



AUSTRALIAN
GOURMET
TRAVELLER
INSTITUTE
Harvey Norman®
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2017



SPRING ENTERTAINING *with*
JAMES VILES

BIOTA DINING

*Young raw peas, sheep's milk feta,
grilled grapefruit and purslane*

*White peach – mint and smoked kingfish
salad with a dressing of fried bones*

*Young raw peas, sheep's milk feta,
grilled grapefruit and purslane*

Prep time 25 mins, cook 10 mins

Serves 6-8

800 g pttodded peas (about 2kg
unpodded)
200 ml olive oil
½ bunch (½ cup tightly packed)
basil, leaves picked
4 ruby grapefruit, zested, remove
white pith from flesh
100 ml lemon juice
80 ml (½ cup) verjuice
200 g sheep's milk feta
1 bunch (120 g) purslane, leaves
picked (see note)
1 cup parsley leaves
Pea flowers, or other edible
flowers to serve

1 Blanch 500 g peas in a saucepan
of boiling water over high heat until
tender (4-6 minutes). Refresh in iced
water until cold (20-30 seconds).
Drain well, transfer to a blender with
50 ml olive oil and basil, season to
taste and puree until smooth.

2 Preheat a charcoal barbeque or
charrill plate to medium-high heat,
lightly oil. Slice grapefruit into rounds
about ¾ cm thick and grill until lightly
charred (about 1 minute per side).
Combine remaining olive oil, zest,
lemon juice and verjuice in a bowl
with a whisk.

3 Gently mix remaining raw peas,
feta, purslane and parsley together
in a bowl.

4 Spoon pea puree onto plates, add
feta mixture, then grapefruit. Spoon
over dressing, scatter with pea flowers
or other edible flowers.

Note Purslane, also called Bahkeh
in Lebanese, is available from
selected greengrocers with
advance order, or from Lebanese
greengrocers.

*White peach – mint and smoked
kingfish salad with a dressing
of fried bones*

Prep time 40 mins, cook 1 hr

Serves 4

4 white peaches
1 (800 g) kingfish fillet, skin
removed
1 handful hay
Bones from 1 kingfish
Vegetable oil for deep frying
1 mekabu kelp (see note)
80 g (60ml) white soy (see note)
3 small green chillies, halved,
seeded, finely sliced
200 ml grapeseed oil
30 g kelp powder
1 bunch mint, leaves picked
1 bunch water spinach, leaves
picked

1 Blanch peaches for 10 seconds
in boiling water, then refresh in iced
water. Peel peaches, retaining skin.
Dry skin in single layers using a
dehydrator or oven set at 60°C for
3 hours, or until crisp.

2 To smoke kingfish, build a smoker
using two deep oven trays of the
same size and a cake rack to hold the
fish. Transfer smoker to a heatproof
surface. Place the hay in the bottom
tray. Transfer the fish to a cake rack
over the hay. Light the hay, quickly
cover with the second oven tray,
placed upside down over the fish to
smother the fire, set aside 6 minutes
to smoke. Repeat until desired smoke
level is achieved.

3 To make the dressing, fry kingfish
bones in hot oil at 170°C until golden
brown. Remove from oil, transfer to a
saucepan, add mekabu and cover in
water. Simmer for 40 minutes, strain.
Season with white soy and finely
sliced green chilli. Chill.

4 For kelp oil, heat grapeseed oil
and powdered kelp over medium-low
heat. Set aside to infuse for 30
minutes, strain.

5 Cut the kingfish into thin slices
and place on the bottom of the plate,
tear over the mint and the water
spinach. Slice the peaches, about
5mm thick and cover the kingfish.
Dress with the bone dressing, add
a drizzle of kelp oil and scatter with
dried peach skin.

Note This recipe not tested
by *Gourmet Traveller*. Mekabu
kelp available from Kai Ho
(ocean-treasure.com.au) when
in season. White soy available
from selected Japanese food
stores such as Tokyomart
(junpacific.com/tokyomart/)

MY NOTES