

PORKSTAR™



SECRET RECIPES

VOL 3

Left to right:

- Colin Fassnidge - *Four in Hand, 4Fourteen, Paddington Arms*, Sydney • Stewart Wesson - *Public*, Adelaide
- Daniel Wilson - *Huxtable & Huxtaburger*, Melbourne • Richard Ousby - *S. Pellegrino & Acqua Panna Young Chef of the Year 2012*
- Damian Heads - *Pony Restaurants*, Sydney & Brisbane • Analiese Gregory - *Quay*, Sydney
- Don Hancey - *Panorama Catering*, Perth • Raymond Capaldi - *Hare & Grace*, Melbourne • Richard Ptacnik - *Otto*, Sydney

FAMOUS PORKSTARS



What makes a PorkStar?

- (a) A culinary leader with a serious passion for pork
- (b) The ability to cook exquisite pork dishes by instinct, from fine dining to bistro fare
- (c) A chef whose pork creations always have diners' salivating
- (d) A love of the pig from nose to tail and everything in between

We reckon it's, (e) All of the above and then some!
Be a PorkStar and get some pork on your menu.
www.porkstar.com.au

PORKSTAR™





MITCH EDWARDS

PorkStar Secret Recipes Volume 3 is testament to the passion and dedication the chefs across Australia have mastered with the magical beast. No longer is pork a menu afterthought, it is simply a menu must have. PorkStar chefs, with unleashed enthusiasm are creating inventive flavour profiles with their pork creations – dining patrons are lapping it up, in fact they are demanding it.

I not only dedicate this issue to the growing list of celebrated PorkStars, but to all the great chefs across Australia, the true champions of the PorkStar program. In my culinary travels across the country, I no longer search for emerging pork trends, they are apparent at every turn. I am regularly asked what I consider will be the next big thing from the pig but there is no singular answer. There is nothing from this spectacular animal that is wasted, and every morsel provides an abundance of menu options.

Pork is the basis of so many cuisines from around the globe which has inspired Australian chefs. But the tide is turning, as our local heroes have broken the boundaries delivering innovative and interpretational pig dishes that are not restrained by limitations of authenticity – the pork rules of engagement are open in Australia.

PorkStars is as much about having fun as it is a celebration of the versatility of pork.

I hope you enjoy these pork recipes by your fellow PorkStars, and I continue to be ever grateful for your joining me in your unwavering passion for this delectable creature – the pig.

THE PORKSTARS

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PORKSTAR™

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ANALIESE GREGORY

Quay



Crispy pig's head

Ingredients

- 1 pig's head, ears attached
- 2L water
- 500g rock salt
- 2 oranges, zested and juiced
- 4 bay leaves
- 2 lemons, zested and juiced
- 8 cloves garlic
- 250g raw sugar
- 2 star anise
- 8 juniper berries
- 100ml olive oil

Method

Make a brine using all ingredients apart from the head. Bring to the boil, make sure sugar and salt are dissolved then leave to cool to room temperature.

Prep pig's head by removing any hair from the skin then immerse it in the brine and leave overnight in the fridge.

Vacuum pack the head with olive oil using a sous vide machine and then steam at 85°C for eight hours. Remove from bag and chill in fridge before roasting in an oven on 165°C degrees until crispy and golden.

Serve whole and eat with accompaniments of your choice.



BRET CAMERON

Four in Hand Dining Room

Crumbed pig's tail with crab and spring greens

Ingredients

- 8 pigs tails
- 4 chorizo sausages
- 100g ginger
- 4 onions
- 2 carrots
- celery
- 10 cloves garlic
- 2L port
- 3L apple juice
- Thyme
- Marjoram
- Sage
- Parsley
- 1 cinnamon quill
- 2 star anise
- 200ml pork sauce
- 50ml sherry vinegar
- 100g flour
- 4 eggs
- 50ml cream
- 100g breadcrumbs
- 100g pick fresh crab meat
- 4 granny smith apples
- 1 vanilla bean
- 100g butter
- 100g shelled fresh peas
- 100g shelled fresh broad beans
- 50g snow pea tendrils
- Extra virgin olive oil
- Salt
- Pepper

Method

For the pigs tail terrine, braise the tails in the apple juice and port with two onions, carrots, celery, ginger, 6 garlic cloves, roughly chopped, and the cinnamon and star anise for five hours at 120°C in the oven. Once cooked they should feel tender and the bones should pull out with ease. When cool, drain the cooking liquor, with a sharp knife slice down the back of the tail and carefully remove the



bones and cartilage, place in fridge to cool down.

In a pan sweat off diced onion, 4 garlic cloves, chorizo sausage and chopped herbs, add sherry vinegar and pork sauce then take off heat, add cooled tails and chopped parsley, season with salt and pepper and gently mix being careful not to break the tails. Place the mix in a terrine mould and press overnight in fridge.

To crumb the tails, whisk the eggs and cream together in a bowl, place the flour and bread-crums in separate bowls. Turn out the terrine on to a chopping board and cut into four even rectangles. Pass each piece through the flour then egg mixture and finally breadcrumb, ensuring the have been well coated. Place in fridge and reserve till later.

For the apple sauce, peel the apples, slice into quarters, removing the core and seeds. Slice vanilla bean lengthways and scrape seeds into a saucepan with the apples and diced butter, cover and gently cook till apples soft. Remove from heat and place in a blender and blend till smooth on high speed. Pass through fine sieve and cool in fridge.

Blanch peas and broad beans in boiling, salted water for one minute till cooked, refresh immediately in iced water, then drain.

To serve

Heat fryer to 170°C, place the crumbed tail in oil and fry till golden brown, check internal temperature is over 60°C, drain. Place two spoons of apple sauce on plate, mix and season the broad beans, peas and crab in a bowl and place around the apple sauce. Place the pig tail in the plate and finish with pork sauce, snow pea tendrils and olive oil.

RAYMOND CAPALDI

Hare and Grace



Pork tongue, pork fat curd, tuna

Serves 4

Pork tongue

- 2 whole sous vide pork tongues

Tuna

- 4 X 120g grade A tuna
- 4 X 120g tuna belly

Brine for tongue (prepare seven days in advance)

Ingredients

- 60g white miso paste
- 200g brown sugar
- 300g brining 'saltpetre' salt
- 6 juniper berries
- 6 cloves
- 6 peppercorns
- 2 bay leaves
- 2L water

Brining the tongue

Make sure you scrub the tongue well in clean water and soak for three hours. In a heavy pot add brown sugar, white miso paste, kosher salt, juniper berries, cloves, black peppercorns, bay leaves and water. Bring to the boil and stir until sugar and salt are dissolved. Remove from heat and allow to cool. Pour over cleaned pigs tongue in a non-reactive container. Weigh the tongue down with a ceramic plate so that it is completely submerged in the brine. Cover and refrigerate for seven days.

Sous vide tongue

Put the tongue in the vacuum bag and surround with the vegetables of your choice. Then add as much stock as possible (to make the skinless cooling stage easier). Add the aromatics and seasonings and seal on a loose (soup) setting. Set the water bath for 78°C and let cook for 12 hours. When the time is up, remove the tongue from the bag and gently remove the skin. If you have enough broth to submerge the tongue in



a small container during cooling, great. If not, wrap it in some cheesecloth, turn it over in the broth to soak it, then let it cool in the liquid and keep turning occasionally to keep the cloth wet. Follow the same instructions as the traditional method after the cooling stage.

