

DEPARTMENT OF
PRIMARY INDUSTRIES

The Food Trail



Recipe Booklet

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The Food Trail

Welcome to a taste of the Victorian Food Trail.

The Food Trail was a six-part television series sponsored by the Victorian Department of Primary Industries to showcase some of the state's best provincial produce.

The series had two successful screenings in Victoria and also made mouths water across Tasmania and the Northern Territory.

Its host – dancer, actor, epicurean and self-taught chef Paul Mercurio – had the enviable task of touring Victoria to harvest a bounty of fresh and tasty

produce, which he took to renowned local chefs to create seriously mouth-watering recipes.

Now all the recipes are featured here for you to try at home.

The Department of Primary Industries hopes you have fun using this recipe book to wind your way through The Food Trail. And we hope, as you roll up your sleeves and cook up a storm, that you'll be reminded of the abundance of fresh, tasty, world-class produce on offer throughout provincial Victoria.

The Food Trail



Loddon and Central Highlands including Macedon Ranges and Spa Country

The Loddon and Central Highlands area is stamping its mark on Victoria's food trail with their mouth-watering meat and high quality grains and oilseeds.

Renowned for its beef, sheep and crops, Loddon is fast gaining a reputation as the state's leading centre for intensive agriculture.

Loddon's traditional bounty covers apples, stonefruit, citrus, tomatoes, cereal cropping, pigs, prime lambs, fine wool, beef cattle, dairy, poultry, aquaculture (fish breeding) and grape growing.

Dairy, pork and chicken industries are also strong in the Loddon area, as is horticulture. Olives, nuts and wine grapes are also appearing on the irrigation landscape.

Potatoes are an important industry in Central Highlands' north, particularly around Ballarat, where the rich volcanic soils and high water availability create an ideal production environment.

Guess What!

- Combined, Loddon and Central Highlands produce more than \$850 million of agricultural production each year.
- There are over 2,000 farms covering almost 1 million hectares in the Loddon area alone.
- 255,000 hectares is cropped, including vegetables, fruit, nuts and broadacre crops in Loddon.
- Cropping is worth \$227 million in the Central Highlands.
- 578,000 hectares is used for grazing land in the Loddon area.
- In the Central Highlands, vegetable production is worth \$72 million, \$67 million of which is potatoes.
- Harcourt, in Loddon, is the apple producing capital of Victoria.

Featured recipe from local guest chef: Alla Wolf-Tasker (Lake House Hotel and Restaurant)

Blinchiki of Wild Rice, Local Forest Mushrooms and Chestnuts

Ingredients

For Blinchiki: (Wafer thin crepes – makes about 12)

- 2 eggs, separated
- 3 pinches sugar
- 40 g softened butter
- 3 cups milk
- 2 pinches salt
- 2 cups flour

For the filling:

- 1 cup cooked wild rice
- ½ cup cooked forest mushrooms
- ½ cup cooked chestnuts roughly chopped
- Salt and pepper
- Optional: 300 g ricotta or soft fresh goats cheese

Beat egg yolks with butter, salt and sugar until foamy. Add milk, stirring to combine. While stirring, gradually add flour to make a smooth batter. Strain if necessary.

Beat egg whites until stiff, fold carefully into batter. The batter must be thin enough to flow easily over the pan. Coat a non-stick pan with butter over medium heat. Pour in batter, tilting pan to ensure even coverage. Cook until set on top. Flip crepe over and transfer to a plate. Repeat with rest of batter, stacking cooked crepes on top of each other.

Combine rice, chestnuts and mushrooms and season with salt and pepper. Lay out cooked crepes and if using ricotta or goats cheese, smear middle section of each with about 20-30 g of cheese. Place 1½ to 2 tbsp of filling at one end of each crepe, roll up and place side by side on a plate. Refrigerate.

To finish, heat enough oil to moisten the base of a large non-stick pan. Add 50 g butter and melt over medium heat. Place all the blinchiki into the pan side by side and cook until brown and crisp on one side. Turn blinchiki over and when brown, continue with another turn until the entire surface of each parcel is golden and crisp. Carefully remove from pan and serve on a platter.



Recipes



Carrot and Cumin Dip by Paul Mercurio

Ingredients

- 750 g carrots, peeled tailed, cut in half and then again lengthwise
- 1 tsp cumin seeds, toasted in dry pan
- ½ tsp coriander powder
- ¼ tsp cayenne powder
- Juice of one lemon
- 1 tbsp cream (optional)
- 2 tbsp Orange topped and Blossom Honey
- 3–4 garlic cloves in skin
- 1 tsp cumin powder
- ½ tsp ginger powder
- Salt and pepper
- A little olive oil

In a baking pan, dress carrots with a little olive oil, honey, cumin seeds, garlic and freshly ground black pepper. Toss well to coat. Roast in oven at approx 165°C for about 20–25 minutes. Carrots should be softened but a little firm in the middle. Remove skins from the roasted garlic and place with carrots in a blender. Add remaining spices and blend, gradually adding the lemon juice, then oil, and lastly the cream. This dip should be a little chunky, so don't over cook the carrots. Adjust for seasoning and serve with fresh Turkish bread.

