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|  | **Ingredients** | **Steps** |
| ***Octopus with surf clams and udon noodle salad*** | * **1 whole** octopus, head cleaned (about 1.5 kg) * **100 ml** olive oil * **1** onion, finely chopped * **2 cm piece** ginger, finely chopped * **¼ bunch** parsley, chopped * **24** surf clams or similar, soaked in salt water for 3-6 hours * **200 ml** white wine * **½ bunch** garlic chives, finely chopped * **2** limes * **1 packet** organic udon noodles, cooked * **2 tbsp** toasted sesame seeds   **Dressing**   * **½ bunch** coriander, chopped * **100 g** golden syrup * **75 ml** sesame oil * **100 ml** olive oil * **75 ml** balsamic vinegar * **1** chilli, seeded and chopped | * **Soaking time** 3 hours * Place the octopus in a heavy-based saucepan and slowly heat until the moisture starts coming out. Cover with a lid and steam on medium heat for about 1 hour. * Check occasionally and if the moisture evaporates, add 200 ml of water and reduce the heat. * Make the dressing by combining all the ingredients. Set aside. * Heat the olive oil in a heavy-based pan over high heat. When the oil starts to smoke, toss in the onion, ginger, parsley and clams and stir. Once the onion becomes fragrant, add the wine and cover for 2 minutes. * Remove the lid and as each clam opens, remove it. * Remove and discard half of each clam shell, leaving the flesh in the remaining half shells. * Check the octopus is cooked by sliding a sharp point of a knife into the thick end of a tentacle. It should give a little but still be firm. * Remove the tentacles and slice them on an angle into thin slices. * Place the surf clams, sliced octopus and chopped garlic chives into a bowl and add 2 tablespoons of dressing per serve and a squeeze of lime juice. Mix well. * Mix 1 small handful of udon noodles into the clam and octopus mix and combine. * Serve by placing a pile of noodles in a bowl and arranging the octopus and clams throughout. Garnish with toasted sesame seeds and any leftover garlic chives. |
| ***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. Garnish with baby mustard cress and serve immediately. |
| ***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. |