir-fried Pipis with chilli Sauce

Stir-fried winter vegetables with black bean and chilli

(recipe p 89).



Shallow platter and Tea Ceremony placemats in vintage cotton (used throughout), all Long Courrier.



Pumpkins came from farmer and restaurateur Palisa Anderson.



CRISPY ROASTED PORK BELLY

SERVES 4 AS PART OF A SHARED MEAL

Featuring Saskia Beer's pork.

Begin this recipe 1 day ahead.

1kg boneless pork belly (skin on)
2 tbs runny honey
1 tbs Chinese five spice powder
1 tbs tamari
1 tbs sesame oil

Place pork belly, skin-side up, on a wire rack over the sink. Pour over 2 cups (500ml) boiling water to scald the pork skin (this will help the skin crisp up into crunchy crackling). Pat skin dry thoroughly with kitchen towel and place pork, uncovered, in refrigerator for 2 hours.

To make the marinade, combine the honey, five spice and tamari in a bowl, season to taste and stir to combine. Remove pork from fridge and rub marinade evenly over the flesh side of the pork (do not rub into skin). Place pork, skin-side up, on a chopping board. Using the tip of a sharp knife, make incisions all over skin, being careful not to score all the way through to the flesh.

Place pork, skin-side up, on an ovenproof wire rack that will fit inside a roasting pan. Place rack over a tray or large plate to catch any drips and transfer to refrigerator. Leave pork uncovered overnight for skin to dry out (the drier the skin, the better the crackling).

The next day, bring pork to room temperature and preheat oven to 220°C. Transfer pork and wire rack to a roasting pan. Rub skin well with the sesame oil and scatter all over with 1 tbs salt flakes. Roast for 15 minutes, then reduce oven to 150°C. Roast for a further 1 hour to 1 hour 30 minutes or until tender (to test, pierce the meat with a skewer; you should feel no resistance). Increase oven to 220°C and roast for a further 15 minutes or until the pork has crackling all over (the edges of the pork will blacken and caramelise). Remove pork from oven and rest, uncovered, in a warm place for 15 minutes. To serve, cut into 1cm slices.

Stir-fried native greens





FROM BOTTOM: karkalla, sea blite and Palisa's kaffir lime.





Palisa's yellow pea flowers and (right) lemongrass.



SCALLOP DUMPLINGS WITH SICHUAN CHILLI AND NATIVE HERBS

SERVES 4

Featuring Josh Niland's scallops.

16 scallops, roe removed, sliced in half horizontally
2 long green shallots, thinly sliced
2cm piece (10g) ginger, finely grated
1 tsp tamari
1/2 tsp white sugar
1/2 tsp sesame oil
2 tbs native sea blite (substitute shiso), picked, plus extra to serve
16 fresh square wonton wrappers

SICHUAN CHILLI DRESSING

2 tsp dried chilli flakes
1/3 cup (80ml) sunflower oil
2 tbs tamari
1 tbs rice wine vinegar
2 tsp white sugar

SICHUAN PEPPER AND SALT

1 tbs Sichuan peppercorns
1/4 cup (20g) sea salt flakes

For the Sichuan pepper and salt, dry-roast the peppercorns and salt in a heavy-based frypan over medium-low heat for 2-3 minutes. When peppercorns begin to pop and become aromatic, remove from heat. Stand to cool, then, using a mortar and pestle or spice grinder, grind to a powder. Set aside. (Extra Sichuan pepper and salt can be stored, in an airtight container, for up to six months.)

For the chilli dressing, place chilli flakes in a heatproof bowl. Heat oil in a small heavy-based saucepan until surface shimmers slightly. Carefully pour hot oil over chilli to release heat and flavour. Stir to combine and set aside for at least 30 minutes to cool.

Strain cooled oil mixture through a fine sieve into a bowl (cooked chilli flakes can be kept and used as seasoning for other dishes). Add all remaining ingredients with 2 tbs hot water to bowl, stir to combine and set aside.

To make the filling, combine all the ingredients except wonton wrappers in a bowl. Working with 1 wrapper at a time, place a rounded teaspoon of filling in the centre. Using a finger moistened with water, moisten edges of the wrapper. Gently lift a corner of the wrapper, then fold in half over the filling to create a triangle. Lightly press around filling and along edges to seal. Repeat with remaining wrappers and filling.

Bring a large saucepan of water to the boil. In batches if necessary, carefully lower dumplings into the water and cook for 2-3 minutes or until cooked and wrappers are translucent. To test if the dumplings are ready, remove a dumpling with a slotted spoon and cut into it with a sharp knife to check that the filling is hot. When dumplings are cooked, remove with a slotted spoon and drain.

Arrange the dumplings on a serving platter. Whisk Sichuan chilli dressing until well combined and drizzle over dumplings. Sprinkle with some Sichuan pepper and salt and extra native sea blite. Serve immediately.



STIR-FRIED NATIVE GREENS

SERVES 4 AS PART OF A SHARED MEAL

Featuring Paulette Whitney's kale and inspired by Mike and Gayle Quarmby.

1 bunch kale, washed
1/4 cup (60ml) peanut oil
3 garlic cloves, crushed
70g fresh warrigal green leaves (substitute baby spinach), leaves picked
70g fresh karkalla (optional), picked
1/4 cup (60ml) tamari
1 tsp sesame oil

Cut central stems from the kale and discard. Tear leaves into bite-sized pieces. Heat the peanut oil in a hot wok over high heat until the surface shimmers slightly. Add the garlic and stir-fry for 30 seconds. Add the kale and stir-fry for 2 minutes, then add the warrigal greens, karkalla, tamari, 2 tbs water and sesame oil, and stir-fry for 1 minute or until tender. Serve immediately.



STIR-FRIED WINTER VEGETABLES WITH BLACK BEAN AND CHILLI

SERVES 4 AS A SIDE

Featuring Palisa Anderson's pumpkin.

2 tbs peanut oil
1 small red onion, thinly sliced
3 garlic cloves, thinly sliced
5cm piece (25g) ginger, cut into matchsticks
350g pumpkin, seeds removed, peeled, cut into 5cm x 3cm batons
150g daikon, peeled, cut into 5cm matchsticks
1 bunch baby turnips, peeled, halved
1 tbs salted black beans
2 tbs Chinese rice wine (shaoshing – from Asian food shops)
1 tbs brown sugar
2 tbs tamari
1 tbs malt vinegar
1/2 tsp sesame oil
1 small red capsicum, seeds removed, thinly sliced
2 long red chillies, sliced on an angle

Heat peanut oil in a wok over high heat until the surface shimmers slightly. Add the onion, garlic, ginger, pumpkin, radish and turnip, and stir-fry for 2-3 minutes. Add black beans and cook, stirring constantly to ensure the beans do not burn, for 30 seconds. Add rice wine, sugar, tamari, vinegar and sesame oil, and stir-fry for 1 minute. Add capsicum and chilli, and stir-fry for 30 seconds or until vegetables are just tender. Serve immediately.

delicious.com.au/recipes
For more ideas celebrating the best Australian producers.

LOVING LEBANON

His passion for Middle Eastern food knows no bounds. Now, in an extract from his latest book, *Saffron in the Souks*, **John Gregory-Smith** invites you to enjoy the bold flavours and all-enveloping hospitality of Lebanese cuisine.

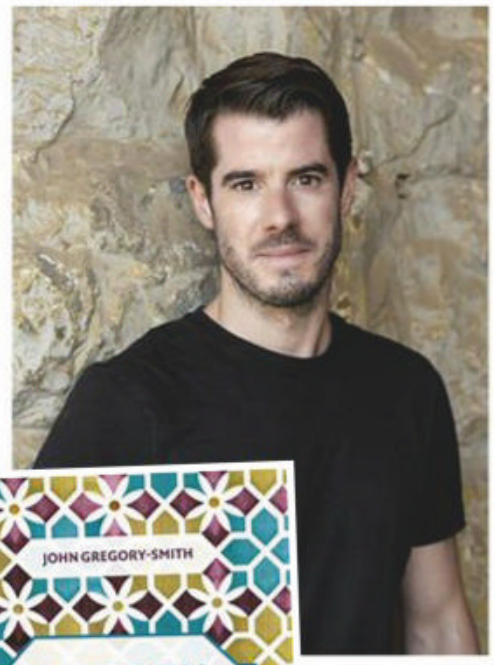
PHOTOGRAPHY **NASSIMA ROTHACKER**

Mighty medina falafel sandwich (recipe p 93).



Hole-in-the-wall beef skewers (recipe p 94).

EXTRACT.

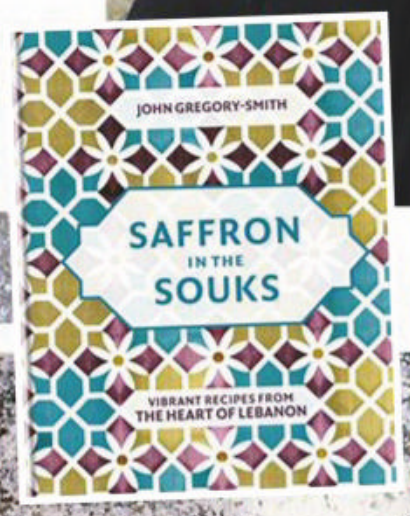


LEBANON IS TRULY beautiful, with landscapes unlike anywhere else in the world and food that's quite simply divine. That's what I want you to experience; the positive side of the country that I have grown so fond of.

In Lebanon, people say '*sahtain*' before or after a meal. It literally means 'double health'. What it really refers to is the shared bond of enjoying food. I guess it's like saying to someone, "Love every mouthful of what you're about to eat." I adore this concept. All too often we forget that food is a pleasure and should always be savoured.

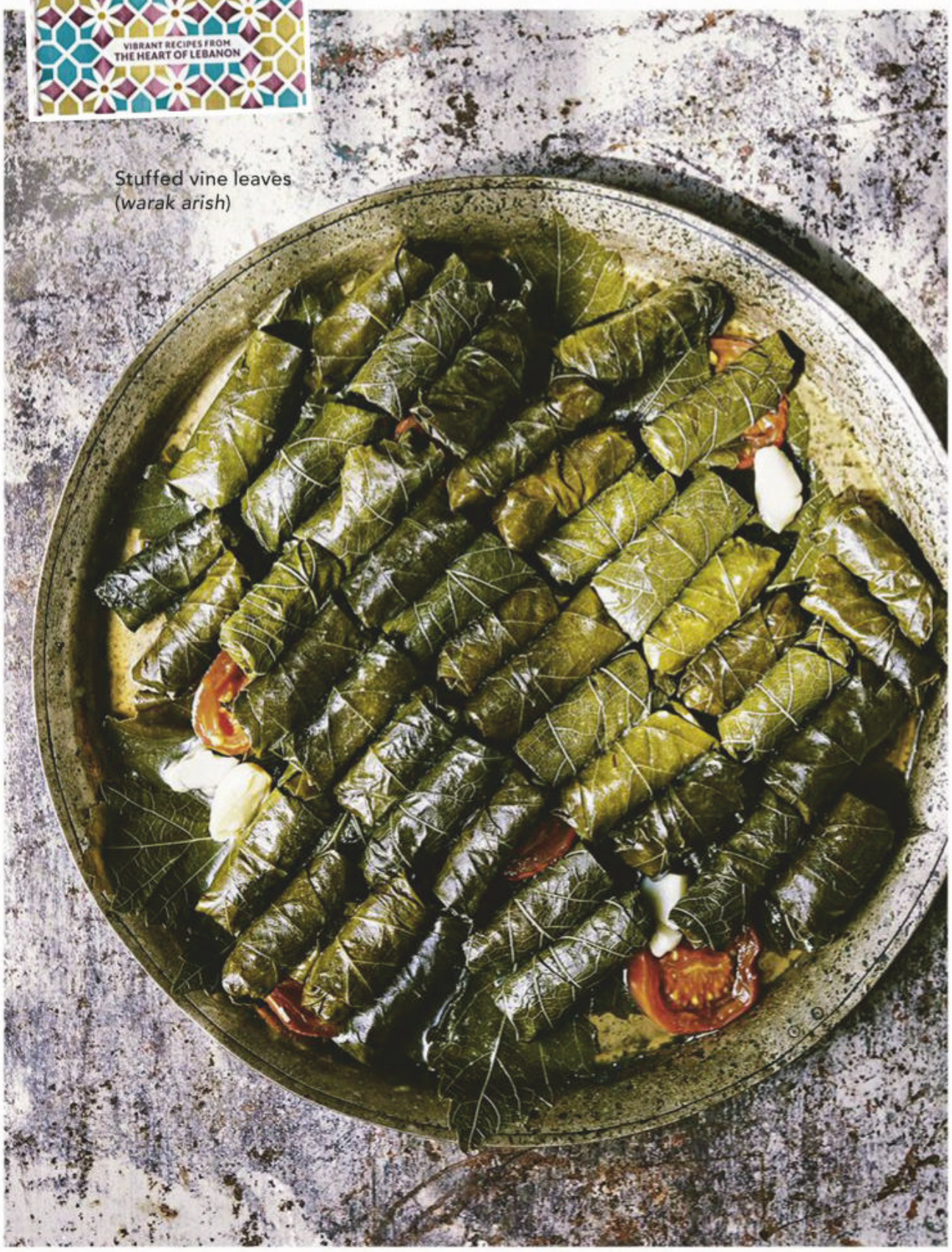
I called this book *Saffron in the Souks* because, for me, the name conjures up something exciting, exotic and mysterious. It's not the definitive guide to Lebanese cuisine in the traditional sense. It's a snapshot of what's going on in the country today.

I hope you enjoy using this book as much as I did writing it. Cook up a storm, flood the table with recipes, love every mouthful and, as the Lebanese say, *sahtain*.



This is an edited extract from Saffron in the Souks *by John Gregory-Smith, published by Hachette Australia (hardback RRP $40). Food photography by Nassima Rothacker. Location photography by Alan Keohane.*

@johngs



Stuffed vine leaves (*warak arish*)

STUFFED VINE LEAVES (WARAK ARISH)

SERVES 10 AS A MEZZE

120g basmati rice
360g lamb mince (10-15 per cent fat)
1/2 tsp allspice
45 brined vine leaves
2 tomatoes, sliced
3 garlic cloves
1 lemon, juiced
4 cups (1L) beef stock

Wash the rice in cold water to rinse out any excess starch. Drain well and place in a bowl with the lamb and allspice. Season to taste and mix well to combine.

Rinse the vine leaves to remove all salty brine. Drain well. Place a vine leaf on a clean work surface with the stalk end facing you. Place a large teaspoon of the rice mixture on the leaf just above where the stalk would be. Arrange into a line horizontally across the leaf. Fold the sides over the mixture and roll up the leaf from the bottom, keeping it as tight as possible, into a cigar shape. Repeat with the remaining rice mixture and vine leaves. Mixture should make approximately 34 warak arish.

Cover the base of a medium nonstick saucepan with the remaining vine leaves. Arrange the tomatoes in a layer and place the warak arish on top. Depending on the size of your pan, you can layer them up. Add garlic and pour over the lemon juice

PORTRAIT PHOTOGRAPH **ALAN KEOHANE**



and stock. The stock should cover everything.

Place pan over high heat and bring to the boil. Reduce heat to low and cover the warak arish with a heatproof inverted plate to keep them submerged in the stock. Simmer gently for 1 hour 30 minutes to cook the rice and meat. Take the warak arish out of the liquid and stand to cool. Serve at room temperature.

FLATBREAD WITH HERBS (ZA'ATAR MAN'OUCHE)

MAKES 8

400g plain flour, plus extra, for dusting
7g sachet dried yeast
2 tsp fine cooking salt
1 tsp caster sugar
2 tbs extra virgin olive oil, plus extra for oiling
80g marinated feta, drained, crumbled
1 cup mint leaves

ZA'ATAR OIL

2/3 cup (165ml) olive oil
1/4 cup za'atar (Middle Eastern spice mix)

Sift the flour into a large mixing bowl and add the yeast, salt and sugar. Mix until well combined. Make a well in the centre and pour in the oil. Add 250ml water and bring together to form a dough. If the mixture seems dry, add a splash more water, up to an additional 30ml, if needed. Tip dough out onto a clean, lightly floured surface and knead for 6-7 minutes or until smooth. Place in an oiled mixing bowl, cover with a tea towel and leave to rest for 1 hour in a cool, dark spot in the kitchen.

Divide the dough into 8 portions. Working with 1 portion at a time, flatten into a round. Sprinkle both sides with a little flour and roll out into a 20cm circle. Repeat with remaining dough.

For the za'atar oil, mix the olive oil with the za'atar. Season liberally and mix to combine.

Heat a medium nonstick frypan over medium-high heat. Add 1 circle of dough. Generously brush the top with the za'atar oil. Reduce heat to medium-low and cook for about 2-3 minutes or until bottom is charred and top is cooked. Adjust the heat as necessary to prevent burning. Remove from pan and repeat with remaining dough circles. To serve, top with feta and a few mint leaves. Serve immediately.



Flatbread with herbs *(za'atar man'ouche)*.

MIGHTY MEDINA FALAFEL SANDWICH

MAKES 6-8 PITAS

6-8 round small pita breads, split
2 baby gem lettuce, shredded
1/2 bunch flat-leaf parsley, leaves picked
200g pickles, thinly sliced
2 tsp sumac
Tahini, to drizzle
Chilli sauce, to taste

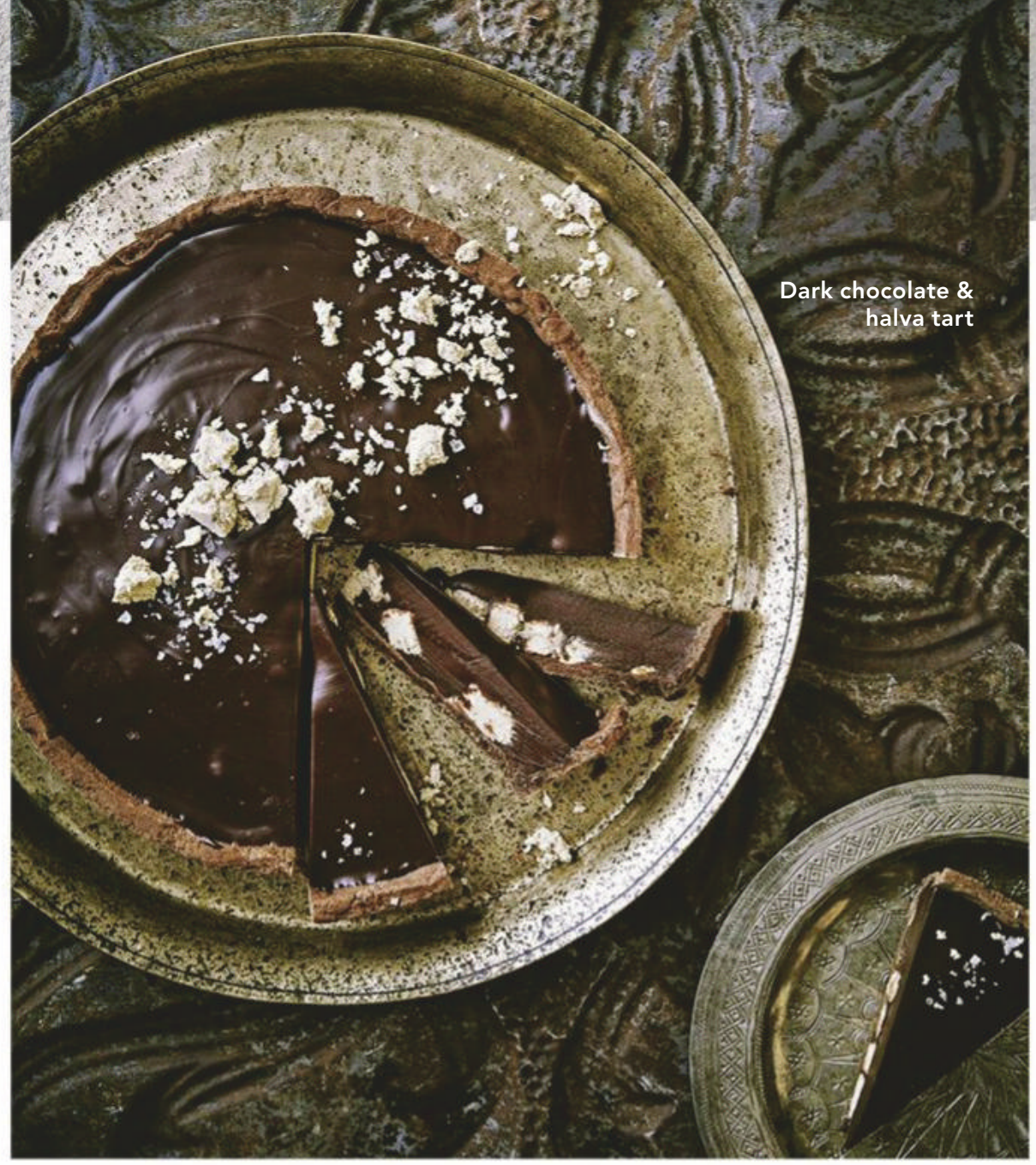
FALAFEL

1 onion, roughly chopped
4 garlic cloves
1/2 bunch coriander, roots removed
1/2 bunch flat-leaf parsley, leaves picked
400g dried chickpeas, soaked overnight in cold water, drained
1/3 cup (50g) chickpea or besan flour
2 tsp ground cumin
2 tsp ground coriander
1 tsp aleppo pepper flakes (substitute dried chilli flakes)
1/2 tsp baking powder
1/4 tsp bicarbonate of soda
Vegetable oil, for deep-frying

For the falafel, place the onion and garlic in a food processor and process until finely chopped. Add the herbs and continue to process until combined and finely chopped. Add the chickpeas, flour, spices, baking powder and bicarb. Season liberally and process, scraping the sides occasionally until combined and you form a paste. Divide the mixture into 32 portions and roll into small balls.

