



# GOURMET SAFARI

COOKING FIRST CLASS, ADVENTURE TOURISM ALL CLASS

## EPISODE RECIPE GUIDE

by *Richard Till*

Supported by





**On the Road**

*Celebrity chef Richard Till sources the finest cuts of New Zealand meats exported to the world and shows how to prepare meals that could be found on menus in the finest restaurants yet easily replicated in the home kitchen.*

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## EPISODE 1 - MARLBOROUGH

### ENTRÉE

#### Mussel Fritters

The story with this is.....if it ain't broke.....

There are very few NEW recipes in the world. Everything has been done before, or close to it, by someone somewhere sometime else. This is the only recipe I have truly invented. I've never seen it, or anything that similar anywhere before.

There's a little bit of work in the recipe but it's well worth it. To get 2 cups of mussel meat you'll need to prise open about 2 ½ Kg of fresh mussels. Dice your leftover toast slice bread, crusts included, into even cubes. The bread soaks up the mussel liquor and makes for the most tender, flavoursome, moist, truly fabulous mussel fritters you can imagine.

This can be cooked on a BBQ hot plate or in a frying pan.

#### Ingredients

2 C roughly chopped raw mussels  
1 carrot, finely grated  
2 chillies, finely chopped  
Handful coriander, roughly chopped  
1 clove garlic finely minced  
5 slices white toast bread, diced into small cubes (5mm square max)  
2 eggs  
1/3 C of flour  
Salt/pepper  
½ C oil for frying.

#### Method

Combine all and mix together.

Heat 1//2 cup oil in a pan and shallow fry spoonfuls of the mixture.

Drain on paper towels.

Serve lightly salted with lemon, lime or sweet chilli sauce, or some other dipping sauce..

## MAIN

### Charred lamb fillets (or backstraps) with scalloped potatoes and aioli

This is a dish that was the most popular meal on the menu at my most famous restaurant in Christchurch. Over the time I had the restaurant we cooked approximately 38,000 sheep's worth of lamb fillets. It's easy to make as an entertaining meal because it's got the scalloped potatoes that you prepare ahead of time, and the aioli which is a miracle of cooking science and a joy to make for anyone, and the lamb is so quick and delicious. And the best thing about it is that it is a dish that looks a bit ugly, but when you eat it it exceeds all expectations. A miracle combination.

#### Ingredients

1 lamb loin fillet per person	6 cloves garlic
½ C rosemary leaves	2 Tbl honey
¼ C olive oil	

#### Method

Place the rosemary, garlic, oil and honey into a blender. Turn on high and blend until they are combined into a green paste.

Place the lamb loin fillets into a bowl and cover with the rosemary marinade.

Put a ribbed grill pan onto a gas element and turn on high. Allow it to become very hot. Cook the lamb fillet hard and fast, turning occasionally. We want them to be slightly charred on the outside and red inside. When they are, take them from the heat and place somewhere warm to rest for five minutes. Slice and serve with scalloped potatoes, aioli and some salad greens as well.....for nutritional completeness.

## Aioli

#### Ingredients

2 cloves garlic	Juice of ½ of lemon
light oil (about 200 – 300ml)	Cider vinegar (about 2 Tbl)
2 eggs yolks	Pepper
salt	

#### Method

Very finely chop the garlic. Once you have chopped it finely, chop it more. On top of the garlic tip ½ a tps of salt and crush the salt and garlic together with the back of the knife's blade. Into a bowl throw the egg yolks, crushed garlic and lemon juice.

Begin whisking the mixture. As you beat, slowly, ever so slowly, pour in the oil in a fine stream. As the mixture begins to thicken and lighten, start pouring the oil a little faster. Once the aioli has reached about ½ a cup in volume, stop pouring in the oil and add a tablespoon of cider vinegar. Continue beating in more oil until the mixture is a pale yellow hue and the volume is to your like.

Stir in a little cracked pepper.

## Scalloped Potatoes

### Ingredients

2 Smallish onions

4 -6 Large peeled potatoes

Milk

Large nob of butter

Salt

Pepper

### Method:

Roughly rub butter over the inside of a roasting dish or shallow baking/casserole dish.

Peel the potatoes and top, tail, peel and half the onions.

In a food processor with the slicer blade fitted, press through the onions and potatoes.

Put the sliced onions and potatoes into a shallow baking dish (I use a smaller roasting pan). Season well and toss all together to combine the ingredients. Then press the potatoes and onions to form a level surface .

