

TASMANIAN-STYLE SHAKSHOUKA

BY REES CAMPBELL

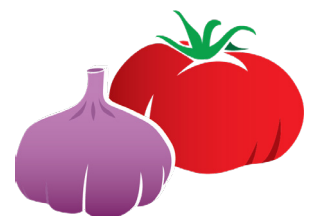
serves 6-10

INGREDIENTS:

- ✦ 1.5kg ripe roma tomatoes
- ✦ 1 red onion
- ✦ 1 red capsicum
- ✦ 2 cloves garlic
- ✦ Olive oil
- ✦ Chopped fresh native herbs – ozothamnus, apium, p. cuneata, pepper, seaweed salt
- ✦ 1 tablespoon *Feisty Tasmanian* Bush Power Seasoning
- ✦ 18 quail eggs
- ✦ *Feisty Tasmanian* dukkah
- ✦ Herb bread & butter

METHOD:

1. Chop the onion, capsicum and garlic finely. Set aside.
2. Dice the tomatoes quite small. Set aside.
3. Heat large pan with a couple tablespoons of olive oil. Cook onion and capsicum for a couple of minutes, and then add the garlic.
4. Add the tomatoes, including any juices – cook for about 5 minutes on high, stirring often.
5. Add all the herbs and bush power seasoning, then continue to cook until the vegetables are soft and combined. Add water or turn down the heat as required.
6. Crack quail eggs into a separate bowl, one by one.
7. Make spaces in the sauce and tip an egg into each one. Sprinkle with seaweed salt and dukkah.
8. Serve with a slice of native herbed bread.



GARLIC, WATTLESEED & CHOC-CHIP BISCUITS

BY REES CAMPBELL

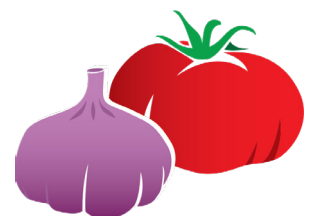
makes 70 biscuits

INGREDIENTS:

- ✦ 10 garlic cloves
- ✦ 1 cup manuka honey
- ✦ 1 cup softened butter
- ✦ 1 1/2 cups brown sugar
- ✦ 1 1/2 cups white sugar
- ✦ 1 tablespoon wattleseed
- ✦ 6 eggs
- ✦ 3 teaspoon vanilla essence
- ✦ 5 cups self raising flour
- ✦ 5 cups chocolate chips

METHOD:

1. Pre-heat oven to 180C. Grease and line baking trays.
2. Boil the garlic cloves in water for 5 minutes. Drain and let cool, then peel.
3. Chop the garlic finely. Add to the honey, mix, and leave to soak for 20-30 minutes.
4. In a small cup, pour just enough boiling water over the wattleseed to cover. Leave to soak.
5. Beat the butter, both sugars, egg, and vanilla until light and fluffy.
6. Gently mix the flour in.
7. Mix in choc chips and wattleseed (including the water).
8. Strain the garlic (discarding the honey), and add the mix.
9. Mix in thoroughly.
10. Drop small spoonful of dough onto a lined baking tray. Allow enough space to allow for spreading.
11. Bake until just golden brown.
12. Cool slightly on the baking tray, then transfer to a rack to cool fully.



TOMATO, BUSH HERBS & LEMON POTTAGE

BY REES CAMPBELL

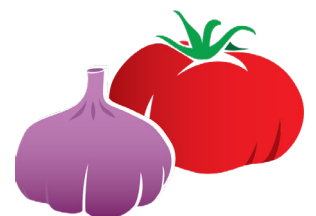
makes approx. 2 cups

INGREDIENTS:

- ✦ 2 tablespoons olive oil
- ✦ 1 clove garlic, minced
- ✦ 1 large red onion, chopped finely
- ✦ 1/4 cup apium insulare, chopped finely
- ✦ 1 teaspoon dried baeckea gunniana
- ✦ 1/2 teaspoon salt
- ✦ 1/2 teaspoon native pepper
- ✦ 2 cups cherry tomatoes, halved
- ✦ 1/2 cup red capsicum
- ✦ 1/4 cup kangaroo apple pulp
- ✦ 1/2 teaspoon lemon zest
- ✦ pinch sugar
- ✦ Juice of 1 lemon
- ✦ French breadstick, toasted

METHOD:

1. In a big pan, heat the oil over low-medium heat.
2. Cook the garlic, onion, half the apium, baeckea, salt, and pepper until fragrant (about 2 minutes).
3. Add the tomatoes, kangaroo apple, capsicum, lemon zest, and sugar.
4. Saute over medium-high heat until the tomatoes are softened (about 5 minutes).
5. Mix in the lemon juice and remaining apium.
6. Serve on toasted bread.