Pork fat curd

- 50g good fresh pork fat
- 5ml water
- 20g isomalt
- 40g of greek yogurt

Method

To form a syrup with water and sugar, reach room temperature, add yogurt and liquid pork fat and mix with thermomix for eight minutes to obtain a homogeneous mixture. Store in refrigerator.

To serve

Cut the tuna pieces (belly and grade A) into 4cm by 4cm chunks, some on a slant. Please see picture they don't have to be even, roughly 9 pieces each person again with the tongue cut roughly the same thickness. Season all with salt, dress with olive oil, spread the pork fat curd on the plate arrange as picture, serve.

** Suggest serving with smokey salt; blitz in a spice blender equal amounts of toasted brown sugar, dashi and sesame.*

DANIEL WILSON

**Huxtable,
Huxtaburger**



Smoked pig's cheek, coconut, finger lime & lychee

Pig's cheeks

Ingredients

- 2 large pig's cheeks, skinned and trimmed
- 300ml water
- 50g palm sugar
- 100ml fish sauce
- ½ cup flaked coconut, toasted
- 6 lychees, peeled, seeded & quartered
- 1 finger lime, podded
- 1 bunch Thai basil, picked
- 1 punnet coriander cress

Coconut sauce (Tom Kha)

- 200ml coconut milk
- 50ml water
- 3 slices galangal
- 1 stalk lemongrass, bruised & chopped
- 1 clove garlic
- 1 shallot, sliced
- 1 tbsp palm sugar
- ½ lime, juiced

Method

Heat water, fish sauce and palm sugar until dissolved. Cool down. Submerge cheeks in brine and refrigerate for six hours. Place cheeks in smoker and smoke for two hours. Cook cheek in oven at 110°C for 6-8 hours until very soft. Remove and cool in fridge. Place all ingredients for the tom kha sauce in a pan and cook until just thick and all flavours have come together. Strain and cool.

To serve

Slice pork cheek into half centimetre thick slices and cook in a medium non stick pan until just lightly crisp. Warm the sauce and place on the bottom of a plate. Top with the slices of pig cheek. Mix the coconut, lychees, finger lime and tear the Thai basil in. Toss all together and sprinkle over the cheek. Top with baby coriander.





Roast suckling pig with bitter greens and apple

Ingredients

- 1 whole suckling pig
- Pork sauce
- Ginger
- Sage
- Garlic
- 4 Granny Smith apples
- 100g sugar
- 100g butter
- 1 bunch sorrel
- 1 bunch rocket (large leaf)
- 1 bunch red radishes (sliced)
- 1 head red endive
- Celeriac remoulade

Method

Break down the whole pig into subprimals – belly, rack, loin, leg, shoulder, and neck.

Remove the offal – kidney, cheek, ear, tongue, snout, and tail. Braise the offal in pork sauce with ginger and sage for three hours at 150°C.

Get your apples and julienne one of them. Cut the other three into halves and caramelize in a hot pan with sugar and butter. Slice the rocket, sorrel and endive.

Place the pork in a hot pan, skin down to crisp up the crackling until golden and crunchy. Seal off the rest of the meat and place in a hot oven, for five minutes. Take the meat out of the oven; baste with garlic, butter and sage. Probe each piece of meat and make sure it's inside temperature is 55°C. Then allow the meat to rest for ten minutes.

To serve

Put a small heaped pile of celeriac remoulade and half a caramelized apple on the plate. Slice one piece of each meat into 1cm thick cuts and arrange on the plate. Dress the green leaves with extra virgin olive oil and garnish on top of the meat. Thinly slice radish and scatter on top with the apple batons. Finish with pork sauce.



COLIN FASSNIDGE

**4Fourteen,
Four in Hand Dining Room,
Paddington Arms Hotel**



NEIL THOMPSON

Paddington Arms Hotel



English pork pies

Makes about 6 small pies.

- 3 pigs trotters (split lengthways)
- 800g pork belly (rind removed)
- 200g pork mince
- 200g smoked bacon cut into small dice
- 1 onion coarsely chopped
- 1 carrot coarsely chopped
- 1 stick celery coarsely chopped
- 1 bunch thyme picked and finely chopped
- 1 bunch sage picked and finely chopped

Hot water crust

- 750g plain flour
- 1 tsp salt
- 175g lard
- 300ml water
- 2 eggs beaten

Method

In a saucepan submerge trotters and pork belly in just enough water to cover. Add onion, carrot and celery with a few sprigs of both thyme and sage. Bring to the boil, skim off any fats which rise to the surface with a ladle and reduce to a simmer for three hours. Remove from heat and allow meat to cool in liquid.

Once the pork belly and trotters are at room temp, remove from the stock and shred the meat into small chunks. Strain the stock through a fine sieve and boil until reduced by about half. Remove the trotter stock from heat and allow to cool again.

Mix the bacon, pork mince, trotters and pork belly together add the chopped sage and thyme season well with salt and pepper.

The pastry

You must work quickly! Pre-heat the oven to 180°C. Put the lard and water into a small saucepan and bring to the boil slowly. Whilst lard is melting pour the flour and salt into a mixer and set on low speed. Once the lard and water are nearly to the boil add to the flour and mix just until combined. Remove dough from mixer and cut into six equal sized balls. Roll each ball out into about a 5mm thick circle. Line six, 7cm round pie moulds with the pastry fill each one with the pork mix. Trim excess pastry from around the tins with a knife and roll out again to 5mm thickness. Brush the edges of the pastry with the beaten egg and cover with pastry lid. Trim again to remove any excess pastry and cut a small cross in the top of each pie with your knife.

Bake in oven at 180°C for one hour or until cooked through and golden in colour.

Allow pies to cool.

Push a funnel into the top of each pie and pour in reserved trotter stock until almost overflowing. Refrigerate overnight.

Serve pie with English mustard and pickles.

DAN HONG
Ms.G's,
Mr. Wong & El Loco

Crispy fried pork ribs with spicy salt

Ingredients

- 1 whole rack American style pork ribs
- 2L water
- 120g salt
- 120g sugar
- 10 star anise

Method

For ribs, make brine by combining all ingredients with a whisk until sugar and salt has dissolved. Add ribs to brine and let marinate for 12 hours. Place ribs in a vacuum sealed bag with about 50ml of brine. Cook at 68°C degrees for 12 hours. Once cooked place bag in ice water and chill immediately. Once cold, cut into singular ribs.

Spicy salt

- 50g sea salt finely ground
- 30g sugar finely ground
- 1 tbsp chicken powder
- 2 star anise finely ground
- 1 tbsp ground coriander seeds
- 1 tbsp ground Sichuan peppercorn

Method

For spicy salt, combine all ingredients and keep aside.

