

daylesford love 2017 - march
recipe collection





beetroot salmon gravlax

Jamie Oliver

Beetroot Cure

2 large fresh beetroots, peeled and quartered
1 orange, zested
2 lemons, zested
2 juniper berries, bashed
6 tablespoons rock salt
2 tablespoons demerara sugar
50 ml gin
800 g side of salmon, from sustainable sources,
ask your fishmonger

Herb Cure

1 small bunch fresh dill, finely chopped
1 small bunch fresh tarragon, leaves picked and
finely chopped
4 tablespoons freshly grated horseradish
50 ml gin

To Serve

1 loaf brown bread or bagels
a few handfuls watercress, washed and spun dry
1 lemon, cut into wedges

1. For the first cure, blitz the beetroots, orange and lemon zest, and bashed juniper berries in a food processor until you get a fairly smooth paste. Transfer this to a bowl and stir in the rock salt and sugar. Pour in the gin and give it a good mix.

2. Lay the side of salmon skin-side down on a large baking tray and slowly pour over the beetroot cure. Use a spatula to spread it all over the salmon flesh. Once it is all well covered, wrap the salmon in a double layer of greaseproof paper then wrap it tightly with cling film and place it in the fridge for 24 hours.

3. The next day, take the salmon out of the fridge and carefully unwrap it so you can rinse off the cure. Either use 100ml of cold water or gin. Hold the salmon over a baking tray and pour a splash at a time over your salmon. Use a spoon to gently push the beetroot cure off the fish. By now it should have shared its wonderful flavours with the fish and turned it a really vibrant colour. Put the rinsed salmon to one side and run the tray under the tap.

4. For the second cure, mix together the chopped herbs, grated horseradish and gin. Put the salmon back into the clean tray, skin-side down, and pack the herby cure onto the salmon using your hands. Make sure you cover all the flesh – you don't want any air getting to it. Wrap it again with a double layer of greaseproof paper, then a tight layer of cling film. Pop the salmon back in the fridge for another 24 hours.

5. The next day your salmon will be perfectly cured and ready to eat. You don't need to rinse off that second cure – simply slice the salmon as finely as you can on an angle so you get gorgeous thin slices of gravadlax tinged with pink and topped with herbs. Pile these onto a plate and serve with a couple of slices of buttered brown bread, and some watercress and wedges of lemon.



smoked salmon quiche

fructosefreeme.com

1 (23 cm) gluten-free pie crust
1 cup (110 grams) chopped smoked salmon
1 1/4 cups (130 grams) Gruyère, grated
4 eggs
1 cup (240 ml) heavy cream
Dash of pepper

1. Preheat the oven to 180 degrees C. Fill the pie crust with pie beads or weights. Bake for 15 minutes and remove the beads.

2. Spread the salmon over the bottom of the pie crust, followed by the cheese. Beat the eggs and cream together and lightly season with pepper.

3. Pour the cream mixture over the salmon and bake for 45 minutes or until a knife inserted in the center comes out clean. Cool for 10 minutes before serving.





zucchini ribbon salad with lemon & mint

Ashlyn Lincoln

3 medium zucchinis
Juice of 1/2 – 1 lemon
1 handful fresh mint leaves, roughly chopped
Generous drizzle of extra virgin olive oil
Salt and pepper, to taste

1. Use a peeler down the length of the zucchini to create 'ribbons'. Place in a mixing bowl.
2. Combine the zucchini, mint, lemon (to taste) and olive oil. Season with salt and pepper.
3. You can serve this immediately, but I find that it turns out tastier after an hour in the fridge.
4. Serve with toasted pine nuts and a small sprinkle of shaved parmesan or feta, if desired.



grape & goat's cheese tart #dattart

Iron Chef Shellie

Parmesan Pastry

6 tbsp butter, unsalted
1 tbsp vegetable oil
3 tbsp water
1/8 tsp salt
1 cup plain
1/4 cup parmesan cheese, shredded
1/4 tsp black pepper

Goat Cheese Filling

1/2 clove garlic
1 tbsp fresh rosemary
240g goat cheese
1 tbsp olive oil
2 tsp fresh lemon juice
A few tablespoons of water
Salt and pepper to taste