Pork and Pumpkin Red Curry by Paul Mercurio

Ingredients

- Peanut oil
- ½ red capsicum, cut in thin strips
- 4 kaffir lime leaves
- Pork neck, diced in 4-5 cm cubes
- 1 tbsp tamarind paste
- ½ kg pumpkin, cubed
- 8 squash, cut in half
- 2 zucchini, cut in rounds
- 1 red onion
- 1–4 tbsp red curry paste, depending on your heat threshold
- Bottle of Mercs Own Peach Ale
- 1 can coconut cream
- ½ kg potato, cubed
- Fresh coriander

Sweat sliced onions and capsicum in oil in an oven-proof pan until almost starting to go golden. Add curry paste and cook for a minute or two, add the pork and mix well to coat the meat. Add tamarind paste and cook on high for two minutes, stirring constantly. Add beer, coconut cream, lime leaves, pumpkin and potato and stir well to combine. Cook in an oven at 170°C fan forced or 180°C conventional for about 40-60 minutes. Add squash and zucchini, cook for a further 30-40 minutes.

This dish should be cooked long and slow so the pork is melt-in-your-mouth tender. The pumpkin will break down completely and mix with all the cooking juices to make a rich sauce. Stir through some chopped coriander, serve with rice and garnish with extra coriander.

A Mercs Own Peach Ale goes great with this dish, balancing out the heat from the curry and complementing the fruitiness of the pork and pumpkin.



Crisp Roasted Belly of Pork by Alla Wolf-Tasker

Ingredients

- 1 kg piece of fresh belly pork, boned but not skinned
- 1 tbsp light soy sauce
- ½ tsp five spice
- 2 garlic cloves, finely chopped
- 3 tsp salt

Score the pork skin at 1 cm intervals. Blanch the meat in a large saucepan of boiling water for two minutes. Lift out, rinse under cold water and dry well with kitchen paper. Combine garlic and soy sauce and rub all over the meat side of the pork. Combine salt and five spice powder and rub all over the skin. Refrigerate uncovered, skin side up for at least two hours or overnight.

Preheat oven to 230°C and line baking dish with foil. Position a rack in baking dish and settle pork on rack, skin side up. Bake for 20 minutes, then reduce oven temperature to 200°C and bake for 40 minutes until skin crackles and crisps. Leave to cool a little before cutting into slices. Serve with Asian vegetables or slow braised cabbage.

The Food Trail



South West

A unique blend of nature's beauty and bounty combined with rich fertile soil has made the South West a food enthusiast's haven on the food trail.

Agricultural production consists primarily of extensive grazing industries including dairy, beef and sheep enterprises and a burgeoning seafood industry.

The unique rocky limestone coastline provides access to some of Australia's most prolific fishing grounds for rock lobster, king cray, abalone and a variety of fin fish. Inland, streams abound with fresh water fish and eels.

Guess What!

- Agriculture commodities produced in the South West are valued at \$1.7 billion.
- Land used for grazing accounts for 80 per cent of agricultural holdings.
- Cereal crops account for 6 per cent of agricultural land used.
- In 2003-04 there were estimated to be around 40 grape growers in the South West producing grapes valued at \$3.24 million.
- Catch from Victorian managed fisheries landed at ports in the South West has an annual value of more than \$30 million.
- Rock lobster landed in the South West in 2003-04 was valued at more than \$12 million.

Featured recipes from local guest chef Chris Talihmanidis (Chris' Beacon Point Apartments)

Abalone Steaks with Ravigote Dressing

Ingredients

- 2 abalones, shucked from shells
- Salt and pepper
- Olive oil

Ravigote Dressing:

- ½ cup olive oil
- 2 tbsp wine vinegar
- Juice of ½ lemon
- 1 tbsp sugar
- 2 tbsp water
- Salt and pepper
- 1 packed cup of freshly picked herb sprigs (basil, chervil, parsley, chives etc)

Wrap abalone in cloth and beat gently until even in thickness. Wash well and drain dry.

Brush with olive oil, season and place on a hot grill to cook, around two minutes on each side. To prepare dressing place all ingredients in processor and blend until smooth. Add more olive oil to adjust consistency if required. Slice abalone steaks thinly, dress with ravigote dressing and serve.

Chargrilled Calamari on Nicoise Salad

Ingredients

- 2 fresh calamari tubes, sliced lengthways into steaks
- Salt and pepper
- Olive oil
- A pinch each of oregano, sage and thyme

Salad

- 100 g green beans, lightly blanched
- 2 small potatoes, boiled until tender and diced
- 2 soft boiled eggs
- 6 olives
- 2 small tomatoes, diced
- 4 anchovies
- ¼ cup olive oil
- 2 tbsp wine vinegar

Place all salad ingredients, except the egg, in a bowl and toss with oil, vinegar, salt and pepper. Gently add eggs at the end.

Brush calamari steaks with olive oil and season. Chargrill over strong heat briefly, until just cooked. Slice calamari steaks and pile on top of nicoise salad to serve.



Recipes

Rolled Mozzarella Bruschetta by Paul Mercurio

Ingredients

- 1 Mozzarella Fracita – a piece of Mozzarella rolled out flat – approx. the size of A4 paper but thicker
- Olive oil
- 1 bunch basil
- Tomatoes
- Sour dough bread
- 1 garlic clove
- Salt and pepper

Put a large piece of Glad Wrap on work bench and place flat mozzarella on top. Slice tomatoes thinly and lay in overlapping rows on top of the mozzarella. Season with salt and freshly cracked black pepper. Lay lots of fresh basil leaves on top to completely cover tomatoes. Carefully roll it into a log, keeping it as tight as you can. Discard the Glad Wrap.