KANGAROO APPLE BLINIS

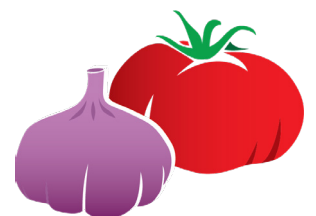
BY REES CAMPBELL

INGREDIENTS:

- ✦ 2 cups self raising flour
- ✦ Generous 1/4 cup sugar
- ✦ 1 1/4 cups milk
- ✦ 2 eggs
- ✦ 2 tablespoons melted butter
- ✦ 1/4 cup kangaroo apple pulp
- ✦ 1 tablespoon yoghurt or sour cream
- ✦ *Feisty Tasmanian* marmalade
- ✦ 500ml dollop cream

METHOD:

1. Whisk all the wet ingredients in a bowl, until incorporated.
2. Pour wet ingredients into the flour, and mix well.
3. Pour small spoonful into a buttered pan on medium heat. Cook for a couple of minutes each side, or until golden brown.
4. Cool on paper towel.
5. Serve by spreading with marmalade, and a small dollop of cream.



HOMEMADE CAVATELLI

BY ANTOINE MARTINDALE

makes A LOT

INGREDIENTS:

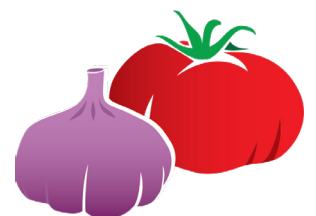
- ✦ 750g plain flour
- ✦ 750g fine durum wheat semolina (plus extra, for dusting)
- ✦ 650g water

For a smaller portion:

- ✦ 200g plain flour
- ✦ 200g fine durum wheat semolina (plus extra, for dusting)
- ✦ 175g water

METHOD:

1. In a bowl, combine the flour and semolina. Create a “well” in the middle of the bowl with your fingers.
2. Pour in the water. Then, using your fingers in a circular motion, start incorporating the water and the dry ingredients. Continue incorporating until no more flour or semolina remains at the bottom of the bowl.
3. Empty the dough onto your cutting board, and knead for approximately two minutes, or until your dough is homogenous.
4. Form a round ball with the dough, wrap it tightly with cling wrap, and let rest for 30 minutes at room temperature.
5. On a work surface, shape long, thin logs (about 1 cm in diameter) and coat each one with semolina.
6. Cut the logs into pieces about 1 cm long. Repeat with the remaining dough.
7. Roll the cavatelli over a gnocchi board, or the tines of a fork, until rounded and grooved.
8. Place the cavatelli on a baking sheet dusted with semolina, until you are ready to cook.
9. Bring a large pot of salted water to the boil.
10. Cook the cavatelli for 2-3 minutes, or until tender. They will float to the top of the pot as they cook. Drain before saucing.



ALL'ARRABIATA SAUCE

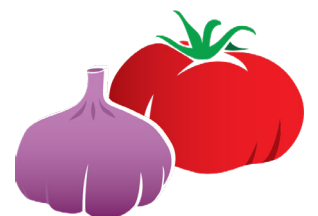
BY ANTOINE MARTINDALE

INGREDIENTS:

- ✦ 1 onion, chopped
- ✦ 5ml crushed hot pepper flakes, or to taste
- ✦ 1 roasted red capsicum, chopped
- ✦ 45ml olive oil
- ✦ 2 cloves garlic, finely chopped
- ✦ 60ml white wine
- ✦ 500g diced tomatoes (7-8 regular tomatoes)
- ✦ salt to taste

METHOD:

1. In a saucepan on medium-high heat, and brown the onion and pepper flakes in the oil.
2. Season with salt and pepper.
3. Add the garlic and roasted red capsicum, and cook for 1 minute.
4. Deglaze with the white wine and reduce the liquid by half.
5. Add the tomatoes, and cook for about 10 minutes. Adjust the seasoning to taste.
6. Spoon over your pasta!



GARDEN RATATOUILLE

BY ANTOINE MARTINDALE

serves 4-6

INGREDIENTS:

- ✦ 100ml olive oil, divided
- ✦ 4 garlic cloves, minced
- ✦ 1/2 small brown onion, chopped
- ✦ 500ml crushed tomatoes
- ✦ 1/2 bunch fresh basil
- ✦ 1/2 bunch fresh parsley
- ✦ 1 small eggplant, sliced into 1/4cm thick circles
- ✦ 2 small zucchini, sliced into 1/4cm thick circles
- ✦ 3 heirloom tomatoes, sliced into 1/4cm thick circles
- ✦ salt to taste
- ✦ black pepper to taste

METHOD:

1. Preheat the oven to 200C.
2. In a large nonstick pan, heat 2 tablespoons of olive oil over medium-high heat.
3. Add in the onion and garlic, and cook until tender (about 5 minutes).
4. Next, add in the crushed tomatoes and seasonings, and simmer for 15 minutes.
5. Taste and adjust the seasoning with salt and pepper.
6. Once the sauce has thickened, pour into a standard size round baking dish (20 cm in diameter).
7. Arrange the sliced vegetables in a circular pattern, standing upright in the dish, over the sauce.
8. Brush with the remaining olive oil.
9. Cover with aluminium foil, and bake for 30 minutes, then uncover and bake until vegetables are tender. Serve immediately.