Roasted Grapes

a few bunches of seedless red grapes
1 tbsp olive oil
Salt and pepper

Parmesan Pastry

1. Preheat the oven to 210°C.
2. In a medium size oven-proof bowl or dish, add the butter, oil, water, and salt. Place the bowl into the oven for 15 minutes.
3. Wear oven mitts, possibly a long sleeve shirt, and hold the bowl away from your face, when removing from the oven, as the butter may splatter. Place the bowl onto the counter, with a pot holder or towel underneath.
4. In a separate bowl, mix the flour, shredded parmesan cheese, and black pepper.
5. Slowly stir the flour mixture into the hot butter. It is important to still be cautious of the hot butter, it may still pop when you add the first bit of flour. Also, remember that the bowl is very hot, so wearing oven mitts while stirring is ideal. Stir the mixture until combined. Let it sit and cool for 5 minutes.
6. Once the dough is cool enough to handle, place it in a 13x36cm tart tin. With your fingers, press the dough flat and up the sides of the molds. Prick the shell with a fork 10 or so times. Once you have finished forming the first tart shell, place it into the freezer while you are making the next one, and then repeat. Place the last tart shell into the freezer and let cool for 5 minutes.

7. Place the tart shells onto a baking sheet and place in the oven on the middle rack. Bake for 15 minutes. Remove from the oven to cool.

Goat Cheese Filling

8. While the tart shells are cooling make the filling. In a food processor, add the garlic and the rosemary. Pulse several times to chop/mince. Then add the goat cheese, olive oil and lemon juice. Blend until smooth and creamy, adding as much water as necessary to keep it moving and to make it creamy, but make sure not to add more than 1/4 cup.

9. Remove the tart shells from their pans and place on a serving platter or baking sheet, pour the goat cheese filling equally amongst the completely cooled tart shells. Smooth the surface with a spatula, if necessary.

10. Place the tart shells in the fridge to firm up while you roast the grapes.

Roasted Grapes

11. Preheat the oven to 200°C.

12. Arrange the bunches of grapes in a single layer on a baking tray lined with baking paper. Toss with the olive oil and sprinkle with a little salt and pepper. Roast for 15-20 minutes, until the grapes begin to burst and the juice around them starts to thicken.

Assemble

13. Remove tarts from fridge, top with roasted grapes and extra rosemary sprigs to garnish. Serve.



baked chocolate and raspberry custards

Donna Hay

125g dark chocolate, chopped
1 cup (250ml) milk
1 cup (250ml) single (pouring) cream*
2 eggs
2 egg yolks, extra
extra 1/2 cup (90g) brown sugar
3/4 cup raspberries, plus extra, to serve
Cocoa, for dusting

1. Preheat oven to 150 degrees. Place the chocolate, milk and cream in a saucepan over medium heat and stir until the chocolate has melted and the mixture is hot but not boiling.

2. Place the eggs, extra yolks and sugar in a bowl and whisk until well combined. Slowly add the hot chocolate mixture and whisk to combine. Divide the raspberries between 4 x 1-cup (250ml) capacity ramekins and pour over the chocolate mixture.

3. Place the ramekins in a baking dish and pour in enough hot water to come half way up the sides of the ramekins. Bake for 35 minutes or until the custard is just set. Top with extra raspberries, dust with cocoa and serve warm or cold.



