

Thyme Roasted Beetroot, Prosciutto Crisp, Parmesan Crème and Apple

Preparation Time: 1 Hour

Cooking Time: 1 Hour

Serves: 1

INGREDIENTS

Thyme Roasted Beetroot:

1 Beetroot, peeled & chopped into 2cm
1 Garlic Bulb, halved
10g Wild Thyme
Salt to taste

Apple Purée:

2 Apples, peeled, cored & diced
50ml Cold water
½ Lemon, juiced
Salt to taste

Pickled Vege:

200g Sugar
100ml White Wine Vinegar
1 Lemon peel
½ Apple
¼ Beetroot, peeled and thinly sliced
1 Radish, washed and thinly sliced

Prosciutto Crisp:

2 Prosciutto Crisp

Parmesan Crème:

1 Rosemary Stick
100ml Cream
100g Parmesan Cheese

Garnish:

1Tsp Capers



METHOD

THYME ROASTED BEETROOT

1. Preheat the oven to 200°C and place diced beetroot onto a lined baking tray.
2. Drizzle with oil, add thyme, garlic halves and season.
3. Place into the oven to roast at 200°C for 20mins or until softened.
4. Set aside to plate.

APPLE PURÉE

1. Put apples into a pot with lemon and water.
2. Cook on a medium heat and cover with a lid.
3. Cook until soft, then pour into a food processor to purée until smooth.
4. Season and set aside.



AS SEEN ON



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METHOD

PICKLED VEGE

1. Thinly slice apple, beetroot and radish on a mandolin.
2. Boil sugar with lemon and vinegar.
3. Pour over sliced fruit and vegetables.
4. Season and set aside.

PROSCIUTTO CRISP

1. Place prosciutto in between 2 pieces of baking paper.
2. Bake at 200°C for 10 minutes or until crispy.
3. Leave to cool and then snap to assemble on the plate.

PARMESAN CREME

1. Bring ingredients to boil in a pot.
2. Reduce by half or until thick.
3. Adjust seasoning.

ASSEMBLE

1. Swipe purée down the bottom of the plate.
2. Lay beetroot from left to right of the plate.
3. Layer pickled vegetables in between.
4. Add 3 dollops of parmesan crème.
5. Finish with prosciutto chips, capers and salt.



AS SEEN ON



Seared Lamb Backstrap, Kumara Garlic Purée, Chimichurri and Jus. Side of Brussels.

Preparation Time: 45 Mins

Cooking Time: 1 Hour

Serves: 1

INGREDIENTS

Seared Lamb Back-Strap

1 Lamb Backstrap
25g Butter
2 Rosemary Stalks
2 Thyme Sprigs
Salt and Pepper To Taste

Kumara and Garlic Purée

3 Kumara
1 Potato
2 Thyme Sprigs
1 Garlic Bulb
250ml Milk
100ml Cream
50g Butter
Salt and Pepper To Taste

Kumara Chips

1 Kumara
Canola Oil for Frying
Salt and Pepper To Taste

Brussels

8 Brussels
25g Butter

Sauce

500ml Lamb Stock
2 Shallots
1 Garlic Bulb, peeled
2 Thyme Sprigs
¼ Cup Red Wine
1 Tbsp Manuka Honey
25g Butter

Lamb Jus

4 Lamb Chops
3 Tbsp Olive Oil
2 Shallots, peeled and sliced
2 Onions, peeled and sliced
1 Garlic Bulb, peeled and sliced
1/3 Cup Red Wine
3 Carrots, peeled and chopped
1 Celery bunch, washed and chopped
1 Leek, washed and chopped
1 Rosemary stalk
1 Thyme bunch
1L Beef Stock

Pangritata

50g Butter
10 Sage Leaves
20g Fresh oregano
20g Fresh thyme
1 Cup Breadcrumbs
1 Lemon, zest

Chimichurri

¼ Cup White wine vinegar
1/3 Cup Olive Oil
2 Shallots, peel and finely dice
1 Garlic, peel and dice
½ Cup Oregano
½ Cup Parsley
½ Cup Coriander



AS SEEN ON



Seared Lamb Backstrap, Kumara Garlic Purée, Chimichurri and Jus. Side of Brussels.

