



A spring dish of asparagus, zucchini, green pea, lemon oil and manchego by chef Ashley Bandom from The Pot Food and Wine at Hyde Park.



A new season's rhubarb and apple soufflé by chef Andrew Davies at Bistro Dom in Waymouth St

GREEN LIVING

SPRING FLAVOURS ARE FRESHENING UP OUR DINING OPTIONS

PHOTOGRAPHS BY RUSSELL MILLARD

Chefs and home cooks alike are celebrating the return of fresh spring flavours after a long, cold winter of stodgy meals.

Spring ingredients have a lighter texture, are more colourful and bridge the gap between winter's stews or soups and the promise of summer cherries, mangoes and prawns.

Murray Smith, head chef at The Lion, North Adelaide, marks the changing seasons with the addition of spring-inspired foods to his menu such as rack of lamb with lavender salt, smoked carrot puree, caramelised shallot yoghurt, soft herbs, green olives and capers. "Hay Valley lamb is such a fantastic product and very consistent... I also love using Suffolk lamb but it's a shorter season," he says.

For this dish, Murray seasons the lamb with lavender salt he makes using buds from just around the street from the hotel and other herbs which he dries and mixes with sea salt.

The lamb is sealed in a hot pan and then cooked in the oven for four minutes before finishing in the oven for eight minutes.

"For my carrot puree, I like using small carrots, the smaller the better as they're sweeter, and hickory smoke which is a natural product and adds a nice bacony, earthy flavour to the sweet carrots," he says.

Murray adds a salad made with parsley, chervil

leaves, washed baby capers, pickled onions, walnuts, Spanish green olives, lemon, pepper and olive oil.

His caramelised shallot yoghurt is made with pureed shallots and garlic folded through Greek-style yoghurt.

Chef Ashley Bandom of The Pot Food and Wine, at Hyde Park, welcomes asparagus to the spring shopping basket and uses it in a colourful, fresh salad along with fresh raw green peas, zucchini, lemon oil and manchego (Spanish cheese).

"I cut the asparagus into spears and the zucchini into

“ THEN I FOLD FRESH MINT THROUGH, ARRANGE IT ALL NICELY AND SHAVE MANCHEGO CHEESE ”

diagonal batons and then blanch them for 25 to 30 seconds in boiling water with salt, then refresh them, remove them and dry them and toss in our lemon oil which we make with Mediterranean olive oil, lemon juice and white pepper," he says.

"It's predominantly asparagus with a really good handful of peas which I think have a more distinct flavour raw than when they're cooked.

"Then I fold fresh mint through, arrange it all nicely and shave manchego cheese - you can change

the dish around by char grilling the asparagus and zucchini but I think it's lively and fresh this way."

The Pot has a rotisserie for roasting meats including free range chicken marinated with orange, bay leaf, thyme and butter or pork belly rolled with chilli, fennel seeds and lemon.

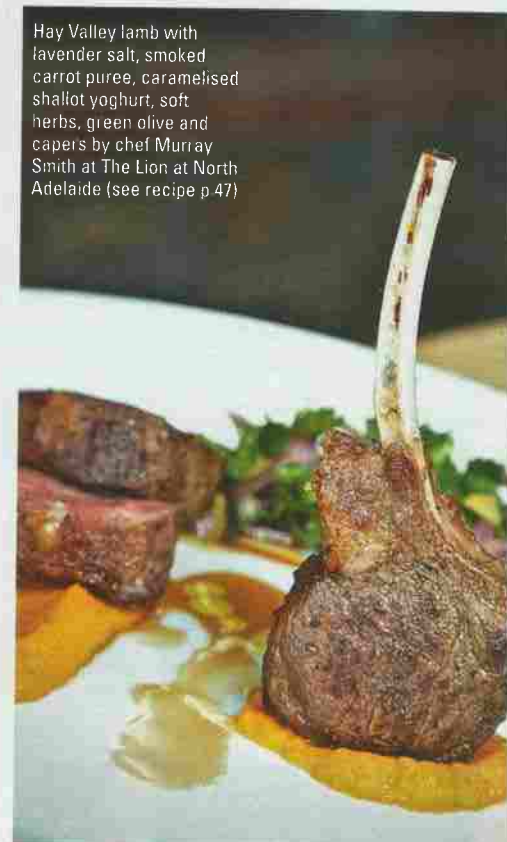
Ashley also uses spring favourite Hay Valley lamb shoulder with rosemary and thyme.

Chef Andrew Davies of Bistro Dom, in Waymouth St, always makes a soufflé of the day and, right now, is taking advantage of the nostalgic favourite - rhubarb - which he mixes with stewed apple in a signature soufflé. "Rhubarb is technically a vegetable but is traditionally used for desserts... I also make savoury soufflés which are a light spring dish cooked with goats cheese and zucchini or blue cheese," he says. Andrew buys spring produce from a regular supplier but backs this up with foods sourced from Sunday visits to the Adelaide Showground Farmers Market where he can pick up unusual, exotic, home-grown ingredients a little earlier in the season than usual.

"Spring to me also means great green vegetables with broad beans, green peas, asparagus, zucchini."

Andrew also sources biodynamic foods from Erinn and Janet Klein's Ngeringa Vineyards, at Mt Barker, such as guinea fowl, duck and chicken eggs, olive oil, Longhorn beef, herbs and apples.