raspberry friands

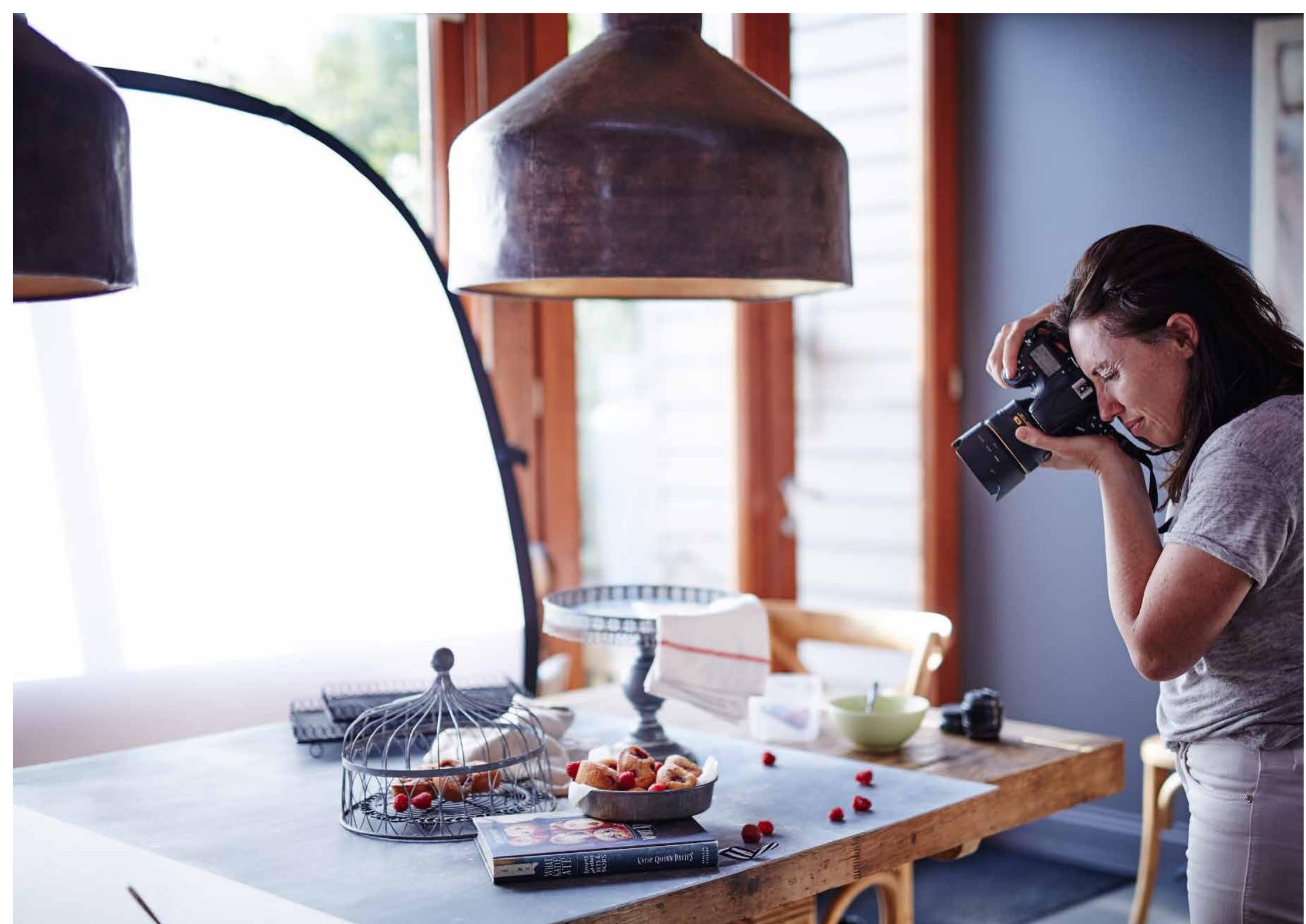
Adapted from Katie Quinn Davies

10 free-range egg whites
300 g (2.5 sticks) unsalted butter, melted
175 g (1.5 cups) almond meal
370 g (2 + 1/3 cups) icing sugar, sifted, plus extra
for dusting
2/3 cup (100 g) plain flour, sifted
2 x 125 g punnets raspberries, plus extra for serving

1. Preheat the oven to 180°C fan-forced.
2. Lightly grease 2 non-stick friand trays. Whisk the egg whites for a few seconds just to lightly combine; you don't need to whip them into peaks or anything like that.
3. Add the butter, almond meal, sifted icing sugar and flour and beat to combine well. Pour into the prepared moulds or pans, filling each hole to just two-thirds full.
4. Place two or three raspberries on top of each friand and bake for 25–30 minutes or until a skewer inserted into the centre comes out clean and tops are lightly golden brown.
5. Dust the friands with icing sugar and serve warm, with extra fresh raspberries if you like.

Makes 18.