Lightly toast slices of sour dough bread and rub with the cut face of the garlic clove. Cut slices from the log of mozzarella and place on top of the sour dough. Drizzle with olive oil.

Japanese Style Abalone Salad on Pickled Cucumber by Paul Mercurio

Ingredients

- Fresh abalone
- 1 Lebanese cucumber
- ¼ cup vinegar
- Bean sprouts
- 2 tbsp soy sauce
- Fresh oyster mushrooms, sliced thinly
- ¼ tsp salt
- fish sauce to taste, about ½ tsp
- Sesame oil
- 1 tsp salt
- 1½ tbsp white sugar
- 1 tsp grated ginger
- 3 tbsp rice wine
- 1 tbsp sugar (white)
- Toasted sesame seeds
- ½ tbsp mirin

For pickled cucumber, peel cucumber and cut into thin long strips or ribbons. Remove seeds. Put strips into a colander, sprinkle with salt and let sit for 10–15 minutes. Mix vinegar, sugar and ginger in a bowl. Drain cucumber and place into vinegar mixture. Mix and set aside.

For dressing, combine rice wine, soy sauce, sugar, salt, mirin and fish sauce. Mix and set aside.

Clean abalone. Take the muscle of abalone, cover with plastic wrap and beat with a rolling pin to tenderise the meat. Slice abalone very thinly across the top of the meat, toss in a little sesame oil and flash fry in a hot pan, turning once. Only cook the abalone for 15–20 seconds.

Assemble salad, place abalone on top, add dressing and sprinkle with toasted sesame seeds.



Hoegaarden Seafood Risotto by Paul Mercurio

Ingredients

- Butter
- 1 onion, finely diced
- 150 g speck, finely chopped, or use good smokey bacon or pancetta
- 7 cups homemade chicken stock, or Massel brand stock powder as a substitute
- Fresh ling, cubed
- Olive oil
- 300 g arborio rice
- One bottle (330 ml) Hoegaarden White (a Belgian wheat beer)
- Fresh gummy shark, cubed
- Chopped fresh coriander
- Fresh green lobster tail
- 1 cup peas

Simmer stock gently on the stove.

Melt butter into separate pan, add onion and cook until translucent. Add speck and fry until browned, but don't burn onion. Add a little of the chopped coriander and the rice, and mix well to coat.

Add the Hoegaarden and stir. Let the rice absorb the beer before adding your first ladle of simmering stock. When stock is almost all absorbed by rice, add another ladle. Check heat – the rice should not absorb the stock too fast or too slow. Continue this process until all stock is used.

Before putting in the last ladle of stock, add the peas and seafood and cook for a few minutes. Add the last ladle of stock and the rest of the coriander. Once at the right consistency, turn off heat and season to taste. Serve with a simple green salad.



Chargrilled Crayfish with Lemon Butter Sauce by Chris Talihmanidis

Ingredients

- 1 green crayfish, drowned
- 100 g butter
- Juice of 1 lemon
- 100 ml white wine or brandy
- Olive Oil
- Salt and pepper

Cut crayfish in half along its length, rinse well and allow to thoroughly drain.

Brush crayfish with olive oil, season with salt and pepper. Grill until golden brown on flesh side before turning onto its shell. Allow to cook through. The flesh will turn from clear to white.

When cray is ready to serve, melt butter, white wine, lemon juice and a little salt and pepper in a pan. Allow to simmer until the mixture thickens and forms a sauce. Present crayfish halves on a platter, covered with sauce.

The Food Trail



Wimmera/Mallee, including Mildura

The choicest fruits and largest selection of grains are trademark agricultural ingredients of the Wimmera Mallee.

The Wimmera is Victoria's prime dryland cropping area while the Mallee is one of the most productive and diverse agricultural parts in Australia.

A favourable climate, good soil types and plentiful supply of large tracts of land are key ingredients for a wide range of agricultural industries.

Guess What!

- The Wimmera Mallee has a total agricultural production of \$2.2 billion.
- 60 per cent of all crop products in the Wimmera are exported.
- More than 80 per cent of Victoria's grapes are produced in the Mallee.
- The Mallee is Australia's major producer of dried fruits.
- 40 per cent of the nation's almonds are produced in the Mallee, with a significant proportion directed to the export market.
- The Wimmera Mallee area contributes to half of Victoria's pork production.

Featured recipes from local guest chef: Stefano de Pieri (Stefano's – The Grand Hotel Mildura)

Roast Chicken in a Bag

Ingredients

- 1.4 kg free range chicken
- 2 garlic cloves
- 3 spring onions
- Salt to taste
- ½ bunch coriander
- Small knob of ginger, skin on
- 1 onion
- 1 tsp turmeric
- Vegetable oil
- Greaseproof paper and foil

Chop onions and spring onions and fry gently in vegetable oil until soft. Pound all other ingredients together and mix with the onions. Spread all over the chicken, and season well.

Wrap chicken in greaseproof paper and then in foil. Bake for about one hour at 180°C.

Caramelised Oranges

Ingredients

- 2 cups sugar
- ½ cup water
- 3 oranges, squeezed
- 3 oranges, cut into 1 cm thick horizontal rounds, with peel removed

Heat sugar and water, bring to boil and watch carefully. With a pastry brush, brush the sides of the pot where the sugar crystals have formed with a little bit of water. Continue heating until the mixture turns a caramel colour. Add the juice of three oranges and beware of the mixture spitting. Heat until the sugar and orange juice come together to form a syrup.