Hay Valley lamb with lavender salt, smoked carrot puree, caramelised shallot yoghurt, soft herbs, green olive and capers by chef Murray Smith at The Lion at North Adelaide (see recipe p 47)





McLaren Vale wineries will be well represented at the Good Food and Wine Show

TASTING SESSIONS

The Good Food and Wine Show has been an extraordinary success interstate and now the epicurean event is coming to Adelaide for the first time at the Royal Adelaide Showgrounds from October 8 to 10.

The show, organised by Melbourne company Diversified Exhibitions Australia, brings celebrity chefs from interstate and also celebrates our own strong food and wine culture.

Star chefs George Calombaris, Garry Mehigan, Matt Moran, Tobie Puttock and Adelaide's Simon Bryant will share cooking trends, techniques and recipes in an arena-style Celebrity Theatre.

Wine is a major focus with the Riedel Wine Theatre where sommeliers will be on hand to provide personal advice and tips on how to enjoy the perfect drop. The Riedel Decanter Bar will feature tutored wine sessions by a panel of experts including wine guru Matt Skinner. Sessions include Burgundy – A Tour along the Route Nationale about the European home of Pinot Noir and Chardonnay. Sacred Sites will feature Australia's oldest vineyards and vinous heritage while Drink Up, Chow Down tackles the art and science of food and wine matching.

Fromage fans can put their palate into overdrive with cheese masterclasses covering different varieties paired with accompaniments and wine.

Tickets for masterclasses and the Celebrity Theatre are limited and available from Ticketek on 132-849 or at www.goodfoodshow.com.au

The Good Food Show is \$20 for adults, \$18 concession, \$16 children (12 to 16 years) and free for under 12 years.



HAY VALLEY LAMB WITH LAVENDER SALT, SMOKED CARROT PUREE, CAMELISED SHALLOT YOGHURT, SOFT HERBS, GREEN OLIVE AND CAPERS

FROM THE LION HOTEL'S EXECUTIVE CHEF MURRAY SMITH

Serves 4

- 2 x Hay Valley racks of lamb (four cutlets each rack)
- Olive oil
- Lavender salt
- 2 cups picked lavender heads
- Half bunch thyme
- 7 sprigs rosemary
- Zest of 2 lemons
- 2 tbsp fennel seeds
- 2 tbsp black peppercorns, lightly roasted
- 1 cup Murray River salt flakes

Preheat oven to 100°C. Dry lavender, herbs and lemon zest in oven for two hours. Toast fennel seeds in a dry pan, then mix with pepper and grind in a mortar and pestle. Add sea salt to herbs, then grind in a mortar and pestle. Combine ingredients and store in an airtight container. The mixture will last for two months.

Smoked carrot puree

- 50g butter
- ½ brown onion, sliced
- 600 g carrots, peeled, chopped and blanched
- 200 ml chicken stock
- 1 tbsp sour cream
- 2 drops hickory liquid smoke
- Salt and pepper to taste

Sauté onion in butter until soft and translucent. Add blanched carrots and chicken stock and simmer until all stock has evaporated. Add sour cream and liquid smoke. Season to taste. Cool slightly then puree in a blender. Pass through a fine sieve.

Caramelised shallot yoghurt

- 300 g sliced shallots
- 5 sprigs thyme
- 1 bay leaf
- 100 g unsalted butter
- 50 ml olive oil
- Salt and pepper to taste

Sauté shallots, thyme, bay leaf, unsalted butter and oil on a low heat until shallots are very tender. Turn heat up to caramelize the mixture and get a nut brown colour. Season to taste.

- 250 g Greek-style plain yoghurt, drained in a cloth overnight

- 100 g caramelised shallot mixture
- ¼ clove garlic, chopped fine
- ½ tsp cooking liquid from caramelised shallots
- 1 tbsp olive oil
- 1 tsp lemon juice

Sauté shallots, garlic and cooking liquid with the olive oil for five minutes. Allow to cool then puree in a blender. Whisk puree into yoghurt, add lemon juice, then season with salt and pepper. Store in fridge, but bring to room temperature before serving.

Salad

- ½ bunch Italian parsley, leaves only
- ½ bunch chervil, leaves only
- 2 tbsp baby capers, washed and left whole
- 2 tbsp good quality pickled onions, finely sliced
- 2 tbsp roughly chopped walnuts, toasted
- 10 large Spanish green olives, pitted and sliced

- Olive oil
- Half lemon
- Cracked pepper

Just before serving the lamb, mix salad ingredients together. Dress with olive oil, a squeeze of lemon and cracked pepper.

To serve

Preheat oven to 200°C. Coat trimmed lamb in lavender salt. Seal the lamb in a heavy pan using plenty of olive oil. Make sure the heat isn't so high that the coating burns. Once the lamb has been sealed on all sides, place in oven for eight minutes. Remove from oven, place on a plate and let rest for five minutes in a warm spot. Cook more or less to your liking. Slice racks into two and serve with warmed carrot puree, shallot yoghurt and salad.

Stamps

restaurant

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LUNCH: Tues to Fri & Sun

DINNER: Mon to Sat

BREAKFAST: Sun 9am-11.30am

www.stampsrestaurant.com.au



Specials

Monday night only -
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We can cater for private
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