

MIGUEL'S RECIPES

Paella a la Maestre 2016 – Yabbie & Quail Chorizo

STANDARD BENCH EQUIP

Chopping boards x 2
Tongs, spatula & large spoon
Spoons, forks + watertight vessel to hold.
Tea towels, paper towel
Foil, plastic food wrap, baking paper & food handling gloves
Chef knives – cook, utility & paring.
Digital scale

EQUIPMENT LIST

Paella pan and burner
Gas bottle
Chopping boards
Medium sauce pans
Ladle
Spatulas
Spoons
1 fry pan non stick
Butchers string
4 lt saucepan
medium glass mixing bowl

INGREDIENTS

400ml chicken stock
200g Bomba rice
500gm Yabbie
200gm Murray Cod
50g fresh/frozen peas
1 lemon, cut into wedges, to serve

Sofrito

2 large ripe oxheart tomatoes, roughly chopped
2 large roasted red capsicums from jar (piquillo)
2 cloves garlic, peeled
½ bunch parsley
½ bunch chives
25ml olive oil
1 teaspoon saffron threads
1 tablespoon smoked paprika

Chorizo

3 duck neck skin
800 g of lean pork (fillet or shoulder) free range
200gm Quail de-boned
200 g pork fat from pancetta or lardo
3 garlic cloves freshly minced
3 tbsp smoked paprika Spanish
1 tsp spicy paprika Spanish
1 tbsp sea salt

DIRECTIONS

To make the sofrito, place all ingredients in a food processor and process until chunky. If you don't have a food processor then simply roughly chop the tomatoes and capsicums and finely chop the garlic and parsley and combine with other sofrito ingredients.

Heat a 30cm fry-pan or paella pan on high heat, add lobster and chorizo and cook until golden brown. Add sofrito and cook until tomatoes start to become juicy, 3-4 minutes. Add chicken stock and bring to the boil. Stir in rice and bring to a simmer. Continue simmering for about 10 minutes.

When rice is tender and liquid has almost fully reduced and the rice is tender (there should still be some liquid still in the fry-pan), add peas and cook for a further 2 minutes to achieve 'socarrada' (crust on the bottom of the pan). Season to taste with salt and

freshly ground black pepper and garnish with chives. Squeeze over lemon juice just before serving.

Miguel's Quick Mayonnaise

EQUIPMENT

3 x 500ml glass measuring jugs
3 x stick blenders
3 measuring cups

INGREDIENTS

3 whole egg straight from fridge
3 cup olive oil
3 pinchw sea salt
3 juiced lemon

DIRECTIONS

In the glass of a stick blender, crack egg, add lemon juice and a pinch of salt.

Insert stick blender all the way to the bottom of the glass jug, blend until set and slowly remove blender up the glass until of mayonnaise consistency.

Kingfish Ceviche

STANDARD BENCH EQUIP

Chopping boards x 2
Tongs, spatula & large spoon
Spoons, forks + watertight vessel to hold.
Tea towels, paper towel
Foil, plastic food wrap, baking paper & food handling gloves
Chef knives – cook, utility & paring.
Digital scale

SPECIFIC EQUIPMENT

Food processor – transparent top
Sashimi knife
Chopping board
Mixing bowls

INGREDIENTS

200g sashimi grade 9dorf Myrray cod fillet, cut into 1cm dice
Ginger
½ bunch coriander
juice of 2 lemons
juice of 1 lime
½ Spanish onion, thinly sliced
1 ice cube
2 shots of vodka

POACHED SWEET POTATO

200ml water
200g caster sugar
1 star anise
1 sweet potato (250g/8oz), peeled, cut into 1cm dice
juice of 1 lime

DIRECTIONS

To make poached sweet potato, stir water, sugar and star anise in a small saucepan, over low heat, until sugar is dissolved. Add potato. Boil gently until potato is just tender. Drain. Place in a bowl. Drizzle with lime juice.

Meanwhile, place oil, celery, chilli, garlic, ginger, coriander and half the lemon and lime juice in a small processor. Process until smooth. Place in a serving bowl. Add fish, onion and ice cube. Stand

for 4 minutes—this allows the acid from the citrus juice to cook the protein in the fish.

Place a shot of vodka in each shot glass. Add a splash of the cloudy citrus juice from the fish.

Serve ceviche with sweet potato and vodka shot.