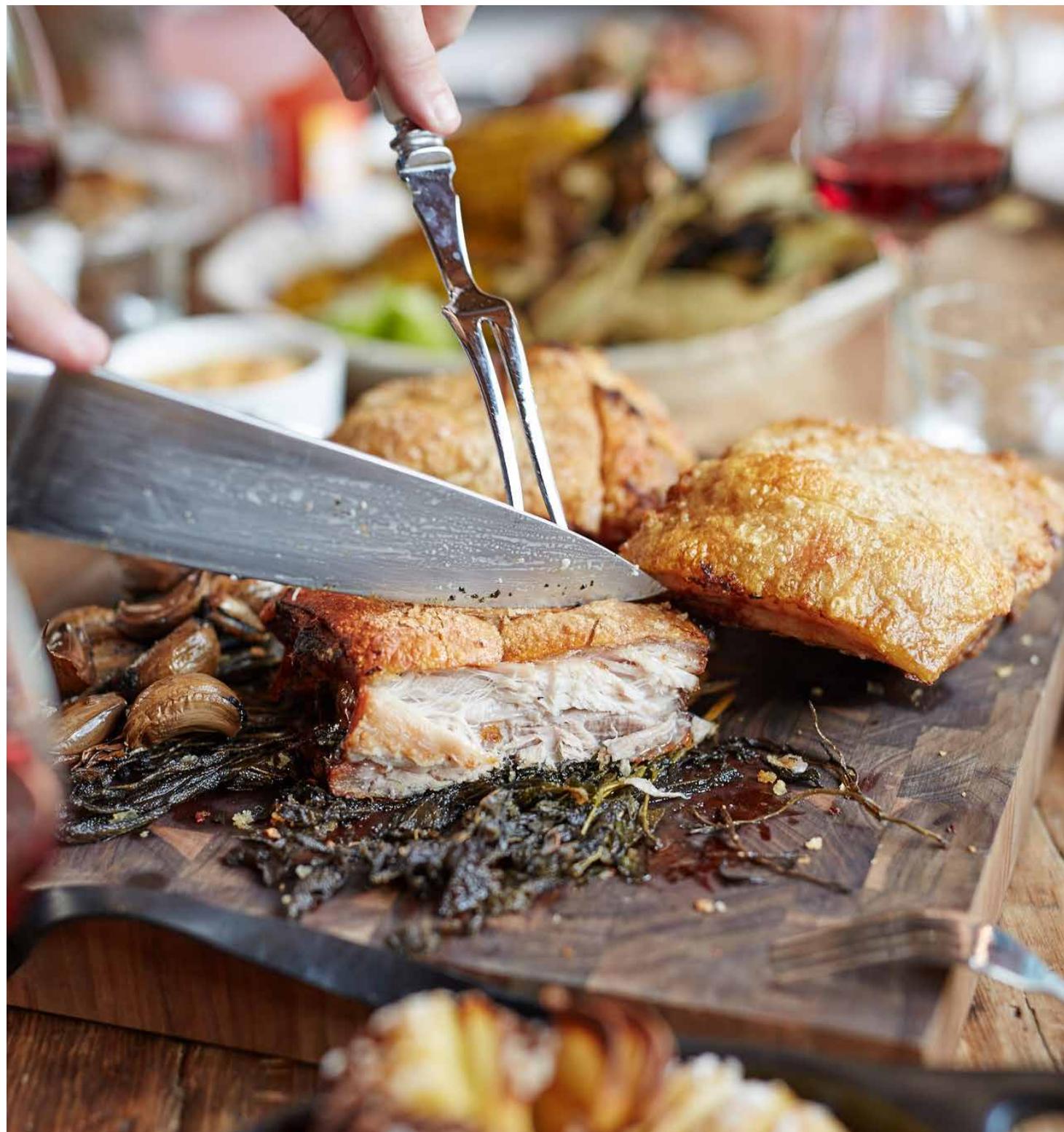


sage roasted pork belly

Donna Hay

2 heads garlic, cloves separated
2.3kg pork belly, on the bone
¼ cup (60ml) olive oil
⅓ cup sea salt flakes
4 bunches sage

