



SLOW-ROASTED PORK SHOULDER



SERVES

6 - 8



METHOD

OVEN



MINUTES

100



DIFFICULTY

2/10

INGREDIENTS

- 1 4-pound boneless pork shoulder
- 1 teaspoon crushed red pepper
- 1 teaspoon garlic powder
- 1 teaspoon ground ginger
- 1½ tablespoons kosher salt
- 1 teaspoon ground white pepper
- 2 tablespoons brown sugar
- 2 tablespoons extra-virgin olive oil
- 2 tablespoons red wine vinegar

Preheat the oven to 500°F. Mix all of the spice rub ingredients together in a small bowl to form a paste.

Use a basting brush or spoon to coat the roast. Place the seasoned pork shoulder on a rack in a roasting pan and transfer it to the oven.

Roast for 20 minutes. Lower the heat to 250°F and cook until your probe thermometer reads 140°F which will take another hour or so. The exterior of the roast should be a beautiful brown color.

Remove the roast from the oven, cover it loosely with foil, and let it rest for 15 minutes, during which time the temperature will continue to rise until it reaches the target temperature of 145°F.

Slice, serve, and enjoy.



FRESHWATER PRAWNS

WITH WINTER SALSA



SERVES

4



METHOD

STOVETOP



MINUTES

45



DIFFICULTY

3/10

INGREDIENTS

Salsa

- 1 tablespoons olive oil
- 1 garlic clove, finely chopped
- 2 leeks, cut into thin strips
- 1 16-oz can of chopped tomatoes

Sea salt

Ground black pepper

- 4 tablespoons pine nuts, toasted, coarsely chopped

Prawns

Oil for frying

- 1 pound freshwater prawns tails, cleaned and peeled
- 4 sprigs rosemary

Sea salt

Heat the oil in a pan, sauté the garlic and leek for approx. 5 mins., add the tomatoes, bring to the boil, reduce the heat, simmer for approx. 25 mins., season, mix in the pine nuts.

Heat the oil in a non-stick frying pan, add the rosemary. Fry the prawn tails for approximately 6 minutes all over, add salt and serve with the winter salsa.



PASTA ALLA NORMA



SERVES

4-6



METHOD

STOVETOP



MINUTES

45



DIFFICULTY

3/10

INGREDIENTS

1½ pounds eggplant

Olive oil as needed

Salt and pepper

1 tablespoon chopped garlic

4 dried chiles

1½ pounds tomatoes, chopped

1 tablespoon fresh oregano

1 pound long pasta

¼ cup chopped parsley or basil

½ cup grated ricotta salata

Slice the eggplant about 1/2 inch thick. Cook in abundant olive oil, without crowding, sprinkling with salt and adding more oil as needed. You will undoubtedly have to cook in batches; take your time and cook until the eggplant is nicely browned and soft. Remove to a plate; do not drain on paper towels. Meanwhile, put a large pot of water to boil and salt it.

At the end of the cooking the eggplant, the pan will ideally have a couple of tablespoons of oil left. If there's more or less, drain some off or add a bit. Turn the heat to medium, add the garlic and chiles, and cook until the garlic colors a little bit. Add the tomatoes and oregano, along with some salt and pepper; cook until saucy but not too dry, stirring occasionally.

Cook the pasta until tender but not mushy. While it's cooking, cut the eggplant into strips and reheat for a minute in the tomato sauce. Drain the pasta and toss it with the tomato sauce and the eggplant. Taste and adjust the seasoning, then top with the parsley or basil and grated cheese and serve.



FISH & SORREL PIES



SERVES

6



METHOD

OVEN



MINUTES

60



DIFFICULTY

3/10

INGREDIENTS

1/3 cup olive oil
3 onions, thinly sliced
2 garlic cloves, thinly sliced
1 large fennel bulb, core removed, thinly sliced
12 large green prawns, peeled (heads reserved), deveined, meat halved lengthways
3/4 cup white wine
3 potatoes, peeled, thinly sliced
2 cups chicken stock
3/4 cup cream
2 16-oz packets puff pastry, thawed
1½ pounds skinless trout fillets, pin-boned, cut into large pieces
2 pounds skinless red snapper fillets, pin-boned, cut into large pieces
Zest and juice of 1 lemon
1 bunch sorrel

Heat 1/4 cup olive oil in a large, heavy-based saucepan over medium heat. Cook onion, garlic and fennel, stirring occasionally, for 10-15 minutes until soft. Add the prawn heads and cook, stirring, for a further 5 minutes or until beginning to brown. Increase heat to medium-high, then add wine and simmer for 5 minutes or until reduced.

Add the potatoes and chicken stock. Bring to a simmer, then cook for 5 minutes or until the potatoes are soft and the stock is reduced by two-thirds. Increase heat to high and add the cream. Bring to the boil, then remove from heat. Remove prawn heads and discard. Using a stick blender, puree the sauce until smooth. Strain sauce through a fine sieve and season to taste. Transfer to a bowl, cover with plastic wrap and chill completely.

Preheat oven to 375 °F. Roll out pastry on a lightly floured work surface until 1/8" thick. Using a 1-pint-capacity dish as a guide, cut out 4 pastry pieces slightly larger than dish. Set aside on a tray.

Combine prawn meat, trout and flathead in a bowl with lemon zest and sorrel, then divide among four 500ml pie dishes. Spoon 3/4 cup sauce into each dish or enough until two-thirds full, then stir to coat seafood. Brush the edge of the pie dishes with a little water and place pastry over the top.

Press the pastry lightly onto the rim of the dishes with a fork, then trim excess pastry with a knife. Brush with beaten egg and using a small knife, score the top of each pie. Bake for 20 minutes or until the pastry is golden and the seafood is just cooked.

Meanwhile, heat sunflower oil in a frypan over medium heat. Add capers and cook for 2-3 minutes or until crisp. Remove with a slotted spoon and drain on paper towel.

To make the dill vinaigrette, place the dill, lemon juice and remaining 1 tbs olive oil in a small bowl and whisk to combine. Serve pies topped with dill vinaigrette and fried capers.