Pork Belly

INGREDIENTS

1.2 kg pork belly, free range
Sea salt and freshly cracked pepper
2 fennel bulb chunky chopped
5 sprigs thyme
2 heads of garlic, cut in half, skin still on
6 star anise
2 tbsp fennel seeds
1 tbsp paprika
Olive oil
300 ml Chardonnay
500 ml chicken stock
1 tbsp Dijon /whole grain
1tbsp horseradish cream

DIRECTIONS

Preheat your oven to 180c for at least 30 min before you start cooking, to ensure it is nice and hot.

Cut incisions on top of surface of belly skin, not too deep, (similar than calamari scoring) in a crisscross pattern so form a nice diamond shape for crackle to form heavily season with freshly cracked salt, rubbing deeply into the skin with your hands making sure it gets in the incisions, using your hands will also help to bring the meat to room temperature which will help with the cooking process.

Add to a big roasting tray on stove on medium heat (ensure the of base of the tray is thick enough to handle the direct flame). Sautee the fennel, thyme, garlic heads, star anise and half the fennel seeds in extra virgin olive oil for about 3 minutes until aromas release and they become fragrant.

Move the contents of the tray to the sides, making room to add the pork belly. Sear the pork belly, skin down pressing with your hands till golden brown for 5-7 mins. It is important the skin has the golden colour, which will ensure the crispy crackle on top.

Add spices and turn belly onto the tray skin up and rub the rest of fennel seeds and paprika. Pour the Chardonnay into the tray to deglaze the flavour. Chardonnay is best as it has a nutty flavour. Cook off alcohol and bring to boil, then cover with enough stock to come just below the skin and allow to boil again. It is in this process you don't get the pork skin wet or you wont get a crispy skin.

Carefully put the tray in oven, making sure it is still bubbling from boil, and braise-roast for 2.5 to 3 hours.

Once is cooked set the belly to rest on a big platter, but don't cover with foil.

Using soft white bread roll soak the layer it fat leftover on sauce as sponge.

Strain sauce to a saucepan add mustard and horseradish cream mix well and use it as gravy.

Serve the pork belly carved in chunky slices using a bread knife to carve it, on a chopping board With apple salad and freshly grated horseradish. Celeriac purée is a great garnish with the belly.

Serve with a salad of Granny Smith apples, walnuts, blue cheese and cos lettuce.

Ricotta Gnocchi

STANDARD EQUIPMENT

Chopping boards x 2
Tongs, spatula & large spoon
Spoons, forks + watertight vessel to hold.
Tea towels, paper towel
Foil, plastic food wrap, baking paper & food handling gloves
Chef knives – cook, utility & paring.
Digital scale

RECIPE SPECIFIC EQUIPMENT

Large plate for serving
Collander large
Pyrex mixing bowl: 4Lt x 2
Glass ingredient bowls: 100ml x 5 & 200ml x 3
Large frying pan heavy based
5Lt saucepan heavy based
1.5 Lt saucepan

INGREDIENTS

400g baby spinach, washed
400g goat milk ricotta, dry
100g parmesan cheese, finely grated
½ Whole nutmeg, finely grated
Zest and juice of 1 lemon
2 eggs lightly beaten
120g plain flour
125g unsalted butter
12 sage leaves
2 Tb toasted pine nuts

DIRECTIONS

Heat a large frying over medium high heat. Add half the spinach and a few tablespoons of water. Stir the spinach until it begins to wilt down then add the remaining half. Cook for 1-2 minutes until soft. Drain well and allow to cool slightly. Transfer the spinach to a clean tea towel and squeeze out as much water as possible. Chop finely.

In a large bowl, combine the ricotta, spinach, parmesan cheese, nutmeg, eggs, lemon zest. Season well with salt and pepper and mix until combined. Gently fold in the flour until combined. The dough should just hold together.

Use two dessert spoons to make quenelles of the ricotta mixture and place on a baking tray dusted with flour until ready to cook. Set aside until ready to cook.

Bring a large saucepan of water to boil.

Melt the butter in a saucepan over medium high heat. Cook for 2 minutes until the butter starts to turn nut brown. Add the sage leaves, cook for 1 minute until crisp then squeeze in the lemon juice.

Cook the gnocchi, in batches, for 1- 2 minutes or until they float to the top. Drain briefly, divide between plates and drizzle over the sauce. Top with pine nuts and serve immediately.

Notes: Goat's milk has a rich, yet tart creaminess that melds perfectly with ricotta gnocchi. If unavailable, substitute fresh cow or buffalo milk ricotta from your local deli or supermarket.