



AUSSTRALIEN
GOURMET
TRAVELLER
INSTITUTE
Harvey Norman®
BRANDS • INNOVATION • COOKING
2017



PAUL CARMICHAEL

MOMOFUKU SEIOBO

Macaroni pie

"This is an American import into the Bajan food culture, but it's here to stay – no Sunday lunch or Christmas feast is complete without macaroni pie," says Carmichael. "One of my favourite school meals was macaroni pie and beef stew. That little piece of pie was laced with so much ketchup it was orange. I remember going back for seconds every time. I'm finally starting to piece together why I was such a fat kid."

Prep time 30 mins, cook 1 hr
(plus cooling)
Serves 10

350 gm dried elbow macaroni
350 gm mozzarella, shredded
90 gm butter, diced, plus extra for greasing
1 onion, finely chopped
½ red capsicum, finely chopped
2 small garlic cloves, finely grated
1 small fresh bay leaf
45 gm plain flour
750 ml (3 cups) milk
170 gm cream cheese, diced
2 tbs tomato sauce (ketchup)
1½ tsp American-style or Dijon mustard
1 tsp hot sauce
500 gm sharp cheddar, coarsely grated
150 gm parmesan, finely grated

1 Preheat oven to 170C and butter a large, wide baking dish (about 3½-litre capacity). Cook macaroni in a large saucepan of boiling salted water until al dente (5-6 minutes). Drain, place macaroni in cold water to cool, then drain well. Combine with mozzarella in a bowl and set aside.

2 Heat butter in a saucepan over medium heat, add onion, capsicum, garlic and bay leaf and sauté until translucent (7-8 minutes). Stir in flour and stir constantly for 1 minute, then gradually whisk in the milk, then cook over low heat, stirring occasionally, until thick (24-25 minutes). Stir in cream cheese, tomato sauce, mustard, hot sauce, 350gm cheddar and 1 tsp coarsely ground black pepper. Remove from heat and whisk until cheeses melt (1-2 minutes). Adjust seasoning, remove bay leaf, combine sauce with macaroni mixture and pour into prepared dish. Top evenly with remaining cheddar and parmesan and bake until golden brown and a crust has formed (25-30 minutes). Serve hot.

Cucumber and choko salad

"If there's one salad you'll find on a Bajan table other than the classic lettuce, tomato and onion it will be a cucumber concoction of some sort," says Carmichael. "This should be served cold and you can play around with the spice levels. You can also finish it off with a drizzle of nice olive oil."

Prep time 15 mins (plus chilling)
Serves 10

1 kg Lebanese cucumbers (about 6), peeled and coarsely grated
2 chokoes (600gm), peeled and coarsely grated
2 cups (loosely packed) flat-leaf parsley, coarsely chopped
1 (200 gm) medium-large onion, finely chopped
4 (150 gm) salad onions, stem trimmed and thinly sliced
1-2 habanero chillies, or to taste, finely chopped
125 ml (½ cup) lime juice (from about 4 juicy limes), or to taste

1 Combine ingredients in a large bowl, season to taste and refrigerate to chill (1½-2 hours). Before serving, check seasoning – the flavour of the chilled salad should be a balance of sour and salty – and serve.

MY NOTES