Garnish

- Crispy deep fried garlic
- 1 red chilli finely sliced
- 1 green shallot sliced finely
- 10 coriander leaves
- 1 wedge lemon
- Vegetable oil for deep frying

To serve

Heat some vegetable oil in a deep fryer or pot to 180°C degrees. Dry ribs well and deep fry for approximately four minutes or until golden and crisp. Drain on absorbent paper then sprinkle liberally with spicy salt. Plate up and garnish with crispy garlic, green shallots, chilli, coriander and a wedge of lemon. Serve immediately



RICHARD OUSBY

Quay



Miso glazed pork intercostals (no rib bones), pickled pumpkin, radicchio, garden herbs, fish sauce vinaigrette

Miso glaze

- 50g Shiro Miso
- 125g Palm or Coconut Sugar
- 75g water
- Dash of fish sauce
- Dash of soy sauce

Method

Mix all ingredients in a medium pot bring to boil. Boil for one minute set a side for use or store in an airtight container for future use*.

Brine

- 50g palm sugar
- 50g rock sea salt
- 30g miso paste
- 8 peppercorns
- 450ml water

Method

Bring the ingredients to the boil then cool and refrigerate until required.

Cooking intercostals (no rib bones)

Method

Sous vide the pork with 200ml of the brine. Cook at 80°C in a water bath for nine hours, give the pork a squeeze - it should be tender but not breaking apart. Alternatively you can braise the pork in the oven and add another 200ml of water to the brine to counter act evaporation. When cooked remove from the liquid carefully and brush with the miso glaze. Refrigerate until required. On a hot grill, grill the pork on both sides, brush again with miso glaze (be generous) and grill until nice and hot.

Pickling liquid

- 125ml Rice wine Vinegar
- 50ml water
- 7 tbs Sugar

- 2 tsp Salt

Method

Place all ingredients in a small pot over high heat and bring to boil. Take off the heat, cool then store in an airtight container in the fridge until required.

Fish sauce vinaigrette

Ingredients

- Slice one birds eye chilli
- Slice one clove garlic
- 2 tbsp of fish sauce
- 1 tbsp coconut of palm sugar
- Dash of water
- Good squeeze lime

Method

Mix all ingredients together.

Salad

- 1 butternut pumpkin
- 1/2 a shallot thinly sliced
- radicchio
- radishes

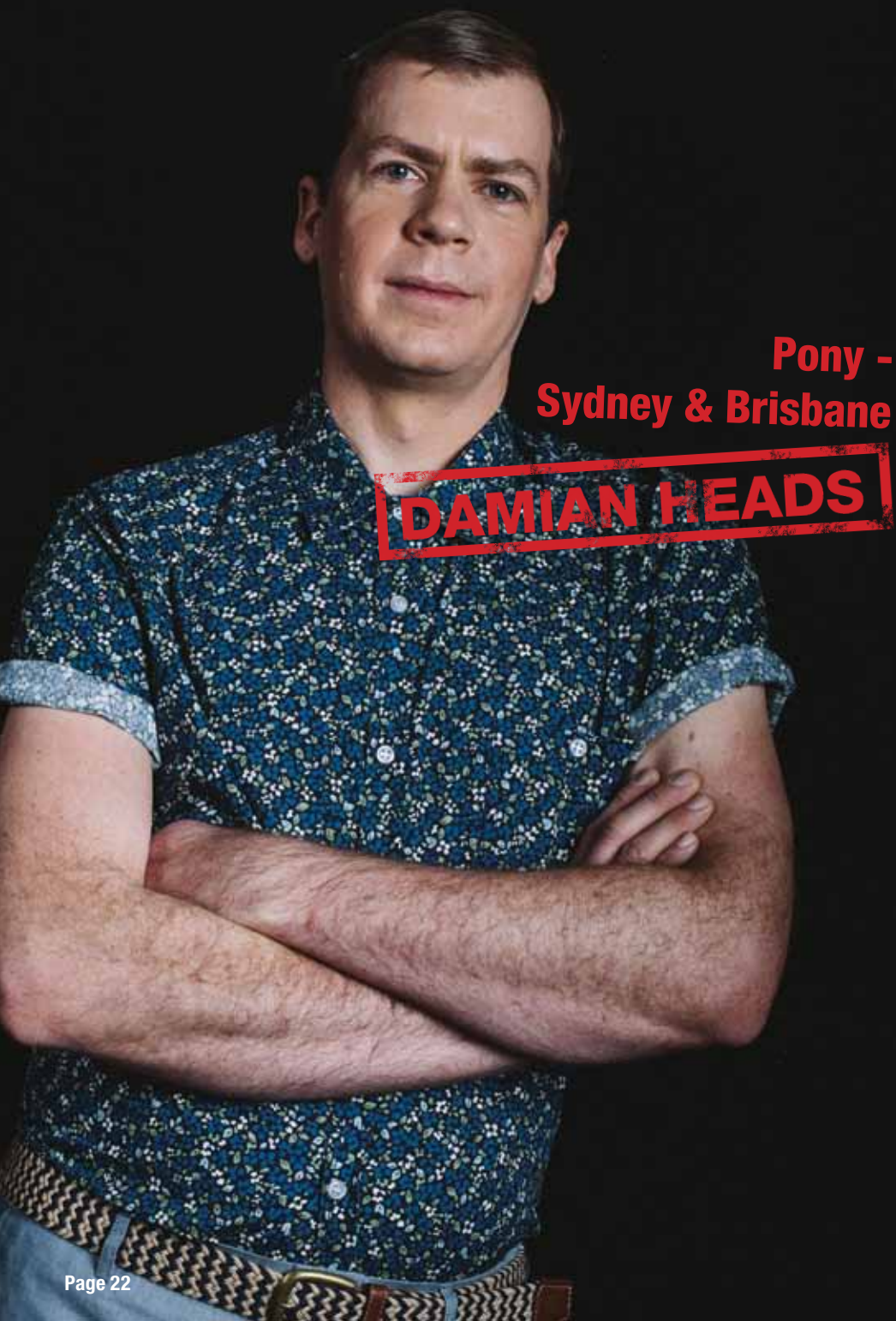
Method

Thinly slice butternut pumpkin and dress with a little pickling liquid, set aside to marinate. Then brush with oil and grill. Clean and chop the radicchio, thinly slice radishes. Pick one small handful of herbs, shoots and flowers that would complement the sweet pork, bitter chard and salty sour dressing or go with coriander, mint, Vietnamese mint.

To plate

Arrange the salad and intercostal on a plate and drizzle with the Fish sauce vinaigrette.

**The Miso glaze is great for whole racks of ribs as I discovered while making this dish.*



**Pony -
Sydney & Brisbane**

DAMIAN HEADS

Wood fire grilled pork cutlet, crackling, sauté of kipflers, green peas and speck

6 portions

Ingredients

- 2 large golden eschallots, peeled
- Extra virgin olive oil
- Salt and freshly ground black pepper
- 500g kipfler potatoes, scrubbed
- 1 rack of grain fed pork approximately 1.8kg
- White wine vinegar
- 120g speck, cut into strips
- 30g butter
- 200g fresh green peas, podded and blanched
- 4 stems flat leaf parsley, picked and chopped
- Veal Jus (optional)

For the eschallot

Halve the eschallots lengthways and then slice across at 3mm intervals. Place the sliced eschallot in a small saucepan with barely enough extra virgin olive oil to cover, and a pinch of salt and cracked pepper. Place on a low flame, allow it to bubble slowly until the eschallot is soft and cooked through.

