



SHISH BARAK: A MIDDLE-EASTERN LAMB AND PINE NUT TORTELLINI, WITH MINTED SHEEP'S MILK YOGHURT, NUT BROWN BUTTER

Shish Barak

Ingredients:

- ½ kg of lean lamb mince
- 1 large onions –diced
- 2 tbs of ghee
- 1 bay leaf
- 1 tbs of mixed spice
- Salt and pepper to taste
- 1 pack of Gow gee pastry

Method:

1. In a fry pan place the mince with the ghee, with a whisk breaking up the mince completely (this would take about 5 minutes)
2. After the juices have evaporated, add in your diced onions
3. Stirring continuously until the onion is translucent
4. Add you bay leaf and spices
5. Add salt and pepper to taste
6. Cook for a further 4 minutes, then place on a tray and cool it down

Making the tortellini:

1. Wet the pastry around the edges
2. Place 1 tsp in the centre of the pastry
3. Fold the pastry in half, squeezing out all the air
4. Wet one corner of the pastry and along the folded edge
5. Bring both corners to each other, pressing the internal edges together
6. Place on a tray



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SHISH BARAK: A MIDDLE-EASTERN LAMB AND PINE NUT TORTELLINI, WITH MINTED SHEEP'S MILK YOGHURT, NUT BROWN BUTTER (cont'd)

Minted sheep's milk yoghurt

Ingredients:

- 500ml of sheep's milk yoghurt
- 2 tbs of lemon juice
- ½ tsp of dried mint
- Salt and pepper to taste

Method:

1. In a saucepan warm the sheep's milk yoghurt with all the ingredients, stirring continuously until warm – DO NOT BOIL THE SAUCE, OTHERWISE IT WILL SPLIT
2. Place into a warm spot with a lid
3. To serve – place the tortellini in boiling water and cook for 4 minutes
4. Strain them off and place into the minted yoghurt
5. Place onto a plate, be generous with the sauce
6. In a separate pan add 2 tbs of butter and 3 tbs of pine nuts, add a squeeze of lemon juice that should turn the butter nut-brown
7. Pour all over the tortellini and serve



DUCK CONFIT OF THE LEG WITH SPICED ORANGE

Ingredients:

- 4 duck legs
- 10 sprigs of thyme
- 2 cloves of crushed garlic
- 1 tbs of salt
- Crushed black pepper
- ½ litre of duck fat
- 1 sprig of rosemary
- 1 bay leaf

Method:

1. Place duck legs on a roasting tray and rub in the salt and massage well
2. Add your aromatics on to each leg
3. Warm the duck fat and pour over the duck, wrap the tray in foil
4. Bake at 140 degrees for 2 hours
5. Remove the duck from the fat onto kitchen paper to soak excess fat
6. In a hot fry pan, brown the duck legs, skin side down
7. Finish off with a pinch of sea salt
8. To serve place on a plate alongside French beans and roasted potato

Spiced orange:

Ingredients:

- The peel of 1 orange
- Juice of 2 oranges
- 1 tbs of ground cloves
- 3 whole star anise
- 3 tbs of brown sugar
- Pinch of salt
- Cracked black pepper
- 1 bayleaf
- 60ml of grand manier

Method:

1. Peel 1 orange with a vegetable peeler
2. Squeeze 2 oranges of their juices
3. Place into a saucepan, adding the ground cloves, star anise, brown sugar, salt, pepper and bay leaf
4. Bring to a boil and simmer for about 5 minutes or until the liquid thickens slightly
5. Add your grand manier and flambé, to remove the alcohol



BEEF BOURGUIGNON

Ingredients:

- 1 kg Beef , cut into large chunks
- 300g speck, cubed
- ½ cup extra virgin olive oil
- 2 carrots, peeled, halved and sliced
- 2 celery stick-leaves intact, halved then sliced
- 1 leek, halved and sliced
- 1 onion, peeled and chopped
- 5 shallots – halved
- 10 sprigs of thyme
- 7 bay leaves
- 1 bunch of parsley
- ½ litre red wine, brought to the boil and simmered to remove acidity
- Salt and pepper to taste
- 300g button mushrooms

Carott Puree

- 5 carrots, peeled and chopped

Mashed Potatoes

- 6 large desiree potatoes, skin on
- 100 g butter
- 200ml cream

Method:

1. Heat oil in a pan over med-high heat,
2. Seal the beef in batches until golden brown then drain and set aside – reserve oil.
3. Repeat until all beef is sealed – reserve oil.
4. Using the same pan and oil as the beef, add all vegetables except the mushrooms and cook for 5-8minutes.
5. Place meat in a large casserole dish, top with the vegetables, bay leaves, thyme and speck. Stir to combine.
6. Pour red wine over the beef and vegetables, season with salt pepper and cover with lid.
7. Place on the stove and bring to the boil, then reduce heat to very low and cook for 40minutes.
8. While the bourguignon is cooking prepare the carrot puree and mash.

Carrot Puree

1. Add chopped carrots to a pot, cover with cold water and bring to the boil.
2. Add salt and cook until just soft
3. Pass through tamis, fine sieve or hand blender.



Mashed Potatoes

1. Place whole unpeeled potatoes into a pot of cold water
2. Bring to the boil and add salt
3. Cook until soft
4. Peel while still hot
5. Pass through a tamis, fine sieve or use a fork
6. Heat milk in a saucepan until warm
7. While the milk is heating, return the mashed potatoes to their pot and stir over medium heat for about 3-5 minutes to remove excess water (this will also add air to the potatoes and make them more light and fluffy)
8. Add warm milk in small amounts and stir in the butter – mix until combined.
9. Place cling wrap on top of the potatoes and set aside until ready to serve.



GRILLED PALM SUGAR PINEAPPLE WITH CRÈME FRAICHE

Ingredients:

- 1 unripe pineapple
- 1 cup of grated palm sugar
- ¼ cup of water
- 4 tbs of crème fraiche

Method:

1. Peel, top and tail the pineapple
2. Cut into quarters and cut the stem out
3. In a sauce pan place the palm sugar and water and bring to a boil
4. Place pineapple into the syrup and let it stand for 10 minutes
5. On a nice hot char grill, grill the pineapple on both sides until grill marks appear
6. Place onto a plate
7. Simmer the syrup down to a glaze, then pour it equally onto the pineapple
8. To serve, place a dollop of crème fraiche on top of the pineapple, serve with strawberries or any other fruit that you desire