Tip milk over until it just below the level of the potatoes and onions. When you push down your hand a puddle of milk should appear.

Cover tightly with tin foil and cook in the oven at 180 degrees C for about 1 hour ten minutes.

## EPISODE 2 - CANTEBURY

Here's a bit of an invention using crayfish and lamb. I'll have some old books with lamb schnitzel recipes and will look at those and then come up with this new, summery, Kaikoura style lamb schnitzel.

### Lamb Rump Schnitzels Kaikoura (with Crayfish Medallions and Basil)

#### Ingredients:

4 lamb rumps  
1/2 tsp salt  
Pepper  
seasoned flour (for dredging)  
2 eggs  
½ Tbl oil (plus oil for cooking)  
1 C dried breadcrumbs  
6 slices fresh bread  
3 C basil leaves  
1 crayfish tail, cooked

8 cherry tomatoes  
100g butter  
1 Clove garlic  
juice of ½ a lemon  
1 Tbl brandy

#### *Marinade*

½ C milk  
1 clove garlic, crushed  
4 bay leaves  
parsley stalks, crushed

#### Method

Slice rumps into two slices. Beat with something heavy, meat mallet, rolling pin, old wine bottle (but take care) until flattened out and thin-ish.

Place flattened schnitzels into the marinade for about 2 hours.

Take from the marinade and pat dry.

Dredge in the seasoned flour, the eggs that have been beaten with the ½ Tbl of oil, salt and a little pepper, then in breadcrumbs. Set aside for about half an hour, or up to several hours.

Place all but 8 leaves of basil, along with the clove of garlic, the lemon juice, the butter and the brandy into a food processor and blend, or smash together in a mortar and pestle if you prefer. Set this aside.

Slice the crayfish tail into 8 even portions. Set aside.

Cook the 8 schnitzels in oil in a frying pan or on the BBQ.

Remove to drain then place on plates, 2 to a plate, (or on a serving platter). Drain most of the oil for the pan or hot plate and add the tomatoes, cook briefly until slightly softened and lightly browned. Season lightly with salt and pepper.

Place a basil leaf on the middle of each schnitzel, then a slice of crayfish, and then a tomato.

If you use a pan for the tomatoes then keep using it, but if you have done it all on a BBQ then you need a small sauce pan.

Add the basil butter and swirl around the bottom of the pan, beating with a whisk or wooden spoon until the butter is barely melted.

Spoon over the little stack and eat immediately.

## EPISODE 3 - OTAGO

### Carpetbagger Steak

#### Ingredients

4 thick cut steaks, Ribeye (best if we cut them off whole piece)  
1 dozen oysters.  
Salt and Pepper  
A drop or two of Worcestershire sauce

½ C Reduced Good quality Beef Stock, such as Foundation food beef stock or demiglace.  
2 Tbl cognac

#### Method:

Take the steaks from the fridge 2 hours before cooking.

Cut a pocket into the center of each steak though the centre of the side of each of the steaks.

Drain the oysters and season with a little pepper and 2 drops of Worcestershire sauce.

Insert 3 oysters into each steak. Fasten the hole with a toothpick.

Lightly season the surface of the steaks with salt and pepper and cook on HOT BBQ until well seared and cooked to just under whatever stage you prefer.

Take the steaks from the pan and set aside somewhere warm to rest.

Deglaze the pan with the cognac and stock. Reduce to a glaze and spoon over the steaks when you serve them. Remember to remove the toothpicks before serving.

Serve with Side Salad.

## EPISODE 4 – CENTRAL OTGAO & WANAKA

### Venison & Cumberland Sauce

#### Ingredients:

##### *Venison:*

1 kg piece venison backstrap  
3 tablespoons unsalted butter

Salt

##### *Cumberland Sauce:*

1 shallot, minced (optional)	1/2 cup Port wine
1/4 cup demi-glaze	A pinch of salt
1/2 teaspoon dry mustard	1/4 teaspoon cayenne
Zest of a lemon and an orange	Freshly ground black pepper
1/4 cup red currant jelly, (or cranberry jelly)	

#### Method:

Take the venison out of the fridge and salt it well. Let it rest at room temperature for 15 to 30 minutes.

Melt the butter in a saute pan large enough to hold the venison backstrap over medium-high heat.

When it's hot, turn the heat down to medium and brown the venison on all sides. Cook the meat to the level you want. I prefer medium-rare.

Remember it will continue to cook as it rests, so take it out a little before it reaches the doneness you want. Move the meat to a cutting board, tent loosely with foil and let it rest while you make the sauce.

