



## **Ricotta Hotcakes, Kangaroo with Bean Sprout Salad and Apricot and Peach Pizzetta**

### **David Matthews – The Semaphore Pantry**

13 November 2011

#### **RICOTTA HOTCAKES**

##### **Ingredients:**

1 and 1/3 cups ricotta  
3/4 cup milk  
4 eggs, separated  
1 cup plain flour  
1 tsp baking powder  
1 pinch salt  
50g butter  
Icing sugar for dusting

##### **Method:**

Place ricotta, milk, and egg yolks in a bowl and mix  
Sift the flour, baking powder and salt into the bowl and mix until just combined  
Place egg whites in a clean dry bowl and beat until stiff peaks form  
Fold egg whites through batter in two batches  
Lightly grease a large non stick pan with small portion of butter - drop 2 tbsps of batter per hotcake into pan  
Cook over a low to medium heat for two minutes or until golden, repeat on other side.

#### **KANGAROO WITH BEAN SPROUT SALAD**

##### **Ingredients:**

400g kangaroo saddle (200 g per person)  
500g bean sprouts  
1 clove garlic  
1 tbsp ginger  
1 carrot, julienned  
1/2 onion, sliced  
1 spring onion, sliced  
1 tbsp soy sauce

##### **Method:**

Grill kangaroo and rest  
Fry onion and carrot until soft  
Add garlic, ginger and cook 1 minute  
Add spring onion and soy and cook 30 seconds

#### **Lime and Ginger Beurre Blanc**

##### **Ingredients:**

100 ml water  
100 ml white wine  
4 slices, ginger  
1 lime, juiced  
200 g butter

##### **Method:**

Simmer water, wine and ginger to almost nothing  
Add lime juice  
Whisk in butter over low heat  
Strain and keep warm around 30 Deg C



## APRICOT & PEACH PIZZETTA

### Ingredients:

6-10 apricots or peaches, halved

*Pizza Dough:* See in Brief

*Pastry Cream*

150ml vanilla milk

25g sugar

1 egg yolk

30g flour

30ml rum

*Sugar Mix*

4 tbsp castor sugar

1 tsp ground cardamon

*Cardamon Yoghurt*

500 g natural yoghurt, drained overnight

3 tbsp honey

1 tsp ground cardamon

### Method:

Bring milk with vanilla to boiling point, remove from heat

Cream yolk with sugar, then add the flour

Pour milk gradually over yolk, place back over moderate heat, bring to the boil then simmer for 2 minutes to cook out the flour, pour into a bowl and cool.

Roll out dough on flour/ polenta mix to 4-5 mm thick and place over flan tin with dough overhanging

Fill with 1cm thick pastry cream, top with fruit, cut side up, dust with sugar mix

Fold in sides to cover 1-2 cm from sides, to make it look rustic

Bake at 220 deg C for 10-15 minutes and serve with cardamon yoghurt.

## SHOPPING LIST

### Ingredients

ricotta

milk

butter, yoghurt

eggs

olive oil

wine

honey

vegetables

dough

### Stallholders

[B-d. Farm Paris Creek](#)

[B-d. Farm Paris Creek](#), [Fleurieu Milk Company](#)

[B-d. Farm Paris Creek](#), [Fleurieu Milk Company](#)

[Rosie's Free Range Eggs](#), [Rohdes Free Range Eggs](#)

[Bald Hills Olive Grove](#), [Rodger Fryer](#)

[Hardings Fine Foods](#), [Patlin Gardens](#),

[Woodside Cheese Wrights](#), [The Passionate Foodie](#)

[Wilkie Estate Organic Wines](#), [Uleybury Wines](#)

[Doo Bee Honey](#), [Honey Lady](#)

[Tobalong Tomatoes](#), [Hart's Vegetables](#), [Cosmidis Produce](#),

[Virgara's Garden](#), [Golden BC](#), [N&M Tsimiklis](#), [Alnda Farms](#),

[B & A Andonopoulos](#), [Patlin Gardens](#), [Aay's Fresh Herbs](#)

[Riveria Bakery/Paolo's Artisan Bakery](#)