Fill a large saucepan three-quarters full with oil and heat to 180°C (a cube of bread will turn brown in 90 seconds when the oil is hot enough). Cook falafel, in batches, stirring gently, for 1-2 minutes or until golden all over. Remove with a slotted spoon and drain on paper towel. Repeat.

Serve in the pita with the lettuce, parsley, pickles, a sprinkle of sumac, a drizzle of tahini and chilli sauce to taste, with extra pickles, turnips and radishes on the side.



Dark chocolate & halva tart

HOLE-IN-THE-WALL BEEF SKEWERS

SERVES 4

You will need 8, preferably flat, metal skewers for this recipe.

1 red onion, thinly sliced
1 lemon, juiced
1 tsp sumac, plus extra to serve
2 tbs finely chopped flat-leaf parsley leaves, plus extra leaves, to serve
300g hummus, to serve
Extra virgin olive oil and flatbreads, to serve

KEBABS

450g beef mince (20 per cent fat)
1/2 onion, grated
1/2 tsp allspice
1/4 cup flat-leaf parsley leaves, finely chopped
1/2 tsp baharat spice (Middle Eastern spice mix)
1 1/2 tsp aleppo pepper flakes
25g toasted pine nuts, plus extra to serve
2 garlic cloves, crushed

Place the onion into a large bowl with the lemon juice. Season to taste and mix to combine. Stand for 15-20 minutes. Meanwhile, preheat a chargrill pan or barbecue to high heat. For the kebabs, place all the ingredients in a large bowl, season and mix well to combine. Divide the mixture into 8 portions and roll each into a sausage shape. Thread the meat onto metal skewers. Chargrill or barbecue for 3-4 minutes each side until charred and juicy.

Stir the sumac and parsley into the onions until well combined. To serve, spread the hummus onto a serving dish. Lay the kebabs on top and pile the onions on top. Sprinkle with extra sumac and pine nuts, and drizzle with oil. Serve immediately with warmed flatbreads.

DARK CHOCOLATE & HALVA TART

SERVES 12-16

1/4 cup (25g) cocoa powder
1 2/3 cup (250g) plain flour, plus extra, for dusting
175g cold butter, cubed, plus extra melted, for greasing
1 egg, lightly beaten

FILLING

400ml double cream
1/3 cup (75g) caster sugar
300g dark (70%) chocolate, roughly chopped
150g plain halva (from delis)

Sift the cocoa and flour into a large mixing bowl. Add a pinch of salt flakes and 125g of the cold butter. Using your fingers, work the butter into the flour until mixture resembles breadcrumbs. Work in the egg and 1 tbs cold water, and bring together to form a dough. If it looks too dry, add a few teaspoons of cold water. Place in an oiled mixing bowl, cover and chill for 30 minutes.

Butter a 23cm x 2.5cm-deep, loose-base tart pan. Tip dough out onto a lightly floured clean work surface and roll into a circle large enough to cover the pan base and sides with a slight overhang. Keep turning the dough so it does not stick. Using your rolling pin, lift the dough over the tart pan, gently press it down into the base and push the pastry into the sides. Trim off any excess. Scrunch up some baking paper, unfold it, place it into the pastry-lined pan and fill with baking beans. Rest in the refrigerator for 15 minutes.

Preheat oven to 200°C. Bake pastry for 15 minutes, then remove the beans and paper, and bake for a further 5 minutes to cook the base or until light golden and dry to touch. Remove from oven. If the base has puffed up, gently put the beans in the baking paper and back into the case and the base will deflate. Stand on a wire rack and cool completely in the pan.

Meanwhile, place the remaining 50g butter into a small saucepan and pour in the cream and sugar. Heat over a low heat, stirring occasionally, for 5-6 minutes or until the cream has warmed but not bubbling. Remove from the heat and stir in the chocolate until combined and smooth.

Break up 120g of the halva into small pieces and arrange over the bottom of the pastry case (it's nice to have a few bigger chunks for texture). Pour over the chocolate mixture and smooth out with a small palette knife. Refrigerate for 2-3 hours or until set. Sprinkle with sea salt and scatter with the remaining halva. Slice to serve.

DATE & CINNAMON SQUARES (MAAMOUL MAD)

SERVES 15-20

1 1/4 cups (225g) semolina
2/3 cup (130g) fine semolina
130g caster sugar
3.5g (half a sachet) dried yeast
1/2 tsp mahlab (Middle Eastern spice – optional)
1/3 cup (80ml) rose water
170g unsalted butter, melted, plus extra, for greasing
1 cup (100g) walnuts
500g medjool dates, pitted
1/2 tsp ground cinnamon
1/3 cup (80ml) runny honey
1/4 cup (35g) pistachios, finely chopped

Combine both semolinas into a large mixing bowl with the sugar, yeast and mahlab, if using. Stir in 2 tbs of the rose water and the melted butter. Using your hands, gently mix together until just combined. Rub the mixture between the palms of your hands to separate out the grains as much as possible. Cover and refrigerate for 2 hours.

Meanwhile, place the walnuts in a food processor and process until finely crumbled. Set aside 25g. Add the dates to the food processor along with the remaining 2 tbs rosewater and the cinnamon. Process to a paste.

Lightly butter a 23cm square cake pan. Remove the semolina mixture from the fridge and quickly work the mixture with your hands to separate out the grains again. Add half of the mixture to the cake pan and, using your hands, evenly press into the base, to cover.

Next you want a layer of the date mixture. It's easiest to do this in stages. Slightly wet your hands to stop the dates from sticking, then take a small piece of the date mixture and flatten it out. Place it on top of the base and continue to flatten and spread until you have a layer that evenly covers the base.

Preheat oven to 200°C. Top the date layer with the remaining semolina mixture. Pressing out and flattening to form an even layer. Run a sharp knife around the edge of the pan. Bake for 30-35 minutes or until golden. Remove, stand on a wire rack and cool completely.

Cover the cake pan with a large plate and carefully invert. Cover it again with your large serving plate and flip again so that the lovely golden side is on top. Drizzle over the honey, then scatter the pistachios and reserved walnuts over the top. Portion and serve immediately.



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For more food with a Middle Eastern flavour.

BALANCING ACT.

SOUL

As he continues to make a name for himself Stateside with his homegrown take on healthy eating, **Dan Churchill** shares wholesome recipes to win you fans at your dinner table.

WORDS **JASON SCULLIN** PHOTOGRAPHY **NIGEL LOUGH** STYLING **KIRSTEN JENKINS**



MERCHANDISING **EMMALY STEWART**



Impress-your-friends pasta: pumpkin gnocchi with sage. **OPPOSITE:** your weeknight spaghetti (recipes p 99).

FOOD

BALANCING ACT.



@dan_churchill

@churchill_dan

ADD COLOUR, CUT refined sugar. That's Dan Churchill's simple suggestion to enjoy more wholesome eating. "People think that healthy cooking is really hard and intimidating," he tells *delicious*., "but I'm here to make sure it can be really achievable by anyone. It's easy, and it can actually be affordable if you know how to do it."

The Sydney-born chef came to prominence as a contestant on *MasterChef* before appearing with good mate Hayden Quinn on *Surfing the Menu: the Next Generation*. He's now based in New York, where he's a regular on morning TV and, last year, opened his own restaurant, Charley St, to show off his healthy-eating ethos.

What that ethos means here is turning wholefood ingredients – colour minus the sugar – into quick and simple recipes that don't skimp on flavour or nutrition. "We start to realise how those wholefoods are actually more flavourful and our tastebuds actually respond to them," Churchill says. "People go, 'Wow, I can't believe this!', but all I had to do was give them a little push."

CHICKEN POT PIE

SERVES 4-6

2 tbs extra virgin olive
1kg chicken thigh fillets, trimmed
60g unsalted butter
3 garlic cloves, crushed
1 each onion, celery stalk and carrot, finely chopped
1 tbs plain flour
1 cup (250ml) white wine
4 cups (1L) chicken stock
1 1/2 tbs wholegrain mustard
4 thyme sprigs
2 bay leaves
2 tbs finely chopped tarragon
375g sheet frozen all-butter puff pastry (we used Carême brand), thawed
1 egg, lightly beaten

Preheat oven to 200°C. Heat oil in a large, heavy-based saucepan over high heat. Cook chicken, turning, for 6-8 minutes or until browned all over. Transfer to a plate.

Add butter, garlic, onion, celery and carrot to pan. Cook, stirring, for 4-5 minutes or until vegetables are softened. Sprinkle over flour and cook, stirring, for a further 1 minute. Return chicken to pan with cooking juices. Add wine, scraping bottom of pan with a spoon. Pour in stock and stir in mustard and herbs. Season. Bring to the boil, reduce heat to low and cover. Simmer for 35-40 minutes or until chicken is cooked through. Remove chicken from pan and, using 2 forks, shred. Return chicken to pan and simmer, uncovered, for 6-8 minutes or until sauce has thickened. Season to taste. Transfer chicken mixture to a shallow 6-cup (1.5L) ovenproof dish.

Cut pastry to fit over the edge of dish with 2cm overhanging. Place pastry over dish and press into edge to seal. Make

3 small slits in centre of pastry to let the steam escape. Brush with egg wash and season. Bake for 20-25 minutes or until pastry is golden and cooked through. Scatter with salt flakes. Allow to cool slightly before serving.

YOUR WEEKNIGHT SPAGHETTI

SERVES 4

"This dish is all about making use of the oven. The time you spend cooking is actually very little. It is a perfect set-and-forget family meal and makes great use of our epic vegetable, the spaghetti squash."

½ spaghetti squash, seeds removed
800g chicken mince
1 egg, lightly beaten
½ cup (35g) stale sourdough breadcrumbs
2 tsp toasted fennel seeds
1 tbs finely chopped tarragon
1 tbs finely chopped flat-leaf parsley
2 tsp dried oregano
¼ cup (60ml) extra virgin olive oil, plus extra to drizzle
300g gluten-free spaghetti
50g unsalted butter
Finely grated parmesan, to serve

ROASTED TOMATO SAUCE

6 large very ripe tomatoes, roughly chopped
2 small onions, roughly chopped
3 garlic cloves, roughly chopped
2 tsp dried chilli flakes
2 thyme sprigs, leaves picked
2 tbs finely chopped basil leaves, plus extra leaves to serve
1½ cups (375ml) hot chicken stock

Preheat the oven to 200°C. Place squash, cut-side down, on a baking tray lined with baking paper. Roast on bottom shelf of oven for 45-50 minutes or until tender. Remove from oven and place, cut-side up, on a chopping board. Using 2 forks, shred squash flesh and transfer to a bowl.

Meanwhile, for the roasted tomato sauce, grease a large roasting pan. Place all the ingredients except the stock in the pan. Drizzle with extra olive oil, season and stir to combine. Spread out evenly in pan and roast on top shelf of oven, stirring occasionally, for 45-50 minutes or until roasted and vegetables are slightly golden. Transfer to a large heatproof blender and whiz for 3-4 minutes or until smooth. Season to taste.

To make the meatballs, combine chicken mince, egg, breadcrumbs, fennel seeds and herbs in a large bowl. Season and stir well to combine. Divide mince mixture into 32 portions and roll into balls. Heat a large frypan with half the olive oil over high heat. Add half the meatballs and cook, shaking pan, for 5-6 minutes or until meatballs are browned. Transfer to a plate. Repeat with remaining 1½ tbs oil and meatballs. Reduce heat to medium, return all meatballs to pan and pour over roasted tomato sauce and hot stock. Gently toss, season to taste and cook for a further 5-6 minutes or until meatballs are cooked through and sauce is very hot.

Meanwhile, cook spaghetti in boiling salted water according to packet instructions. Drain, then place in a large heatproof bowl with butter. Season and toss well to combine. Divide squash and pasta among serving plates. Spoon over meatballs and roasted tomato sauce. Scatter with extra basil leaves and grated parmesan to serve.

IMPRESS-YOUR-FRIENDS PASTA: PUMPKIN GNOCCHI WITH SAGE

SERVES 4-6

1.2kg butternut pumpkin, halved, seeds removed
4 (600g) large desiree potatoes
1 cup (150g) plain flour
¼ tsp ground nutmeg
1 egg, lightly beaten, plus 2 lightly beaten egg yolks
⅓ cup (80ml) extra virgin olive oil, plus extra to drizzle
Sunflower oil, to shallow-fry
1 bunch sage, whole sprigs separated
120g unsalted butter, chopped
1 bunch rocket
Grated parmesan, to serve

Preheat oven to 200°C. Place pumpkin, cut-side up, and potatoes on 2 separate large baking trays. Roast for 1 hour or until both are very tender in centre. Remove from oven. Scoop out pumpkin flesh, place in a colander over a large bowl and drain. Discard skin. Refrigerate until cool enough to handle. Meanwhile, halve the potatoes and scoop out flesh. Discard skin. Pass flesh through a ricer into a large bowl (you will need 450g of potato). When pumpkin is cool enough to handle, place in a clean tea towel and wring out as much water as possible. Place in bowl with potato.

To make the gnocchi, scatter flour and nutmeg over the pumpkin and potato mixture. Add egg and yolks. Season well. Using your hands, mix gently until just combined (if you overmix it, your gnocchi will be tough and chewy).

Line 3 large baking trays with baking paper and lightly flour. Bring a large saucepan of water to the boil over high heat. Reduce heat to medium and reduce water to a simmer. Using 2 dessert spoons, shape spoonfuls of gnocchi mixture into ovals and place on prepared trays.

In batches, drop gnocchi gently into the simmering water, adding only as much as the pan can handle. Cook for 1-2 minutes or until gnocchi float to surface. Remove with a slotted spoon, drain well and place in iced water until cooled completely. Drain and place on a large tray lined with paper towel, making sure gnocchi is drained thoroughly. Transfer to a large bowl, season and drizzle with olive oil.

Meanwhile, heat 1cm sunflower oil in a small frypan over high heat. Add sage sprigs and cook for 1 minute or until crisp. Remove using a slotted spoon and drain on paper towel.

Heat a large frypan over high heat. Add one-quarter olive oil and one-quarter butter. Heat until butter begins to foam. Add one-quarter gnocchi and cook, tossing, for 3-4 minutes or until gnocchi is golden. Transfer to a large heatproof bowl, cover loosely with foil and keep warm. Repeat a further 3 times with remaining oil, butter and gnocchi. Place rocket in the centre of each plate and top with gnocchi. Scatter with grated parmesan and fried sage to serve.



WEEKNIGHT RISOTTO: MUSHROOM AND SPROUTS

SERVES 4

"When we think risotto, we think that awesome creamy arborio rice… It's a comfort love, and one that my dad used to make a lot. Known for its heavy nature, I wanted to create an option that is cleaner but still comforting. There are a few basic techniques involved with a good risotto, which I have simplified, but you'll still max out on flavour."

2 tbs extra virgin olive oil, plus extra to serve
80g unsalted butter
2 garlic cloves, crushed
1 onion, finely chopped
250g small button mushrooms, trimmed
250g small Swiss brown mushrooms, trimmed
4 thyme sprigs, leaves picked
2 tbs finely chopped chervil, plus extra leaves to serve
1 1/2 cups (300g) tri-colour quinoa
5 cups (1.25L) vegetable or chicken stock, warmed
250g brussels sprouts, leaves separated
1 cup (80g) finely grated parmesan
Finely grated zest and juice of 1 lemon
Creme fraiche, to serve

Heat oil and butter in a large, heavy-based saucepan over medium-high heat. Add garlic and onion, and cook, stirring, for 4-5 minutes or until onion is softened. Stir in mushrooms and cook for 6-7 minutes or until mushrooms have softened. Stir in herbs and quinoa. Cook, stirring, for 1-2 minutes or until the quinoa is coated in the oil.

Stir in the stock and bring to the boil. Reduce heat to medium and simmer, stirring occasionally, for 25-30 minutes or until the quinoa is cooked and has absorbed three-quarters of stock. Stir in brussels sprout leaves and parmesan, and cook for 1-2 minutes or until softened. Stir in the lemon zest and juice. Season to taste.

Divide risotto among serving bowls and top with a spoonful of creme fraiche. Drizzle with extra oil to serve.

d. **delicious.com.au/recipes**
For more healthful eating from young-gun Aussie chefs.

THE HEARTY WHITE BEAN STEW

SERVES 6

"Get ready for more comfort love, this time coming from Tuscany, Italy. I was on a food research tour last year (yes, let's call this some holiday market research) in Italy. Stopping at a vineyard known for its Chianti Classico, we were served an amazing soup known as a ribollita. It was as if my nonna was in the kitchen with five other nonnas making this delicious, loving, perfectly textured soup. From this evolved an appreciation for the use of the probiotic-rich sourdough as a thickener. This is a technique I came up with that I am more than happy for you to enjoy… May this stew be the answer to a nonna hug this winter."

2 tbs extra virgin olive oil, plus extra to serve
3 garlic cloves, crushed
1 onion, finely chopped
1 celery stalk, finely chopped
1 carrot, finely chopped
2 tsp fennel seeds
4 thyme sprigs, leaves picked
2 tsp dried oregano
2 bay leaves
2 tbs sherry vinegar
4 x 400g cans cannellini beans (we used Woolworths Macro), drained, rinsed
6 cups (1.5L) chicken stock
1 parmesan rind
1/2 bunch kale, stalks removed, roughly shredded
1 slice sourdough, crusts removed, finely torn
Shaved parmesan and dried chilli flakes, to serve

CROUTONS
50g unsalted butter
100g sourdough, crusts removed, torn into 1cm pieces
1 tbs finely chopped flat-leaf parsley, plus extra leaves to serve
Finely grated zest of 1 lemon

Heat oil in a large saucepan over medium-high heat. Add garlic, onion, celery and carrot. Cook, stirring, for 4-5 minutes or until onion is softened. Stir in the fennel seeds and herbs, and cook for 1-2 minutes. Stir in the vinegar, beans, stock and parmesan rind. Bring to the boil, reduce heat to low and simmer, covered, for 35-40 minutes, stirring occasionally, to intensify flavour and reduce slightly. Uncover and stir in the kale. Remove parmesan rind and discard. Add sourdough and simmer for 8-10 minutes or until soup is thickened. Season to taste and add a little more vinegar, if desired.

Meanwhile, for the croutons, heat a medium frypan over high heat. Add butter and swirl in pan for 30 seconds or until foaming. Evenly sprinkle over the breadcrumbs with the parsley and lemon zest. Cook, tossing often, for 2-3 minutes or until croutons are golden and crisp. Season to taste.

Divide stew among serving bowls and top with croutons, extra parsley leaves and shaved parmesan. Drizzle with oil and scatter with chilli flakes to serve.

SILVIA & MARION.

WOK X POT

Italy met Asia when **Silvia Colloca** and **Marion Grasby** joined each other in the kitchen for a YouTube cooking collaboration. We showcase some of the results here and – whether from wok or pot – they prove a little healthy competition leaves everyone a winner.

WORDS **JASON SCULLIN**
PHOTOGRAPHY **NIGEL LOUGH** STYLING **KIRSTEN JENKINS**

MERCHANDISING **EMMALY STEWART**

BAKED RICE VS FRIED

Slow and easy is the go with baked rice. "You don't have that incessant stirring, worrying that you're going to overcook it," says Colloca. Fried rice is the opposite: "Cook it fast in a smoking-hot wok or very large frying pan," says Grasby.



Thai spicy chilli & basil fried rice. **OPPOSITE:** Apulian-style baked rice with potatoes and mussels (recipes p 108).

SILVIA & MARION.