Pour over oranges, making sure all rounds are covered and allow to cool.

Recipes

Merc's Own Italian Bread by Paul Mercurio

Ingredients

Basic dough

- 600 g flour
- 350 ml warm water
- Olive oil
- Pinch of salt
- 1 tsp salt
- 2-3 tsp dry active yeast
- Sugar

Flavouring

- Black olives
– kalamata are best
- Sun-dried tomatoes
- About 2 tsp fresh rosemary, chopped
- Pecorino cheese

Place yeast, olive oil, sugar and salt into warm water. Stir vigorously so sugar dissolves and oil mixes through. Let sit for 10 minutes. Sift flour and salt together, make a well in the centre, slowly mix in some of the water and begin to incorporate the flour. Continue this process until all the liquid is used and you have a ball of dough. You may need

to use extra liquid, so just use some warm water from the tap. If you use too much liquid and the dough is very sticky, sprinkle with a little flour. Once kneaded, put dough in a lightly oiled bowl, cover with a tea towel or cling wrap and let stand until it has doubled in size.

Cut flesh from olive seeds, and chop sun-dried tomato and cheese into whatever size you like. Use a handful or so of each. Add rosemary.

When dough has risen, put on a floured bench, punch a hole in it to knock it back and then flatten it out a bit. Put all the flavouring ingredients on the flattened dough and knead, making sure to mix the olive, cheese, tomatoes and rosemary well through the dough. Shape to your liking and put on a lightly oiled baking tray ((or into an oiled baking tin) and let it prove (rise) again. Once it has doubled in size, place in a pre-heated oven at 180°C for about 35–45 minutes depending on your oven. You will know it is cooked by flicking the bottom of the loaf with your finger – if it sounds hollow, it's cooked.



Turkey Mole by Paul Mercurio

Stage 1 - Ingredients

- 500 g turkey thigh, cut into large cubes
- 1 cup chicken stock
- 1 garlic clove, crushed
- 1 onion, sliced

Method for Stage 1: Place all ingredients in a pan and simmer gently until turkey is cooked, about 60–90 minutes. Strain and reserve cooking liquid.

Stage 2 - Ingredients

- 440 g can chopped tomatoes
- 1 banana
- 40 g blanched almonds
- 2 corn tortillas, torn into pieces
- 1 tsp chilli powder
- ½ tsp ground cinnamon

- ¼ tsp ground cloves
- 60 g dark chocolate
- Sesame seeds
- 125 g butter
- Fresh coriander

Method for Stage 2: Puree all ingredients except butter and chocolate. Add reserved cooking liquid until mixture has the consistency of pouring cream. Put sauce into a pan, add butter and chocolate and heat until melted. Add more stock if sauce becomes too thick. Taste and adjust for seasoning. Place turkey in sauce and simmer gently until turkey is heated through.

Serve on rice and garnish with chopped coriander and a sprinkle of sesame seeds.

Recipe adapted by Paul Mercurio from Bay Books Cookery Collection The All Occasion Chicken Cookbook.

Sweet Cheese Blintz with Barbecued Fruit by Paul Mercurio

Ingredients

Syrup

- 2 oranges
- Port
- Juice of 2 or 3 oranges
- 3 mandarins
- Brown sugar

Crepes

- 1 cup flour
- 240 ml milk
- Pinch of salt
- 1 tsp castor sugar
- 2 free range eggs

Filling

- 175 g cottage cheese
- 1 free range egg yolk
- Grated zest of orange, mandarin and lemon
- 100 g cream cheese
- 1 tbsp castor sugar

For the sauce, mix port, juice and sugar in a saucepan over heat to dissolve sugar. Adjust the amount of port to your own taste but start with an amount that is equal to a third of the amount of juice used. Slice each orange and mandarin into three thick rounds. Place in the warmed port and juice mixture and let stand for a couple of hours.

For the crepes, mix all ingredients until smooth.

For the filling, mix all ingredients together.

Make the crepes very thin. Spoon 2 tbsp of cheese mix onto the middle of the crepe, fold crepe into a square and place on baking tray, fold side down. Brush top with butter and put in oven for 15–20 minutes at 180°C. Grill fruit on barbecue or grill and place over the crepe parcel (blintz). Reduce port, sugar and juice mixture to form a syrup and dress the blintz and fruit. Serve with ice cream or yoghurt.



Anzac Biscuits by Kelly-Anne Merrett

Ingredients

- 125 g butter
- 2 tbsp boiling water
- 1 cup rolled oats
- ¾ cup desiccated coconut
- 2 tbsp golden syrup
- 1½ tsp bicarbonate of soda
- 1 cup plain flour
- 1 cup sugar

Put rolled oats, coconut, sugar and flour into a large bowl. In a saucepan, melt butter and syrup over low heat. Mix soda into boiling water, add to syrup and butter mixture. Pour into dry ingredients and mix well.

Shape dough into balls, place onto baking tray and flatten slightly, allowing room for spreading. Bake in 150°C pre-heated oven for 20 minutes. Cool on trays for a few minutes, then transfer to wire racks.

