



AUSTRALIAN
GOURMET
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2017



HOME-COOK FAVOURITES *with*

GUILLAUME BRAHIMI

BISTRO GUILLAUME

Mini Lamb Pithiviers

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Prep time 1 hr, cook 4 hrs
(plus chilling)

Makes 20

- 60 ml ($\frac{1}{4}$ cup) olive oil
- 1 kg lamb shoulder, bone in
- 1 (200 gm) large carrot
- 1 (60 gm) stalk celery
- 4 (80 gm) French eschalots
- $\frac{1}{2}$ head garlic, cut in half
- $\frac{1}{2}$ bunch thyme
- 2 bay leaves
- 2 litres butcher quality chicken stock
- 4 sheets (1.5 kg) Caramie puff pastry, defrosted overnight in refrigerator (see note)
- 2 egg yolks, whisked with 2 tsp water

Eschalot Dressing

- 35 gm French eschalots, roughly chopped
- 35 ml red wine vinegar
- 60 ml extra virgin olive oil

Lamb Jus

- 2 tbsp olive oil
- 700 gm lamb osso buco
- 1 onion, roughly chopped
- 2 (300 gm) carrots, roughly chopped
- 2 (120 gm) sticks celery, roughly chopped
- $\frac{1}{2}$ head garlic
- $\frac{1}{2}$ bunch thyme
- 1 bay leaf

1 For lamb jus, preheat a saucepan over high heat and add olive oil and osso buco, fry for 3-4 minutes each side, or until golden brown. Reduce heat to medium, add onion, carrot, celery and garlic, stirring until lightly coloured and tender (6-8 minutes). Add herbs, stir to combine, pour in $1\frac{1}{2}$ litres (6 cups) water to cover, bring to boil over high heat, reduce heat to low and simmer very gently for 4 hours until well flavoured. Strain into a clean saucepan, reduce until coating consistency over high heat, to about 180 ml ($\frac{3}{4}$ cup), 15-20 minutes. Season to taste.

2 Meanwhile, preheat oven to 120°C. Place a heavy braising pot

(such as an enamelled cast iron casserole) on high heat, add half the olive oil (30 ml), fry lamb shoulder 3-4 minutes each side, or until browned. Meanwhile, roughly chop half each of the carrot, celery and eschalots into 2cm pieces. Reduce heat to medium. Add chopped vegetables with half the garlic, stir occasionally for 5-7 minutes or until lightly golden. Add herbs, stir, pour in chicken stock, cover tightly with a lid or foil and transfer to oven for 4 hours, or until lamb is fork tender. Set aside for 30-40 minutes or until warm, shred lamb finely. Strain vegetables and discard, cool and freeze stock for another use.

Meanwhile, finely dice the remaining vegetables including garlic, heat remaining 30 ml olive oil in a small saucepan over medium heat. Add diced vegetables and stir occasionally until tender (6-8 minutes), set aside to cool.

3 For eschalot dressing, combine eschalots and red wine vinegar in a small blender, blend for 1 minute until fine. Whilst blending, slowly drizzle in oil until emulsified, set aside. Combine $2\frac{1}{2}$ tbsp eschalot dressing, lamb jus, shredded lamb and diced vegetables. Form into twenty 20 gm balls (1 tbsp each), transfer to a tray, cover with cling film and chill until set (30-40 minutes).

4 Working with one sheet at a time, cut each sheet of puff pastry in half and roll each piece between lightly floured sheets of baking paper to about 25cm square. Cover and chill until firm (20-30 minutes). Using a fork, dock one square of pastry, lightly brush with water. Place 5 lamb balls on the docked pastry (one in from each corner and one in centre), leaving a 6cm gap between each ball. Place another piece of puff on top, press down and around sides of each lamb ball to seal tightly. Brush top pastry with egg wash, refrigerate uncovered. Repeat with remaining ingredients to make 20 pithivier. Chill in refrigerator until set (20-30 minutes). Cut out with a 7cm round cutter. Using the back of a pairing knife, gently mark each with curved radial lines from centre. Transfer to 2

baking paper lined trays, chill in refrigerator until egg wash has set (about 15 minutes).

5 Preheat oven to 180°C, bake pithiviers for for 20-25 minutes, or until golden brown. Serve warm with freshly ground pepper.

Note Caramie puff pastry is available from selected delicatessens.