For the kipflers

Place the scrubbed potatoes in a tight fitting saucepan with a lid. Add enough water to cover the kipflers and add a pinch of salt. Place the lid on top and bring to the boil over a med/high flame. Set the lid across to allow airflow but cover most of the pot, lower the flame to medium and let the potatoes simmer until tender to a knife tip. Drain in a colander. When potatoes are able to be handled, scrape off the skins. Slice the potatoes.



For the crackling

Using a sharp knife; cut the skin from the pork rack. Cut off excess fat from the skin and then cut the skin into short strips. Drop the pork skin into salted white wine vinegar for 20 minutes. Drain off vinegar and discard, rinse the pork skin and pat dry. Place the pork skin on a rack over a tray and bake at 170°C until puffed – increase temp to 200°C for the last ten minutes to make it crackle.

For the pork

Cut the rack into cutlets - you need six, if there are extra then keep for next time. Ideally the cutlets will be 3-4cm thick and approximately 280g each. Heat a BBQ, grill on a med/high flame. Season the pork cutlets with salt and pepper, lightly coat them with oil and place on the BBQ. Cook for 6-8 minutes on each side and then set aside to rest.

To plate

Place the speck in a large cold frying pan with a splash of oil, place over a high flame and bring up to sizzle. Stir, add potatoes and cook until golden. Add a knob of butter, then the peas, cooked eschallots (no oil), parsley, salt and pepper. Divide between six warm plates; place a rack and some crackling on each. Spoon the jus over and around each pork cutlet.

FAMOUS PORKSTARS

Left to right:

• Colin Fassnidge - *Four in Hand, 4Fourteen, Paddington Arms Hotel*
His Team • Bret Cameron - *Four in Hand* • Carla Jones - *4Fourteen* • Neil Thompson - *Paddington Arms Hotel*

Carla Jones dressed by *Bardot*



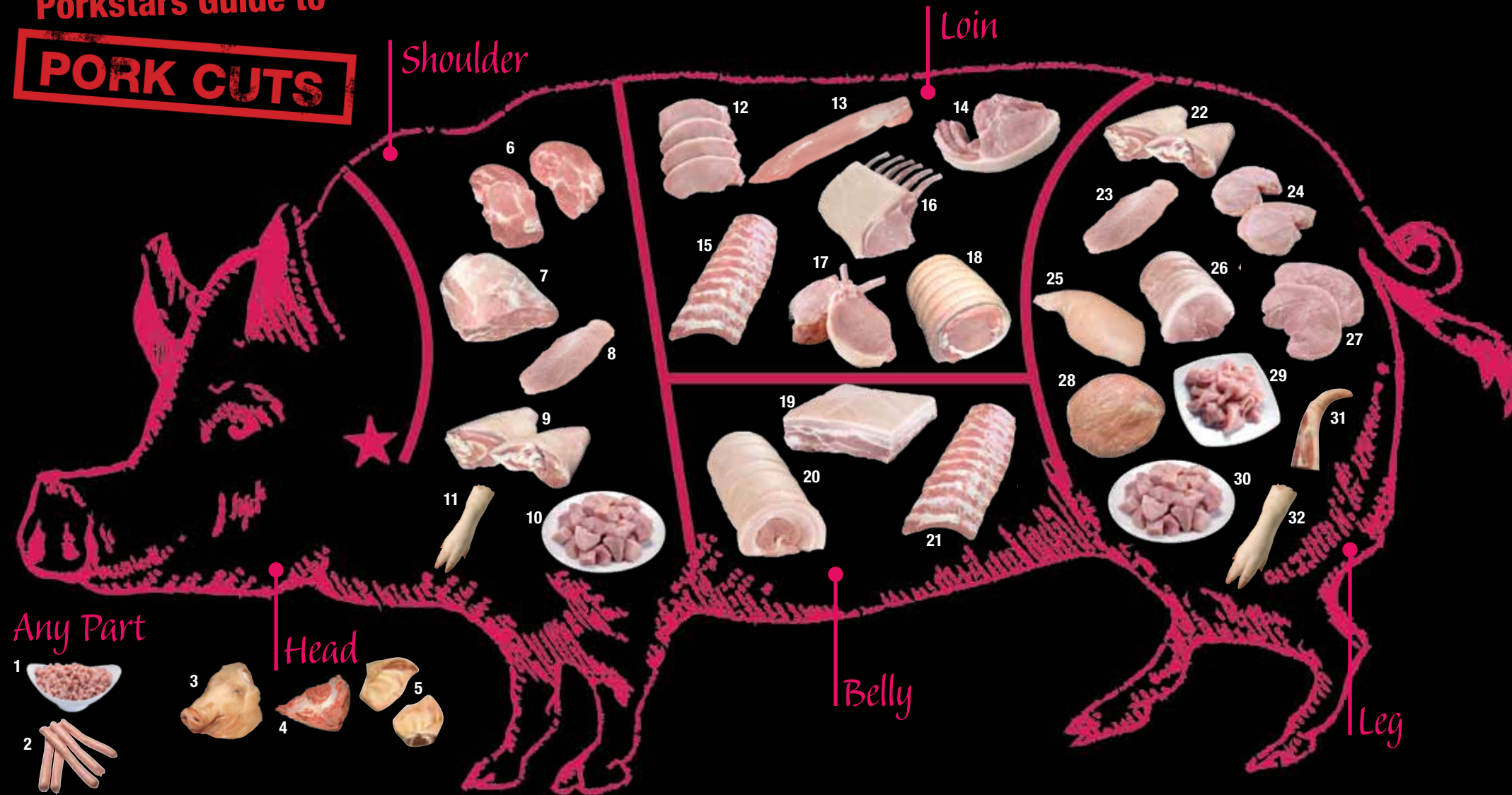
The diversity of dining options has never been hotter. And with the flames fuelled by Colin Fassnidge and his team – it's seriously ablaze. From their early days at fine diner *Four in Hand*, the menu was all about pork to keep costs down. But now the pig has become the menu centrepiece for the joy it brings to appreciative diners who continue to line up waiting to be transported to porcine heaven. Either at *Four in Hand*, or pub dining at *Paddington Arms Hotel* or the edgy bistro *4Fourteen*. Be a **PorkStar** and get some pork on your menu. www.porkstar.com.au

PORKSTAR



Porkstars Guide to

PORK CUTS



ANY PART
1: Mince
2: Sausages

HEAD
3: Head
4: Cheek
5: Ears

SHOULDER
6: Scotch Fillet Steaks
7: Scotch
8: Schnitzel
9: Hock
10: Diced
11: Trotter

LOIN
12: Loin Steak/Medallion
13: Fillet
14: Loin Chop
15: American Style Ribs
16: Loin Rack
17: Cutlet
18: Boneless Loin Roast

BELLY
19: Belly
20: Rolled Belly
21: American Style Ribs

LEG
22: Hock
23: Schnitzel
24: Leg Steak
25: Easy Carve Leg
26: Boneless Leg Roast
27: Rump Steak

28: Round/Knuckle
29: Stir Fry Strips
30: Diced
31: Tail
32: Trotter

Porkstars Guide to the perfect

CRACKLING

“RUB THE SKIN WITH OIL, ADD SALT LIBERALLY AND PLACE SKIN SIDE DOWN IN A PAN OVER MEDIUM HEAT AND COOK UNTIL IT BUBBLES UP AND CRISPS. THIS SHOULD TAKE ABOUT 8-10 MINUTES AND PRODUCE A GOLDEN CRISPY CRACKLING. YOU CAN NOW ROAST THE PORK TO YOUR LIKING WITH ROCKING CRACKLING.”