The Food Trail



Goulburn Murray

Often described as the 'food bowl' of Victoria, the Goulburn Murray area is the state's leading food producer. Its temperate climate, excellent access to water and a variety of soils has fostered the development of some of the most productive agricultural enterprises in Australia.

A huge range of quality food products are continually harvested such as milk, deciduous fruits, grains, beef and oilseeds.

Considered one of Australia's premier fruit growing areas, the Goulburn Murray offers one of the widest selections of fresh, ready-to-eat fruits including: apples, apricots, peaches, pears, plums, nectarines, nashi, kiwi fruit, oranges, lemons, limes and cherries.

Guess What!

- The total value of agriculture for the Goulburn Murray area is \$1.5 billion.
- Dairy farms make up 30 per cent of the farms in the area.
- The Goulburn Murray produces over 13% of the nation's milk.
- Nearly 1,700 dairy farms can be found in the Goulburn Murray area.
- The area produces over 75 per cent of Victoria's tomatoes including the majority of Australia's processed tomatoes.
- There are at least 3,500 hectares of vines in the Goulburn Murray area.

Featured recipes from local guest chefs: Tim Keenan and Alison Thompson (All Saints Estate Winery)

Rutherglen Lamb cooked in the style of Abbacchio Alla Romana

Ingredients

- 3 kg suckling lamb pieces
- 3 rosemary sprigs
- 3 garlic cloves
- 1 cup flat leaf parsley, chopped
- 2 small onions
- 3 tomatoes, chopped
- 3 bay leaves
- Salt and pepper
- 500 ml All Saints Riesling

- 1 chilli, seeded and finely sliced
- 200 ml olive oil
- 100 g breadcrumbs
- 150 g Parmigiano-Reggiano cheese
- 2 litres chicken stock

Preheat the oven to 160°C. Place lamb in a roasting tray and add onion, tomato, herbs, garlic, chilli and white wine. Season with salt and pepper. Add stock and sprinkle breadcrumbs and parmesan over the top. Drizzle with olive oil and bake until golden and lamb is cooked through and tender. Serve with polenta or potato puree.

Champagne Rhubarb and Clafouti Tart with Gundowring Raspberry Icecream

Ingredients

Champagne rhubarb

- 1 bunch rhubarb, washed
- 1½ cups sugar
- ½ bottle of St Leonards Brut (any sparkling brut is fine)

Clafouti

- 125 ml cream
- 2 egg yolks
- 60 g roasted ground almonds
- 2 eggs
- 80 g sugar
- 20 g plain flour

Sweet pastry

- 200 g plain flour
- 30 g almond meal
- 110 g butter, diced
- ½ tsp salt
- 80 g icing sugar
- 1 egg

Remove green parts of rhubarb and cut into 5cm lengths. Place in baking tray with sugar and St. Leonards Brut.

Cover with foil and bake at 160°C until cooked but not too soft. Cool immediately. Strain off rhubarb cooking liquid and reduce in a pot on the stove until syrupy. Use this to decorate the plate.

For the clafouti, mix all ingredients in a bowl, whisk until smooth and refrigerate until required.

For the pastry, combine flour, salt, almond, sugar and butter in a mixer with a dough hook and mix until it has the consistency of sand. Add the egg and combine until a dough forms. Wrap in plastic and refrigerate for four hours or overnight. Cut cold pastry into six pieces and roll out large enough to line each tart case. Once lined, chill pastry case again for 30 minutes. Blind bake cases in a 175°C oven until a light golden colour.

To assemble, place rhubarb pieces into tart cases and pour over Clafouti filling. Bake at 175°C for seven to 10 minutes until the filling has set. Serve with a little of the rhubarb syrup and Gundowring raspberry ice-cream.

Recipes

Prosciutto Wrapped Cod and Cassoluet by Paul Mercurio

Ingredients

- Fillets cod (2 per person)
- 1 onion, chopped
- 2 cloves garlic, chopped
- 100 g pancetta, diced
- 350 g Cannellini beans, soaked overnight
- White wine
- Prosciutto (1 rasher per fillet)
- 1 carrot, chopped
- 2 sticks celery, chopped
- Chicken stock
- 3 sprigs rosemary
- Parsley, chopped
- Olive oil

For the cassoluet, add oil to a hot pan and cook onions until translucent. Add pancetta and fry for a few minutes, then add garlic, carrot and celery and sweat for five minutes. Add beans and add equal parts white wine and

chicken stock to cover the contents of the pan.

Add rosemary and simmer for 40 minutes, stirring occasionally until beans are tender, adding more stock and wine as needed to keep moist. Salt to taste at the end of the cooking process – salting any earlier will make the beans tough. Add chopped parsley before serving.

Season cod with pepper and wrap each fillet in a piece of prosciutto. Do this no more than five or 10 minutes before cooking. Cook the fillets in a hot pan with olive oil, gently turning once. The fish should be cooked through and the prosciutto brown and crisp.

Serve the cassoluet in the middle of a plate and place two cod fillets on top. Garnish with parsley.

Beer Braised Lamb Shanks by Paul Mercurio

Ingredients

- 4 lamb shanks
- 2 medium to large red onions, sliced
- Veal stock (amount depends on the size of the shanks and casserole pan)
- 2 bunches fresh mint
- One bottle of good stout
- Flour
- Salt and pepper
- Olive oil
- Fresh parsley

Dust shanks in seasoned flour and brown in a hot casserole pan with the oil. Remove and set aside. Add sliced onion to the same pan, layering over the bottom, then add mint. Place the shanks on the bed of onion and mint, add the stout and top up with enough veal stock to cover the shanks.