1. Preheat oven to 160°C (320°F).
2. Arrange the garlic over the base of a baking dish. Rub the olive oil all over the pork belly and rub the salt into the skin. Place skin-side down on top of the garlic and cook for 3 hours.
3. Increase the heat to 180°C (355°F). Turn over the pork, add the sage and cook for a further 30 minutes or until the skin is golden and crunchy.





panzanella salad

Donna Hay

1.5kg mixed heirloom tomatoes, roughly chopped
1 tsp sea salt flakes
200g sourdough bread, torn
2 cups basil leaves
1 cup flat-leaf parsley leaves
1 red onion, thinly sliced
1 200g jar caperberries, drained
2 x 200g burrata, torn

Tomato Dressing

2 tsp tomato paste
1 tsp dijon mustard
2 tsp sherry vinegar
1 tsp finely grated lemon rind
sea salt and cracked black peppe
1/4 cup (60ml) extra virgin olive oil

1. Place the tomatoes in a large bowl with the salt and gently squeeze to release some juice. Set aside for 5 minutes.

2. To make the tomato dressing, place the tomato paste, mustard, vinegar, lemon rind, salt, pepper and olive oil in a bowl and whisk to combine. Add the bread, herbs, onion, caperberries and burrata to the bowl with tomatoes. Add the dressing and toss to combine.





barbequed corn with chilli, mint & lime butter

Katie Quinn Davies

4 corn cobs, husks on
Lime wedges, to serve
Chilli, Mint And Lime Butter
3 tbs unsalted butter, softened
1 tbs finely chopped mint
1 tsp finely chopped coriander
Juice of 1 lime
1 tsp dried chilli flakes

1. Soak corn cobs in a bowl of cold water for 10 minutes (this will prevent the husks burning on the barbecue). Meanwhile, preheat a barbecue plate or chargrill over medium heat. Cook corn, turning, for 30 minutes.
2. Transfer to a plate and cool slightly. Remove and discard husks and silks.
3. Reduce heat to medium-low. Cook corn, turning, for 10 to 15 minutes or until slightly charred.
4. Meanwhile, make the chilli butter. Combine ingredients in a small bowl. Refrigerate for 10 minutes.
5. Serve corn with chilli butter and lime wedges.





kardemummabulle

Linda Lomelino

Scandinavian cinnamon scrolls often served at 'fika time'. Fika is 'to have coffee' accompanied by pastries or sandwiches. kardemummabulle is best served fresh from the oven, with a glass of cold milk.

Bun Dough

150g soft butter
90g caster sugar
½ tsp salt
2 tsp cardamom, freshly ground
500ml milk
50g fresh yeast or 17g of dried yeast
840g plain flour

Filling

175g soft butter
90g caster sugar
2 tbsp cinnamon
1/2 tsp cardamom, freshly ground
1/4 tsp vanilla powder*

Egg Wash

1 egg, lightly beaten
Pearl sugar, chopped almonds or granulated sugar

To Serve

Tall glasses of cold full cream milk

1. Mix butter, sugar, salt and cardamom until smooth in a large bowl.
2. Heat milk in a saucepan until approximately 37°C, remove from heat and add sprinkled yeast. Stir until dissolved. When yeast is completely dissolved, add milk to butter mixture.
3. Gradually add flour, then work until dough is smooth and elastic. Cover bowl with a cloth and leave to rise until doubled in size, about 45-60 minutes.
4. Meanwhile, mix the ingredients for the filling and set aside.
5. When dough is ready, divide it into two pieces. Start by rolling out the first piece of dough into a large rectangle, about 40x50 cm. Spread half of the filling on top.
6. To make the shape pictured here, fold the dough two times (so you have three layers of dough, kind of like a business letter!).
7. Cut out long strips of dough (about 2 cm wide) which you then cut in half lengthwise, leaving the top part uncut (imagine holding up a pair of pants in front of you, that's what it should look like but with super long legs!)

8. Twist together into a knot and put on parchment paper.
9. Repeat steps 5-8 with remaining piece of dough.
10. Cover with a cloth and leave to rise for 30 minutes.
11. Heat oven to 250°C. Brush with beaten egg. Sprinkle pearl sugar on top if desired. Bake for about 8-11 minutes, depending on the size of the buns.
12. Serve Swedish style, with a cold glass of milk.