DANIEL WILSON, HUXTABLE & HUXTABURGER

“LEAVE THE PIECE OF PORK YOU’RE COOKING IN A REFRIGERATOR WITH THE SKIN EXPOSED TO AIR DRY FOR AT LEAST 24 HOURS.”

CARLA JONES, 4FOURTEEN

“I LIKE TO PRICK THE SKIN WITH A THIN SKEWER MANY TIMES THEN RUB A LITTLE BI-CARB AND SALT ALL OVER THE SKIN. IT HELPS TO COOK THE PIECE OF PORK ON SUCH A HIGH HEAT THAT MOST OF THE SKIN ACTUALLY BURNS. WE THEN SCRAPE OFF THE BURNT SKIN WITH A KNIFE MAKING THE SKIN QUITE BRITTLE AND EASY ON THE TEETH.”

DAN HONG, MR. WONG & MS.G’S

“I LOVE SKIN. FOR ME IT’S THE MOST DELICIOUS PART OF THE PIG, WHETHER IT’S OLD SCHOOL CRACKLING OR THE THIN GLASSY KIND YOU GET OFF A SUCKLING PIG. THE MOST IMPORTANT PART IS TO MAKE SURE THE SKIN IS REALLY DRY. THIS CAN BE ACHIEVED EITHER BY LEAVING UNCOVERED IN THE FRIDGE TO DRY OUT OR USING A BLOWTORCH OR, I HAVE HEARD OF SOME PEOPLE USING A HAIR DRYER.”

ANALIESE GREGORY, QUAY

“RUB SKIN WITH SALT WATER AND AIR DRY.”

COLIN FASSNIDGE, 4FOURTEEN, FOUR IN HAND DINING ROOM, PADDINGTON ARMS HOTEL

“RUB PLENTY OF SALT ONTO, INTO AND UNDER THE SCORED SKIN, THEN DRY OUT THE SKIN BY LEAVING UNCOVERED IN A FRIDGE FOR AROUND FIVE HOURS BEFORE COOKING.”

DON HANCEY, PANORAMA CATERING

“THE WAY TO GET THE BEST CRACKLING IS TO BRINE THE PIECE OF PORK FOR 24 HOURS BEFORE ROASTING AS IT IMPARTS FLAVOUR AND SEASONING INTO THE SKIN.”

MARTIN BOETZ,

LONGRAIN SYDNEY AND MELBOURNE

“PLACE THE SKIN UNDER A REFRIGERATION FAN FOR FOUR HOURS TO DRY OUT. ADD LITTLE LEMON JUICE AND A LOT OF SALT, THEN COOK AT HIGH HEAT FOR THE FIRST 20 MINUTES.”

HADLEIGH TROY, RESTAURANT AMUSE

“SIMPLY SCORE THE SKIN WELL WITH A SHARP KNIFE, SALT WITH THE BEST QUALITY MALDON SEA SALT, AND ROAST IN A HOT OVEN AND LET THE FAT WORK ITS MAGIC.”

IAN CURLEY, EUROPEAN RESTAURANT GROUP

“SCORE THE SKIN LIGHTLY AND SOAK IN WHITE VINEGAR FOR HALF AN HOUR, THIS DEHYDRATES THE SKIN. ONCE SOAKED RUB THE SKIN WITH FINE SALT AND LEAVE FOR 15 MINUTES TO SEASON AND DRY THE SKIN FURTHER.”

RICHARD PTACNIK, OTTO RISTORANTE

“MAKE A SALT CRUST WITH FLOUR, SALT, LEMON AND WATER, BI CARB MIX TO MAKE A PASTE. SPREAD ON THE SKIN AND LEAVE 12 HOURS UNTIL DRY THEN SCRAPE OFF. ROAST HIGH HEAT FIRST 30 MINUTES THEN LOW HEAT 30 MINUTES THEN HIGH HEAT 25 MINUTES.”

RAYMOND CAPALDI, HARE AND GRACE

“I DRY THE SKIN THEN COVER IT IN A MIX OF SALT AND WHITE VINEGAR BEFORE LETTING IT REST FOR A LITTLE WHILE. THIS HELPS THE SKIN TO CRISP UP AND GET THAT BUBBLY CRACKLE YOU WANT.”

BRENT SAVAGE,

BENTLEY RESTAURANT & BAR, MONOPOLE

“HALFWAY THROUGH COOKING YOUR PORK, I FIND A GREAT WAY TO ACHIEVE THE PERFECT CRACKLING IS TO KEEP THE DOOR SLIGHTLY AJAR FOR THE SECOND HALF OF THE COOKING. THE STEAM THEN HAS THE CHANCE TO ESCAPE AND THE SKIN CAN GET NICE AND CRISPY.”

RICHARD OUSBY, QUAY

“MY FAVOURITE WAY TO DO CRACKLING IS BY DEHYDRATING IT. FIRST REMOVE THE SKIN FROM THE PORK AND THEN BOIL IT IN MILK FOR ONE HOUR. CAREFULLY REMOVE THE SKIN AND PAT DRY, THEN TRIM ALL THE REMAINING FAT OFF USING A SMALL KNIFE. DEHYDRATE FOR 12 HOURS AT 90C. FINALLY WE DEEP FRY AT 180C AND THE CRACKLING WILL PUFF RIGHT UP AND GO ALL WHITE, ALMOST LIKE A PRAWN CRACKER.”

STEWART WESSON, PUBLIC



“THE BEST CRACKLE COMES FROM A 140°C SLOW ROAST - COOKED TO 62°C INTERNAL. TAKE THE SKIN OFF, SCRAPE IT AND RETURN IT TO THE OVEN AT 220°C WHILE THE ROAST RESTS FOR CARVING.”

DAMIAN HEADS, PONY - SYDNEY AND BRISBANE

“I DIP THE SKIN OF THE PORK BELLY BRIEFLY INTO BOILED HOT WATER, TAKING CARE TO KEEP THE FLESH OUT OF THE WATER. CLEAN THE SKIN BY SCRAPING THE SURFACE WITH A KNIFE TO REMOVE THE OUTER LAYER; THE SKIN SHOULD BE A CONSISTENT WHITE COLOUR. WASH THE SKIN, THEN, USING A LARGE SHARP KNIFE, SCORE THE SKIN IN EITHER PARALLEL LINES OR A CROSSHATCH PATTERN. THIS WILL ENSURE CRISPY CRACKLING FOR YOUR ASIAN STYLE ROAST PORK BELLY.”