Cook in a slow oven for about two hours, or until the shanks are falling off the bone. Remove shanks from the pan and keep warm. Over a high heat, reduce the cooking liquid down by about a half to create a rich sauce. Serve shanks on a bed of polenta or garlic mashed potato and steamed snake beans. Spoon over the sauce and garnish with fresh chopped parsley.

Rhubarb and White Chocolate Ice cream by Paul Mercurio

You will need an ice cream maker for this recipe.

Ingredients

- $\frac{3}{4}$ cup milk
- $\frac{3}{4}$ cup white sugar
- 1 egg
- Brown sugar, roughly a quarter of the weight of the rhubarb
- Grated white chocolate
- 2 cups cream
- 1 egg yolk, beaten
- 1 bunch rhubarb

Put milk and cream in saucepan and heat over low heat until bubbles form around the edge and mixture is hot. Add sugar and stir until dissolved. Remove from heat and add a little of the hot cream mixture to the combined

beaten egg yolk and egg. Mix until well blended, then pour back into hot cream mixture, whisking continuously. Return to low heat and continue to heat until mixture thickens slightly. The mix is ready when it coats the back of a wooden mixing spoon. It takes a while! When done, remove from heat and place in bowl in the fridge to cool down overnight.

For rhubarb, wash, dry and chop into small pieces and add to a pan with brown sugar. Add a quarter of the rhubarb's weight in sugar. Heat until rhubarb falls apart and the juices mix with the melted sugar. Put in bowl and keep in fridge overnight.

Turn on your ice cream maker and add the custard mixture to the bowl. After about 12 minutes add rhubarb and continue to mix until you reach the desired consistency. Remove from the ice cream bowl to a container and keep in freezer until serving. You can add the white chocolate when you add the rhubarb, or you can sprinkle it over the ice cream when you serve it.



The Food Trail



North East, including Milawa and the High Country

Renowned for its world-class wines and gourmet food, the North East is now adding olives, nuts and cherries to its food stable of meat, crops and fruit.

Quality, gourmet meats are produced in abundance, with beef making up the largest proportion of the livestock industry. Almost 80 per cent of farming establishments in this provincial area of Victoria have meat cattle.

Guess What!

- Agricultural production in the North East is valued at \$274 million.
- The North East is home to one of the biggest cherry suppliers in Australia.
- The value of all crops produced in the North East including tobacco, fruit and hay is \$100 million.
- The North East boasts a \$102 million meat cattle industry.
- Livestock products such as wool and milk are worth \$57 million.
- Dairy farming is the second biggest farming industry in the North East.
- Nut production in the North East is worth over \$3 million.

Featured recipe from local guest chef: Douglas Elder (Villa Gusto)

Harrietville Smoked Trout Tortellini with Trout Sauce

Ingredients

Tortellini filling

- 1 smoked trout
- 100 ml cream
- 1 fresh trout, about 300 g
- 1 garlic clove, finely diced
- 1 egg white
- ½ onion, finely dices
- Chives, chopped
- Salt and pepper
- Olive oil,
- Parmesan cheese
- colourless preferred

Pasta

- 1 cup of "00" flour
- 1 egg
- 1 egg yolk
- 1 tbsp olive oil
- Pinch of salt

Smoked trout sauce

- Skin of smoked trout
- 150 ml white wine
- 150 ml cream

Combine all pasta ingredients in a food processor and mix until combined. Place in a fridge to rest for two or more hours.

Clean smoked trout, remove all bones and reserve skin, tail and head for sauce. Break up with fingers and place in a mixing bowl. Add chives.

Sweat onion and garlic in a pan with olive oil. Drain and set aside.

Bone the fresh trout and place in chilled food processor. Puree fish, add egg white and pulse until combined. Add cream, season and pulse until just combined. Place in bowl with smoked trout, add cooled onions and mix to combine. Check for seasoning.

Roll dough out thin and cut it into small squares (about 8cm) with a serrated pasta wheel. Put 1 tsp trout filling on each square and fold the squares diagonally to make triangles, pressing down around filling so it won't come out during cooking. Wrap each triangle around your little finger, giving it a half twist, and stick the opposite corners together to make tortellini. Set to rest on a lightly floured surface. Cook for 5 minutes in boiling salted water.

For the sauce, place white wine and trout skin and head into a pot and bring to the boil. Simmer until reduced by half. Add cream and simmer again until coating consistency. Toss cooked pasta in the sauce, add more chopped chives and serve with fresh parmesan.



Recipes

Trout in Prosciutto with Chestnut Sauce and Apples by Douglas Elder

Ingredients

- 4 fillets fresh trout
- 8 rashers prosciutto (2 per fillet)
- ½ onion, chopped
- 50 g butter
- ½ red cabbage, sliced and sautéed in butter
- 500 g fresh chestnuts
- 2 garlic cloves, finely chopped
- 500 ml chicken stock
- 4 apples
- olive oil

Clean trout, score skin and wrap each fillet with two slices of prosciutto. Set aside.

Score the chestnuts and place in a pot of cold, unsalted water. Bring to the boil and simmer for 15 minutes. Take off the heat and sit for five minutes or until cooled slightly. Peel chestnuts one by one, holding them in a tea towel.