**Substitute 1/4 teaspoon vanilla powder for each teaspoon vanilla extract.*



saturday night lasagne

Adapted from Neil Perry

9 instant or fresh lasagne sheets
500g fresh bocconcini
100g freshly grated parmesan

Meat sauce

1 tbsp extra virgin olive oil
1 onion, finely chopped
6 cloves garlic, finely chopped
300g pork mince
300g veal mince
sea salt and freshly ground pepper
2 tsp plain flour
2 tbsp balsamic vinegar
a pinch of caster sugar
700ml tomato passata
400g canned diced tomatoes
2 large handfuls basil leaves

Béchamel sauce

50g unsalted butter
4 tbsp plain flour
600ml milk
sea salt and freshly ground pepper

1. Preheat the oven to 190°C. Adjust the oven racks so the dish can sit in the middle.

2. To make the meat sauce, heat the oil in a large heavy-based frying pan over medium heat. Cook the onion, stirring occasionally, until softened but not browned. Add the garlic and cook until fragrant. Increase the heat to medium-high and add the meats and a pinch of salt and pepper. Cook, breaking up the meat with a wooden spoon, for 4 minutes or until it loses its raw colour but is not browned. Add the flour and cook, stirring, for 2 minutes. Add the vinegar and cook, stirring occasionally, until it has almost evaporated. Add the sugar, passata and tomatoes and simmer for 10 minutes or until the sauce thickens slightly. Check the seasoning, stir in the basil and set the meat sauce aside.

3. To make the béchamel, melt the butter in a heavy-based saucepan over low-medium heat. Add the flour and cook, stirring, for 1-2 minutes. Remove the pan from the heat and add the milk all at once, whisking constantly, to avoid any lumps. Return the pan to the heat and keep whisking, until the sauce boils and thickens. Remove from the heat and season.

4. To assemble the lasagne, spread a quarter of the meat sauce in the base of a 29cm x 23cm x 7cm lasagne dish. Place 3 of the lasagne sheets over the sauce. Spread another quarter of the sauce over the pasta, then a third of the mozzarella, torn

into pieces. Continue layering the pasta, meat sauce and mozzarella two more times.