LUKE NGUYEN,

RED LANTERN (ON CROWN AND RILEY), FAT NOODLE



DON HANCEY

Panorama Catering

Wood-fired crown roast

Ingredients

- 2 rib eye racks, skin on, Frenched
- 1kg Royal Blue potatoes, quartered
- 4 Royal Gala apples, cored and quartered
- 1 lemon
- 1 handful thyme
- 1 handful rosemary
- Murray River pink salt
- Black peppercorns
- Extra virgin olive oil

Method

Score the skin of the pork. Rub the skin with plenty of salt, making sure you get into the actual scoring with the salt. Using metal skewers attach the ends of the racks to each other using approximately three skewers per end. Using skewers is an easier way to attach the ends rather than sowing them together with a trussing

needle. Run twine around the lowest part of the bone and tie off (no special knots required). Run another one around the lower portion of the crown. These will help keep the general shape the crown through the cooking process.

Place the crown on a roasting tray. Place apples, potatoes, thyme, rosemary, olive oil and seasoning in a bowl. Mix well.

Add the apple mix to the centre of the crown. Cover the tops of the bones with foil to prevent burning. Roast in a wood fired oven with moderate heat for approximately 1.5 hours rotating every 20 minutes.

Alternately roast in a pre-heated oven of 190°C for 20 minutes then reduce the heat to 160°C for a further 30 minutes.

Rest for 10 minutes then serve with a spicy Australian shiraz.



STEWART WESSON

Public

Slow cooked pork fillet, shaved squid, cauliflower raw, pickled & liquid and cured pear

Serves 4

Ingredients

- 1 pork fillet
- 1 fresh squid
- 1/2 cauliflower
- Zest of 1 orange
- 1/4 bunch of chives
- 1 lemon
- 500ml milk
- 100ml cream
- 20ml olive oil
- 1 pear
- 8 tarragon flowers

Pork fillet

Pre-heat a sous vide circulator to 62°C. Trim the pork removing any fat and sinew, then roll the pork in cling film into a cylinder shape squeezing all the air out and tie off at both ends. Place the pork into the sous vide circulator at 62°C for one hour.

Shaved squid

Clean the squid discarding the guts and ink sacks but keeping the tentacles, cut the squid tube in half and lay flat on the chopping board then using a knife on an angle shave thin strips and set aside.

Cauliflower raw, pickled and liquid

Shave the top of the cauliflower and finely chop until it resembles crumb. Add finely chopped chives and the zest of half an orange. Season the cauliflower crumbs and add 5ml of olive oil. Set aside.

For the pickled cauliflower cut the cauliflower into florets and then using a mandolin slice across the floret about 3mm thick, in a

small bowl add 15ml of olive oil, the juice of one lemon, season with salt and pepper and let sit for 30 minutes.

For the cauliflower liquid put all the scraps of the cauliflower into a small pot and cover with the milk and boil the cauliflower until it's tender and half the milk has evaporated. Add the cream and bring back to the boil then pour it all into a blender and puree until completely smooth. Season with salt and white pepper.

Cured pear

Slice the pear on a mandolin about 2mm thick, then cut into 2cm x 2cm squares ensuring there is no skin, add a pinch of salt and sugar to the pear squares and vacuum seal in a bag ensuring not to have any slices over lapping and seal for one hour.

To serve

Take the pork out of the sous vide circulator and rest for 10 minutes. While the pork is resting heat a small pan with a small amount of olive oil until the oil is smoking, season the squid and tentacles with salt and pepper then add to the hot pan and toss around for 20 seconds. Drain on paper towel, then slice the pork into a 2cm round using two rounds per portion. Make a small pool of the cauliflower liquid on the bottom of the plate, then place the two pieces of the pork one standing up and one laying down with a space between them, then add a small pile of the raw cauliflower crumbs in the middle of the two pieces of pork.

Next top the cauliflower crumbs with the shaved squid and place a few pieces of the pickled cauliflower around the pork, to finish add one piece of the cured pear standing up on one of the pieces of pork and place a tarragon flower on each piece of pork.



Pork tenderloin wrapped in pancetta with parsnip puree, black pudding, crispy pig's ears and apple, prune and walnut salsa

Serves 4

Ingredients

- 2 pork tenderloins (approximately 700g total)
- 125g Pancetta (thinly sliced)
- 2 whole pigs ears
- 200g black pudding
- 550g parsnip
- 500ml cream
- 500ml milk, full cream
- 2 Granny Smith apples
- 100g dried prunes (halved)
- 50g walnuts
- 10ml walnut oil
- 1 bunch chives (finely chopped)
- Pink salt
- 100g rock salt
- 2 sprigs thyme
- 2 sprigs rosemary
- 5g garlic
- 200ml extra virgin olive oil
- 300ml cotton seed oil

Method

Take the thyme, rosemary and garlic and add to a Robot Coupe. Blitz for about one minute, then add the rock salt and pulse a few times just to mix the herbs through making sure not to blitz the salt to powder. Remove and sprinkle the salt over the pig's ears. Leave for two hours then wash the salt off and pat the ears dry. Place the ears in a pot with the extra virgin olive oil and bring to 110°C, cook at this temperature for about three hours or until tender. Remove from the oil and allow to cool until it's manageable to handle. Using your hands remove the cartilage and put the ears onto a tray in the fridge to set. Once set, cut into small thin strips and shallow fry in the cotton seed oil at 170°C until crispy. Remove from the oil and place onto some paper towels.

Peel the parsnips and cut into small even pieces, place into a large pot and cover with even parts milk and cream. Cook until the parsnips are soft,

strain the liquid and then blitz in a blender until smooth (make sure to keep some of the cooking liquid in case the puree is too thick). Pass the puree through a chinois and season with salt. Keep covered in a pot until ready to reheat.

Take the pork and cut into four even pieces. Place the thinly sliced pancetta onto baking paper slightly over lapping each other until the length of the pork is reached. Lay the pork at the front of the pancetta and roll until the pancetta is wrapped the pork one and a half times (do not wrap too tightly otherwise it will banana when cooking). Leave to the side until ready to cook. Preheat oven to 200°C.

Heat a non-stick pan just smoking, add the pork and seal on all sides until the pancetta is golden and crispy all over. Place on a tray and put in the oven for approximately two minutes. Remove the pork and place on a cake rack to rest.

Meanwhile you can make the salsa.

Place the walnuts on a roasting tray and cook until golden, approximately five minutes. Remove and allow to cool. Take two apples, peel, and on a mandolin slice pieces 10mm thick and dice evenly. Once cut place into a bowl with the halved prunes, chives, walnuts, walnut oil and salt. Mix and keep aside until ready to plate.

Either dice the black pudding very fine, or mince it. Just before serving, heat a large pan with a little oil and cook the black pudding until it is crispy and remove from pan to absorbent paper to drain the oil.

To serve

Reheat the pork in the oven for two minutes and then place on a chopping board. While the pork is in the oven start to reheat the parsnip puree. Place a spoon full of puree on the left hand side of the plate and using the back of the spoon make a smear across the plate. Add the salsa in the centre of the puree. Slice the pork into five pieces, overlapping each slice across the plate. Place a small pile of black pudding dirt to the side of the pork. Finish with the crispy pigs ears and season with salt. Serve immediately.