Silvia Colloca and Marion Grasby

"SO. MUCH. FUN!" That's how Marion Grasby describes her YouTube cooking collaboration, Wok X Pot, with *delicious.* contributor Silvia Colloca. "I think we were either laughing or stuffing our faces. Silvia is an absolute joy. I adore her food and her infectious laughter. She has a great gift for making stunning food look simple. I think that's a combination most people aspire to."

It's clear the appreciation is mutual, Colloca waxing lyrical about her time filming in Grasby's Bangkok studio. "It was a very family-friendly set. Marion had her baby daughter, Charlie, hanging out and I had Luna (Colloca's then 15-month-old daughter). They ate a lot of great food and nothing went to waste. One episode, Marion showed me the recipe for her mum's *pad see ew*, which is the best I've ever had in my life."

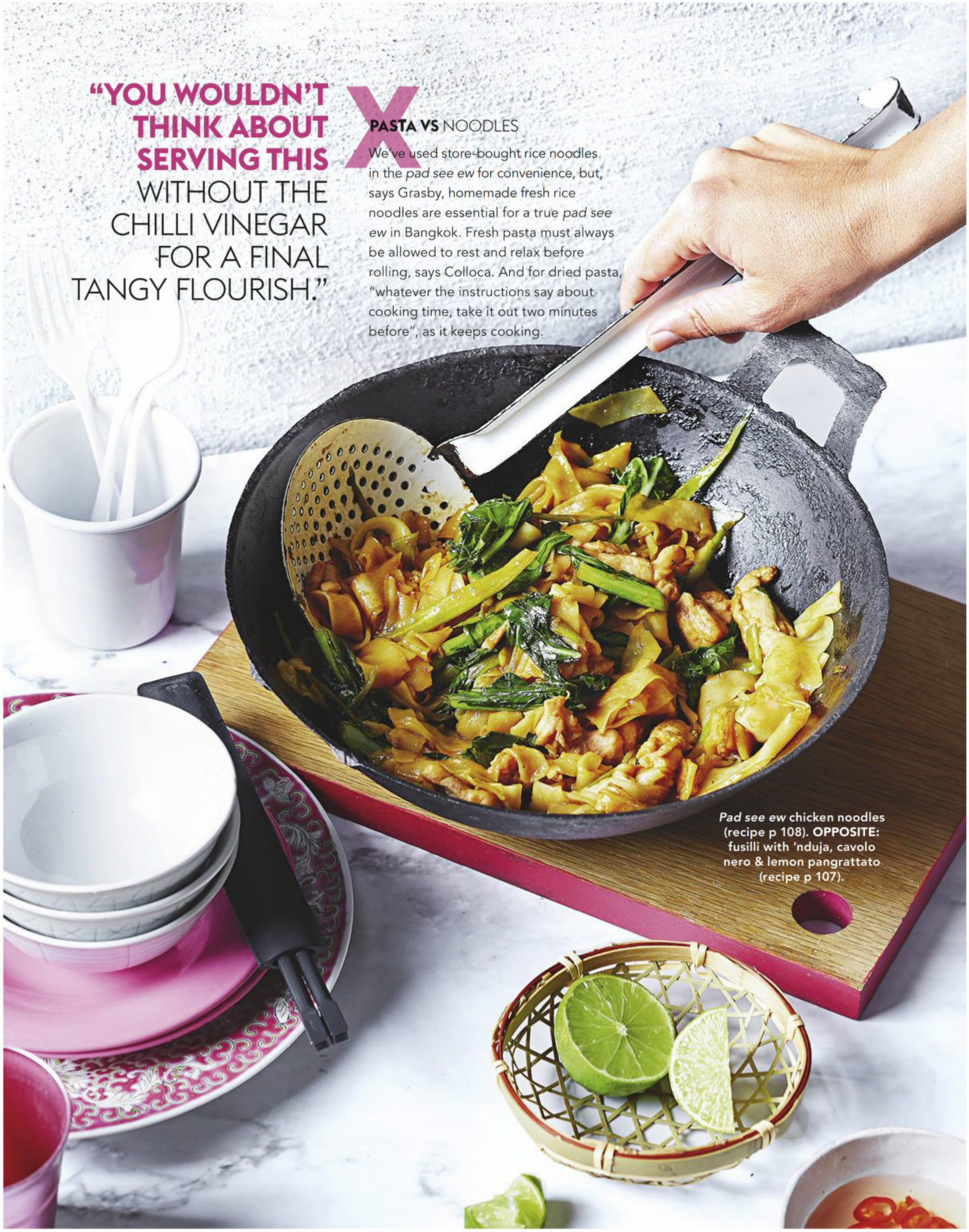
The cooks first met via Instagram, with the suggestion for a joint venture coming from Grasby. Colloca's answer? "That's a great idea! Why don't we do it!" As for the name? "That was to signify the Asian influence and the European one – Marion uses a wok and I use a pot," explains Colloca. "And the theme was always to either pick an ingredient and do an Asian and an Italian dish, or pick a theme, whether it's breakfast or lunch."

@marionskitchen **@silviacollocaofficial** **Watch Wok X Pot on Silvia and Marion's YouTube channels**

"YOU WOULDN'T THINK ABOUT SERVING THIS WITHOUT THE CHILLI VINEGAR FOR A FINAL TANGY FLOURISH."

X PASTA VS NOODLES

We've used store-bought rice noodles in the *pad see ew* for convenience, but, says Grasby, homemade fresh rice noodles are essential for a true *pad see ew* in Bangkok. Fresh pasta must always be allowed to rest and relax before rolling, says Colloca. And for dried pasta, "whatever the instructions say about cooking time, take it out two minutes before", as it keeps cooking.



Pad see ew chicken noodles (recipe p 108). **OPPOSITE:** fusilli with 'nduja, cavolo nero & lemon pangrattato (recipe p 107).

"THIS CHIANG MAI CURRY IS LESS WELL KNOWN, BUT IS ONE OF MY FAVOURITES."

Chiang Mai 'hung lay' pork curry

X

SLOW-COOKED PORK CURRY

This curry is a specialty of northern Thailand, says Grasby. The sour tamarind, rich Indian-style curry paste and hit of ginger at the end give the dish its distinct character.

FUSILLI WITH 'NDUJA, CAVOLO NERO & LEMON PANGRATTATO

SERVES 4-6

2 bunches cavolo nero, stalks removed, leaves chopped
350g fusilli pasta
1/3 cup (80ml) extra virgin olive oil
1 large red onion, finely chopped
3 garlic cloves, crushed
2 tbs 'nduja (spreadable spicy salami)
1/4 cup (20g) grated pecorino, plus extra to serve
1/2 cup picked flat-leaf parsley leaves

LEMON PANGRATTATO
2 lemons
1 1/2 cups (105g) stale breadcrumbs
2 tbs extra virgin olive oil
5 thyme sprigs, leaves picked, plus extra sprigs to serve

Preheat the oven to 200°C. Line 2 large baking trays with baking paper.

For the lemon pangrattato, finely grate 1 lemon and thinly slice the other. Combine breadcrumbs, oil, thyme leaves and lemon zest in a large bowl. Season to taste. Evenly scatter breadcrumb mixture over 1 prepared tray, then evenly arrange sliced lemon on second prepared tray. Bake, stirring pangrattato occasionally, for 10-12 minutes or until golden and crunchy. Remove both trays from oven and set aside.

Meanwhile, bring a large pot of salted water to the boil over high heat. Blanch the cavolo nero for 1-2 minutes or until wilted. Using a large slotted spoon, transfer to iced water. Drain and set aside.

Return water to the boil, add pasta and cook for 6-8 minutes or according to packet instructions. Drain, reserving 1/3 cup (80ml) cooking water.

Heat oil in a large, deep frypan over medium-high heat. Add onion, garlic and 'nduja, and cook, stirring frequently, for 4-5 minutes or until onion is softened. Stir in the cavolo nero and cook for a further 1-2 minutes or until heated through. Add the pasta and toss to combine. Toss through the pecorino and parsley. Stir in the reserved cooking water and cook, tossing, for 2-3 minutes or until pecorino begins to melt and parsley wilts. Season to taste.

Divide pasta among serving plates and stir through sliced lemon and lemon pangrattato. Scatter with extra pecorino and thyme to serve.

CHIANG MAI 'HUNG LAY' PORK CURRY

SERVES 4

2 tbs vegetable oil
2 eschalots, thinly sliced
1kg pork belly, cut into 4cm pieces
1/2 cup (125ml) tamarind concentrate (from Asian food shops)
1/4 cup (65g) palm sugar, grated
1 tsp kecap manis (Indonesian sweet soy sauce – from Asian food shops)
2 tsp fish sauce
4cm piece (20g) ginger, cut into matchsticks
1/4 bunch coriander leaves and steamed rice, to serve

HUNG LAY CURRY PASTE
8 dried long red chillies, soaked in hot water for 15 minutes
2 lemongrass stalks (white part only), sliced
4cm piece galangal, peeled, roughly chopped
3 eschalots, roughly chopped
1 tbs garam masala
1 tsp ground turmeric
1 tsp shrimp paste

For the curry paste, drain the chillies and reserve the soaking liquid. Roughly chop chillies and transfer to a food processor with 2 tsp salt flakes. Add all remaining curry paste ingredients and 3 tbs chilli soaking liquid. Whiz, scraping down side of processor if necessary, until smooth.

Heat the oil in a large, heavy-based saucepan over medium-high heat. Add the eschalot and cook, stirring occasionally, for 4-5 minutes or until just softened. Add the curry paste and cook, stirring, for about 1 minute or until fragrant. Add the pork and cook for 4-5 minutes or until beginning to colour. Add the tamarind, palm sugar, kecap manis and 1 cup (250ml) water. Stir to combine. Bring to the boil, then reduce heat to low. Cover and simmer, stirring occasionally, for 1 hour.

Uncover and stir through the fish sauce and ginger. Simmer, uncovered, for a further 25-30 minutes or until the sauce is thickened and the pork is very tender. Transfer to a serving bowl and top with coriander leaves. Serve with steamed rice.

APULIAN-STYLE BAKED RICE WITH POTATOES AND MUSSELS

SERVES 6-8

1/3 cup (80ml) extra virgin olive oil, plus extra to serve
2 onions, thinly sliced
1 garlic clove, crushed
1/2 cup (125ml) dry white wine
3 small desiree potatoes, cut into 2mm-thick slices
1 1/2 cups (330g) arborio or carnaroli rice
1 1/4 cups (100g) finely grated pecorino
1 2/3 cups (120g) stale breadcrumbs
1kg pot-ready mussels
8 cups (2L) chicken stock
250g cherry truss tomatoes
1/4 bunch flat-leaf parsley, shredded, plus extra leaves to serve

Preheat oven to 220°C. Heat 2 tbs oil in a large, deep, heavy-based ovenproof frypan over medium-high heat. Add onion and garlic, and cook, stirring occasionally for 4-5 minutes or until onion is softened. Add white wine, scraping bottom of pan with a spoon, and cook for 1-2 minutes or until reduced by two-thirds.

Reduce heat to low and spread onion mixture evenly over base of pan. Evenly arrange half the potato over the onion mixture. Scatter over half the rice, half the pecorino and half the breadcrumbs. Repeat with remaining potato and remaining rice. Evenly arrange mussels upright over top. Season to taste and drizzle with remaining 2 tbs oil. Gently pour over stock and bring to the boil. Remove pan from heat. Cover with a lid or enclose tightly with foil. Bake for 45-50 minutes or until mussels are

opened and rice is just cooked. Remove from oven and preheat oven grill to high.

Uncover pan and arrange tomatoes over top. Scatter over parsley and remaining 50g pecorino and 60g breadcrumbs. Grill for 10-15 minutes or until the liquid has been absorbed, tomatoes are softened, the rice is cooked and the top has formed a golden crust. Season. Scatter with extra parsley to serve.

THAI SPICY CHILLI & BASIL FRIED RICE

SERVES 4

4 garlic cloves, crushed
3 bird's eye chillies (optional)
1/4 cup (60ml) oyster sauce
1 tbs Chinese light soy sauce
1 tbs fish sauce
1 tsp white sugar
2 tbs sunflower oil
1 onion, sliced
450g medium green king prawns, peeled, deveined, cut in half lengthwise
3 cups cooked long-grain rice (day-old is best)
2 cups holy basil leaves, plus extra leaves to serve
Lime wedges, to serve

CHILLI FISH SAUCE

3 tbs fish sauce
2 long red chillies, thinly sliced

For the chilli fish sauce, combine all the ingredients in a small bowl and set aside.

To make the garlic and chilli paste, using a mortar and pestle, pound the garlic and chillies, if using, to a rough paste. Set aside until needed.

To make the stir-fry sauce, combine the oyster sauce, soy sauce, fish sauce and sugar in a small bowl. Set aside until needed.

Heat oil in a wok or frypan over high heat. Add the onion and stir-fry for 1-2 minutes. Add garlic chilli paste and stir-fry for 1-2 minutes. Add the prawn and stir-fry for 3-4 minutes or until prawn is just cooked. Add the rice and the stir-fry sauce. Stir-fry until well combined and the rice is evenly coloured. Toss through holy basil and remove from the heat.

To serve, divide fried rice among serving plates and sprinkle with extra holy basil. Serve with lime wedges and chilli fish sauce.

LAMB SHANK CACCIATORA

SERVES 4

4 (250g each) Frenched lamb shanks (ask your butcher to do this)
1/4 cup (35g) plain flour
2 tbs extra virgin olive oil, plus extra to serve
3 anchovy fillets in oil, drained
2 onions, finely chopped
1 carrot, finely chopped
1 celery stalk, finely chopped
2 garlic cloves, finely chopped
1/4 bunch flat-leaf parsley, shredded, plus extra to serve
1 cup (250ml) red wine
4 cups (1L) chicken stock
400g can chopped tomatoes
2 bay leaves
5 lemon thyme sprigs
1/2 cup (75g) pitted kalamata olives, halved
Lemon zest and bean salad (see recipe, p 109), to serve

Place lamb in a large bowl and dust with flour. Shake off excess. Heat oil in a large, deep, flameproof casserole over high heat. Add lamb and cook, turning, for 5-6 minutes or until browned all over. Transfer lamb to a large plate. Reduce heat to medium-high. Add anchovies and cook for 1-2 minutes or until dissolved. Stir in onion, carrot, celery, garlic and parsley. Cook, stirring occasionally, for 4-5 minutes or until onion is softened. Add wine and cook, scraping bottom of pan with a spoon, for 2-3 minutes or until reduced by two-thirds. Stir in stock, tomatoes, bay leaves, lemon thyme and olives. Return lamb and submerge in sauce. Bring to the boil, then reduce heat to very low. Cover with a lid and simmer for 2-3 hours or until meat is very tender.

Using a slotted spoon, transfer lamb to a plate. Increase heat to medium and simmer sauce, uncovered, for 10-15 minutes or until thickened. Skim off any fat that rises to the surface.

Divide lamb and sauce among bowls. Scatter over extra parsley and lemon zest, and drizzle with extra oil. Serve with the bean salad (see p 109).

PAD SEE EW CHICKEN NOODLES

SERVES 2

200g chicken thigh fillets, thinly sliced
1/4 cup (60ml) Chinese light soy sauce
1 tsp kecap manis (Indonesian sweet soy sauce – from Asian food shops)
1/2 tsp caster sugar
2 tbs sunflower oil
4 garlic cloves, crushed
100g Chinese broccoli (gai lan), stems thinly sliced, leaves sliced into 4cm pieces
350g fresh rice noodles
Chilli powder (optional), to serve

MARINADE

1 tbs Chinese light soy sauce
1 tsp sesame oil
1/2 tsp ground white pepper

CHILLI VINEGAR

1/4 cup (60ml) white vinegar
1 long red chilli, sliced

For the chilli vinegar, combine ingredients in a small serving bowl and set aside.

For the marinade, combine all the ingredients in a large bowl. Add chicken and stir until well combined. Marinate for 10 minutes or up to 1 hour.

To make the stir-fry sauce, combine soy, kecap manis and sugar, and set aside.

Heat oil in a wok or large frypan over high heat. Add garlic and stir-fry for 30 seconds. Add chicken and stir-fry for 2-3 minutes or until almost cooked. Add Chinese broccoli and stir-fry for 2 minutes or until chicken is cooked and broccoli is tender. Add rice noodles and stir-fry sauce. Stir-fry until noodles are evenly coloured and everything is well combined.

Divide between serving plates and serve with the chilli vinegar and chilli powder, if using, alongside.

BEAN SALAD

SERVES 4

1/4 cup (60ml) sherry vinegar
1/4 cup (60ml) extra virgin olive oil
1 garlic clove, crushed
Finely grated zest of 1 lemon
400g green beans, blanched, refreshed
1/2 cup flat-leaf parsley leaves
1 small red onion, thinly sliced
400g can cannellini beans, drained, rinsed

Whisk vinegar, oil, garlic and lemon zest in a bowl and season. Add green beans, parsley, onion and cannellini beans, season and toss to combine.

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For more great recipes from Italy and Thailand.

Lamb shank cacciatora; and Bean salad.

SLOW-COOKED LAMB

This is basically a twist on the classic chicken cacciatora, says Colloca. "It's easier because, with lamb shanks, you can't get it wrong; the more you cook it, the better."

GO NUTS

It might be cold outside, but **Phoebe Wood**'s coconut treats mean you can have a serve of summer year-round. From the classic Aussie lamington and a cream pie slice of Americana to Thai sticky rice and an Egyptian favourite, these recipes prove the world is loco for coco.

PHOTOGRAPHY **BEN DEARNLEY** STYLING **KIRSTEN JENKINS**

WICKED.

Cherry jam lamington loaf (recipe p 114).

STYLING & MERCHANDISING **EMMALY STEWART**

"THIS XL LAMINGTON IS THE ULTIMATE CROWD-PLEASING INDULGENCE, WITH A LIGHT-AS-AIR SPONGE SANDWICHING JAM AND CREAM."



"COCONUT TRANSCENDS SO MANY CULTURES AND IS ONE OF MY ALL-TIME FAVOURITES. FRESH CURLS GARNISH A THAI STICKY RICE, COCONUT CREAM IS THE BASE OF THE CLASSIC COCONUT PIE, AND DRIED COCONUT GIVES A CRUNCHY CRUST TO AN EGYPTIAN BASBOUSA."

Phoebe Wood, Food Director **@phoeberosewood**

Coconut cream pie (recipe p 114).



Honey & coconut *basbousa*.
(recipe p 116).

ARGENTINA
LIME & COCONUT TRES LECHE CAKE

SERVES 10-12

Begin this recipe at least 6 hours ahead.

200g unsalted butter, chopped, softened
1⅓ cups (295g) caster sugar
1 tbs vanilla bean paste
Finely grated zest of 3 limes
6 eggs
3 cups (450g) self-raising flour, sifted
600ml buttermilk
375ml can evaporated milk
2 cups (500ml) coconut milk
Coconut flakes, to serve

LIME & COCONUT CREAM CHEESE ICING

200g pure icing sugar, sifted
150g unsalted butter, softened
500g cream cheese, at room temperature
⅓ cup (80ml) coconut cream
Finely grated zest of 2 limes

Preheat the oven to 160°C. Grease base and side of a 22cm round springform cake pan and line with baking paper.

In a stand mixer fitted with the paddle attachment, beat butter and caster sugar until pale. Add 2 tsp vanilla and zest of 2 limes, and beat to combine. Add eggs, 1 at a time, beating well after each addition. In 2 batches, fold in flour and 350ml buttermilk, then spoon batter into prepared pan and smooth top.

Bake for 1 hour 15 minutes or until a skewer inserted in cake comes out clean. Stand for 20 minutes, then prick top all over with a thin skewer.

Combine evaporated milk, coconut milk and remaining 250ml buttermilk in a jug with remaining 2 tsp vanilla bean paste, then pour half over cake. Stand to soak for 15 minutes, then pour over remaining milk mixture. Chill for 4 hours or overnight until cold.

For the icing, beat icing sugar and butter together in a stand mixer fitted with the paddle attachment until pale. Beat in cream cheese, coconut cream and lime zest until combined and smooth. Spread over cake using a palette knife. Scatter with coconut flakes and remaining lime zest, and cut into slices to serve.

AUSTRALIA
CHERRY JAM LAMINGTON LOAF

SERVES 8

4 large eggs, at room temperature
½ cup (110g) caster sugar
½ cup (75g) self-raising flour
30g cornflour
2 cups (500ml) double cream
300ml thickened cream
2 tsp vanilla bean paste
200g thick cherry jam
200g dark (70%) chocolate, chopped
40g good-quality cocoa, sifted
1 cup (120g) pure icing sugar, sifted
200g unsalted butter, chopped
120g coconut flakes (we used Woolworths Macro)

To make sponge, preheat oven to 160°C. Grease base and sides of an 12cm x 27cm x 6cm loaf pan and line with baking paper. Place eggs and caster sugar in a stand mixer fitted with the whisk attachment and whisk on high for 6-8 minutes or until pale and tripled in size. Sift self-raising flour and cornflour together in a bowl. In 2 batches, sift flour mixture over egg mixture, folding gently with a spatula to completely incorporate. Pour into prepared pan and bake for 45 minutes or until top of sponge springs back when gently pressed. Cool in the pan for 15 minutes, then turn out onto a wire rack to cool completely.

