|  |  |  |
| --- | --- | --- |
|  | **Ingredients** | **Steps** |
| ***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. |