RICHARD PTACNIK

Otto Ristorante

Slow cooked pork belly with apple, tonka bean and red miso

Pork belly

- 800g pork belly
- 1L milk
- 1 bay leaf
- 3 all spice
- 10 black peppercorns

Method

Pre-heat the oven to 160°C. Place all ingredients into a medium saucepan. Bring to the boil. Place in oven for 2.5 hours. Remove from the oven and allow to cool. Take the pork from the milk, and remove the skin. Cut into six equal portions. Before serving place in a hot fry pan, and sear all sides. Carve each portion into four pieces.

Green olive puree

- 200g Sicilian green olives – pitted
- 30ml extra virgin olive oil

Method

Place the olives in a medium saucepan and cover with water. Bring to the boil, remove from heat and strain. Place in an upright blender with olive oil and blend until smooth. Pass through a fine sieve and set aside.

Apple and tonka jelly

- 5 green apples – peeled
- 10ml lemon juice
- 2g Xantana
- 1g Kappa
- 1g Iota
- 1 tonka bean – microplaned

Method

Cut each apple into four pieces and remove core. Place into a medium size sauce pan and cover with water, add lemon juice. Bring to the boil and simmer until the apple is soft. Strain through a very fine sieve and discard the apple. Return to the saucepan and continue to cook on a medium heat until the liquid is reduced to 250ml. Add the tonka bean, xantana, kappa and iota and boil for one minute. Line a tray with 'go between' and spread

jelly evenly. Allow to set in fridge. Once set, cut into three 15cm strips. wSet aside.

Emulsified miso oil

- 125ml red miso oil
- 0.5g pectin
- 0.15g agar agar
- 25ml water
- ¼ sheet gelatin – titanium (softened)

Method

In a small saucepan, place the pectin, agar agar and water, and bring to the boil. Add the gelatin and continue to cook until the gelatin has completely dissolved. Remove from the heat and allow to cool slightly. Using a stick blender, blend whilst slowly pouring in the red miso, allowing the mixture to emulsify. Adjust seasoning with salt, and place in a piping bag ready to serve.

Miso rice balls

- 100g rice
- 200ml water
- 7g mirin
- 15g red miso
- ½ lime – zest

Method

Place the rice and water in a medium saucepan and cook on a medium heat until all the water is absorbed. Add the mirin, red miso and lime zest. Push through a ricer. Mould the mixture into small balls. Deep fry for 2 minutes before serving.

Apple and green olive salsa

- 1 green apple
- 6 Sicilian green olives – pitted
- 1 sprig dill
- 2 sprigs parsley
- 10ml lemon juice
- 20ml Extra virgin olive oil

Method

Finely dice the apple and the olives into 2mm



BRENT SAVAGE

Bentley Restaurant & Bar, Monopole

cubes. Chop the dill and parsley, then combine with the olives and apple. Dress with lemon juice and olive oil, season with salt.

Pork bubble

- 500g pork skin
- 2L water
- 500ml vegetable oil

Method

Place the pork skin and water into a medium saucepan and bring to the boil. Turn down to simmer and continue to cook for four hours, continually checking and topping with water if needed. Skin should be soft. Allow to cool in the liquid then strain and place flat on a tray. Place in the refrigerator overnight. Place skin on a chopping board and remove excess fat with a sharp knife, being careful to keep skin intact. Place in the dehydrator for six hours at 60°C.

Alternatively place in the oven on the lowest possible heat for three hours. Skin should be completely dry. Snap the skin into small pieces approximately 4cm squares. Heat the oil to 180°C. Deep fry the pork skin pieces for 1 minute, then remove and drain on paper towel. Cut into 5mm strips and serve immediately.

To serve

Pipe dots of the green olive puree diagonally across a plate. In the same direction, place small piles of the salsa alternating with the puree. Place two pieces of pork belly over the salsa with a space in between. Using the tonka jelly, lay the jelly over the two pieces. Take the other two pieces of belly and place alternately between the first two pieces. Arrange some miso balls around the pork, and finish by piping small dots of emulsified miso oil around the plate. Garnish the pork with strips of pork bubble over the pieces of belly.

One thousand layer pork belly

Serves 4

Ingredients

- 500g boneless pork belly, skin scored
- 250g pickled mustard greens
- 1 tbsp vegetable oil
- coriander leaves, to garnish, optional
- steamed jasmine rice, to serve

Marinade

- 2 tbsp light soy sauce
- 1 tbsp dark soy sauce
- 2 tbsp shaoxing rice wine
- 3 garlic cloves, finely diced
- 4cm (1½ inch) piece of fresh ginger, peeled and finely sliced
- 2 tsp brown sugar

Method

Combine the marinade ingredients in a bowl and stir until the sugar has dissolved. Coat the pork with the marinade, then cover and marinate in the refrigerator for one hour.

Meanwhile, soak the pickled mustard greens in cold water for one hour, or until very well chilled and firm. Strain well and finely slice. Set aside.

Remove the pork from the marinade, reserving the marinade. Brush off any garlic or ginger pieces

from the surface of the pork and pat dry with paper towels. Heat a deep, heavy-based frying pan over medium heat. Add the vegetable oil, then place the pork skin side down in the pan and brown for 4 minutes. Turn over and brown the other side for a further four minutes. Pour just enough hot water into the pan to cover the pork. Bring to the boil, then reduce the heat and simmer for 10 minutes.

Now submerge the pork belly in an ice bath and leave to cool for five minutes — this will make it much easier to finely slice it. (Alternatively, you can cool it, then cover and place in the freezer for one hour.)

Slice the pork as thinly as you can, using a large sharp knife. Arrange each slice in a heatproof bowl, overlapping the slices neatly, with the fat end on top, creating a '1000 layer' effect across the bowl and up the edges.

Arrange the mustard greens on top of the layered pork, then pour in the reserved marinade.

Half-fill a steamer, wok or large saucepan with water and bring to a rapid boil over high heat. Place the bowl of pork in a steamer basket, then set over the pan of boiling water and cover. Steam for 1.5 hours, replenishing the hot water as needed every 30 minutes or so.

Remove the bowl from the steamer. Place a serving plate upside down over the bowl, then angle it until the liquid from the pork pours out, catching the liquid into a bowl.

Allow the pork to cool for 10 minutes.

With the plate still on top of the bowl, quickly invert the bowl, so that the bowl is now on top of the serving plate.

Remove the bowl and pour the liquid over the pork. Garnish with coriander, if desired, and serve with steamed jasmine rice.

LUKE NGUYEN

**Red Lantern
(On Riley
and Crown),
Fat Noodle**



HADLEIGH TROY

Restaurant Amuse



Pork, cuttlefish and nettles

6 serves

Dressing

- 8 anchovy fillets (optional)
- 1 tsp Worcestershire sauce
- ½ tsp smoked paprika
- ½ tsp curry powder
- 1 pinch cayenne
- 1 lemon (juiced)
- Zest of half a lemon
- 8g salt
- 1 clove garlic
- 25g dijon mustard
- 25g capers
- 60g dried stinging nettles
- 2 bunches of chives
- 5g dill
- 5g thyme
- 1 pinch rosemary
- 100ml grape seed oil

Method

Place all ingredients (except herbs and grape seed oil) in a bowl. Roughly chop herbs, add to the other ingredients and whisk in grape seed oil slowly.

Cuttlefish

- 2 large cuttlefish

Clean then remove skin, score and reserve for frying prior to serving.