Add double cream, thickened cream and vanilla to cleaned stand mixer and whisk to stiff peaks.

Using a large serrated knife, cut sponge horizontally into 3 pieces. Place 1 piece on a serving dish and spread with half the cherry jam, then half the cream mixture. Top with a second piece of sponge and repeat layering process, finishing with the final layer of sponge. Refrigerate.

Place chocolate, cocoa, icing sugar and butter in a bowl set over a saucepan of gently simmering water (don't let the bowl touch the water). Cook, stirring occasionally, until melted and smooth and the sugar and cocoa are dissolved. Set aside to cool for 15 minutes, then spread over top and sides of the lamington loaf. Press in the coconut flakes while chocolate mixture is still soft. Refrigerate for 15 minutes or until firm and set. Cut into slices to serve.

USA
COCONUT CREAM PIE

SERVES 8

Begin this recipe at least 4 hours ahead.

200g digestive biscuits
50g shredded coconut
100g unsalted butter, melted, cooled
100g golden syrup
150g caster sugar
4 egg yolks
2 tsp vanilla bean paste
30g cornflour
900ml thickened cream
2 cups (500ml) coconut cream
2 tbs pure icing sugar, sifted
Toasted coconut flakes, to serve

Place biscuits in a food processor and whiz to crumbs. Add coconut, butter and golden syrup, and whiz to combine. Press into base and side of a 21cm round pie dish. Chill for 15 minutes or until set.

Preheat the oven to 160°C.

To make the custard, place caster sugar, egg yolks, 1 tsp vanilla and cornflour in a bowl and whisk until pale. Place 300ml cream and coconut cream in a saucepan over medium heat and bring to a simmer. Gradually pour hot cream over egg mixture, whisking constantly. Return to cleaned saucepan and cook over medium-low heat, stirring constantly, until mixture is thick enough to coat the back of a spoon. Set aside to cool slightly, then strain through a sieve into a bowl. Pour custard into pie dish and bake for 45 minutes or until set with a gentle wobble in the centre. Remove from oven and cool completely, then chill for 2-3 hours or until cold.

When ready to serve, whisk icing sugar and remaining 600ml thickened cream and 1 tsp vanilla to stiff peaks. Spoon over coconut custard and top with coconut flakes. Cut into slices to serve.

Lime & coconut
tres leche cake



Ginger & coconut sticky rice

THAILAND
GINGER & COCONUT STICKY RICE

SERVES 4-6

Begin this recipe 1 day ahead.

220g black glutinous rice (from Asian food shops)
6 kaffir lime leaves, plus extra finely shredded leaves to serve
5cm piece (25g) ginger, sliced
1/3 cup (80ml) coconut cream, plus extra to serve
140g finely grated palm sugar
1/3 cup (50g) roughly chopped roasted salted peanuts
Thin strips of fresh coconut, to serve

Soak rice in cold water overnight. The next day, place in a saucepan with 4 cups (1L) cold water. Add kaffir lime and ginger, and stir to combine. Bring to a simmer over medium heat. Reduce heat to low and cook, uncovered and stirring occasionally, for 35-40 minutes or until thickened. In the final 10 minutes of cooking, add coconut cream and palm sugar, and stir until sugar is melted. Add 1 tsp salt flakes and stir to combine. Strain into a bowl, discarding ginger and kaffir lime. Cool slightly, then divide among serving bowls. Top with peanuts, extra coconut cream, fresh coconut and extra shredded kaffir lime.

PORTUGAL
BOLO DE COCO

SERVES 8-10

4 eggs, separated
1 1/2 cups (330g) caster sugar
100g unsalted butter, softened
280g plain flour
2 tsp baking powder
50g desiccated coconut
300ml coconut milk
Juice of 1/2 lemon, strained
Toasted coconut flakes, to serve

COCONUT CARAMEL

100g coconut sugar
35g unsalted butter, chopped
1/4 cup (60ml) pure (thin) cream

Preheat oven to 180°C. Grease a 23cm round ring cake pan and dust with flour. In a stand mixer fitted with the paddle attachment, beat egg yolks, sugar and butter for 6 minutes or until mixture is pale and fluffy. Transfer to a large bowl.

Sift flour and baking powder into a bowl and add desiccated coconut. In batches, alternatively fold through yolk mixture and coconut milk. Fold in lemon juice. Place eggwhites in cleaned stand mixer and whisk to soft peaks. In 2 batches, gently fold eggwhites through coconut mixture.

Pour batter into prepared cake pan and bake for 55 minutes or until a skewer inserted in cake comes out clean. Allow cake to cool in pan for 15 minutes, then invert onto a wire rack to cool completely.

For coconut caramel, place coconut sugar and butter in a saucepan over medium heat. Cook, swirling pan, for 4-5 minutes or until a thick caramel and sugar is dissolved. Tilting pan away from you, add cream and simmer for 2 minutes or until thick and combined. Cool slightly, then pour over cake and cool completely. Scatter with coconut flakes to serve.

EGYPT
HONEY & COCONUT BASBOUSA

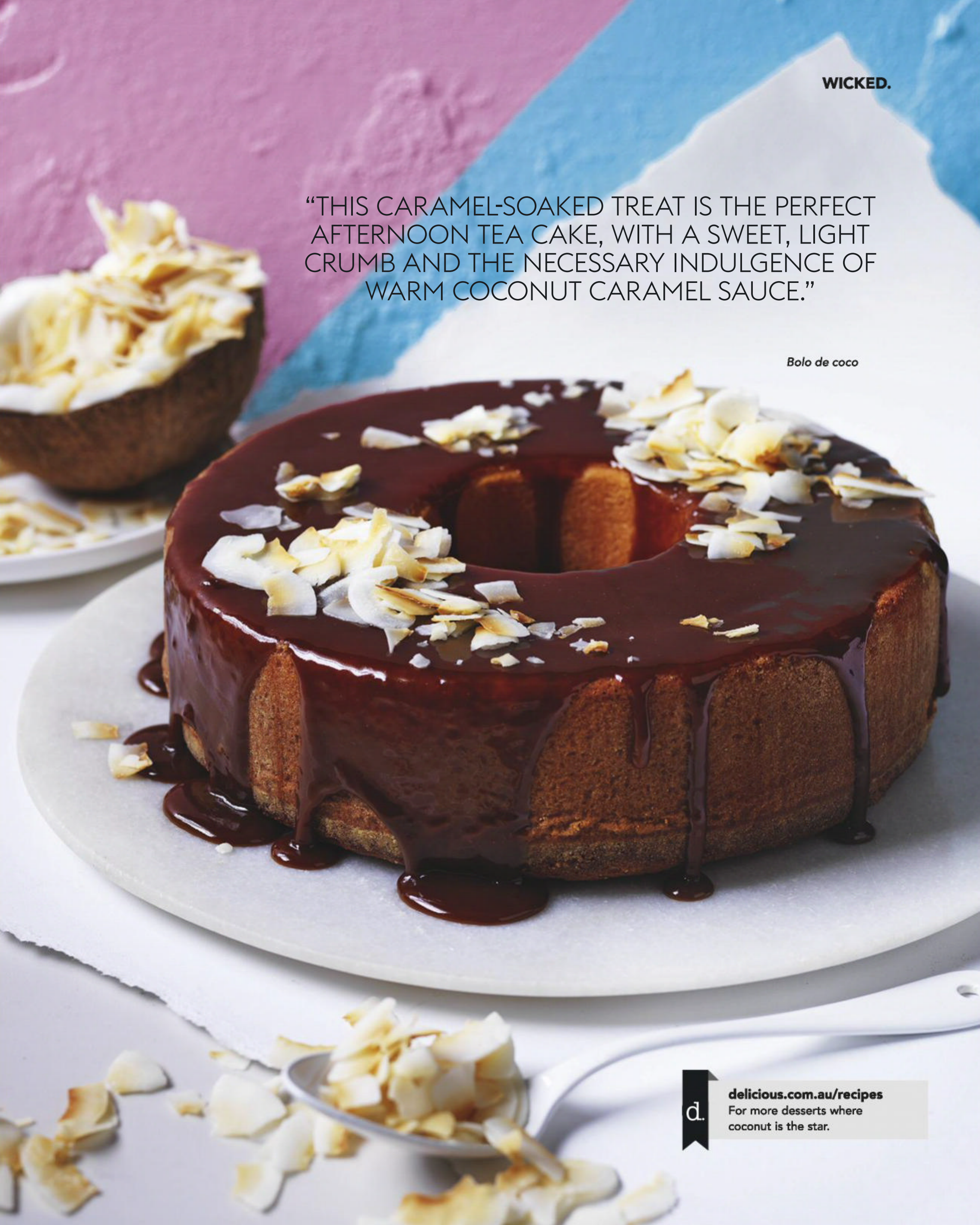
SERVES 12

3 eggs
150g caster sugar
200g coarse semolina
70g desiccated coconut
1/3 cup (50g) plain flour
1/2 tsp baking powder
400g Greek yoghurt
150g unsalted butter, melted, cooled
100g shredded coconut
400ml runny honey
3 tsp rosewater

Preheat oven to 170°C. Grease base and sides of a 20cm x 30cm lamington pan and line with baking paper.

Whisk eggs and sugar in a stand mixer fitted with whisk attachment until sugar is dissolved. Combine semolina, coconut, flour, baking powder, yoghurt and butter in a bowl. Spread into base of prepared pan, top with shredded coconut and bake for 40 minutes or until coconut is golden. Remove from oven. While cake is still hot, bring honey, 1/2 cup (125ml) water and 1 tsp salt flakes to a simmer in a saucepan over medium heat. Stir in rosewater, then pour evenly over cake. Cool to room temperature before serving.

"THIS CARAMEL-SOAKED TREAT IS THE PERFECT AFTERNOON TEA CAKE, WITH A SWEET, LIGHT CRUMB AND THE NECESSARY INDULGENCE OF WARM COCONUT CARAMEL SAUCE."



Bolo de coco

delicious.com.au/recipes
For more desserts where coconut is the star.







beyond THE BANKS

Explore the surrounds of the Hawkesbury region's famed river to discover a wonderland ruled by provenance, adventure and relaxation.



CLOCKWISE (from top left): dining at chef Martin Boetz's Cooks Co-op; guests enjoy lunch at Cooks Co-op; Australiana Pioneer Village; take in the views from horseback; a Hawkesbury orchard picnic; Hillbilly Cider.





FARE SHARE

Time your escape right to feast on one of Martin Boetz's outstanding paddock-to-plate banquets at **Cooks Co-op**, or head to **Hillbilly Cider** for tastings while overlooking the orchard that bears the cider's fruit. For a more hands-on experience, follow the **Hawkesbury Harvest Farmgate Trail** and pick fresh, in-season peaches, cherries, nectarines walnuts, pecans and more.

SUPER NATURAL

It's only a hop, skip and podcast episode from Sydney, but it's light years away from the city grind. More than 70 per cent of the region is breathtaking National Park, much of it UNESCO World Heritage-listed. Whether you unwind by hiking, picnicking or taking in towering waterfalls and sublime vistas, this is the place to get a stress-busting dose of nature.

RIDE ON

With its abundance of wild beauty, the region is ideal for horseback sightseeing. If you're a first-timer or a bit rusty, the **Hawkesbury Valley Equestrian Centre** offers guided bush trail rides and private and group riding lessons. Or, if you have your own horse, you can take full advantage of **Scheyville National Park**'s 12 scenic kilometres of horse trails.

HERITAGE TREASURES

Take a self-drive road-trip to view ancient Aboriginal ceremonial sites and rock carvings that have survived for thousands of years. A trip to the heritage-listed **Australiana Pioneer Village** will have you immersed in a bygone era, or kick back with a refreshing beer or wine at the convict-built, sandstone **Settlers Arms Inn**.

ADVENTURE AWAITS

Ignite your playful spirit by sleeping under the stars, ziplining through the treetops, cycling or mountain biking. And if you simply must spend time on or by the mighty Hawkesbury River, try houseboating (you don't need a boat licence), kayaking, or throwing in a line.

Find out more at visitnsw.com/hawkesbury.

HAWKESBURY
The River's Just the Beginning

MADELEINE WEST'S MAGICAL MOROCCO **120** >> CABO HAS A SIDE FOR EVERY TRAVELLER **128**
PORTLAND'S PRIME ATTRACTION **138** >> FIREDOOR CHEF'S ULTIMATE HIGH **144** >> NON-STOP GOOD TIMES IN LA **154**

TRAVEL



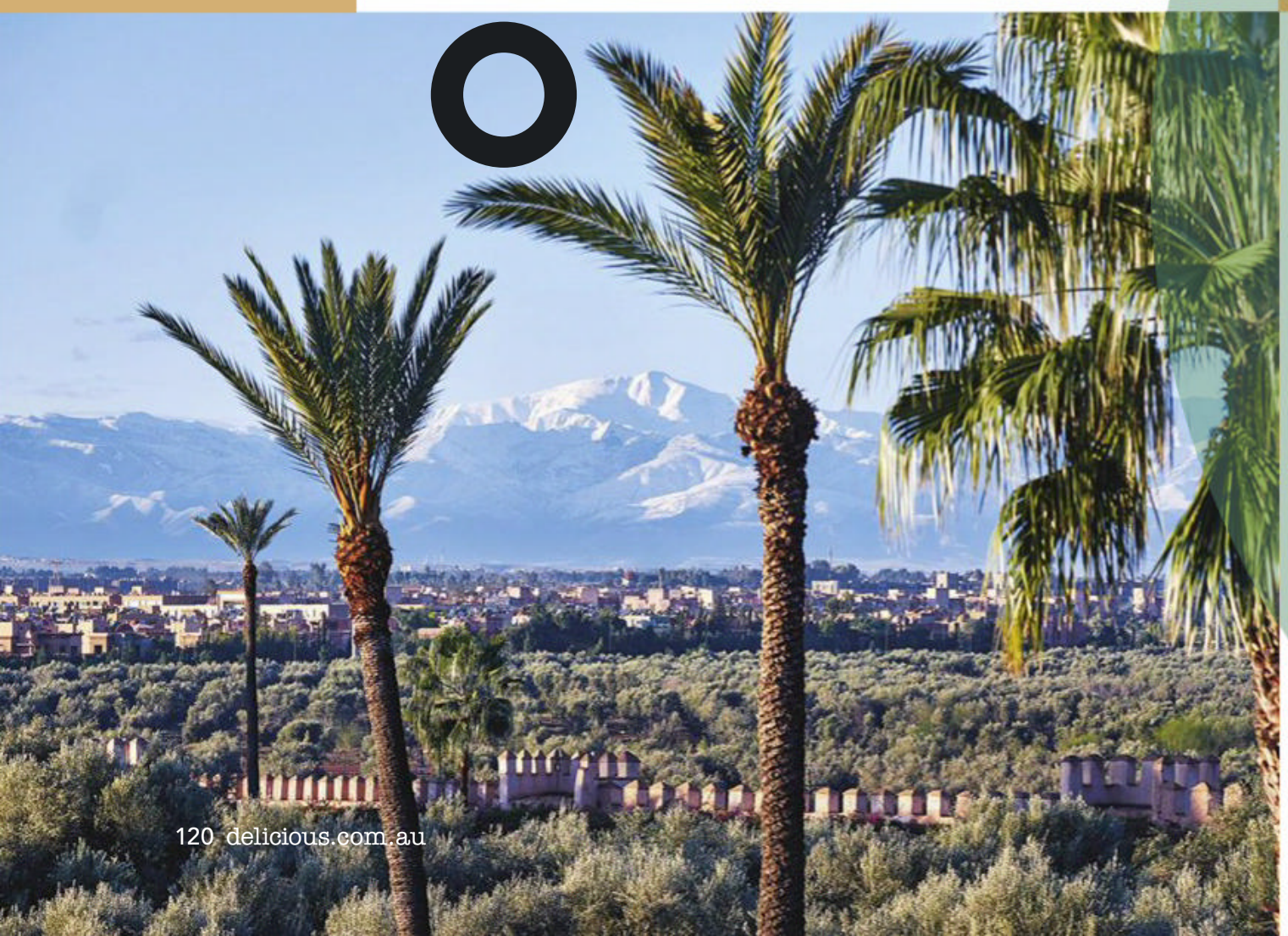
Madeleine West is enchanted by the romance of Morocco as she explores its cities and desert interior (p 120).

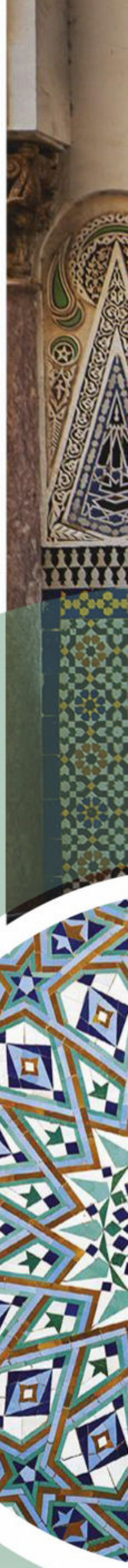
PHOTOGRAPHY **ROBERT OWEN-JONES**

MOROCCO

With its bustling souks and a cuisine that celebrates spice, as well as centuries-old traditions and modern flourishes at every turn, this North African kingdom has actress **Madeleine West** mesmerised.

PHOTOGRAPHY **ROBERT OWEN-JONES**





GLOBAL FLAVOURS.

CLOCKWISE: Moroccan sweet stall in Fez medina; *tfaya*-topped tagine at Villa Mandarine; passing over the Atlas Mountains; intricate tile work on a fountain in Rabat medina.
OPPOSITE: *La Palmeraie*, Marrakech.

GLOBAL FLAVOURS.

Morocco. Home to kaftans, tagines and hookah pipes. To limit your experience to colourful clichés, however, is to miss out on so much. Morocco is built upon a potent past, jaw-droppingly beautiful landscapes, vibrant cities and rich food traditions, making for not just an unforgettable trip, but a life-changing adventure.

CASABLANCA

As Morocco's centre of commerce, Casablanca might not top many to-do lists for historical or cultural sites. Yet the intersection of French colonial legacy and traditional Arabic observance offers a smorgasbord of things to do and see.

STAY: Four Seasons Hotel Casablanca (Blvd de la Corniche)

The Four Seasons' grand foyer, Moorish architecture, French flair and ocean-facing balconies are a salve for any traveller. It's an easy walk to shops, restaurants and the waterfront, and a short taxi ride to the buzzing city centre and airport.

Le Doge (9 Rue du Docteur Veyre)

This boutique hotel in the Art Deco district combines colonial austerity with a funky vibe. Sixteen gorgeous rooms, good food, exceptional service and easy access to all the city's highlights.

EAT: Le Casablanca Hotel (19 Blvd Moulay Rachid)

Two restaurant spaces offer a playful mash-up of French elan and Middle Eastern heartiness that is uniquely Moroccan. Spying 'deconstructed' on any menu gives me hives, but Hotel Casablanca's spin on a classic prawn cocktail offers substance and style: no Telfast required. Handmade *foie gras* ravioli dressed in micro herbs sings, poached dorado proves an explosion of springtime flavours, and any quibbles over whether to indulge in dessert are put to rest by a cheesecake with true fromage tang.