In a pot, sweat the onions and garlic in olive oil. Add chestnuts, cover with stock and boil. Season and simmer for 15 minutes. Remove from heat, place the chestnuts and half the stock and butter in a blender and puree. Keep warm.

Slice apples and sauté in a pan with olive oil and a touch of butter until browned. Set aside and keep warm.

Warm a non-stick fry pan to medium heat. Fry fish in a little olive oil, skin side down. Cook until well browned on the skin, flip over and finish cooking. Serve the chestnut sauce in the centre of the plate, place a mound of buttered red cabbage in the centre and sit the trout fillet on top. Place the sautéed apples around the outside and serve.



Blue Cheese Pannacotta with Walnut Praline and Persimmon Puree by Douglas Elder

Ingredients

- 500 ml cream
- 75 g blue cheese
- 2 ripe astringent persimmons
- 1/8 cup water
- 75 g sugar
- 1 gelatine leaf
- 60 g walnuts
- ¼ cup sugar
- Juice of ½ a lemon

For pannacotta, place cream and sugar in a saucepan and heat. Dice blue cheese. Soak gelatine leaf in water. When cream is just about to boil, remove from heat and whisk in cheese and gelatine. Allow to infuse for 10 minutes. Whisk,

strain and pour mixture into pannacotta moulds. Allow to cool before placing in fridge for about six hours to set.

For walnut praline, toast walnuts. Place sugar and water in a saucepan and heat. Once sugar dissolves, simmer until it turns into a light caramel. Remove from heat and pour over the walnuts on a sheet of non-stick paper. When cool, break into pieces and place in food processor. Pulse until the pieces break up, but do not turn into powder.

For persimmon puree, cut the persimmons in half and remove seeds and white pith. Scoop out flesh and place in a blender with a pinch of sugar and lemon juice. Blend into a puree. Strain and set aside.

Dip the pannacotta moulds in warm water to loosen the sides of the set mixture. Turn upside down onto plate and gently remove mould case. Pour over persimmon puree and top with walnut praline.

Roasted Chestnuts and Mushroom Soup by Paul Mercurio

Ingredients

- Olive oil
- 120 g speck or pancetta, diced
- 2 cloves garlic, finely chopped
- 5 cups chicken stock
- 500 g roasted chestnut meat, chopped
- Knob butter
- 1 brown onion, chopped
- 500 g cleaned mushrooms, chopped
- 1 chilli, finely sliced
- 5 fresh sage leaves

If using chestnuts in the shell take about 750 g – 800 g and cut a cross or X in the bottom of each shell, to help the steam escape as they roast in the oven. It also makes them easier to peel. Put on a tray and place in a hot oven

for about 20–30 minutes. Keep an eye on them because they can overcook and become tough and inedible. Take them out of the oven and wrap them in a clean tea towel for about 15 minutes before peeling. You should get about 500 g chestnut meat. If you use raw peeled chestnuts they need to be boiled for about 45 minutes first.

Put oil and butter into a large pot and heat to combine, then add the speck, onion, garlic and chilli and sweat down for five minutes. Add sage leaves and chopped mushrooms and cook for about 10 minutes, stirring occasionally. Add chicken stock and simmer for a further 10–15 minutes before adding chopped roasted chestnuts. Simmer for 10 minutes and turn off the heat.

Blend the soup until you have a nice chunky and thick consistency. Return to heat and bring to a simmer. Check for seasoning and serve in a bowl with a dollop of Milawa Sage Mustard in the middle for garnish.

The Food Trail

Port Phillip and Gippsland, including the Yarra Valley

Wine and fine food are emerging as the milestone markers of the Gippsland and Port Phillip food trail.

Home to award-winning winegrowers, this part of provincial Victoria has a growing viticulture industry supported by a variety of gourmet foods.

Traditional farming and open fields feature, too, with Gippsland remaining one of Australia's leading dairy regions.

Both provincial areas boast thriving horticultural and vegetable industries.

More than half the land used for horticultural production in Port Phillip grows vegetables.



Guess What!

- Gippsland's vegetable production is valued at \$83 million.
- Port Phillip has 2,500 agricultural producers.
- Gippsland and Port Phillip have almost 300 establishments producing grapes valued at \$18.5 million.
- Of 5,500 Gippsland farms, almost 2000 are dairy farms.
- Of Australia's dairy production, 20 per cent comes from 'Gippy' cows.
- Gippsland wool production is worth \$26 million.

Featured recipe from local guest chef: Shane Delia (Chateau Yering)

Venison and Raspberries (with Goats Cheese Ravioli, Dark Chocolate Oil)

Ingredients

- 1 Venison Fillet, pan fried

Pasta

- 1 cup "00" flour
- 1 egg
- 1 egg yolk
- 1 tbsp olive oil
- Pinch salt

Raspberry and Goats cheese filling

- 100 g fresh raspberries
- 100 g goats cheese
- 1 shallot, diced
- 10 g sugar
- Salt and pepper

Chocolate oil

- 100 g dark chocolate
- 100 ml olive oil

Combine pasta ingredients in a food processor and mix until combined. Place in fridge to rest for two or more hours.

Place raspberries, shallots, pepper and salt in a pan and cook until mixture softens. Mix with goats cheese and season to taste.