5. Pour the béchamel sauce evenly over the final layer of mozzarella, then sprinkle with the parmesan.

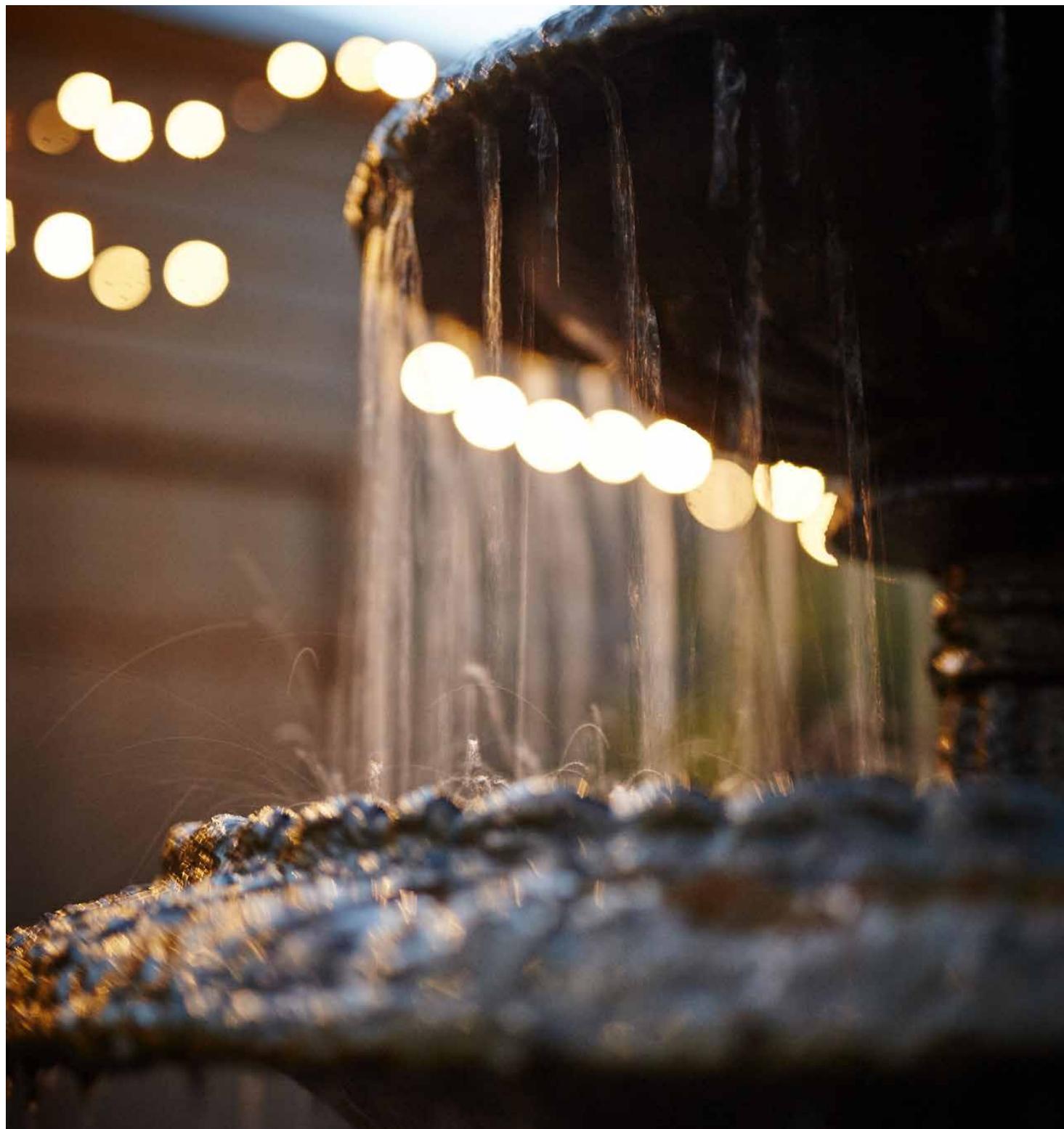
6. Cook the lasagne for 30 minutes or until the cheese is brown and the sauce is bubbling. Let the lasagne stand for 10 minutes before serving.

