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|  | **Ingredients** | **steps** |
| ***Seared wahoo, snake beans and green papaya salad*** | * **1 bunch** snake beans, cut into 5 cm lengths * **6** wahoo steaks, about 200 g each * **1 tbsp** smoked sea salt * **200 ml** olive oil * **100 g** butter * **1** lime, juiced * baby mustard cress, to serve   **Soubise**   * **4** red onions, chopped * **100 ml** pouring cream * **200 ml** Riesling * salt   **Papaya salad**   * **1** green but mature papaya, peeled * **2** bird’s-eye chillies * **1 tbsp** brown or palm sugar * **2** garlic cloves * **50 ml** fish sauce * **1** lime, juiced | * To make the soubise, place the onions, cream, wine and a pinch of salt in a heavy-based saucepan and bring to the boil over high heat. Reduce the heat to medium, cover and cook for 20 minutes or until pulpy. You will need to stir the mixture every 5 minutes to prevent it sticking and burning. Transfer to a blender and puree until smooth. Strain through a fine sieve and set aside. * Meanwhile, drop the beans in a saucepan of salted boiling water and return to the boil. Drain and refresh in iced water, then drain again. * To make the papaya salad, using a knife or zester, cut the papaya into long strips. Place the chilli, sugar, garlic and fish sauce in a mortar and pestle and grind to a coarse paste. Add the lime juice and adjust with a little more fish sauce if necessary. Just before serving, add the dressing to the papaya and toss to combine. * To cook the fish, season the fillets with a little of the smoked sea salt. Place a large heavy-based frying pan over high heat. Add the oil and sprinkle the rest of the salt into the pan. Once the oil is hot, gently place the fish in the pan and cook for 4 minutes on each side or until just cooked through. You may need to turn the heat down a little if the oil gets too hot. Remove the fish from the pan and drain on paper towel. * Drain the oil from the pan, then add the butter and return to medium heat. Add the snake beans, lime juice and a little water and shake the pan until the sauce emulsifies, then remove from the heat. * To serve, place a little soubise on the plates, then place a line of drained snake beans on the top. Drape the fish over the beans and top with the papaya salad. |
| ***Tanna chicken*** | * **1** free-range Vanuatu chook (about 1.6 kg) * **2** garlic cloves * **2 cm knob** ginger, grated * **6** small red or green chillies * **6** cloves * **2 tbsp** sweet soy sauce * **1 tbsp** chilli sauce * salt and pepper, to taste * **1 bunch** spinach, roots trimmed and discarded, washed well and torn * **1** lime, juiced * **4–5** large unbroken banana leaves * olive oil, for greasing   **Sand casing**   * **2 kg** sand * **1 kg** fine salt * **12** egg whites   **Mum’s cucumber salad**   * **1** telegraph cucumber * **2** garlic cloves * salt and pepper, to taste * **¼** onion, finely chopped * **1 tbsp** caster sugar * **60 ml** (¼ cup) malt vinegar | * Preheat the oven to 250°C. * Trim the chicken and ensure that the skin is covering the breasts. * Grind the garlic, ginger, chilli and cloves in a mortar and pestle until a smooth paste forms. Rub the paste all over the chicken, inside and out. * Combine the sweet soy sauce and chilli sauce together and rub it all over the chicken. * Stuff the chicken with the spinach, then squeeze the lime over the skin and season well. * To wrap the chicken, soften the banana leaves by running them over a flame for about 30 seconds or until they go oily. Place 2 banana leaves on a bench in a star pattern and lightly oil them. * Place the chicken, breast-side down, on the leaves and wrap it so both leaves cover the bird evenly. If necessary, use another leaf. Tie it well with butchers twine and set aside. * To make the sand casing, mix all the ingredients in a large bowl until you get a sloppy paste. * Place another 2 banana leaves on your bench in a star pattern and place ½ of the sand mixture on it. Place the chicken, breast-side up, on the paste and put the rest of the paste on top. Ensure the entire chicken parcel is coated evenly with the sand and then wrap it up the same way as the first wrapping and secure with butchers twine. * Place the parcel on an oven tray and bake for 1½ hours. * Start preparing the cucumber salad half an hour before the chicken is ready. Peel the cucumber into long thins ribbons into a bowl, until you reach the core. Place the garlic and a large pinch of salt in a mortar and pestle and grind until a paste forms. Add to the cucumber, toss to combine and set aside for 30 minutes. Add the remaining ingredients and toss to combine. * When the chicken is ready, remove the banana leaves and you should have a hard rock. Remove from the oven and stand for 5 minutes. * To serve, either take the rock to the table and break it open with a hammer, or crack the rock in the kitchen and then unwrap the chicken from its second covering of banana leaves. Serve the chicken and any juices with the cucumber salad. |