Basmane (Blvd de la Corniche)

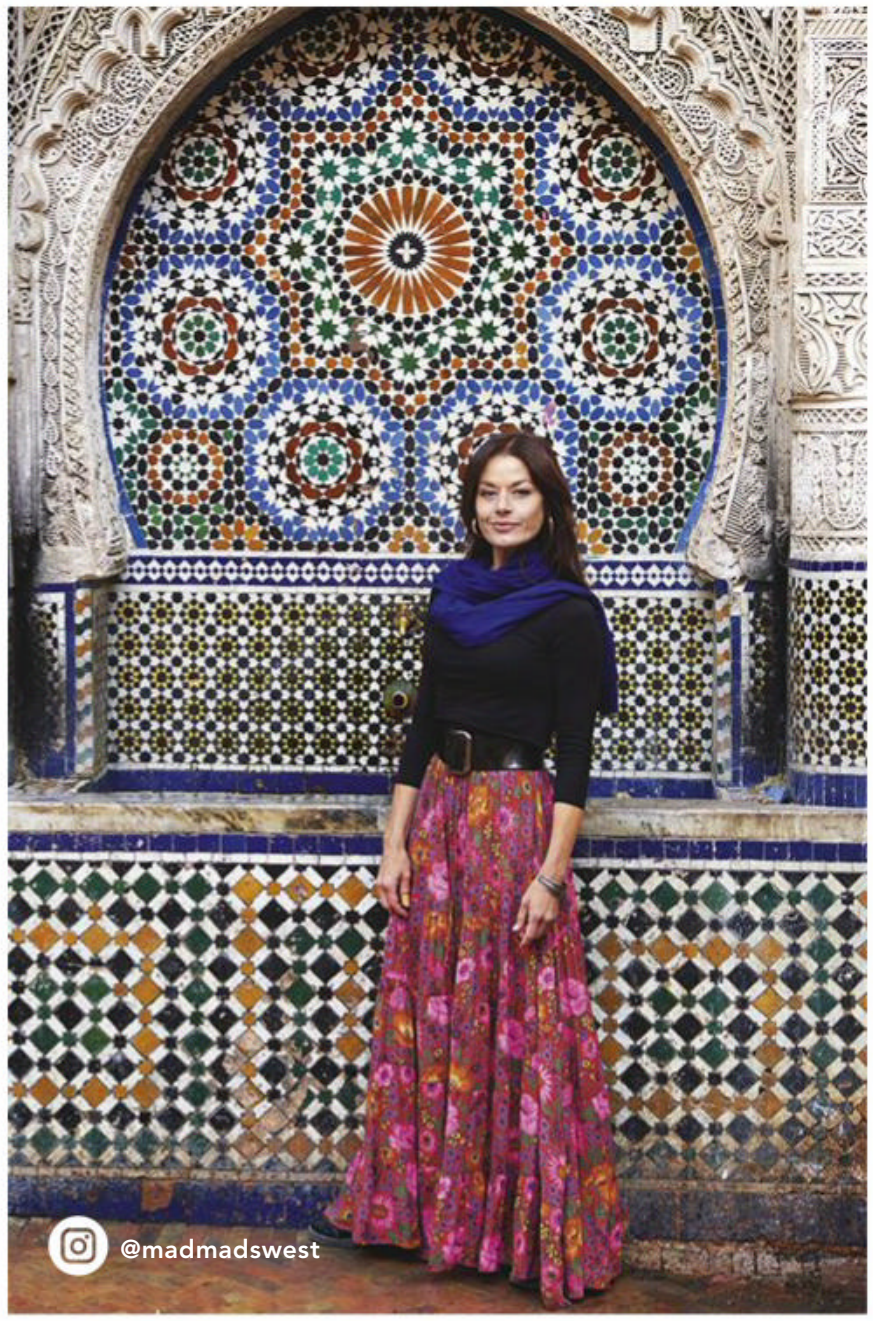
Regarded locally as the place for authentic Moroccan fare. Basmane's brightly tiled exterior and its position on a thronging beachside street in affluent Ain Diab draws in the summer crowds. Go for the sweet and salty pigeon *pastilla* – a *brik* pastry-wrapped bundle of tender, delightfully spiced bird dusted with cinnamon sugar – stay for the theatrical Moroccan take on silver service.

SEE: Hassan II Mosque

This vast mosque, on a platform overlooking the Atlantic, features a glass floor. It's open to non-Muslims (respectful dress is required), and absorbing the call to prayer is an experience you will not soon forget.

La Corniche

This stretch of uninterrupted coastline offers an array of



FROM TOP: Madeleine discovers an exquisite fountain in Fez medina; Hassan II Mosque in Casablanca.

THIS IMAGE & OPPOSITE **GETTY IMAGES**















CLOCKWISE (from top): the Chellah walls in Rabat; a Sahara local and his camel; looking out on the ruins at Tetouan kasbah; tea at the Four Seasons in Casablanca; the hotel's Royal Suite terrace; (inset) blue men of the Sahara at Ghazala camp; Rabat's wide boulevards; dorado at Le Casablanca Hotel.





"THE APPEAL OF JNANE TAMSNA LIES NOT JUST IN ITS LUXURY APPOINTMENTS BUT ALSO IN THE SENSE OF HOMECOMING IT OFFERS."











CLOCKWISE: garden cooking class at Jnane Tamsna; (inset) learning the ways of the tagine kettle; mixing work and pleasure at Jnane Tamsna; (inset) Le Marocain chef Rachid Agouray; the restaurant sits within the magnificent La Mamounia hotel; Agouray's cooking is considered some of the best in Morocco; the Museum of Islamic Arts in the Majorelle Garden in Marrakech. **OPPOSITE:** high tea and treats at Le Studio.



THIS IMAGE **GETTY IMAGES**





casual dining, pools and entertainment. No trip to Casablanca is complete without a trip down movie memorabilia lane at **Rick's Café** (248 Blvd Sour Jdid), a faithful reproduction of the bar from the city's namesake movie. **Morocco Mall**, at the tail end of La Corniche, is one of Africa's largest and includes an indoor souk.

RABAT

As the centre of politics and home of the king, Rabat is heavy on wide boulevards, swanky neighbourhoods and European-style malls. But delve a little deeper, as Rabat is worth the pilgrimage for history buffs and *nouveau riche* alike.

GLOBAL FLAVOURS.

STAY: Villa Mandarine (19 rue Ouled Bousbaa-Souissi)
Rabat boasts a clutch of excellent hotels, but none compare to the exceptional luxury and home-away-from-home appeal of Villa Mandarine. The elegant resort, an oasis of lush gardens and citrus orchards, offers rustic rooms connected by glorious sunrooms. A stay does not come cheap, but Villa Mandarine is so effervescently Moroccan, you feel less like a traveller, more like a guest among friends. Its restaurant offers traditional Moroccan dishes with French technique and flair, and enough classic French favourites to appease even the most ardent Francophile.

Sofitel Rabat Le Jardin Roses (BP 450 Souissi Quartier Aviation Souissi)
This luxury resort is indeed a garden of roses, and other earthly delights, too. Great restaurants and a unique vibe make for a memorable stay. Close to all the action, and the shopping!

EAT: Le Dhow (Quai de Bourgereg, Ave Al Marsa)
For pure theatre, Le Dhow – a 17th-century boat docked at Kasbah Oudayas – doesn't disappoint. Expect classic French chow in an elegant setting, with live music and DJs on weekends.

Art Patio (Avenue Ahmed Rifai)
A little piece of Spain; come for fabulous tapas spiced up with Andaluz bands and Flamenco dance troupes.

SEE: Kasbah Le Oudaias
This walled citadel demarcates the old from the new, and sits atop a sheer cliff begging you to bask in the sunshine as insistently as the ladies offering to henna your hands on the way in. Glorious gardens precede residential streets, still occupied by the same families who have called the kasbah home for centuries, their houses painted a distinctive blue and white.

Chellah
Here stand the remnants of grand Roman edifices, open to the public, along with mass burial grounds.

The Medina
Rabat's walled medina is one of the best. Thoroughly modern but with antique touches as well-heeled intrepid travellers demand. Go for shoes, jewellery, and don't get me started on the leather – beautifully cut pieces in every shade at bargain prices. Bring cash to avoid disappointment and better facilitate friendly bartering.



Musee Yves Saint Laurent





FROM LEFT: +61's Cassie Karinsky and chef Andrew Cibej; couscous Royale at Inara Camp, sister camp to Ghazala.

MARRAKECH

Marrakech is as dazzlingly colourful, quirky and cosmopolitan as every cliche suggests. With its glorious medina, magnificent date *palmeraie* and history rich in conflict and international trade, the city is Morocco's undisputed tourist hotspot.

STAY: Jnane Tamsna (Douar Abiad, Palmeraie)

This 24-room hotel, marrying sustainability with style, is the go-to for Hollywood's elite. The appeal lies not just in its luxury appointments, but also in the sense of homecoming it offers. Gardens are the handiwork of Dr Gary Martin, an ethnobotanist. Inside, Meryanne Loum-Martin, his wife, has created a retreat true to Marrakech: rammed-earth walls in glowing ochre, parquetry floors and enormous fireplaces.

La Mamounia (Ave Bab Jdid)

Stepping into the grand foyer of La Mamounia, the sentiment expressed of Marrakech by Winston Churchill – "This is a wonderful place, and the hotel one of the best I have ever used" – rings true. Exquisite gardens, an elaborate spa, four restaurants, five bars, all just five minutes from Jemaa El Fna Square.



EAT: Le Marocain, La Mamounia

This is Moroccan fare made for Michelin. An amuse of burghul risotto steeped in rich lobster bisque and Arabic spices is emblematic of Morocco itself: expect the unexpected. Chef Rachid Agouray is the man behind the vision, and his team of all-female chefs handles the rush with supreme equanimity and good humour.

+61 (96 Rue Mohammed el Beqal)

Australian Cassie Karinsky spent 10 years working her way through the major players in the NY and Chicago hospitality scene before having her *Eat Pray Love* moment in Morocco. The result, eventually, was +61. Signature Antipodean-themed treats include oozy, salty baccala in crispy crumb atop yuzu aioli and burrata lounging in eggplant, tomato and chilli pesto. The steak sanga is only trumped by the lamington dessert. C'mon Aussie!

SEE: YSL Museum at the Majorelle Garden (cnr Aves Yacoub el-Mansour & Moulay Abdullah)

The colours of Marrakech help define its narrative, and this is never more evident than at the Musee Yves Saint Laurent at the magnificent Majorelle Garden. The museum contains a spellbinding display of YSL's unique collections; the exquisite gardens are decked out in the colours that define Morocco: burnt umber, electric 'Majorelle' blue, and sunflower yellow. The restaurant, Le Studio, is a destination fine diner in its own right.

FEZ

Morocco's rich history has its roots in this original seat of politics and destination for Saharan trade caravans.

STAY: Riad Fès (5 Derb Ben Slimane)

Combining traditional architecture with Baroque style, Riad Fès supplies the luxury, excellence and impeccable service as demanded by membership of the Relais and Châteaux group. Be sure to make time for the high-end spa and hammam.

EAT: L'Ambre, Riad Fès

Lauded as one of Fez's must-visit fine diners for authentic Moroccan cuisine. Seasonal salads impress and tender potato gratin sets the stage for a yielding fillet of on-point sea bream in a rustic chermoula. The best words to describe their beef tagine, meanwhile, are 'lick', 'plate' and 'clean'.

Darori Resto 2 (2 Derb Sayour)

One of the best local restaurants in Fez is found in a house in the heart of the medina. Everything here is traditionally Moroccan: the décor, the location, the food, the staff. Arrive with an appetite.

SEE: The Medina

This is the beating heart of Fez. With more than 9000 narrow laneways dividing this labyrinthine shopping mecca, you are guaranteed to get lost, so bear the minimal expense and get your hotel to arrange a guide. Tucked away behind shopfronts and ornate doors lie cathedrals, hotels, courtyards, even Morocco's oldest university. The challenge lies in finding them!

AND FINALLY... THE SAHARA

Once beyond the Atlas Mountains, the wide expanse of the Sahara is utterly mesmerising. An hour of perilous sand-sliding brings you to Ghazala Desert Camp (ghazalacamp.com). Pristine, uninterrupted dunes rim the encampment. A central fire-pit marks the gathering spot, with a large feasting tent discreetly distant from the guest tents spreading out towards the horizon. These guarantee privacy, subdued luxury and uninterrupted vistas. Trek the dunes atop the camp's very spoilt camels, or simply watch the sun set over the desert with a crisp glass of vino before feasting on authentic Moroccan fare. This is a bucket-list holiday with a price tag to match. But for intrepid honeymooners, adventurous families or retirees seeking a challenge alongside creature comforts, it's hard to beat.

GLOBAL FLAVOURS.



CLOCKWISE (from above): beef tagine – "the best I've savoured" – at L'Ambre; sun-kissed courtyard at Le Salon de The at Riad Fès; (inset) leather goods galore in Rabat medina; handwoven rugs in Fez medina; lunch at the incomparable Riad Fès.

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CABO 3 WA

Travel writer **Shannon Harley** gets acquainted with the various sides to Mexico's postcard Baja California peninsula.

PHOTOGRAPHY **JAIME KOWAL**



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FAMOUS FOR ITS golden beaches, epic surf breaks, glitzy resorts and fresh SoCal flavours, it's no wonder Cabo, on the southern tip of Mexico's Baja California peninsula, has become a mecca for holiday-makers, spring-breakers and celebrities alike. The area, which includes Cabo San Lucas and the more laid-back port town of San Jose del Cabo, gained notoriety in the '50s – much like Palm Springs north of the border – when Hollywood stars would escape to the region's secluded Spanish colonial villas and resorts to soak up the sunshine, sea breezes and bracing margaritas.

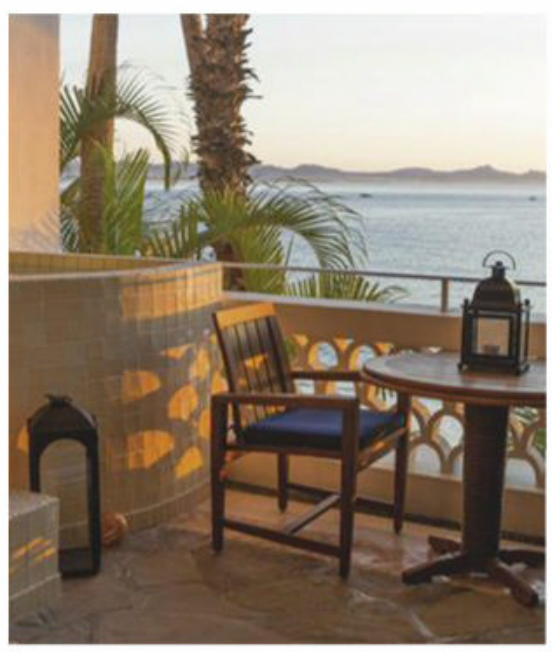
That old-world charm has endured at the palm-fringed oasis that is One&Only Palmilla in Los Cabos, while mod hotels such as The Cape in Cabo San Lucas offer a slicker slice of paradise for those who prefer the minimalist end of the design spectrum.

As the area has rapidly grown in popularity and accessibility, the neighbouring bohemian town of Todos Santos, while not technically Cabo, has emerged as a beacon for the escape artist who prefers barefoot luxury away from the crowds where the desert meets the sea.













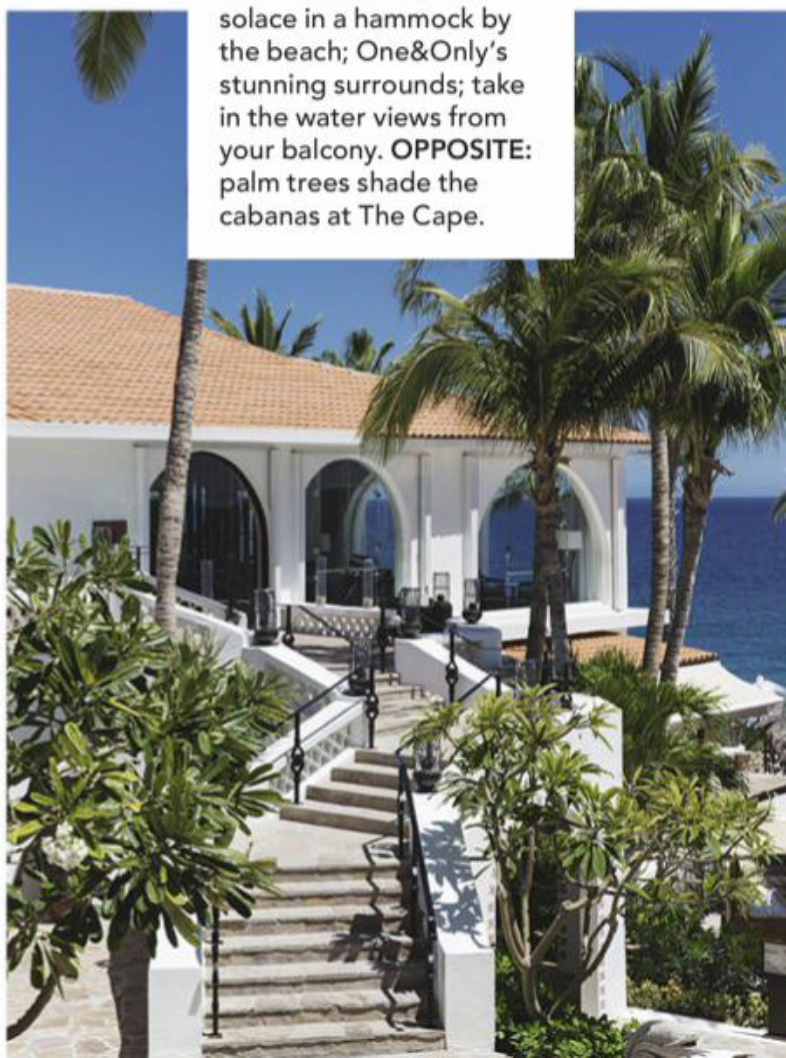
1. ONE&ONLY PALMILLA

With a front-row view of the Sea of Cortez, One&Only Palmilla is the ultimate in secluded luxury. The decadent resort dates back to 1956, when it was built as a hideaway by Don Abelardo Rodriguez, son of the then president of Mexico. Some of the first guests included Hollywood A-listers such as John Wayne and Lucille Ball, who came by yacht or private plane.

These days, it's an easy 30-minute ride from Los Cabos Airport, and you can roll straight up to the impressive open-air entrance, where staff wait to welcome you with cool towels and fruit *paletas* (Mexican ice blocks). The hacienda-style communal areas and oversized villas with their terracotta tiles, white render and cool stone floors are dotted among lush gardens, seaside infinity pools and private beaches with nothing but hammocks swaying in the breeze to interrupt your view of the horizon.

While it would be very easy to lock yourself in your room with your complimentary tequila bar, the on-property dining options mean you don't have to wander far for dinner. Agua is the spot for breezy Mexican cuisine in an alfresco setting, with tables spilling out from the pavilion-style dining room down into the garden, where curved booths nestle under flapping umbrellas. Fish tacos, ceviche, guacamole and margaritas are the order of the day. At Seared, the upscale steak house from Michelin-starred Jean-Georges Vongerichten, the selection of aged meat and fresh seafood is perhaps only outdone by the tome-like wine list that can command all of your attention once the sun has set through the floor-to-ceiling windows.

CLOCKWISE (from top left): poolside meets beachside at One&Only Palmilla; refreshing fruit *paletas*; enjoy high-end steaks at Seared; find solace in a hammock by the beach; One&Only's stunning surrounds; take in the water views from your balcony. **OPPOSITE:** palm trees shade the cabanas at The Cape.





CLOCKWISE: The Cape's Manta restaurant is all about sleek lines and (inset) craft Mexican cocktails; five-star luxury meets minimalism at the hotel; end the day with a view of one of Cabo's famous rock formations, Neptune's Finger; toast cocktail hour with serene seascapes. **BELOW:** The Cape comes with the perfect Instagram spot.

2. THE CAPE

Built into the jagged coastline at Cabo San Lucas, The Cape, part of the Thompson Hotel group of boutique hotels, defines a new era of five-star minimalism. The understated luxury and water views hit the minute you 'enter' the open-air reception, a shady void of plants and polished concrete beneath the mid-century modern block that towers like a natural cliff, its earthy volcanic hue perfectly matched to the natural foundation.

If you are in town for whale-watching season, which runs from around February to April, you can catch the mighty sea mammals breaching from your private balcony – every room has water views – from the infinity pool, or with a grapefruit-and-tequila-spiked Paloma cocktail in hand at The Rooftop, the (surprise!) rooftop bar where the daily show is the setting sun framed by Cabo's iconic rock formation The Arch, or El Arco as it is known locally.

Manta, the flagship restaurant from celebrated Mexican chef Enrique Olvera, who has Pujol in Mexico City and Cosme in New York, is a destination in itself for a refined Mexican-Asian mash-up of flavours. Local seafood and produce star in dishes such as black miso fish tacos and cured *nopales* (cactus) salad with nori, mirin and togarashi, cleverly paired with craft cocktails or Mexican wines.



THE WATER VIEWS HIT THE MINUTE YOU 'ENTER' THE OPEN-AIR RECEPTION.

The Cape's pool blends into the hotel's breathtaking natural backdrop.

The 'gypset' lounge by the emerald-green pool at Hotel San Cristobal. **OPPOSITE: (clockwise from top left):** Benno restaurant reflects the hotel's laid-back vibe; Cabo's dining scene is fresh, seasonal and a celebration of flavour; there's always time for a cocktail; vibrant bedding brings colour to the bedrooms at Hotel San Cristobal; highly curated wares fill the hotel's boutique; the open-air lounge is perfect for afternoon drinks.



