

SUNDAY FOOD

QUICK, SIMPLE AND TASTY

Food editor: Wendy Hargreaves

Ph: 03 9292 2968 Email: hargreavesw@heraldsun.com.au



Prize catch from Asia

PHILIPPE Mouchel creates stunning restaurant dishes as one of Melbourne's most celebrated chefs, but his favourite family meal happened almost by accident, standing in front of the kitchen fridge wondering what to cook for dinner.

This Asian-inspired salmon — a far cry from Philippe's classic French cooking — features in his new book *More Than French — Recipes and Stories*, written with food doyenne Rita Erlich (\$65, Slattery Media).

The book follows his career in recipes, from working with Paul Bocuse at Daimaru to Langton's, The Brasserie and now PM24 in Russell St.

Philippe serves the salmon with steamed rice and stir-fried bok choy, topped with toasted sesame seeds and lime wedges.

PAN-SEARED SALMON WITH CHILLI AND GINGER MARINADE

Ingredients

4 salmon fillets, about 180g each, skin removed
1 tbs olive oil
Salt and pepper
8 small bok choy
For the marinade . . .
2 cloves garlic, peeled and finely chopped
2 tbs grated ginger
4 tbs gochujang chilli paste*
1 tbs soy sauce
1 tbs rice wine vinegar
1 tbs sesame oil
200ml chicken stock



METHOD

Combine all the marinade ingredients in a bowl and stir well. Put the salmon in a dish, season with salt and pepper, then pour over marinade. Cover, and refrigerate for 1hr, turning once during that time.

Heat a frying pan over medium heat. Add the olive oil and then the salmon fillets, reserving the marinade.

Cook for 4min on one side, turn over, and cook for 3min on the other. Make sure the pan is not too hot, or the sugar in the marinade will burn rather than caramelise.

Add the reserved marinade to the pan, and baste the salmon until it is glazed and almost caramelised.

Turn over and repeat until well glazed on both sides. Serve with stir-fried bok choy.

* **Gochujang** is a Korean chilli paste made from fermented soybeans, chillies and glutinous rice powder. Find it at Asian supermarkets. If you can't find it, use 3tbs of regular chilli paste and add 1tbs of sugar.

Masterclass . . . perfect salmon



Reel deal: Philippe Mouchel's salmon and (inset) the cover of his new book.

Meatballs with love



GUY GROSSI

Head chef Grossi Florentino, Mirka at Tolarno Hotel

MUM always makes the best meatballs. I follow her recipe to the letter, but mum's always taste better. It must be the love that goes into making them.

We always fry them in the pan first, then we put them in the deliciously sweet tomato passata and toss them through some pasta.

MUM'S SPAGHETTI AND MEATBALLS

Ingredients

500g dried spaghetti
For the meatballs:
1kg beef mince
2 cloves garlic
Large pinch of salt
1 stalk rosemary, chopped
Pinch of chopped sage
1 red chilli, chopped
Black pepper to taste



Pinch cumin powder
For the passata:
400g tinned tomatoes, whole peeled
6 tbs extra virgin olive oil
2 cloves garlic
1 onion
2 tbs tomato paste
250ml water
1 tbs basil, chopped
2 tbs oregano, chopped
Salt and pepper to taste

METHOD

For the meatballs, add garlic, salt, rosemary, sage, chilli,

pepper and cumin to the beef mince and mix in thoroughly with your hands. Place the mixture into the fridge and chill for about 2hrs. Then mix by hand for another 5min or until the meat binds and becomes sticky. Roll the meat mixture into meatballs and fry until golden in a hot pan with about 3tbs of olive oil.

For the passata, put the tinned tomatoes through a food mill or processor and discard seeds and peel. Put aside.

Finely chop the garlic and onions. In a large pot, add olive oil, garlic and onions and cook until the onions are translucent. Add the tomato paste and herbs and mix well through the onion and garlic. Allow the tomato paste to cook well while stirring for 2-3min. Add the tomatoes and season with salt and pepper. Stir in the water and simmer the sauce on low to moderate heat for 45min until the sauce has become rich and flavoursome. Adjust seasoning to taste.

Boil the spaghetti in a large pan until al dente. Toss in a pan with the tomato passata and meatballs. Serve immediately with parmesan cheese grated on top.



Breaking the mould

LATE harvest strawberries, blueberries and raspberries are still available from local growers.

If you find some, try this simple dessert from chef Lionel Abello, who serves this dish at The French Brasserie (2 Malthouse Lane, Melbourne, 9662 1632).

CHAMPAGNE AND BERRY JELLY

Ingredients

750ml champagne or sparkling wine
175g caster sugar
9 gelatine leaves
3 punnets berries (blueberries,

raspberries and strawberries)

METHOD

Place gelatine leaves in a bowl of cold water for about 10min. In a saucepan, bring champagne and sugar to a simmer to dissolve the sugar. Add gelatine leaves to the warm champagne and whisk to dissolve. Pour a 0.5cm layer of the jelly liquid into each of six small jelly moulds. Allow to set in the fridge for 4hrs. Then place mixed berries on top of the set jelly (0.5cm below top of moulds). Pour remaining jelly liquid into the moulds to cover berries. Let jelly moulds set in fridge.

The latest

CHOC CAPSULES

MELBOURNE'S Map Coffee has perfected super-fast espresso with its simple-to-use capsule



machines (pictured, \$299). Now the local coffee roaster is the first in Australia to

make creamy hot chocolate using the fail-safe capsule system.

Like Map's popular coffee capsules, the hot chocolate version will be sold in packs of 10 (\$7.50) at

Harvey Norman stores. The first stock will be sold from mid-April.



GREAT BBQ TASTE

TRY a dollop of spiced onion confit with your barbecued sausages and steak.

Raw Materials confit (\$11.50, 260g) is made using lightly pickled onions, finely sliced and spiced with caraway seeds. It also tastes great slathered on a baguette with your favourite smelly cheese. See rawmaterials.com.au.



IMPORTED CHORIZO

GENUINE Spanish chorizo is on sale in Melbourne for the first time.

Until now, quarantine laws have banned the sausage, but importer Juanjo Sagnier has found a way to import Manolette chorizo from Spain's mountainous north. The chorizo (above, in tapas) is shipped in olive oil to seal flavour. Find it for \$27-\$33/kg at Fitzroy's Casa Iberica.



NEW DINER

ALREADY bursting at the seams with cafes, Brunswick has another back-street diner opening this weekend. Richard and Suzanne Pavlov (formerly Poached and Little B) are opening the Brunswick Food Store (above) in the warehouse once inhabited by the Toby's Estate Cafe on the corner of Weston and Charles streets.

Expect loads of local produce with a Middle Eastern twist.