When your meat has come out of the pan, make sure there is at least 1 tablespoon of butter left in the pan, if not, add more. Sauté the shallot over medium-high heat for 90 seconds, until it softens. Don't brown.

Add the Port, deglaze the pan. Reduce by half. Add the demi-glaze, salt, citrus zest, mustard and cayenne and simmer for a minute or two. Stir in the red currant jelly and the black pepper. Reduce until thick, but still pourable. (Strain if you want a more refined sauce)

Slice the venison into medallions. Pour any juices that have come out of the meat into the sauce and stir to combine. Serve with the sauce either over the meat or alongside.

Serve with salad greens & garlic and rosemary potatoes.

## EPISODE 5 – QUEENSTOWN & TE ANAU

### Lamb Rack with Roast Aubergine

#### Ingredients:

4 x racks of lamb	2 eggplant, diced
1 red pepper, diced	4 red onion, diced
100 g cherry tomatoes	handful fresh Thyme
Handful fresh rosemary	2 bay leaves
handful fresh parsley	2 x head garlic
olive oil	2 Tbl grain mustard
1 C fresh bread crumbs	1 Tbl apple chutney
Salt, pepper	

#### Method:

Toss the eggplant, onion and red pepper with a little olive oil, add all the garlic, peeled but whole to these vegetables, and place into the roasting dish that has been preheated in a 210 C oven. Cook the vegetables, tossing frequently until lightly browned.

As the vegetables continue to cook, Brown the lamb racks thoroughly and set aside.

Brush the eye meat with the mustard and press bread crumbs into the mustard.

Place the racks onto the roasting vegetables, add the cherry tomatoes and return to the oven to cook for a further 12 – 15 minutes.

Take from the oven and rest for 10 minutes.

Place the vegetables on a platter, slice the racks into twin chops and arrange, stir the chutney into the meat juices and spoon over the cut meat on the platter.

Serve with Crisp Potato Cake & Salad Greens

#### Potato Cake

2 kg Agria

Butter

2 x heavy bottomed cast iron pans, and something to act as a lid for each (can be a metal baking sheet) Don't think we need see the making process, just the unmolding of the potato cake.

## EPISODE 6 - SOUTHLAND

### Venison Bourguignon with Spatzel

#### Ingredients:

2 kg Denver leg, cut into 2 cm cubes	½ C Seasoned flour
2 onions diced	Salt and pepper
2 Tbl olive oil	
Bay leaf, parsley, thyme, as bouquet garni	2/3 bottle red wine
1 medium carrot cubed.	
Mushrooms: 150g field mushrooms roughly chopped + 100g button, halved and quartered, (more or less)	
Unsmoked bacon (250g roughly chopped, more or less)	
3 C beef or venison stock.	
6 cloves garlic	
Oil for browning.	

#### Method:

Brown the onion and carrot in the olive oil and set aside in a large lidded casserole. Brown the bacon and set aside with the carrot and onion. Dredge the diced venison in the seasoned flour, carefully shaking off excess, then brown in batches. Do not overcrowd the pan! Set the venison aside with the carrot and onion when browned. Soften the mushroom and add to the casserole with the remaining ingredients. Deglaze the pan with the stock and add this to the casserole. Add the wine, bouquet garnie cover and cook in a 180 oven for about 2 hours.

### Spatzel – Side Dishes

#### Ingredients:

4 egg yolks	1 egg
1 ¾ cups milk	3 cups (more or less) all purpose flour
pinch of freshly grated nutmeg	½ teaspoon salt
¼ teaspoon freshly ground pepper	100g butter, melted
½ cup oil (divided measure)	Salt /Pepper
50g butter	1 tablespoon fresh minced parsley

#### Method:

Mix together the milk, egg and egg yolk. In a separate, larger bowl mix together the flour, nutmeg and ½ tsp of salt. Thoroughly combine the milk and egg, the melted butter and the flour mixture. Be careful not to overwork. Rest the batter for an hour. Bring a large pot of salted water to the boil. Then force the dough through the holes of a large holed colander into the boiling water. Cook in batches, scooping from the boiling water into iced water to refresh. Continue until all the dough is turned into spatzel. Drain the refreshed spatzel and keep refrigerated, tossed in half the oil until required. Heat a heavy pan over a moderate heat. Add the remaining oil and the spatzel. Lightly brown, then add the butter and continue to cook, stirring constantly. Add the parsley and serve.