TOP PLATES

La Lupita Taco & Mezcal in the centre of San José del Cabo is a buzzy spot with live music, cold beers and the best tacos in town. Chef Pia Quintana, who helped launch London's Wahaca Mexican restaurants, knows how to serve Mexican food to a global audience, and her hearty soups and tacos made from hand-pressed tortillas filled with seasonal fish, meat and veg feature clever contemporary twists. The farm-to-table movement in the region is being pioneered by a handful of open-air dining destinations – celebrity chef Javier Plascencia's breezy **Jazamango** in Todos Santos and **Hierbabuena** in nearby El Pescadero both put a modern spin on local produce from ceviche to cocktails, while at rustic-chic **Flora Farms** in San José del Cabo, everything is grown or made in house and served on the sprawling property.





3. HOTEL SAN CRISTOBAL

It's only an hour's drive from Cabo San Lucas, but with its handsome colonial architecture, artist community and chilled surfer vibe, the bohemian town of Todos Santos is a world apart. It's here on the outskirts of town, where the desert meets the sea in divine, cactus-strewn isolation, that hotelier *du jour* Liz Lambert has recently opened her first international property. The Texan's Hotel San Cristobal is designed to evoke the Baja of a bygone era, with just 32 rooms intended for the 'gypset' – writer Julia Chaplin's recently coined term (from 'gypsy' and 'jet-set') to describe the high-low cultural nomad in search of barefoot beauty and an authentic experience.

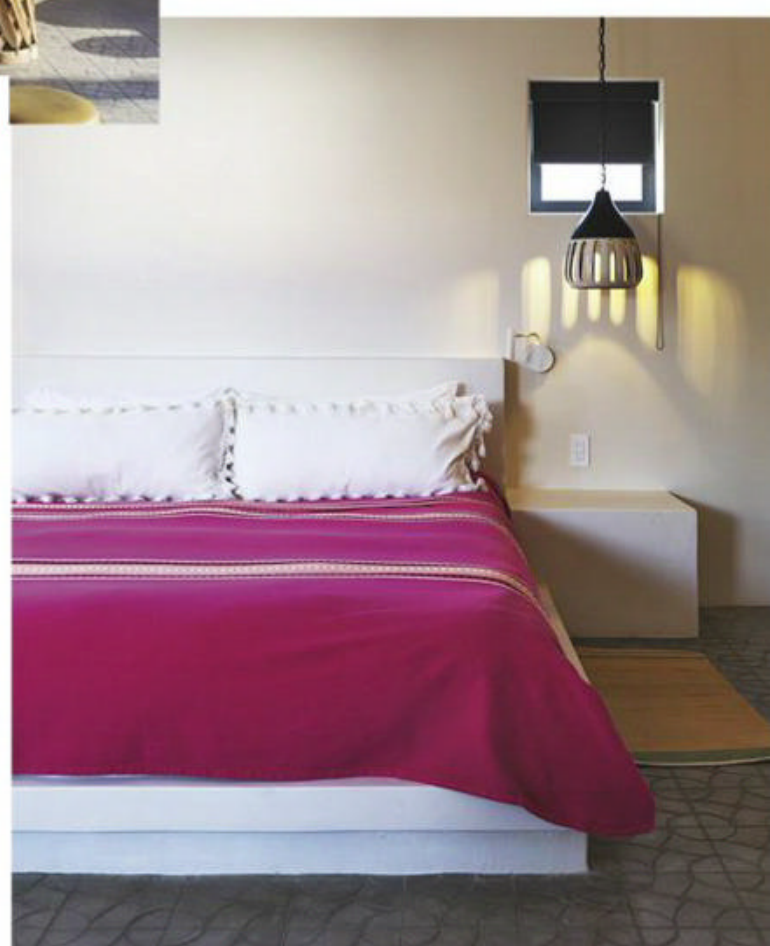
The low-rise hotel is built around a central open-air restaurant, lounge bar, achingly chic (and pricey) clothing boutique and sparkling emerald-green pool that all spill onto the sand. Interiors, too, nail that magic mix of romance, comfort, art, nature and luxury, featuring bright Guatemalan fabrics, handmade ceramic light fittings, hand-painted tiles, custom-designed furniture from Guadalajara, bottles of bespoke own-label tequila, and mattresses by Cocomat, made from coconut fibres, cactus and seaweed.

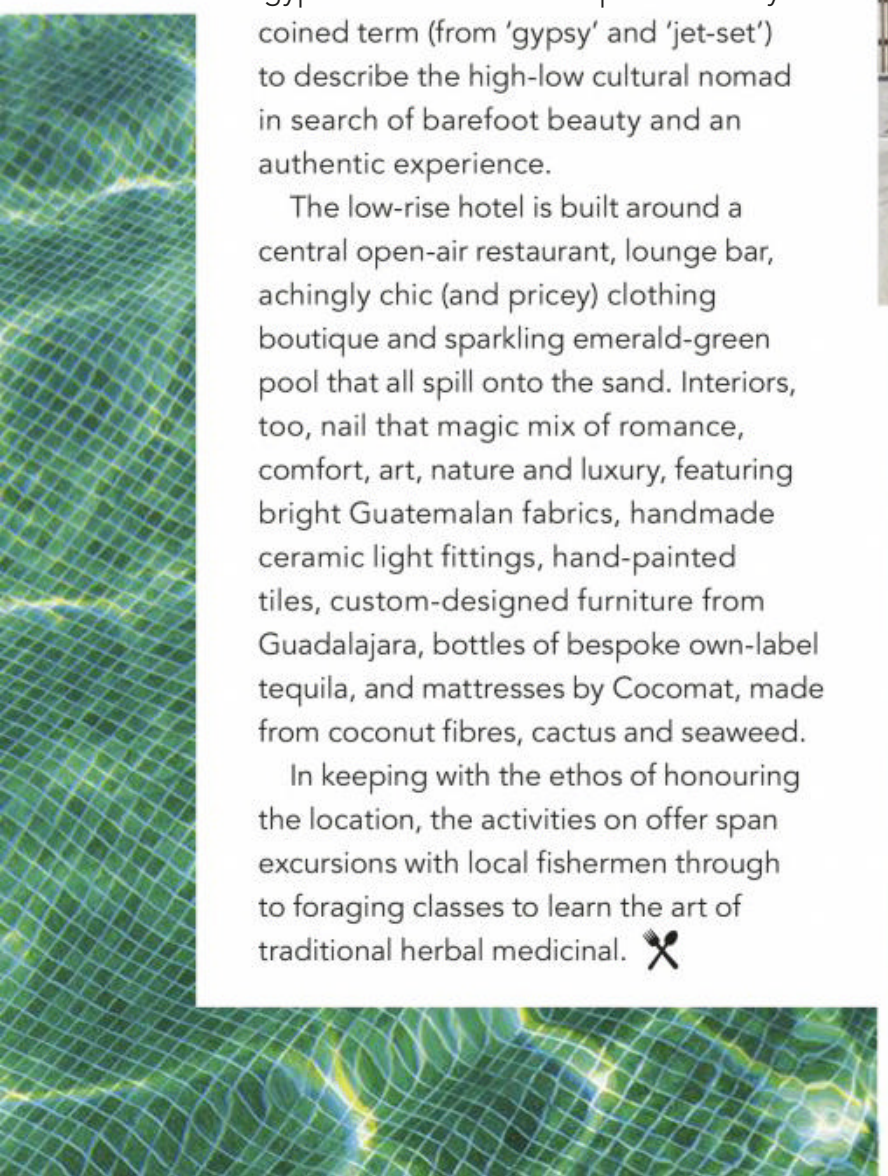
In keeping with the ethos of honouring the location, the activities on offer span excursions with local fishermen through to foraging classes to learn the art of traditional herbal medicinal.







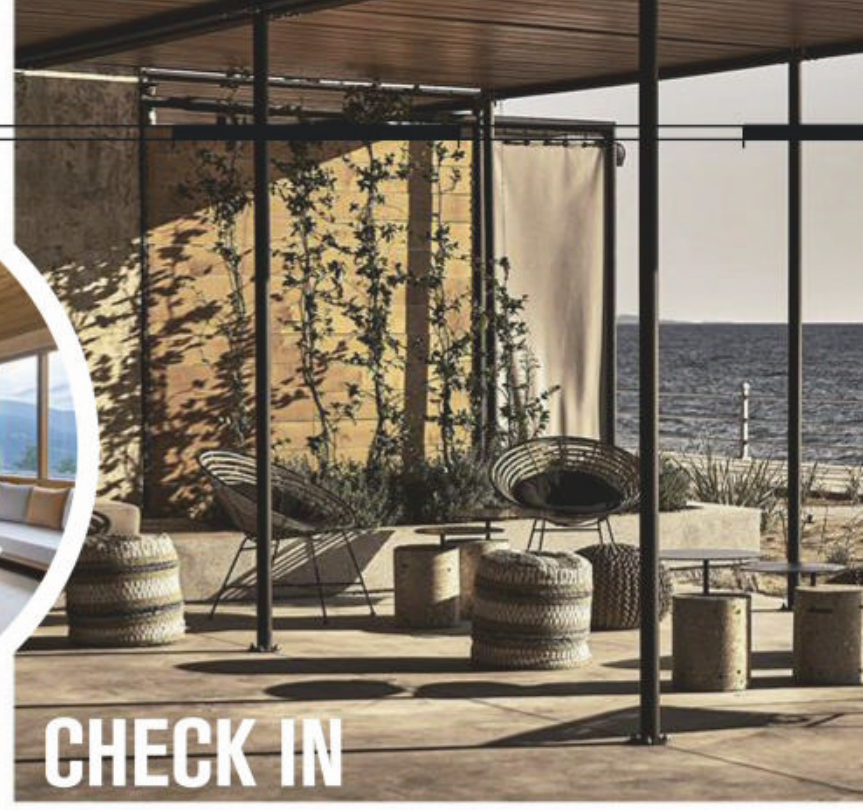






TRAVEL NEWS

Hot destinations, cool stays, travel essentials & everything in transit.



CHECK IN

1 A destination as enigmatic as it is awe-inspiring, the Himalayan kingdom of Bhutan is cloaked in serene natural splendour. Now, it has become home to three befittingly peaceful lodges from Six Senses, across Thimphu, Paro (inset) and Punakha (left). At each accommodation offering, the experience is centred on wellness, sustainability and local culture. sixsenses.com

2 Once an abandoned winery, now a member of the Design Hotel family, Dexamenes Seaside Hotel (above) is set on the scenic Peloponnesian Peninsula on the southern Greece coastline. Amid the wineries and bars of the region, the 34-room hotel's sleek style pays homage to its industrial past life. Guests can also opt to sleep inside '20s wine tanks, which have been re-imagined for the luxury traveller by architecture firm K-Studio. designhotels.com/dexamenes-seaside-hotel

STAY GROUNDED

With more than 30 luxury resorts dotted across the globe, Aman is well acquainted with the needs of the frequent flyer. The group's skincare range, including its Grounding Pulse Point Remedy, is designed to help travellers unwind. shop.aman.com/en/





DEEP-SEA DINING

The icy waters of the North Atlantic might seem an unlikely setting for a comfortable dining experience, yet at Norway's Under restaurant, diners take their seats five-and-a-half metres below the surface. The refined menu befits the atmospheric Nordic underwater setting, and the ocean views are panoramic. under.no





RETURN OF AN ICON

Beds are made, tables are laid and a multi-million-dollar refurbishment of Hayman Island resort is now complete. From July, the 400-hectare tropical island will welcome guests back to its slice of Whitsundays paradise, revealing all-new restaurants and bars highlighting Queensland's tropical flavours. One thing remains unchanged: the pristine beaches are still postcard-perfect. hayman.com.au



CASE ON POINT

Protect your passport from a dilapidated demise with a sleek leather case that will also house your credit cards, ticket stubs and coinage. A special lining protects the radio frequency ID chips in your credit cards from illegal scanning. fossil.com

UNDER PHOTOGRAPHY **INGER MARIE GRINI, BO BEDRE NORGE AND IVAR KVAAL**

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Edited by Sonya Gellert @sonya_gellert

HIT THE ROAD

Every trip is first class with these striking carryalls in classic colours that are your luggage carousel upgrade.

PHOTOGRAPHY **NIGEL LOUGH** STYLING **EMMALY STEWART**



▼
EASY MOVER
Samsonite's 'Evoa' will make your journey from home to destination a smooth one thanks to its Aero-Trac suspension, which reduces noise and vibration, while aiding manoeuvrability.

▼
STAR ATTRACTION
Match your day bag with your denim with the G-Star 'Estan' shopper. Hard-wearing leather is designed to look better with age.

▼
SMOOTH OPERATOR
Strapped in tight by Crumpler's Clothing Compression System, your clothes will look a million dollars on arrival at your destination. You on the other hand…

▼
THE LITTLE BLACK BAG
This Victorinox case has hidden depths: a Swiss Army Knife-inspired integrated multi-tool featuring USB port, ID tag and pen, and SIM card replacement tool.

▼
HEY, GOOD LOOKING
As stylish as it is commodious, this trunk from Italian artisans Bric's will make a statement wherever you and your wardrobe venture.

1. Samsonite 'Evoa' 55cm spinner + front pocket suitcase, $499, samsonite.com.au **2.** G-Star 'Estan' shopper in leather, $370, g-star.com/en_au **3.** Herschel Supply Co. 'Novel' duffle in navy/tan, $139, herschel.com.au **4.** Hunt Leather weekender in tan, $795, huntleather.com.au **5.** Crumpler 'Vis-À-Vis' 55cm cabin bag, $349, crumpler.com **6.** Samsonite 'Lite-cube DLX' 68cm spinner suitcase, $979 **7.** Status Anxiety 'The Forgotten Many' duffle bag in green, $149.95, statusanxiety.com.au **8.** Victorinox 'Connex Global' Hardside carry-on, $599, victorinox.com **9.** Bric's 'Bellagio' 76cm trunk suitcase in WAW Blue, $875, from Hunt Leather

magical MELBOURNE

This winter, make like Melbourne's adventurous locals and snuggle up at the many hotspots the city has hidden underground, down laneways and high up on rooftops, with blankets at the ready.







CLOCKWISE (from far left): Bomba's rooftop bar; Peaches; Stomping Ground Brewing Co.; Neighbourhood Wine; the rooftop at The Provincial; Bomba.

PEACHES PHOTOGRAPHY KATE SHANASY

WINTER ROOFTOPS

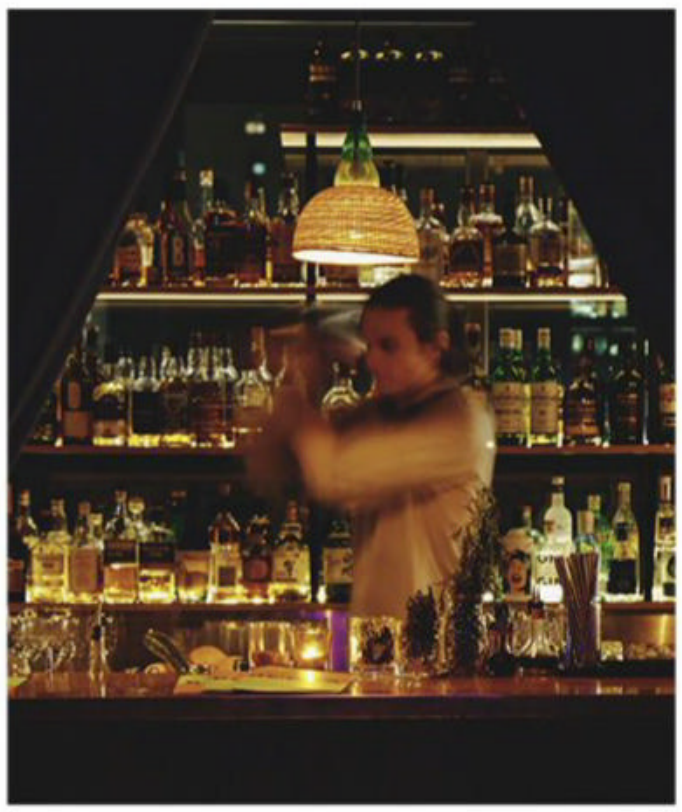
Bomba (103 Lonsdale St; bombabar.com.au) Keep cosy under Bomba's heaters and retractable roof while tucking into Catalan-inspired toasties and rich, sticky Pedro Ximenez-braised pork jowl. **Peaches** (301 Swanston St; peaches.melbourne) The city's ripest new sky-high bar balances crispy, Sichuan-style fried chicken burgers with delicate, floral cocktails and a blushing interior. **The Duke of Wellington** (146 Flinders St; dukeofwellington.com.au) Head to The Duke's heated roof for mulled wine, grilled saganaki with smoky chorizo or duck with Toulouse sausage ragout. **The Provincial** (299 Brunswick St, Fitzroy; provincialhotel.com.au) This sprawling rooftop bar wards off the chill with snug blankets, fluffy pillows and heaters. Order one of their robust reds and let the afternoon melt away.

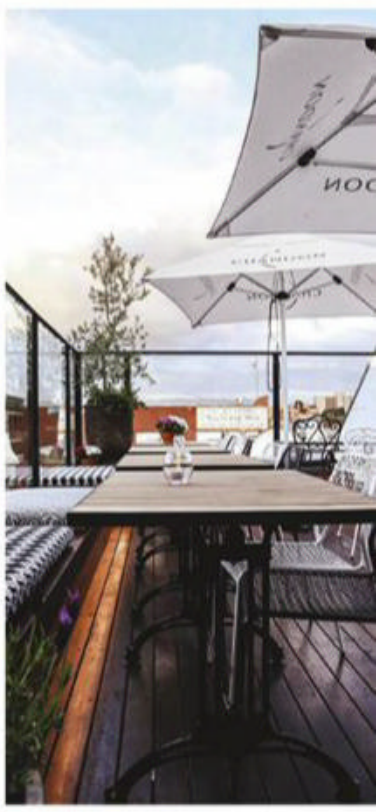
WARM UP FIRESIDE

Neighbourhood Wine (1 Reid St, Fitzroy North; neighbourhoodwine.com) Sidle up to the fireplace, sip minimal-intervention wines and explore a menu based on provenance and seasonality – that's winter sorted. **Stomping Ground Brewing Co.** (100 Gipps St, Collingwood; stompingground.beer) A giant beer hall centred around a wood fire with tasting paddles, share plates and pizzas. The Upside Down English brown ale has note-perfect flavours of toast, nuts and caramel.

SUMPTUOUS SECRETS

Above Board (Level 1, 306 Smith St, Collingwood; aboveboardbar.com) Down Chopper Lane, behind the beer shop, you'll find one of Melbourne's most elegant cocktail bars. Pull up one of the 12 seats (there's no standing room) and drink in the intimate atmosphere. **Bodega Underground** (55 Little Bourke St; bodegaunderground.com.au) Hidden underneath an inner-city street, this rustic, late-night Mexican cantina's tacos have become as much of a draw as its exceptional tequila and mezcal list.





• For more information, head to visitmelbourne.com

PORTLAND

With its forward-thinking, food-driven spirit, this US city is flying high in the culinary world, writes *delicious.* travel editor **Sonya Gellert**, who dips into the population's love for pickling, distilling, brewing and ingenuity.

@sonya_gellert

PHOTOGRAPHY **DINA AVILA**





CLOCKWISE: Middle Eastern flavours at Tusk; Coava's Public Brew Bar & Roastery; a Coava barista brings serious pour-over game; Division Street is home to a multitude of boutiques and eateries. **OPPOSITE:** Hawthorne Bridge over the Willamette River.





"We can pickle that" should be the unofficial slogan of Oregon's centre of culinary creativity, and it's an outlook its inhabitants apply to everything they do. The motto is one that not only encompasses both the people and Portland's waste-not approach to food, but also the population's upbeat attitude towards pursuing creative visions – no matter how big.

"There are no bad ideas here," says Laura Morgan, my lunch companion, who shares the secrets of her home city with curious visitors on **The Big Foody Portland** walks. "When people here want to test out new ideas, everyone seems to jump in and support them." We're seated at the bar of **Olympia Provisions** – a stalwart deli-style diner that epitomises Portland's resourcefulness, with its from-scratch approach to cooking (and pickling) and use of locally sourced ingredients.

It's this supportive spirit that feeds into a larger collaborative movement here. You'd be hard-pressed to find a cafe, bar or restaurant that's not collaborating with multiple makers in town. If a teashop decides to create 'tea floats', you can bet that scoop of ice cream has come from a nearby gelateria. And if a chocolatier wants to add honey or salt flakes to a creation? Well, you know where this is going…

In a city where there are an estimated 75 breweries operating harmoniously, along with 11 distilleries and, at last count, 15 bean-to-bar artisan chocolate makers, Portland's inspired residents are not afraid to take risks when it comes to pursuing their passions. Those passions, I quickly discover, are mostly centred on food and drink. It seems every maker in this city has a carefully honed specialty they are profoundly passionate about and, when it comes to their story, eager to share.

