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2017



SHANNON BENNETT

JARDIN TAN

Blackmore Wagyu shin cooked in spicy coconut, fresh turmeric, and carrots
Banh Xeo - Traditional Vietnamese crepe

Banh Xeo- Traditional Vietnamese coconut and mung bean crepe, filled with prawns, slaw, and nuoc cham

Prep time 30 mins, cook 25 mins
 (plus soaking)
You'll need to start this recipe one day ahead

Serves 8 as a light meal

- 60 gm long grain rice
- 60 gm mung beans
- 60 gm rice flour
- ¼ tsp ground turmeric
- 1 tbsp finely sliced spring onion
- 200 ml coconut cream
- 1 tbsp vegetable oil plus 2 tsp extra each for batter and frying
- 24 (800 gm) raw prawns, shells removed, deveined, halved
- 200 gm bean sprouts
- 10 gm (3 tsp) chopped red chilli
- 1 tbsp fish sauce
- 8 iceberg lettuce leaves
- Small handful each of coriander and mint

1 Add rice and mung beans to separate bowls, add 2 cups cold water to each, soak overnight at room temperature. Drain, rinse well and drain once more. Add 50 ml cold water to rice, blend to a smooth paste in a blender, press through a fine sieve. Repeat same process with mung beans. Combine rice and bean batters, rice flour, turmeric, spring onion, coconut cream and 2 tsp vegetable oil.

2 Over high heat, add 2 tsp oil to a large non-stick frying pan, quickly sauté the prawns until just cooked through. Remove and set aside. Reduce heat to medium, add 6 prawn pieces with ½ tsp oil to the frying pan and ladle in ¼ cup of the batter mix, tilt pan to distribute evenly. Fry for 2-3 minutes adding more oil if necessary and cook until golden and crispy. Remove and set aside, keep warm. Repeat with more prawns, oil and batter to make 8 omelettes.

3 Divide bean sprouts, chilli and fish sauce between each crepe, fold over. Serve with lettuce, coriander and mint.

Blackmore Wagyu shin cooked in spicy coconut, fresh turmeric, and carrots

Prep time 40 mins, cook 4 hrs
20 mins
 (plus cooking)
Serves 4

Broth

- 3 (80 gm) eschallots, peeled, roughly diced
- 1 tbsp ginger, peeled and finely sliced
- 4 cloves garlic, peeled and finely sliced
- 1 bird's-eye chilli, halved, deseeded, chopped
- Finely grated zest of 2 limes
- 2 tbsp fresh turmeric, peeled, finely grated using a microplane
- 1 bunch coriander, roots and stems washed and chopped, leaves reserved
- 1 tbsp vegetable oil
- 750 ml (3 cups) coconut cream
- 60 ml (¼ cup) fish sauce
- 60 ml (¼ cup) palm sugar, grated
- 3 stalks lemongrass, each cut into 3 pieces, bruised with a meat mallet or rolling pin

Beef

- 2 tbsp vegetable oil
- 1 kg boneless Blackmore wagyu beef shin, trimmed of sinew and cut into 6cm pieces (see note)
- 15 gm (3 tsp) fine pink salt
- 3 (360 gm) carrots, peeled, cut into large pieces
- 2 limes, juiced

Garnish

- 3 small spring onions, cut into 2cm batons
- 1 fresh long red chilli, julienned
- Reserved coriander leaves
- Steamed brown rice to serve

1 Preheat oven to 140°C fan.

2 To make the broth, blend eschallots, ginger, garlic, chilli, lime zest, turmeric, coriander roots and stems to form a paste. Heat vegetable oil in a saucepan over medium heat, add paste, stir for 3-5 minutes, until fragrant, making sure the paste does

not colour. Add coconut cream, fish sauce, palm sugar and lemongrass. Simmer for 6-8 minutes, until sauce thickens slightly, set aside to infuse.

3 Preheat a wok over high heat, add oil, season beef with salt and fry in batches until browned evenly (3-5 minutes per batch). Transfer beef, carrots and broth to an enamelled cast iron casserole (Le Creuset style), or ceramic baking dish, cover tightly with a lid or foil and transfer to oven for 3½-4 hours, or until very tender. Remove from oven and cool beef in the broth until warm (about 40 minutes).

4 Discard lemongrass, add lime juice to taste, garnish with spring onion, chilli and coriander leaves. Serve with steamed brown rice.

Note If Blackmore Wagyu shin is not available, substitute any good quality shin with high fat marbling such as Black Angus. Ask your butcher to trim any sinew on the shin.

MY NOTES