

chargrilled squid, chorizo, kipfler potato & rocket salad, preserved lemon oil



Ingredients (Serves 4)

Preparation time: 15 minutes

Cooking time: 5 minutes

4 lemons

200g sugar

600g salt

1 star anise

2 cinnamon sticks

2 bay leaves

400ml Crisco Sunflower Oil

400g squid

1 chorizo sausage

100g baby rocket leaves

8 Kipfler potatoes

Salt and pepper

method for preserved lemon oil

Cut the lemons into quarters, leaving all pieces attached at one end. Blanch in boiling water for 3 minutes. Pack into a dry mixture of three parts salt to one part sugar along with a bay leaf, star anise and cinnamon stick. Preserve for 6 weeks. To make preserved lemon oil, remove and discard the flesh from the lemons and pat dry. Finely chop the zest and combine with Crisco Sunflower Oil. The flavour will intensify the longer it is left to infuse.

method for salad

Boil the potatoes in salted water. When cooked, cut in half and reserve for later use. Clean the squid and prepare the flesh by scoring the underside with a cross diagonal pattern and cut into 5 cm

lengths. Thinly slice the chorizo on an angle and put aside. Wash and rinse the rocket leaves, drying well.

Using preserved lemon oil, grill the squid, chorizo and potatoes on a chargrill until golden. Toss all ingredients together and season with cracked black pepper. As the chorizo can be quite salty, taste before adding any additional salt.

to assemble

Arrange on a plate, making sure to display all ingredients. Finish with a drizzle of preserved lemon oil.

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cumin & yoghurt battered whiting, cucumber noodles, hot herb salad, green pawpaw, chargrilled lime



Ingredients (Serves 4)

Preparation time: 15 minutes

Cooking time: 10 minutes

600g fresh sand whiting fillets

150ml soda water

25g self raising flour

40g cornflour

5g ground cumin

5g ground coriander

3g turmeric

10g cornflour (for coating
the whiting)

Crisco Sunola Oil for deep frying

1 Continental cucumber

1/2 packet Vietnamese mint

1/2 packet Thai basil

5g red chilli

50g beanshoots

40g green pawpaw

20ml light soy sauce

10ml fish sauce

2 limes

30g ginger

Crisco Sunola Oil for deep frying

method

Remove the pin bone from the whiting.
To make the batter, add the cumin,
coriander and turmeric to the self raising
and cornflour and combine with the soda
water:

Peel the cucumber with a vegetable
peeler to create long thin strips. Julienne
the green pawpaw. Mix the cucumber and
pawpaw together and add the washed
and picked mint, basil and beanshoots.

Combine the fish sauce and soy sauce and
mix through the salad.

Coat the whiting in cornflour and dip
into the batter. Deep fry the whiting in a
moderate fryer with the Crisco Sunola Oil.
Halve the limes and chargrill. Thinly slice
the ginger and fry in the oil.

to assemble

Arrange the whiting on top of the salad,
place a chargrilled lime half on the plate.
Garnish with deep fried ginger.

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