Take, for instance, **Meadow**, the shelves of which are lined with hundreds of small bottles of bitters in just about every flavour you

Portland's streets buzz with diversity and creativity.

CLOCKWISE (from top right): Cup & Bar's dedicated coffee delivery service; Cartopia Market is food-cart heaven; white truffles on offer at PSU Farmers Market; a change of pace at Portland Japanese Garden.

could imagine. If you ever doubted the need for any bitters in your pantry, you'll come out questioning that notion.

It's this devil-may-care bravura that's seen Portland undergo a 20-year-long renaissance. And yet, despite the hum of activity, the city retains its gentle pace and laid-back charm. This might have something to do with one noticeably rising trend on menus here: the addition of CBD – or cannabidiol, a hemp derivative touted as a Zen-inducing relaxant. No longer a controlled substance in the US, CBD from hemp is making its way into sodas, cocktails, beer, smoothies and, believe it or not, even pet food. Seated at the bar of **Hey Love** on the ground floor of the chic new Jupiter Next Hotel late one evening, I ask my neighbour why soda with CBD has become his new drink of choice (he's ordered three). "It helps with my anxiety," the film-set designer tells me. And, he adds with a betraying wink, "a splash of vodka really helps, too".

Amid the shifting trend-driven landscape, some things remain the same: food carts continue to occupy Portland. And although their number fluctuates with the seasons, there are approximately 500 carts operating in 'pods' across the city – offering everything from tacos to Korean bowls, and even Korean tacos.

Though you're likely to return home with pockets full of salted caramels from provedore **Jacobsen Salt**, or preserves and hot sauces from the energetic weekly **Portland Farmers Market**, the city's gift, book and fashion stores are similarly hard to resist. Independent stores thrive here. Unique garments, small-run zines and homemeade beauty products (beard oil blends aren't hard to find) tempt visitors at stores like **Tender Loving Empire**, **Powell's City of Books**, **Kabinett** vintage store and **Paxton Gate**.

Outdoor supplies are easy to track down, too, a reflection on the pristine hiking tracks and picturesque woods a short drive from the city. And, in the city limits Portland's prized **Japanese Garden** is a place of reflection for active minds.

No matter the specialty of the enthusiastic producer, Portland businesses have an ethos in common: locally sourced, fair-trade, eco-friendly, waste-free, community-supporting and slow fashion are not mere buzzwords here. Small-scale and artisanal companies are not the exception, but the norm.

CAFFEINE HITS

CUP & BAR In true Portland style, Charlie Wicker and his team deliver coffee by bicycle across the city – rain, snow or shine. Those visiting the cafe should try the much-loved 'Dirty Charlie' featuring house-roasted Trailhead Coffee, with the roaster's own Ranger Chocolate Company chocolate.

TUSK A favourite among brunchers, Tusk's Middle Eastern-inspired menu revives the Sunday-morning set with a side of Melbourne's own Proud Mary coffee, kombucha and cocktails. By night, the space transforms into a wine bar and share-plate restaurant.

CLOUDFOREST CHOCOLATE Owner Sebastian Cisneros' love of chocolate and design come together in this visually pleasing cafe and adjoining chocolate factory, where the maple drinking chocolate and single-origin chocolate bars are must-try items.

STEVEN SMITH TEAMAKER Take a break between the whiskey and wine tastings at the serene Steven Smith Teamaker's headquarters. Sample Smith's delicate, French-inspired tea combinations, or the gently carbonated nitrogen herbal blends on tap.

COAVA COFFEE ROASTERS A sensible point to jumpstart a day of touring, Coava's Public Brew Bar & Roastery is the spot to discover your new favourite cup. 'Chain' is a dirty word in Portland, but Coava has multiple sites across the city.

CACAO DRINK CHOCOLATE A chocolate institution known for its spicy Mexican-style drinking chocolate and selection of artisanal blocks. You'll find everything from shrimp and bonito-flavoured chocolate, to sourdough and olive oil squares, to red coconut curry infusions, in this highly frequented shop.

CANARD End the day, or night, with a coffee and one of Canard's Paris-Brest desserts: slices of apple dusted with cinnamon and layered with praline cream between soft choux pastry. Low lighting, soft music and a warming space make this locale a date-night go-to.





FROM TOP: hit the sweet spot at Cloudforest Chocolate; the cafe's interiors have an industrial-chic vibe; more food-cart offerings on Mississippi Avenue; art that speaks to the city.







CLOCKWISE: it's summer all year round at Jupiter Next's Hey Love bar; Jacobsen Salt's sweet treats; sample remarkable drops at Westward Whiskey; settle in for cocktail hour at Multnomah Whiskey Library.







SPIRITED SIPS

MULTNOMAH WHISKEY LIBRARY
As I arrive at this refurbished historic space, patrons are told by a smiling *maître d'* about tonight's waiting time: "Three hours with no guarantees." Whiskey lovers will want to reserve a spot in this old-world bar's library of "all distilled spirits known to the modern world"

HEY LOVE It may be raining outside, but it's tropical year-round at Jupiter Next's palm-dotted bar. Housemade cocktails feature quirky and delicious combinations – think salty mango oolong or ginger tamarind sarsaparilla. An impressive food menu encourages guests to linger.

BAR NORMAN Portland's taste for fine things extends from coffee and chocolate to its wine offerings, too. Light-filled Bar Norman is a natural wine bar from renowned sommelier Dana Frank. The focus is on organic or biodynamic grapes and minimal-intervention wines.

TOPE Step inside the newly unveiled The Hoxton Hotel and head to the top floor where casual Mexican dishes with views over the city await. The drinks centre on one smoky ingredient: mezcal. Dine at sophisticated La Neta downstairs, then travel below the hotel to its unnamed, clandestine and dimly lit basement bar.

OUI! SOUTHEAST WINE COLLECTIVE
The bright sparks behind Division Street Winemaking Company, Kate Norris and Tom Monroe, founded urban winery Southeast Wine Collective. Now, their adjoining restaurant, Oui!, offers a cosy space to dine and sample the winery's fruits. Chef Althea Grey Potter's share plates make for a seamless match.

WESTWARD WHISKEY Miles Munro, lead distiller at Westward Whiskey, says his team includes a collection of former brewers, since beer is "just a small step away from being whiskey". Take a guided tour of the warehouse and sample the finely tuned results of the team's work.

delicious.com.au/travel
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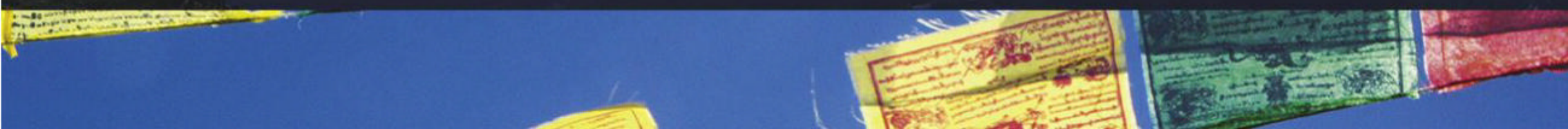
Famous for cooking over hot flames, Firedoor chef **Lennox Hastie** goes below zero in a quest



CHEF'S JOURNEY.

HAYA

to take his mountain-climbing ambitions to breathtaking new heights.





I HAVE ALWAYS BEEN fascinated by mountains. As a child I would visit my grandparents on the Isle of Arran in Scotland and head for the hills. There is something about immersing yourself in the ruggedness of nature and the perspective that the summit affords you – I guess that's the reason they call it a bird's-eye view. The desire to climb is intrinsic to human nature and always given a positive connotation – 'thumbs up', 'look up', 'go up in life'.

When I worked with chef Marc Veyrat in France, I would climb in the Alps on my day off. This created a desire to climb a 'big' mountain before I turned 30. Of course, the biggest mountain I could see was Mont Blanc, which had an elevation of 4810 metres – no small undertaking. But the exhilaration and feeling of achievement I had on reaching the top was incredible – I was hooked and set about identifying trekking peaks. Two years later, I headed to South America to climb Aconcagua, which, at 6962 metres, is the highest mountain in the Southern and Western Hemispheres. It was a big step up (particularly in altitude), but joining an expedition made it more of an adventure.

Of course, the risks are real, and my family was concerned about my wish to go to greater and more dangerous heights. I assured them I had no desire to climb Mount Everest, but I wanted to visit the Himalayas. The immense geography of the region is a strong pull for any mountaineer.

It wasn't until I arrived in Sydney eight years ago that I began looking at joining an expedition. I found one that summitted not just one, but two mountains over 26 days – Mera Peak (6476m) and Island Peak (6189m) across the Amphu Labtsa Pass (5845m) – a real adventure. But then I spent the next four years trying to open a restaurant and the subsequent four launching and running Firedoor (Hastie's acclaimed Surry Hills restaurant). But the trip was still at the back of my mind, as was another milestone: I was keen to climb the Himalayas before my 40th birthday.

It had been eight years since my last climb, so my fitness wasn't what it used to be. But I felt it would be good to finally take time out, to refresh my mental and physical health. I also decided to take part in the expedition to help raise money for R U OK?, a charity that raises awareness around mental health.

Climbing a mountain may reveal the 'bliss in solitude', but it also requires you to connect with the people around you. I contacted World Expeditions, which was still running the trip I had

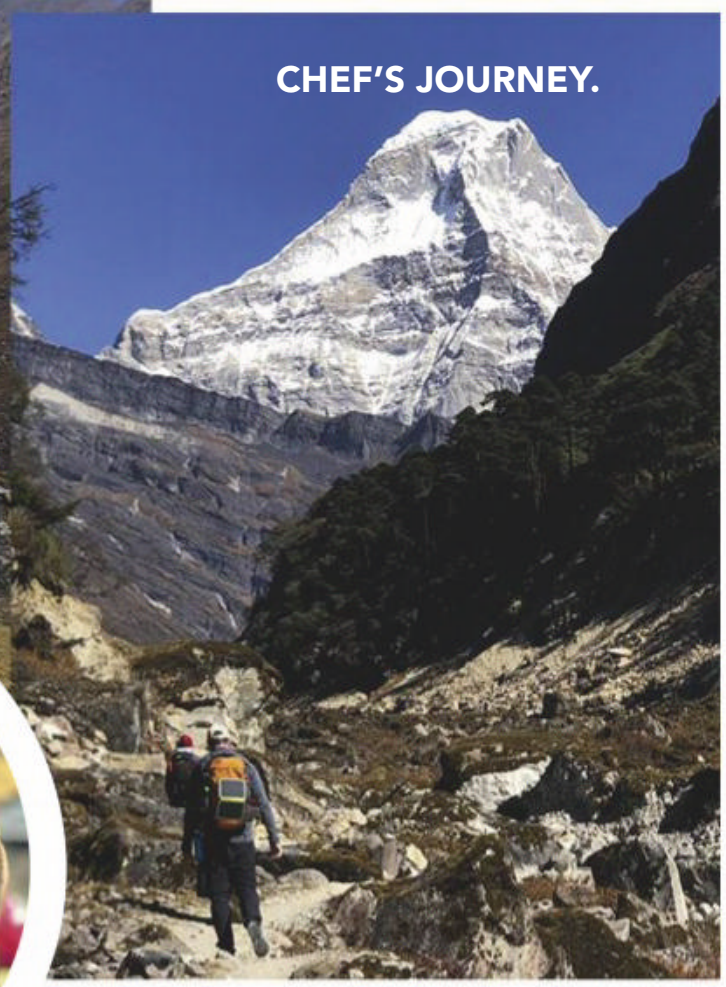


A spectacular view of the Hongu Valley. ABOVE: Lennox makes an acclimatisation trek with Mera looming in the background. OPPOSITE (clockwise from top): camping at Chunbu Kharka; walking up the Hinku Valley; (inset) a couple of cute and cuddly locals; making a temple visit on the way to Pangum La.



PREVIOUS PAGE **GETTY IMAGES** PORTRAIT PHOTOGRAPHY **NIKKI TO**







AND WE'RE OFF...

Travelling to Lukla, our starting point, is an adventure in itself, the flight a nerve-racking experience. At an altitude of 2800 metres, the town's incredibly short runway sits perched on the side of a mountain.

With the weather in our favour, we land safely and begin the long trek towards the mountains, slowly winding our way through the valleys to enable us to acclimatise properly, which is key to a successful expedition. Cases of acute mountain sickness are common, with symptoms ranging from headaches and dizziness to shortness of breath. Unchecked, it can lead to high-altitude pulmonary edema or cerebral edema, resulting in fluid in the lungs or swelling in the brain. Immediate descent is the only option for survival – the flurry of helicopters up and down the mountains are a constant reminder of the dangers of heading to greater heights. Conditions can change quickly, making even the easiest climb a potentially life-threatening experience.

Sometimes no amount of preparation is enough for the unforeseen. Three days in, my tent companion trips over and breaks his finger. Despite being a minor injury, the need for an X-ray and the fact he's now unable to handle ropework means he has to be taken back to Kathmandu. Our group feels his frustration at having to go home so soon, his desire to reach the mountain unfulfilled. It could have happened to any of us.

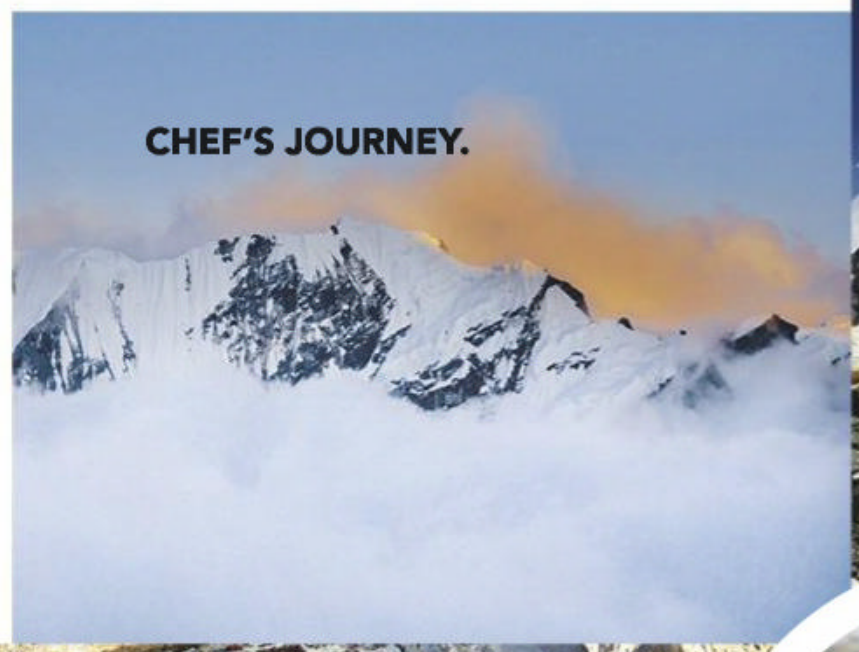
A week later we leave the exotic oasis of the jungle canopy and head into the remote wilderness. The sheer scale of the landscape is awe-inspiring, with an image to be captured at every turn. Iconic prayer flags flutter on the mountainside – their bright hues of red, blue, yellow, white and green representing each of the elements

expressed interest in eight years earlier. The company only runs expeditions in March and October, and as much as I would've liked March when it's warmer and the rhododendrons are in flower, I knew the restaurant would be too busy and I had to get in shape.

Six months before an expedition, climbers are advised to do three-to-five, 40- to 60-minute sessions of intense physical exercise a week. I enlisted the help of a personal trainer and did three 40-minute sessions each week, combined with occasional running. I knew that for every minute of 'suffering', it would be one minute less on the mountain.

Then there's the climbing equipment, which is extensive and expensive, but when you're out in the wilderness for 26 days, you can't afford to take many shortcuts. One of the members of our group hired boots, which gradually fell to pieces over the trip. He suffered frost nip on the first peak and didn't want to risk further damage on the second ascent. While my boots cost $1000, it allayed my concerns of suffering from frostbite, and I figured at $100 a toe, it was justifiable.

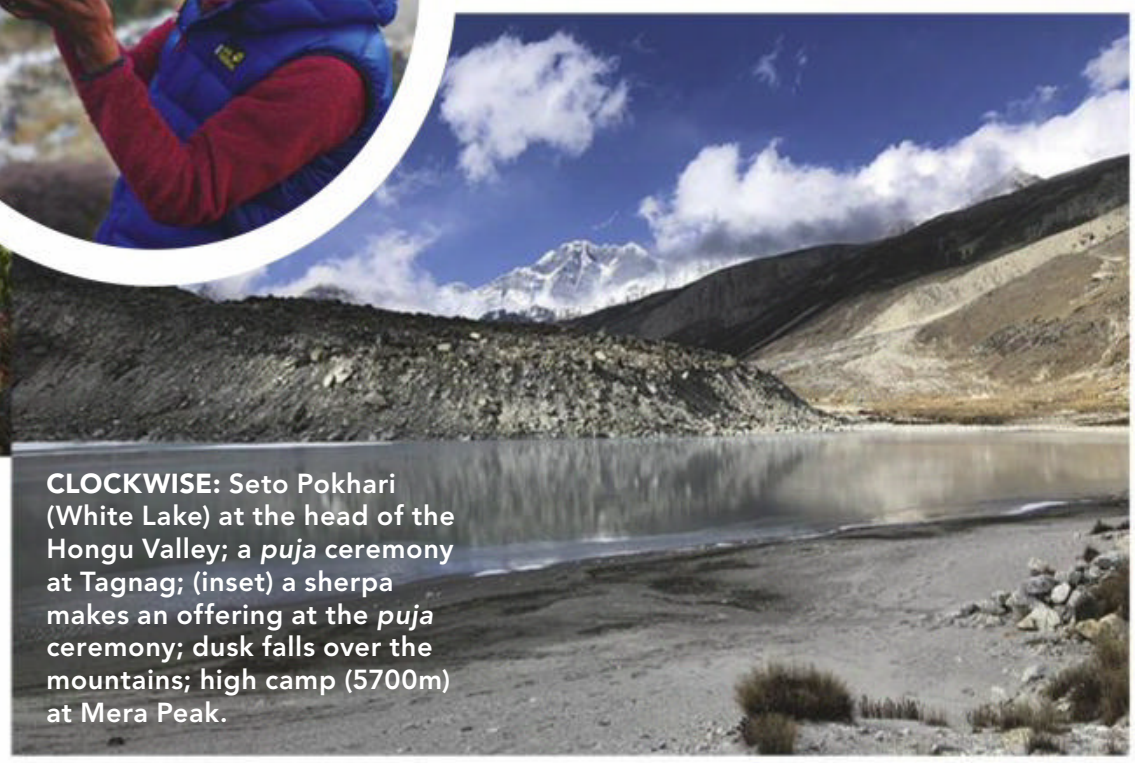












CLOCKWISE: Seto Pokhari (White Lake) at the head of the Hongu Valley; a *puja* ceremony at Tagnag; (inset) a sherpa makes an offering at the *puja* ceremony; dusk falls over the mountains; high camp (5700m) at Mera Peak.

and a symbol of the spiritual connection to the Himalayas. One of the guides we encounter is also a lama, so our group takes part in a prayer ceremony or *puja*, for a safe journey ahead.

Luckily, we are well equipped with 14 porter sherpas, six kitchen sherpas and five climbing sherpas, but it gives you a sense of the amount of human effort required to take seven climbers safely up two summits over 6000 metres in 26 days.

We climb in a series of ascending camps – the sherpas racing ahead to pitch our tents and prepare our meals. Food can be purchased in the tea houses along the way, but we are told it's not worth the risk of falling ill, so all our expedition meals are catered. Expedition food is never going to be a culinary highlight, but it's nutritious and plentiful, consisting of heavy carbohydrates such as potatoes, rice and pasta (sometimes all together!). Our cook does a good job of varying our diet, adding fresh vegetables, such as chokos steamed with garlic and vinegar (making them very tasty), and cooking up *momos* (Tibetan-style dumplings), *dal bhat* (lentil and rice soup) and even pizza. Access to fresh meat is limited; however, an exchange with one of the local goat farmers on the way up results in one of the best curries I have ever had.

For several days we follow the same routine of walking then camping up the valley. The scree paths are punishing (two steps forward, one step back), but we gradually make our way above the snowline. I find it hard to control my breathing, making the simple act of walking very challenging. The change in conditions sees us break out the heavy gear and we change into our climbing boots, crampons, helmets and harnesses – the expedition just got serious. With no contact with the outside world for the next 11 days, we are on our own. As we draw closer to our first summit, Mera, our excitement grows and our emotions race between fear and thrill.

