



RECIPES: AUGUST 2010

1. Mignonette dressing for oysters
2. Canberra Coast chowder
3. Charlotte Pass lemon dessert

1. Mignonette dressing - serve with natural oysters on ice, with dark rye bread and lemon



Ingredients (makes 3/4 cup)

- 1/3 cup white wine vinegar
- 90ml red wine vinegar
- 1 teaspoon freshly ground black pepper
- 2 small eschalots, peeled, very finely chopped
- sea salt

Method

Combine vinegars, pepper and eschalots in a bowl. Season with sea salt and mix to combine. Set aside for 15 minutes for flavours to develop. Serve with oysters.

2. Canberra Coast chowder with rock oysters



Ingredients (Serves 4)

15g butter
2 onions, thinly sliced
3 potatoes, peeled, diced
2 tablespoons plain flour
4 cups (1L) fish stock
750g firm white fish fillets, such as snapper or sea bream, cut into large chunks
1 cup (250ml) hot cream
1 cup chopped parsley

12 open rock oysters in the shell, serve 3 per person on top of soup
crusty bread, to serve

Preparation

Melt butter in a heavy-based saucepan on low heat. Sauté onion for 5 minutes, until golden and soft.

Add potato and stir in flour. Add stock. Bring to a simmer. Cook for 10 minutes, until thick. Add fish pieces and cook for 6 minutes, until tender. Stir in hot cream and heat slowly without boiling. Season to taste and stir in parsley. Serve with a grinding of pepper and crusty bread.

3. Charlotte Pass Lemon Dessert



Ingredients (serves 15-20):

Lemon custard
Italian Meringue
Candied lemon zest

Pudding

1 2/3 cups plain flour
2 1/2 cups castor sugar
300 g unsalted butter
5 tspns lemon zest
375ml lemon juice
22 eggs separated

Lemon custard

7 egg yolks
180g castor sugar
2 cups (500 ml) cream
1 cup (250 ml) lemon juice
125 ml milk
2 teaspoons lemon zest

Candied Peel

Peel of 2 lemons - julienne or zest
1 cup water
1 cup sugar

Method:

Pudding

Mix flour and sugar in a bowl. Rub in butter. Add zest and juice and yolks and whisk well. Beat egg whites until stiff peaks form. Fold into mixture. Spoon into greased and sugared

moulds. Cook in bain-marie at 175 Celsius for approximately 50 minutes.

Lemon custard

Scald cream and milk with zest.

Whisk sugar and yolks together until combined.

Pour hot cream and milk over yolks, whisking quickly as you add the milk cream mixture.

Cook out over bain-marie until mixture thickens on the back of a spoon. Allow to cool slightly, then whisk in juice. Strain and serve hot.

Candied peel

Boil together the water and sugar, add peel and simmer until translucent.

Cool on rack and use to garnish pudding.

Italian meringue

100ml water

400g sugar

200g eggwhite

40g sugar

Bring 400g sugar and the water to 120°C on sugar thermometer.

Start whisking eggwhites with 40g sugar then pour sugar mixture in and beat to soft peak, then let machine beat until cold.