| ***Seafood cakes, grilled banana and roasted breadfruit*** | * **6** large banana leaves * olive oil, for brushing * **200 g** green lobster or prawn meat * **400 g** white fish fillets, skin removed and pin-boned * **2** garlic cloves, finely chopped * **2 cm knob** ginger, peeled and finely chopped * **2** red Asian eschallots, finely chopped * **2** small green chillies, finely chopped * **1** egg * barbecued breadfruit and barbecued bananas, to serve   **Carrot salad**   * **1** large carrot, peeled and coarsely grated * **1** small green pawpaw, peeled and finely grated * **1** green chilli, finely chopped, plus extra, to serve * **1** lime, juiced, plus extra, to serve * salt and pepper, to taste | * Preheat the oven to 230°C and place a pizza stone or heavy-based oven tray inside to preheat. * Cut the banana leaves into twelve 30 cm squares and run under an open flame for 30 seconds to soften them. Lightly brush the leaves with olive oil. * Cut the seafood into small cubes – do not use a food processor as this will make the mousse rubbery. Add the garlic, ginger, eschallot and chilli and mix together well. Add the egg and mix again until well combined, then set aside to rest for 5 minutes. * For the carrot salad, place all the ingredients in a bowl and toss to combine. Season to taste. * Place 100 g of the fish mixture into the centre of 2 oiled banana leaves in a log shape. Wrap the mixture in the leaves as if you are wrapping a parcel, making sure no mixture can escape. Secure with butchers twine and repeat with the remaining mousse and banana leaves. * Place the parcels on the pizza stone or tray and cook for 5 minutes, then turn and cook for another 5 minutes. * To serve, unwrap the parcels, reserving any juices that come out and serve with the carrot salad, roasted banana and breadfruit and some fresh lime and chilli. |
| ***Twice-cooked spiced duck*** | * **2** Aylesbury ducks, dressed (about 1.4 kg each) * **1 tbsp** coarse salt * **½ tbsp** coarsely ground black pepper * **2 bunches** spinach, roughly chopped * **10** bamboo skewers * **12** cloves * **2 large** banana leaves * **2** limes, quartered * **4 long** red chillies, finely chopped * **4** golden shallots, quartered   **Spice mix**   * **50 g** fresh turmeric roots * **2 cm piece** young ginger * **1 stalk** lemongrass, white part only * **4** candlenuts * **6** garlic cloves * **2** red Asian shallots * **3** kaffir lime leaves, torn * **4 long** red chillies * **100 ml** vegetable oil | * To make the spice mix, use a mortar and pestle or electric blender to crush or blend all ingredients to a coarse paste. * Rub the duck inside and out with the salt and pepper, followed by the spice paste. Stuff the inside cavity of the duck with the spinach. * Using the skewers, seal the stomach cavity, leaving the skewers sticking out of the duck. * Stud the skin of the duck evenly with the cloves. * Run the banana leaves over an open flame to soften them and then wrap the duck completely in the leaves, using the protruding skewers to attach and secure the leaves. Place a large pot over medium heat and fill with 5 cm of water. * Place a metal or bamboo steamer in the pot and insert the duck. Steam, covered, for 1½ hours. Preheat the oven to 180°C. * Remove the duck from the steamer, place in a large roasting tray and put in the oven for a further 30 minutes, with the breast of the duck exposed. * When the skin is brown and crisp, remove the duck from the oven and cut into 8 pieces. * Present on a banana leaf, garnished with lime, chopped chilli and quartered golden shallots |
| ***Kokonda*** | * **1** rainbow runner fillet, about 1 kg, skinned and pin boned (or you could use snapper, blue eye trevalla or tuna) * **2** limes, juiced * **1 small** red onion, finely diced * **4 small** green chillies, chopped * **20 g** candied nutmeg, finely diced * **3** vine-ripened tomatoes, peeled and diced * **250 ml** (1 cup) coconut cream * **1 tsp** cracked black pepper * salt, to taste * **½ bunch** coriander sprigs, to serve | * **Marinating time** 30 minutes * Cut the fish into 1 cm pieces and place in a bowl with the lime juice. Toss to coat, then stand for 30 minutes or until the fish turns opaque. * Add the onion, chilli, candied nutmeg and tomatoes and combine well, then add the coconut cream and pepper and season to taste with salt. Serve immediately, scattered with coriander sprigs. |