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RECIPES **ELISE PASCOE**
FOOD STYLED BY **MAREE CAMILLERI**
PHOTOGRAPHY **NICKY GORDON**

ASIAN SALADS

START THE NEW YEAR WITH A TRIO OF VIBRANT, HEALTHY ASIAN-STYLE SALADS LOADED WITH CRUNCH AND FLAVOUR.

THAI BEEF SALAD

Serves 4

- 800 g beef fillet, trimmed and cut into 3–4 long strips
- Light olive oil spray
- 4 eschalots, sliced
- 10 spring onions, sliced
- 1 each large red and green capsicum, seeded and finely sliced lengthwise
- 2 lebanese cucumbers, diced
- 4 tablespoons fish sauce
- 4 tablespoons freshly squeezed lime juice
- 2 tablespoon palm sugar, grated (or soft brown sugar)
- Pinch chilli flakes
- Mint leaves, to garnish

Heat a non-stick frying pan. When hot, spray with olive oil and quickly sear the beef strips on all sides until golden. Cook until medium rare, remove from the pan and leave for 5 minutes. Slice very thinly across the strips.

Mix the vegetables and beef together in a large mixing bowl. Combine the fish sauce, lime juice, sugar and chilli flakes in a small pan and cook over medium heat until the sugar dissolves. Cool completely.

Arrange the beef and vegetables on a platter. Drizzle with the cooled sauce and scatter the mint leaves over the top.

Asian noodle bowl and spoon available from Myers Wollongong. Black bamboo tray from Haven and Space, Berry.

ASIAN DUCK SALAD

Serves 4

- 1 Chinese barbecued duck, chopped*
- 3 spring onions, finely sliced on the cross
- 1 medium carrot, cut in very fine julienne
- 1 lebanese cucumber, finely sliced on the cross
- ½ pineapple, skinned, cored and cut in fine wedges
- ½ each red and yellow capsicum, very finely sliced lengthwise
- 1 small red chilli, seeded and finely sliced
- 200 g mixed lettuce leaves, including mizuna, mustard cress and snow pea sprouts
- ½ cup spearmint leaves
- ½ cup basil leaves

Dressing:

- 1 garlic clove, crushed
- 2 tablespoons fish sauce
- 1 tablespoon lime juice
- 2 tablespoons vegetable oil

Remove the flesh from the duck breast pieces, discarding the bones. Keep the remaining pieces on the bone – legs and wings – to add to the salad. *Pour over the duck juices.

Mix the onions, carrot, cucumber, pineapple, capsicums and chilli in a large bowl. Wash, dry and crisp the greens in the fridge until ready to dress the salad.

Whisk the dressing ingredients together and pour over the vegetables. Add the greens, all the duck and its juices and toss gently.

Serve within 10 minutes.

**Chinese duck sourced from Yung's Butchery & Chinese BBQ Food, Wollongong. Ask for the juices as well as having it chopped.*



Lacquered salad bowl and salad servers from Haven and Space, Berry.

PRAWN AND GLASS NOODLE SALAD

Serves 8

Salad:

- 400 g packet glass noodles (also called rice sticks or vermicelli)
- 2 small young carrots, cut in fine julienne
- 1–2 small lebanese cucumbers, cut in fine julienne
- ½ bunch spring onions, cross-cut in 1.5 cm pieces
- ½ each red, yellow and green capsicum, seeded and cut in fine strips
- 2 cups finely shredded cabbage
- 1 Kg frozen, peeled, green prawns

Sauce:

- 3 garlic cloves, finely chopped
- 1 tablespoon fresh ginger, grated
- 1 bunch coriander roots, finely chopped
- 3 stalks lemon grass, finely sliced
- 3 small red chillies, finely sliced
- 3–4 tablespoons fish sauce or to taste
- 80 ml lime juice or to taste
- 3 tablespoons light olive oil
- 3 teaspoons sugar or to taste

pestle and mortar

Garnish:

- 6 green onions, very finely cross-cut
- 3 tablespoons roasted peanuts, coarsely chopped
- ½ bunch sprigs coriander

Blanch noodles in boiling water for 3 minutes, drain and refresh in cold water. Drain thoroughly. Put in a very large mixing bowl with the vegetables. Barbecue or pan-fry the prawns in a little light olive oil until pink and opaque and only just cooked, about 3 minutes.

Pound the sauce ingredients (listed above) in a mortar with a pestle. When they form a paste, scrape into a mixing bowl. Add the remaining sauce ingredients and stir until well mixed. Taste and adjust so the sauce is sweet and sour, hot and salty.

10 minutes before serving, mix the salad ingredients with the sauce, pile into a serving bowl and garnish the salad with the onions, peanuts and coriander sprigs.



Coolangatta Estate was the most successful exhibitor at the 2006 Kiama Regional Wine Show dominating the 'dry white' classes, especially with their 2001 Semillon.

The 2006 Rosé has a sweet berry nose, predominantly of raspberries. It is perfect for summer and autumn drinking and alfresco dining. It pairs well with Asian dishes, salads and casual food. Made from Chambourcin and Merlot grapes, it has a clean fruit palate. It is best serve chilled.

The Coolangatta Estate Rosé 2006 was picked on the 1st of March 2006 and was produced entirely from estate grown grapes. It was vinified by Tyrrell's Winery in the Hunter Valley.

Rrp \$16. Cellar Door, 1335 Bolong Road, Shoalhaven Heads NSW 2535
Open daily 10am – 5pm
Tel (02) 4448 7131