METHOD

LAMB BACKSTRAP

1. Heat a pan on high, add olive oil, then season lamb rack.
2. Add the lamb and sear on all sides.
3. Add butter, rosemary and thyme and baste the lamb.
4. Continue to baste for a couple more minutes. Then rest on a board for 10 mins before slicing.
5. Reseason before serving.

KUMARA AND GARLIC PURÉE

1. Place garlic halves into a piece of tin foil, season and drizzle with olive oil.
2. Bake wrapped garlic in the oven at 200°C for 15mins or until soft.
3. Bring the milk, cream, butter and thyme to a simmer in a pot.
4. Add kumara and potato to the same pot and season.
5. Cook until just soft and strain, reserving the liquid.
6. Blend with a food processor or until smooth. Adjust with reserved liquid if needed.
7. Add roasted garlic to the purée and blend again.
8. Adjust seasoning and keep warm to serve.

KUMARA CRISPS

1. Heat a pan with enough cooking oil to deep-fry.
2. Peel a kumara into long strips. Trim to make even.
3. Add kumara into hot oil and fry until golden brown.
4. Take out and drain on some kitchen roll. Season to taste.

CHIMICHURRI

1. Place shallots, garlic and fresh herbs into a bowl.
2. Pour in the white wine vinegar and let soak for 10 minutes.
3. Add olive oil and season to taste. It should be quite acidic!



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METHOD

LAMB JUS

1. Heat a pressure cooker with olive oil. Then add lamb chops and brown.
2. Then add quartered shallots, onion and garlic.
3. Once browned, deglaze the pressure cooker with the red wine.
4. After 5 minutes, add carrot, herbs, celery and leeks. Season.
5. Fill the pressure cooker with beef stock. Then add the lid and cook for 30 minutes.
6. Release the pressure. Season the stock to taste and set aside.

SAUCE

1. Heat a pan with olive oil. Once hot, add the shallots and garlic and sauté.
2. Then add red wine, thyme and Manuka honey and reduce by half.
3. Add the lamb stock gradually and finish with butter.
4. Check seasoning and keep warm to serve.

BRUSSELS

1. Heat a hot pan and fry bacon until crispy.
2. Add brussel sprouts and season.
3. Add butter and toss to help coat the brussels.
4. Keep warm to serve.

PANGRITATA

1. Melt butter in a pan until foamy, then add fresh herbs.
2. Add in breadcrumbs and cook until crispy.
3. Season with salt and lemon zest.
4. Set aside and use to sprinkle over brussels.



AS SEEN ON



Deconstructed Peach Crumble

Preparation Time: 1 Hour

Cooking Time: 1 Hour

Serves: 2

INGREDIENTS

Crumble

- ½ Cup Butter
- ½ Cup Sugar
- Plain Flour
- ½ Cup Rolled Oats
- ¼ Cup Jumbo Oats
- 1 Tsp Cinnamon
- ½ Tsp Ground ginger

Citrus Poached Peach

- 1 Peach
- 1 Lemon
- 1 Lime
- 1 Orange
- 1 Cup Sugar
- 1 Cup Water

Blackberry Sauce

- ½ Cup Blackberries
- 2 Tbsp Sugar

Chai Cream

- ½ Cup Cream
- 1 Tbsp Icing Sugar
- 1/8 Tsp Cinnamon
- 1/8 Tsp Cardamom
- 1/8 Tsp Nutmeg
- 1/8 Tsp Ground Cloves

METHOD

CRUMBLE

1. Preheat the oven to 180°C.
2. Combine ingredients in a bowl and mix until mixture resembles breadcrumbs.
3. Pour onto a baking tray and bake at 180°C for 20mins or until golden brown.
4. Leave to cool and crush up to serve.

ROASTED PEACHES

1. Cut the peaches in half and remove the pips.
2. In a small saucepan, dissolve the sugar in the water over medium heat.
3. Using a vegetable peeler, remove the skins off the lemon, lime and orange.
4. Place the peach halves and citrus rind into the sugar water mixture.
5. Simmer for 20 mins, the fruit should be cooked through but not mushy.
6. Steep in the poaching liquid for 10 minutes to infuse more citrus flavour.

BLACKBERRY SAUCE

1. On medium heat in a small saucepan, combine the berries and sugar.
2. When the berries start to soften, use a potato masher and crush the berries.
3. Simmer for 20 minutes.
4. Strain out seeds.

CHAI CREAM

1. Whip cream.
2. Combine all ingredients and fold through the cream being careful not to over whip.