Roll some of the pasta dough out in thin sheet. Pick the straightest edge (trim if necessary) and place heaped teaspoons of the goats cheese filling about 4cm apart and about 4cm from the end of the sheet. Carefully fold the pasta over the filling and press down around the balls of filling with your finger to make sure the pasta adheres and won't fall apart when cooking. Cut the individual ravioli, set to dry on a lightly floured cloth and repeat the process, continuing until all stuffing is used.

Heat and melt chocolate over a bain-marie and slowly whisk in oil until a liquid consistency.

In a hot pan, cook the venison fillet until medium rare. Slice into 1 cm-thick slices and layer in the middle of a plate. Place four or five ravioli around the edge and sprinkle with chocolate oil. Serve.



Recipes

Belgian Style Fried Cheese Croquettes by Paul Mercurio

Ingredients

- 6 tbsps unsalted butter
- 1 cup Tarago Blue cheese
- 2 ½ cups Gruyere cheese
- 1 ⅔ cups milk
- White pepper
- Cayenne pepper
- 2 eggs, beaten
- Olive oil or vegetable oil for deep frying
- 1 cup plain flour
- 1 cup Tarago Washed Rind cheese
- 3 large free range eggs
- Salt
- Nutmeg
- Flour, extra
- Bread crumbs

Melt butter in pan over medium heat. Add flour and stir constantly with wooden spoon for a couple of minutes until a thick paste forms. Switch to a whisk, gradually whisk in milk and continue whisking as you bring the mixture almost to the boil. Reduce heat and simmer about

five minutes, stirring occasionally. The sauce should be thick and smooth and the flour taste cooked out. Add the cheeses and bring to boil again, stirring constantly. Remove from heat.

Give the cheese mix a good stir to cool it and add the egg yolks, one at a time, mixing thoroughly. Season to taste with white pepper, cayenne pepper and nutmeg. You won't need to add salt due to the saltiness of the blue cheese.

Spoon cheese mixture into a flat-bottomed square or rectangular cake tin, smooth down with a spatula, press plastic wrap directly onto surface and refrigerate overnight. You can freeze the mix at this point to be used when you like.

Turn chilled cheese mix out onto a floured work area. At this point you can cut the mixture into any sort of shape you wish – triangles, squares or roll it out to form a long cylinder and then cut that into 3–4 cm lengths. Coat in flour, dip in egg mix and finally coat well in bread crumbs. Chill before deep frying in very hot oil.

Serve with some warmed chilli onion marmalade and some raspberry jam from Koonwarra Foodstore as dipping sauces.



Puttenesca by Paul Mercurio

Ingredients

- 2 garlic cloves, finely chopped
- 1 - 2 small red chillies, finely chopped with seeds for extra heat
- Olive oil
- 1 cup Spanish green stuffed olives, each cut into three bits
- Spaghetti, approx 100 g per person
- Handful of capers, chopped chunky
- 6 or so anchovies from a jar, chopped
- 1 bunch fresh basil
- 2 large, vine-ripened tomatoes, chopped
- Parmesan cheese

Put water to boil and salt well. Meanwhile, chop and prepare all the ingredients.

This is a rustic dish so you can measure the ingredients by hand and continually taste to gain the right flavour

balance for you. This recipe is for two as a main meal with a little left over for lunch. Work to the rule of one large tomato per person.

Add pasta to boiling water. Heat oil in a fry pan, add garlic and chilli and cook for a minute or so. Don't brown the garlic. Add anchovies and stir until melted into the sauce, then add capers and olives and heat through. Add tomatoes and cook the sauce, adding torn basil leaves by the handful as you go. There is no need for salt and pepper as there is plenty of flavour from the anchovies, olives and capers. Add pepper to taste.

You can serve this sauce quite fresh (thoroughly warming ingredients through until the flavours have combined), or you can cook it down for five minutes or so.

Drain al dente pasta and return to the pot. Take a spoonful or two of the sauce and mix through the hot pasta to coat. Serve pasta into bowls and top with the sauce and a few torn basil leaves. Sprinkle with lots of fresh grated parmesan cheese.



Raspberry Mille Feuille by Paul Mercurio

Ingredients

- 8 sheets filo pastry
- 120 g butter, melted
- 2 tsp brown sugar
- Mascarpone cheese
- Dark chocolate
- Icing sugar
- 250 g fresh raspberries
- Splash of port
- 150 g fresh raspberries, extra

Lay one of the filo sheets on a sheet of baking paper, brush with melted butter and sprinkle with some icing sugar. Lay another sheet over the first, repeat with the butter and sugar and continue with the remaining sheets, but do not butter the final top sheet. Cut pastry into eight rectangles and place onto baking tray lined with baking paper. Cover the top with baking paper and place a heavy

tray on top to stop the filo from rising during cooking. Bake for 10–15 minutes in a hot oven. Keep an eye on them as they burn easily. When golden brown, transfer to wire rack to cool. These can be stored for one or two days in an airtight container.

Mix port and brown sugar through mascarpone cream, adjusting quantities to taste.

For the raspberry coulis, cook raspberries in a pot over medium heat, add icing sugar and gently bring to the boil, mixing well to dissolve sugar. Reduce to simmer and let the raspberries cook down. Remove from the heat.

To assemble, place one biscuit layer (one cooked filo rectangle) on a plate, top with mascarpone cream and place some fresh raspberries on top. Place another biscuit on top and dust with some icing sugar. Drizzle the raspberry coulis around the edge of the plate and finish with grated chocolate.

The Food Trail