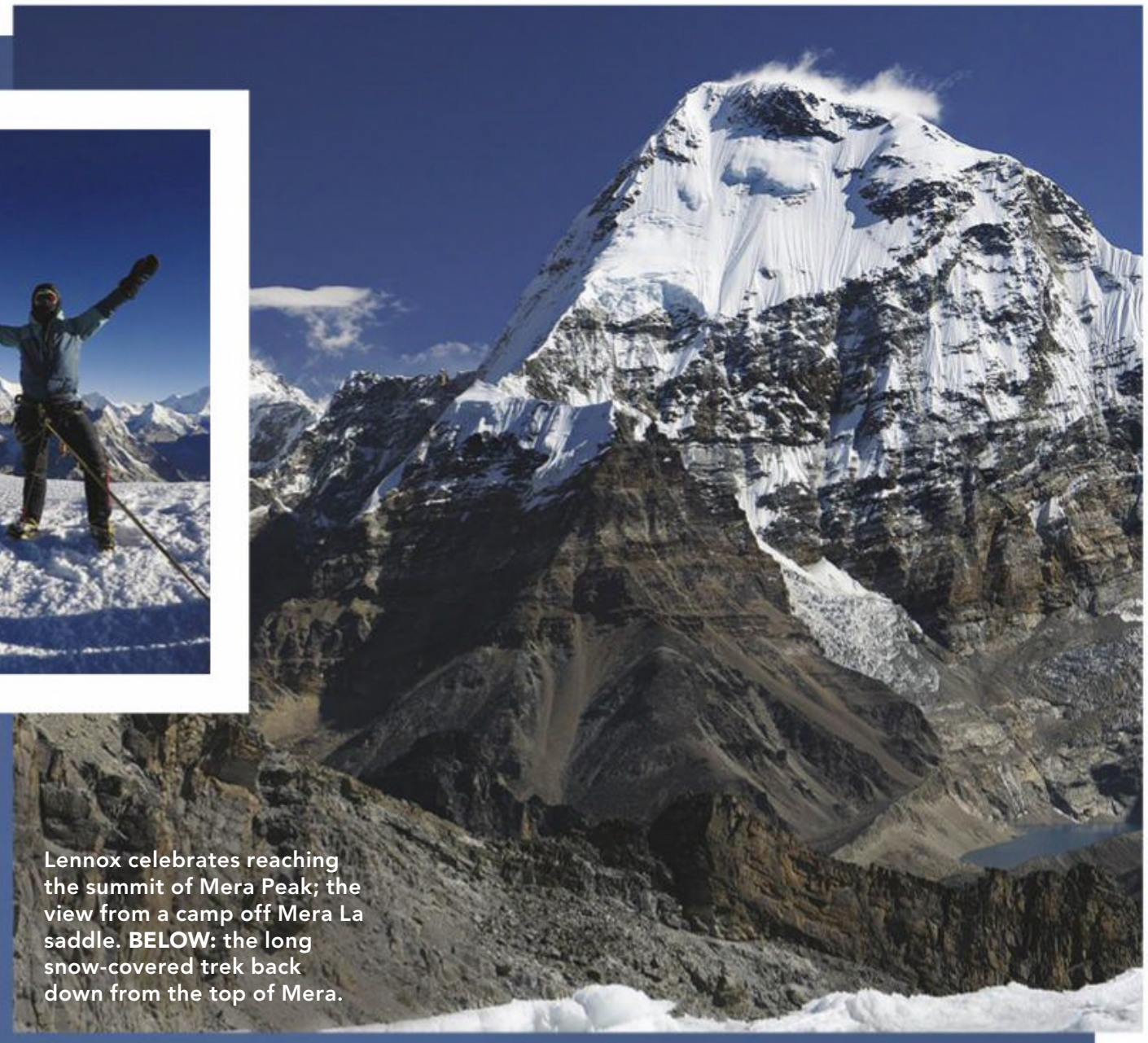
Summit day commences with an 'alpine start' – we emerge from our warm sleeping bags at 2am, beneath a cavernous sky. We ready ourselves in the dark, grappling with heavy boots and harnesses, and after sweet tea and porridge, we are on our way.

Our warm breath billows like smoke in the frigid air. Shivering, I take no comfort in the blanket of whiteness that lies ahead. Our head torches provide only enough light to see the path at our feet.

Tethered to one another by rope, we begin the slow move to the summit, snow and ice crunching with each step. My breathing is shortened; I have the sensation of someone kneeling on my chest. My body is physically consumed by the cold. There are several times I feel the urge to turn back.

An orange glow in the sky signals the dawn, and while I take comfort in the hope that the warmth of the sun will follow, there is still the summit ahead. I dig deep – my progress is slow but I'm moving forward, one step at a time.





Lennox celebrates reaching the summit of Mera Peak; the view from a camp off Mera La saddle. BELOW: the long snow-covered trek back down from the top of Mera.

"AS WE DRAW CLOSER TO THE SUMMIT, OUR EXCITEMENT GROWS AND EMOTIONS RACE."

My relief as I reach the summit is palpable. At 6472 metres, the view from the top of Mera Peak is magnificent, but the wind chill sees the temperature drop to -32°C; perhaps it's time to move on. Although the walk back is downhill, it's just as difficult, as my legs have now turned to jelly and there's still 12 hours of exhausting descent to our new camp. When we arrive, I stumble into my tent and feverishly remove my wet clothes. Hot garlic soup helps to restore our senses (and is also said to be good for dealing with the altitude), and we're glad we can rest the next day.

Having reached the summit of one mountain, we feel more confident about the second, but we have to make our way across the Amphu Labtsa. At the head of the Hongu Valley, the dramatic rise of the serac cliffs (blocks of glacial ice) of Amphu Labtsa are breathtaking but dangerous. Ferrying our equipment across takes considerable time and is a real team effort as we navigate over the glaciated pass at almost 5800 metres. The views of Everest in the distance are spectacular, but we keep moving, descending via fixed ropes to the snow basins below.

Island Peak is in strong contrast to Mera Peak. Though not quite as high, it is a steeper and more technical climb. Another 'alpine start' begins with a scramble over rocky terrain. A snow ramp leads us to the upper snow fields and, once again, we fix ropes just as the sun rises. We navigate our way around crevasses until we reach the base of the summit. The final push up leaves us exhausted, but the views are jaw-dropping and the warmth of the sun means we can stay a little longer this time.

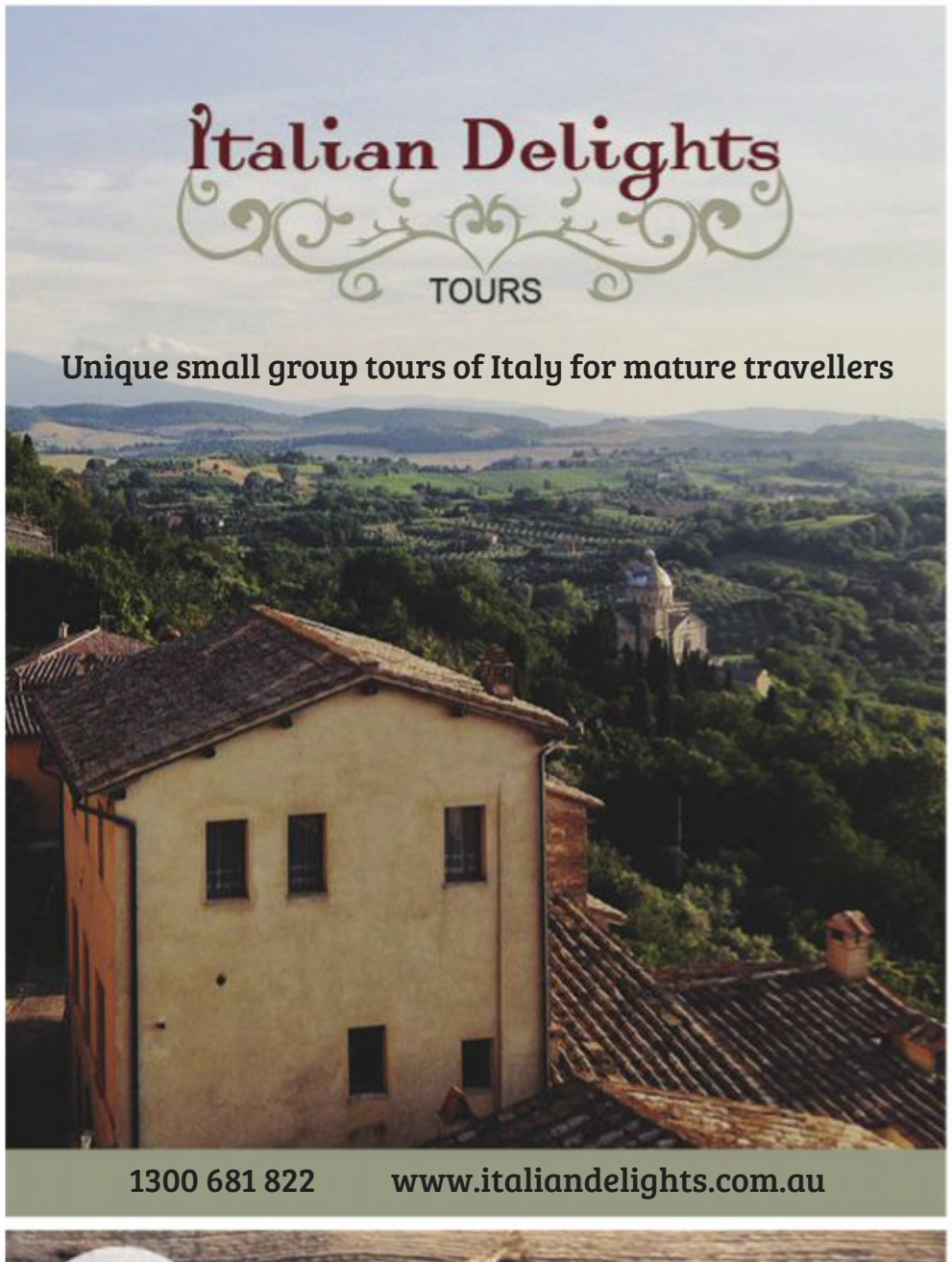
As we make our way back down, we are elated by the sense of achievement and the knowledge that we are returning to civilisation. On arrival in Kathmandu, a little worse for wear, the local beer has never tasted better.

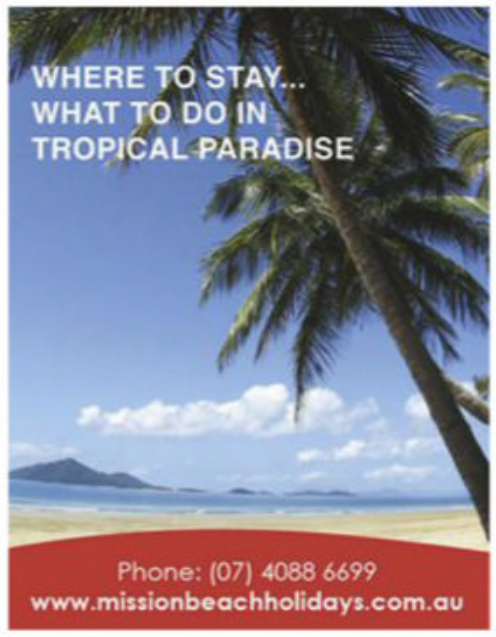
More than anything, this expedition made me understand that happiness is not at the top of the mountain, but in what you do to get there and everything you learn along the way.

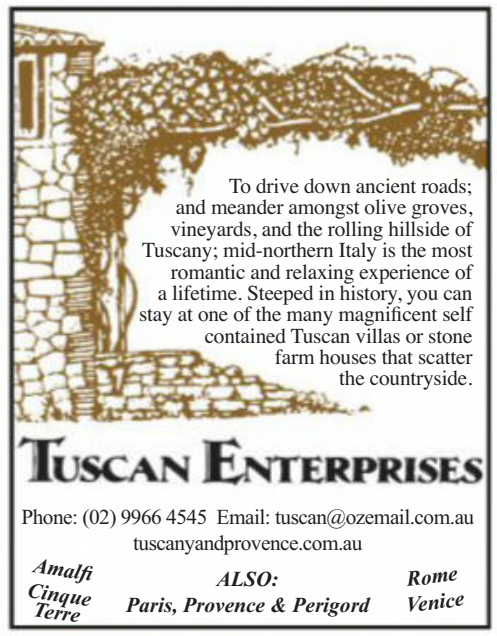
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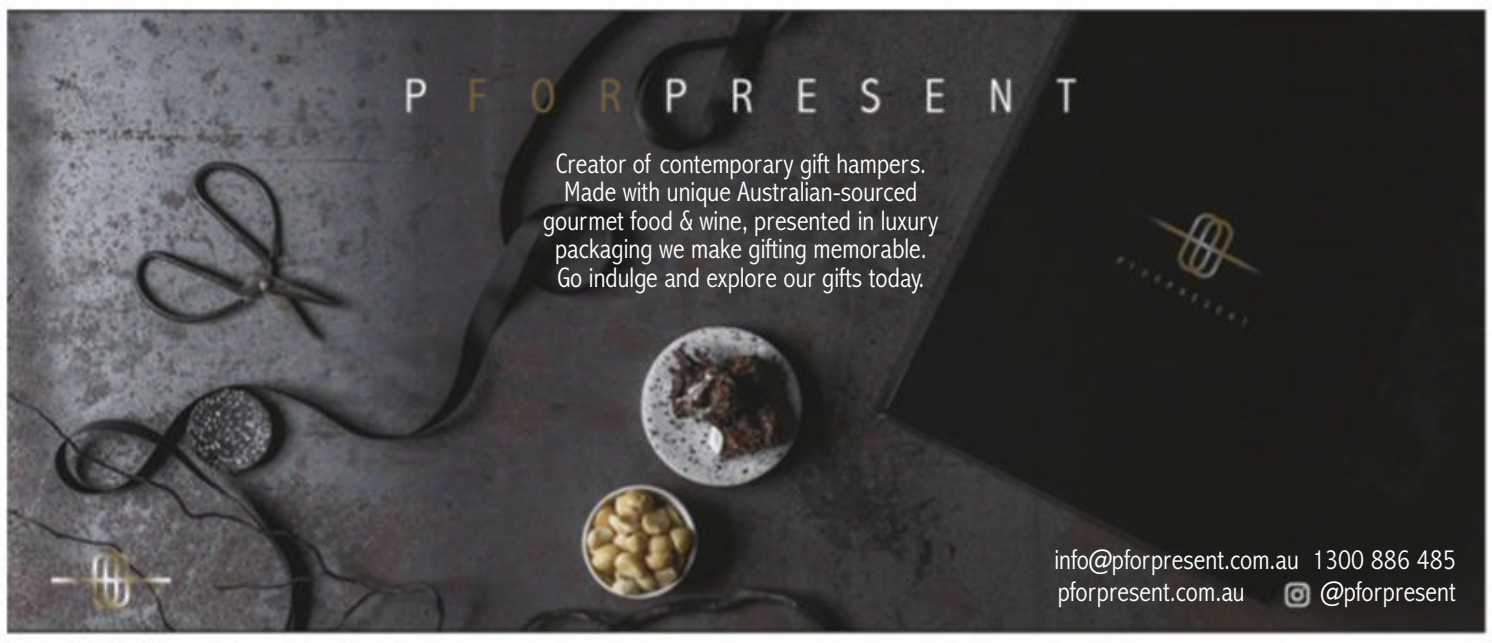








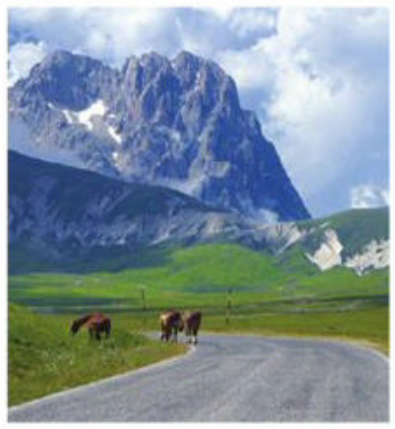




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JUNE
2019

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"WE COOKS CAN ONLY BE AS GOOD AS THE PRODUCE WE ARE ABLE TO SERVE."

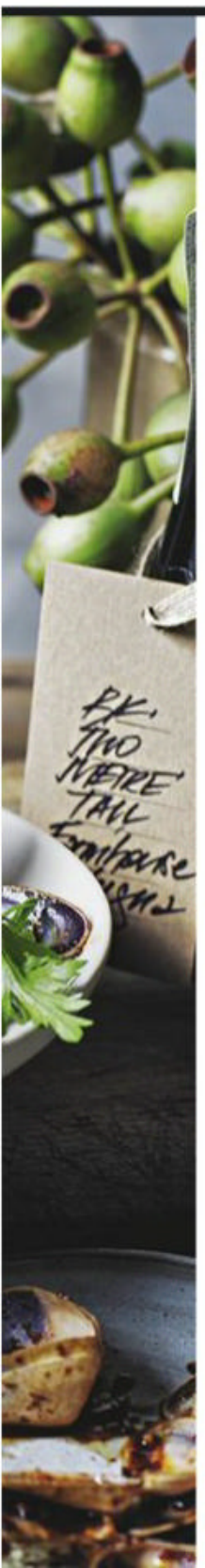
– KYLIE KWONG

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"MUSTARD FISH IS A DELICACY IN THE BENGALI REGION."
– KIRSTEN JENKINS



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"MY DAD USED TO EAT THEM [QUINCES] RAW, WHICH IS NOT MY CUP OF TEA."
– KIRSTY CHIAPLIAS

OFFICIAL TEST KITCHEN SUPPLIER:
Our meat is supplied by Vic's Meat (vicsmeat.com.au). *(V) denotes vegetarian recipe*

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CLOCKWISE (from left): Fuel up at Alfred; Maude restaurant; fine dining at Trois Mec; hit Jon & Vinny's for an Italian fix; the terrace at Soho House; pick up a pie at Milk Bar. **BELOW:** the impressive pool at SLS.







CHECK IN, CHECK OUT

Travel-editor-at-large **George Calombaris** hits the ground running in Los Angeles – and doesn't stop.

IT WAS 0600 when we landed in LA… and game on! This city never sleeps. I am very lucky to have some amazing Aussie hospo friends who now live here and who super kindly shared some of their finds.

FIRST THINGS FIRST...

Alfred Coffee (8428 Melrose Pl) is great for a caffeine hit and as close to what we get in Oz as you'll find. I ordered the cold brew with a splash of… are you ready for this? Almond milk. Yep, it's LA, okay, and when in LA! You know the rest. Lunch is a no-brainer for me. I love chef Nobu Matsuhisa, and his original restaurant, **Matsuhisa** (129 N La Cienega Blvd), is a gem. A thing to note when ordering sushi with rice in LA: always ask for "easy rice". I mean, you wouldn't want to go carb heavy on too much rice! Next stop is **Cecconi's** (8764 Melrose Ave) for a little afternoon *aperitivo* and people watching. This place is an institution and so much fun. I was still hungry, so we ate awesome pizzettas and drank Negronis.

After this, it was off to **Trois Mec** (716 N Highland Ave). Chef Ludo Lefebvre is a legend and is cooking some really interesting food. His sourdough broth is outstanding. It's a challenge to get a table, so book in advance. I was then lucky enough to visit the members-only **Soho House**, with its brilliant view of the Hollywood hills. There are Soho Houses around the world; this one is a ripper. If you're not a member, you need to know someone who is – and no phones!

YOUR LA HIT LIST...

- **Employees Only** (7953 Santa Monica Blvd) This retro-styled bar is worthy of its legendary status.
- The rooftop at **E.P.&L.P.** (603 N La Cienega Blvd) is just awesome and it's owned by some top Aussies. What they've done in LA is sensational. If you're there for Australia Day, they throw a cracking party.
- **Jon & Vinny's** (412 N Fairfax Ave) OMG, I absolutely love this place. They serve delicious Italian food.
- **Leo's Tacos Truck** The perfect grab-and-go fast food. Find them all over LA.
- **Maude** (212 S Beverly Dr), owned by my friend Curtis Stone, for a special night out.
- **Sushi Park** (8539 Sunset Blvd) is excellent. Another place where phones aren't allowed; they will kick you out!
- **In-N-Out Burger** is a long-time fave. I love that the business is still family owned and they have hundreds of stores employing thousands of great people.
- **Milk Bar** (7150 Melrose Ave) is a must for its famous crack pie.
- I love staying at the **SLS Beverly Hills** (465 S La Cienega Blvd). It's a fantastic hotel within easy walking distance to so many great places, plus taxis and Ubers are only ever a couple of minutes away. It's fascinating to sit in the lobby and people watch. Be sure to wear sunnies inside when you're there. It's LA, baby!

@gcalombaris



PORTRAIT PHOTOGRAPHY **HAROLD DAVID**
MAUDE PHOTOGRAPHY **RAY KACHATORIAN**
JON & VINNY'S PHOTOGRAPHY **JOSHUA WHITE**



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