MY NOTES



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Cone of yellow fin tuna, shiso vinegar, apple and avocado

Duck rilette, foie gras and port jelly

Cone of yellow fin tuna, shiso vinegar, apple and avocado

Prep time 35 mins, cook 15 mins
(plus cooling)

Makes 20

- 30 ml (1½ tbsp) shiso vinegar or Kari Yasai
- 30 ml (1½ tbsp) extra virgin olive oil
- 150 gm yellow fin tuna, cut into 5mm dice
- ¼ (50g) green apple, cut into 2mm dice
- 1 (20 gm) eschalot, finely diced
- 1 tbsp finely chopped chives
- 1 large shiso leaf, julienned
- 1 tsp black sesame seeds, plus extra to serve, optional

Cones

- 3 sheets (45 gm) Tunisian brick pastry (see note)
- 50 ml melted clarified butter (see note)

Avocado puree

- 1 avocado
- 1 tbsp milk
- 2 dashes Tabasco sauce
- Juice of half a lime

1 For cones, preheat oven to 180°C. Brush brick pastry with clarified butter, transfer to a cutting board. Using a 6cm round cutter as a guide, cut 20 circles with a very sharp knife, transfer to a plate, cover with cling film. Wrap 8 discs pastry around thin end of 8 pastry cones. Transfer seam side down to a baking paper lined oven tray. Bake for 5-6 minutes until golden brown, set aside to cool. Repeat with remaining pastry.

2 For avocado puree, place peeled avocado into a small blender with milk, Tabasco and a squeeze of lime, blend until smooth. Transfer to a piping bag with medium nozzle.

3 In a mixing bowl, whisk together shiso/kari vinegar and extra virgin olive oil. In another bowl, gently combine tuna, apple, eschalot, chives, shiso leaf and sesame seeds, fold through vinegar dressing.

4 Pipe about 1 tsp avocado puree into each cone, spoon tuna mixture on top. Serve straight away, scattered with extra black sesame seeds if using.

Note

Tunisian brick pastry available from The Essential Ingredient (www.essentialingredient.com.au). To clarify butter, cook butter over a low heat until fat and milk solids separate. Strain off clear butter and discard milk solids. You will lose about 20 per cent of the volume in milk solids.

MY NOTES

Duck rilette, foie gras and port jelly

Prep time 40 mins, cook 10 mins
(plus cooling, chilling overnight)

Makes 24

- 3 confit duck legs (about 240 gm total), skin removed and finely shredded (see note)
- 45 gm duck fat, warmed gently to melt
- 30 gm cornichons, finely chopped
- 30 ml (1½ tbsp) sherry vinegar
- 30 ml (1½ tbsp) brandy
- 100 gm duck foie gras (see note)
- 24 pieces sourdough, about 3.5cm x 3.5cm and 1cm thick (note if rilette is 3cm square, sides of rilette will hang over toasts)
- 1 tbsp olive oil

Port Jelly

reduce quantity slightly to make

60 ml finished jelly

200 ml port

- 2 leaves gold gelatine, (or 1 leaf titanium gelatine (GT preferred type))

1 Preheat oven to 120°C. Transfer confit to a baking dish, cover with foil. Place in oven until just warmed through (10-15 minutes). While duck is warm, shred meat, discard skin and bones. In a mixing bowl, combine duck, duck fat, cornichons, sherry vinegar, brandy, season with pepper and combine thoroughly. Transfer to four metal moulds 12cm x 3cm x 3cm (see note), press to flatten with a palette knife. Place a layer of foie gras on top and flatten. Place in the fridge to set for 1 hour, or until foie gras is firm.

2 For port jelly, soak gelatine in cold water, bring pot to the boil in a small saucepan over high heat. Remove from heat, set light (being careful of flames). When flame goes out (about 2 minutes), reduce by half over medium-high heat (about 5 minutes). Remove from heat, add gelatine, stir to dissolve, strain and allow to cool. Spoon 3 tsp jelly over each rilette and allow to set overnight or for 12 hours.

3 For croutons, preheat oven to 170°C, brush sourdough pieces with olive oil, bake until golden and crisp (5 minutes).

4 Remove rilette from moulds by running the tip of a hot knife around edge of moulds and gently pushing out. Cut each rilette into 6 pieces, transfer to croutons.

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