



David Matthews from The Semaphore Pantry & Adam Bishop, The Passionate Foodie present a Market meal!

Entrée: Salt and Pepper Squid with Fennel and Orange Salad

Main: Braised Lamb Shanks with Lemon Scented Mash and Steamed Greens

Cheese: Woodside Edith with Apple Tart and Dressed Rocket

Dessert: Passionfruit Poached Pears with Honey Saffron Parfait

ASFM Demo Kitchen, 22 May 2011

SALT & PEPPER SQUID

Ingredients:

Medium to large squid tubes

Salt and Pepper or Lemon Myrtle Seasoning Flour from The Passionate Foodie

Canola oil

Method:

Score/trellis the inside of (cut open) squid tubes with a fine criss-cross through to the other side

Cut each scored squid tube into 6 to 8 pieces

Place squid in flour mix and coat each piece well. Leave for 5 minutes - the seasoning's salts draw out some of the squid's moisture – acts as a natural adhesive. Re-toss squid through the Seasoning flour. Shake off excess

Deep/shallow fry in canola oil at 180-200 degrees. Ensure oil comes up to temp before you add squid

Don't cook too much at once - this reduces oil temp very quickly and results in soggy squid

Cook 60-90 seconds and drain on paper towel - Season the crispy squid with a few turns of your pepper grinder.

FENNEL & ORANGE SALAD

Ingredients:

1 bulb fennel, shaved

4 oranges, 2 juiced and 2 segmented

½ red onion, finely sliced

4 tbsp parsley

4 tbsp red wine vinegar

1 beetroot, juiced

4 tbsp olive oil

Method:

Reduce beetroot juice, red wine vinegar and orange juice to a syrup

Add olive oil and mix well

Mix fennel, orange segments, onion and parsley – and dress salad

LEMON SCENTED MASH

Ingredients:

500g potatoes

50g butter

100ml cream

Lemon scented oil

Method:

Peel and cut potatoes into small even pieces

Bring water to the boil then turn down and simmer until potatoes are just soft

Drain and dry for a couple of minutes – Mouli or sieve

Bring cream and butter to the boil – add potato

Stir lightly (don't over mix) - season with salt and pepper

Add lemon oil to taste



STEAMED GREENS

Ingredients:

Asparagus, baby spinach, broccoli, green beans, peas, snow peas, zucchini – all or as many as you like

Method:

Put a large pot of water on to boil – add 4 tbsp of salt, don't be shy

Blanch the vegetables individually for 10-30 seconds depending on their thickness (not the baby spinach)

Add them to iced water to cool quickly and retain their colour

When ready to serve, plunge into rapidly boiling water for 30 seconds – drain – and add baby spinach

Dress with good, strong flavoured olive oil and sea salt

BRAISED LAMB SHANKS

Ingredients:

4 large or 8 small lamb shanks

2 onions, roughly chopped

2 tbsp plain flour

6 cloves garlic

1 tbsp rosemary, roughly chopped

1 tbsp oregano, roughly chopped

500ml beef stock

400 g pureed tomatoes

3 tbsp tomato paste

1 lemon, juice and zest

50ml olive oil

drizzle, red wine

salt and cracked black pepper

Method:

Preheat oven to 160 degrees

Season shanks with salt & pepper, and lightly dust the shanks with flour, shaking off excess

Heat oil in a large flameproof casserole dish on high

Cook the shanks until evenly browned all over, remove from casserole dish and set aside

Add onion to same dish, sauté on medium heat for 5 minutes or until softened. Add garlic, cook for 1 minute

Add wine, then return shanks to pan with stock, lemon juice, zest, tomatoes and tomato paste. Stir to combine

Cover with a lid or foil and bake for 2 to 2.5 hours (or until shanks are tender). Season to taste

Once shanks are cooked, remove pan and set aside. Pour the cooking/braising juices from the pan into a food processor and blitz for 30 seconds - this will combine all the cooking ingredients and be your sauce.

WOODSIDE EDITH WITH APPLE TART & DRESSED ROCKET

Ingredients:

2 granny smith apples, cut into quarters with core removed

1 sheet puff pastry

wedge of Woodside Edith

handful of rocket

olive oil

Frangipane:

120g butter

120 g sugar

6 egg yolks

150g almond meal

20g flour

Method:

Cream butter and sugar, then add eggs and fold in hazelnut meal and flour

Spread a 3-4 mm layer of frangipane on a sheet of puff pastry the size of a ¼ of an apple

Lay the apple in slices on the frangipane

Cut the puff in an oval shape around the apple

Bake at 200 c for 15 minutes until golden brown



To serve - cut a good wedge of Edith (at room temperature)
Arrange on a plate with an apple tart, and some leaves of olive oil dressed rocket.

PASSIONFRUIT POACHED PEARS

Ingredients:

6 beurre bosc pears
500ml passion fruit pulp
100g sugar
200ml water

Method:

Peel and core pears
Simmer in passion fruit pulp, sugar and water for 20 minutes
Cover and leave to cool.

HONEY SAFFRON PARFAIT

Ingredients:

3 egg yolks
75g sugar
50g honey
20ml water
20ml saffron water
200g cream, whipped

Method:

Bring sugar and water to a boil up to 120 degrees
Slowly add to egg yolks, while constantly mixing, until cool
Fold in the cream then the saffron water
Optional flavours: Dried Fruit or Praline, Spices

ASFM SHOPPING LIST

Ingredients

Lamb shanks

Stallholders

[Bushmin Farmed Rabbits](#) (site 22), North Marola Farm Meats (site 49)

Eggs

[Rosie's Free Range Eggs](#) (site 40), [Rohdes Free Range Eggs](#) (site 61),
Ruby Spoon (site 36)

Butter, cream

[B-d. Farm Paris Creek](#) (site 86)

Woodside Edith

[Woodside Cheese Wrights](#) (site 14)

Honey

[Doo Bee Honey](#) (site 1), [Honey Lady](#) (site 34)

Olive oil

[Harding's Fine Foods](#) (site 38), [The Passionate Foodie](#) (site 42),
[Patlin Gardens](#) (site 71), Rodger Fryer (site 52),
[Bald Hills Olive Grove](#) (site 77)

Wine

[Wild Fox Wines](#) (site 5), [Wilke Estate Organic Wines](#) (site 5),
[Howard Vineyard](#) (site 92)

Vinegar

[Mountain Fresh Fruit Juices](#) (site 17)

Salt & Pepper Seasoning Mix

[The Passionate Foodie](#) (site 42)

Apples, pears, lemons

[McLaren Vale Orchards](#) (45), Otherwood Orchards (site 69)

Almond meal

[Harding's Fine Foods](#) (site 38), [Taronga Orchards](#) (site 32)



Rosemary, oregano, parsley

[Salad Greens and Kitchen Herbs](#) (site 89), [Aay's Fresh Herbs](#) (site 88), [Hillside Herbs](#) (site 83), Alnda Farms (site 79)

Fruit & Vegetables

[Virgara's Garden](#) (site 50), Golden BC (site 75), [Hart's Vegetables](#) (site 76), [N&M Tsimiklis](#) (site 54), B&A Andonopoulos (site 64), Alnda Farms (site 79), DOOF DOOF (We Know Food Backwards) (site 82), [Patlin Gardens](#) (site 71)