fodmap friendly pesto pasta

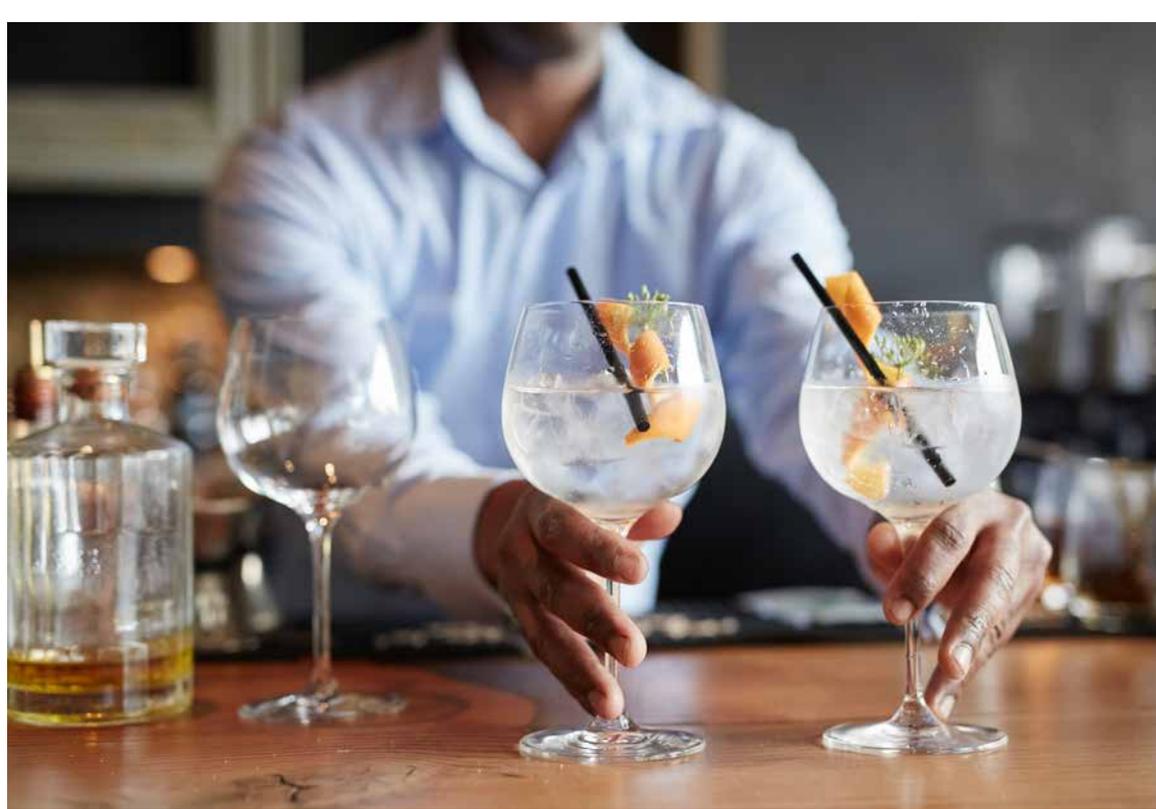
fructosefriendlychef.com.au

30g basil leaves
160g baby spinach leaves
1/4 cup olive oil
2 tbsp pine nuts
60g parmesan cheese
Sea salt flakes
240g short cut bacon rashers, chopped
250g gluten/wheat free pasta

- 1 Place in a blender the basil, spinach, olive oil, pine nuts, parmesan and a good '3 finger' pinch of sea salt. Blend until completely smooth.
2. In a large pot, boil enough water to cook your pasta. Once boiling add the pasta and cook until al dente. Strain and put aside.
3. Using the same pot, add the chopped bacon and cook, then add the cooked pasta and pesto back into the pot, stirring well to combine.
4. Serve with an extra sprinkle of parmesan cheese.









farewell waffles

BBC Good Food

250g plain flour
7g baking powder
20g caster sugar
5g salt
475ml milk
2 eggs
30ml vegetable oil

1. Weigh all the dry ingredients, place in a large mixing bowl. Break the eggs into the milk and beat the mixture.
2. Add the egg and milk mixture to the dry ingredients. Add the oil and mix all ingredients together until all the large lumps have been broken up. Do not over mix otherwise the waffles will be heavy when cooked.
3. Pre heat the waffle maker and spray with oil.
4. Pour 3/4 of a cup of batter into the waffle maker and cook for 3-4 mins or until golden brown and crispy on the outside.
5. Serve hot with maple syrup.





gluten free farewell waffles

friendlylittlekitchen.com

2 eggs, separated
1 tsp sugar
3/4 cup soy milk (or milk of choice)
3/4 cup water
1/2 tsp pure vanilla extract
Pinch salt
280g gluten free self-raising flour
2 tbsp cornflour
50g melted butter

1. Beat egg whites until soft peaks and set aside.
2. Beat eggs yolks and sugar in a separate bowl, then add milk, water and vanilla, mix well.
3. Add dry ingredients and melted butter, beat into a smooth batter. Fold egg whites into batter.
4. Allow to stand for 10 minutes, and preheat waffle machine.
5. Use about 1/2 a cup of batter for each waffle, cooking each for a few minutes til golden brown. Serve with natural yoghurt, fresh fruit and a drizzle of maple syrup.



thank you



Aghadoe Estate

An enormous thanks to Aghadoe Estate for being our constant source of inspiration, and a gorgeous place to bring the group together.



@aghadoeestate



Aghadoe Estate



Daylesford & Hepburn Mineral Springs Company

A huge thank you to these guys for keeping everyone well hydrated throughout the workshop.



@mineralspringsco



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Jonai Farms

Thank you to Tammy and family for letting us come and visit the cute little piglets, as well as supplying the best pork for our cooking.



@tammois



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Belvedere Social

Thank you to Bernard the sauvest bartender in town, for letting us take endless photos of you whipping up gorgeous cocktails.



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