



**MENU 2 Iced Green Pea Soup  
Poached Tasmanian Salmon  
Hollandaise Sauce  
New Potatoes Cucumber Sauce  
Caramel Parfait with Glazed Fruits  
(or Toffee laced fresh figs)**

**Iced Green Pea Soup**

A Recipe from Jean-Paul Brunetau Owner/Chef Riberries, 411 Bourke Street, Darlinghurst awarded One Hat and 'Best Australian' in SMH Good Food Guide 1996

Ing. One tablespoon unsalted butter Two medium Desirée potatoes  
Three Granny Smith Apples  
Two spring onions (young white onions)  
Two cans Campbell's Chicken Consomme or  
Two cartons The Stock Pot Jellied Chicken Stock or preferably  
900 ml Home Made Chicken stock (fat removed)  
500g Frozen Peas (McCains Babies or Edgell) 500ml pouring cream  
(35% milk fat)  
Small carton crème fraiche (King Island - Light Sour Cream)

Melt one tablespoon unsalted butter in a large saucepan. Peel and chop potatoes, apples and spring onions. Stir these around in the butter for a moment. Cover saucepan and cook gently until potatoes soften, don't let anything brown! Add 900ml chicken stock and bring up to simmer, uncovered.

Take the saucepan off the heat. Add peas all at once, stir. Do not return saucepan to heat.

When cool process soup (two batches) Make sure the soup is a smooth puree before adding pouring cream slowly through the funnel. Do not continue to process after all the cream has been added, or you may get specks of butter through the soup! (Should this happen return soup to saucepan and whisk over very low heat until smooth again)

Season with freshly ground white pepper and Maldon sea salt. Ladle into chilled bowls. Top each bowl with a dollop of creme fraiche. You may like to serve this soup with char grilled slices of olive bread. Char grill on a cast iron grill pan (Le Creuset) or toast.

**Rosemary's Poached Tasmanian Salmon**

Ing. One Tasmanian Salmon or Ocean Trout 2.5 - 3.5 kg  
Olive oil, two small carrots sliced, two medium brown onions with clove stuck in each, one cup dry white wine, sprigs of lemon thyme, stalks of flat leaf parsley twelve white peppercorns, pinch Maldon sea salt, one bay leaf, two slices lemon (skin and flesh)

Wipe fish with paper towels, leaving head, tail in place. Use kitchen scissors to snip off fins and trim tail to a V if you wish. Brush fish all over, inside and outside with olive oil.

Place fish on rack in fish kettle and add all other ingredients. Add sufficient cold water to cover fish completely. Cover with lid. Set kettle over two heat sources (or one long jet) at lowest settings. Bring to a simmer as slowly as possible. Immediately boiling point is reached, take fish kettle from stove and allow fish to cool in its liquor.

When lukewarm, carefully lift fish out of kettle on the rack. Drain on kitchen paper and very carefully peel off skin. Roll fish off rack onto serving plate.

Decorate if you wish, with thinly sliced lemons and/or limes, or cucumbers. Slices of olives, stuffed with pimentos may be substituted for the salmon's eyes.

Use fish servers to ease the flesh off the backbone. Serve warm with Hollandaise sauce or Pesto mixed with home made mayonnaise, and buttery new potatoes.

### **An Alternative Method of Poaching**

Place fish on rack in fish kettle. Add all other ingredients and sufficient water to cover fish. Lift fish out and set aside and bring stock to a point just below simmering. Submerge fish (on rack) in stock. Keep stock just under simmer for seven to eight minutes. Test fish by inserting poultry pin or darning needle into shoulder. Hold needle in flesh a minute or two. Withdraw the needle and press against your lips. If the needle feels warm the fish is cooked! Leave fish in stock off the heat until serving time.

### **Hollandaise sauce**

Ing. 250g unsalted butter one cup very hot water six egg yolks  
four teaspoons lemon juice pinch Maldon sea salt and freshly ground white pepper

Melt butter over medium heat. Meanwhile, use the cup of hot water to heat the bowl of a food processor. Discard water. Add yolks, lemon juice, pepper and salt to warmed bowl. Whirl until well mixed.

When the melted butter is very hot, turn on the processor and add a thin stream of melted butter through the funnel. Do not add butter too quickly! Keep it to a thin stream!

When all the butter has been added, check seasoning then transfer to a warmed sauce boat.

The sauce may be made ahead of time and kept lukewarm (tepid) over hot (not simmering) water until needed stirring from time to time.

## **Caramel Parfait with Glazed Fruits or Toffee laced fresh figs**

Ing. 1.5 cups caster sugar                      twelve x 60g egg yolks  
600 ml (2 cartons) pouring cream (35% milk fat)

Opt. 150-200 g of glazed fruits choose from figs, apricots, orange slices, peaches cherries etc. 50ml dark rum or brandy or 25ml of each  
pinch ground cinnamon and grated nutmeg  
or 10 ripe figs, extra caster sugar

Decide how parfait is to be moulded and lightly oil mould with almond, hazelnut or macademia nut oil. Set aside in the refrigerator.

If using glazed fruits set the pieces to macerate in the alcohol several days ahead. Put caster sugar and four tablespoons water into a small heavy based saucepan. Melt them together over medium heat then turn heat up until syrup caramelises. It should have a good caramel colour and not be so dark it tastes bitter.

Beat the twelve egg yolks together and continue beating or whisking as you pour in the caramel (use a mixmaster) Continue beating or whisking until the mixture has cooled, and the result should be pale, thick and creamy.

### **Optional**

Fold in glazed fruits and their liquor.

Whip cream until it holds firm but not stiff and fold into caramel mixture. Fill the mixture into oiled mould/s. Cover with plastic wrap and freeze for four hours or up to two days.

Unmould by dipping containers into hot water for a few seconds and reverse onto serving plates (that have been rinsed with cooled water - helps move mould to centre if needed), Decorate with sprigs of holly, nuts in toffee, etc.

### **Toffee laced fresh figs**

Cut the figs in half lengthwise and make caramel as above. Quickly drizzle ribbons of toffee over the fig halves. Arrange in a circle around the parfait on its serving plate

*alternatively*

Place figs on an oiled baking tray and dredge with caster sugar. Light your blowtorch and apply it to the figs until the sugar caramelises (blow torches from most hardware stores)

The plain parfait with toffee laced figs may be also scattered with fresh raspberries and decorated with edible gold leaf (art supply shops).