Chorizo and potato crumb

Ingredients

- 100g chorizo (diced)
- 1 large potato
- 50ml olive oil
- 2 knobs butter
- 3 sprigs thyme
- 2 cloves garlic
- Pinch of espelette pepper

Method

Grate the potato and place into a hot frying pan with olive oil, thyme, garlic and butter so it foams up. Add the chorizo and cook until crisp. Drain off butter and oil then season with espelette pepper.

Pork

- Half a pork belly
- 300g sea salt
- 6 juniper berries
- 6 cloves
- 6 black peppercorns
- 2 bay leaves
- 2L water
- 200g caster sugar

Method

Combine all of the above and bring to the boil. Allow to cool then place belly into brine for six hours. Pull out, wash off and place into vac bag and cook at 78°C for 12 hours. Press. Cut to required size and poach in pork stock to reheat.

To serve

Grill cuttlefish and slice immediately before serving. Put a good amount of dressing in the middle of the plate and place pork belly on top. Top with sliced cuttlefish and finish with potato and chorizo crumb.



Twice cooked pork belly with soy, star anise, Chinese broccoli & chilli

Ingredients

- 800g pork belly no bone
- 1 bunch of Chinese broccoli
- 1 long red chilli, sliced finely on a diagonal
- 1 spring onion, sliced finely on a diagonal
- 10g ginger, julienne
- 50g crisp fried eschalots
- 2L masterstock
- 1 orange zested & juiced

Method

Place pork belly in a baking dish that has a lid or can be sealed. Bring the master stock to the boil add the spices orange zest and juice. Taste for seasoning making sure it is salty enough. Pour over pork belly seal the dish & braise for three hours at 140°C. Remove the belly place on a cooling rack. Strain the stock and put back on the stove & boil for five minutes to remove any impurities. Place the pork belly in a tray & place another similar tray over it & press down with some small full jars. Refrigerate for a few hours to achieve an even smooth top surface. Set one litre of stock aside for the sauce and refrigerate the rest.

To serve

Cut the cold pork into 150g pieces, squarish if possible. Place on a rack in a roasting pan and place in an oven set at 180°C. Roast for 30 minutes.

Heat one litre of the reserved stock, season with soy and a little sugar. Reduce a little to achieve a rich flavour.

Blanch the broccoli in salted water and refresh in iced water. Drain and cut into 3cm pieces. Place on the bottom of six deep bowls. Remove pork from oven, it should be golden and crisp. Slice each square and place over the broccoli. Pour over the sauce. Garnish with the ginger, chilli, spring onion & fried eschalots. Serve with rice.

Masterstock

Makes 2 litres (8 cups)

Ingredients

- 8 cloves garlic, peeled
- 5g white ground pepper
- vegetable oil
- 1/2 cup Chinese cooking wine
- 1/2 cup thick sweet soy sauce
- 1 cup oyster sauce
- 1 stick cinnamon
- 50g coriander root
- 3 star anise
- 1 cup light yellow bean soy
- 8 cups chicken stock
- 2 x 4cm pieces ginger, peeled and chopped

Method

Pound the garlic, ginger, coriander root and peppercorns to a paste. Fry in a little oil until it smells crisp and nutty. Deglaze with the cooking wine, then add the rest of the ingredient. Bring to the boil, and skim off any scum and excess oil. Simmer for 20 minutes, then strain, discarding all the solids. You can now use the stock to cook your choice of meat or poultry. Strain the stock after each use and refresh with more ginger and spices each time you use it. I find that the stock can get very strong after several uses, so feel free to start your stock from scratch again.

MARTIN BOETZ

**Longrain Restaurant & Bar
- Melbourne & Sydney**



A man with short hair, wearing a black leather motorcycle jacket over a black t-shirt and dark jeans, stands in a rustic, stone-walled interior. He is holding a small object in his right hand. The lighting is dramatic, with strong shadows.

IAN CURLEY

European Restaurant Group

Pork parcels

Pork belly method

Take one pork belly, score the skin and sprinkle with liberal amounts of salt, leave in the fridge overnight on a rack to drain. Wash in the morning and place back on the rack and cook on 180°C for around two hours until the bones give easily. Pull out all the bones and press under a heavy weight overnight. The next day, cut the pork into 10g rectangles.

Parcels

Take one sheet of brik pastry and cut into quarters, brush oil over the pastry to stop it drying out, then put a piece of pork in the middle and a sage leaf, egg wash the sides and wrap as a spring roll.

Shallot aioli

- 1 red onion- rough diced
- 140g sugar
- 250ml port
- 250ml red wine
- 500ml garlic aioli*

Method

Cook onions down until coloured. Add sugar and bring to caramel. De-glaze with wine and port. Reduce, strain and cool. Fold into 500ml garlic aioli. Taste test

Garlic Aioli (batch)*

- 60 eggs, steamed
- 650g slow roasted garlic pureé
- 300g dijon mustard
- 400ml white wine vinegar
- 13L Canola (Vegetable Oil)
- 200ml lemon juice
- 30g salt
- 20g ground white pepper

Method

Steam eggs in combi oven for 3-4 minutes, then cool in coolroom. Scoop eggs from shell with a spoon and place in large bucket with vinegar, Dijon mustard, roasted garlic and some salt and pepper. Blend until creamy using stick blender. Slowly add the oil, making sure that it is completely blended in, until it is thick and creamy. Add lemon juice to taste, adjust salt and pepper.

To Serve

Bake the parcels in a hot oven until golden brown and serve with apple and watercress and shallot aioli.



Roast pork rump, mixed grains and fresh peach

Serves 10

Roast pork rump

Ingredients

- 3 pork rumps

Method

Score the pork skin and let dry in cool room uncovered for a day. In a roasting pan heat vegetable oil to a medium heat and put pork skin side down, season with salt and pepper. Once skin has crackled seal the other side of the rump. Return the rump to skin side down and put in a hot oven for 15 minutes. Transfer to a wire rack skin side up and turn the oven down to 130°C and slowly bring to a core temperature of 55°C. Carve the rump into square pieces roughly five pieces to a portion.

Mixed grain salad

- 200g red quinoa
- 200g white quinoa
- 200g du puy lentils
- 200g pearl barley
- 50g pumpkin seeds
- 50g sunflower seeds
- 50g chopped almonds skin on
- ½ bunch mint
- ½ bunch parsley
- 100ml sherry dressing*
- knob of butter, 1 crushed garlic clove, sprig of thyme, cracked black pepper, pink salt

Method

Cook all grains separately and cool before mixing. Toast all nuts separately in foaming butter with a crushed garlic clove and a sprig of thyme. Roughly chop herbs and save for later. Mix all grains and toasted nuts with the herbs, add sherry dressing. Season with pink salt and cracked black pepper.

***Sherry dressing**

- 100ml sherry vinegar
- 50g sugar
- 1 sprig of thyme
- 2 black pepper corns
- 1 bay leaf

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CARLA JONES

4Fourteen

- 400ml olive oil
- 10ml fresh lemon juice

Method

Bring vinegar, sugar, thyme, peppercorns and bay leaf to the boil and let cool. Whisk in olive oil. Adjust with salt and pepper and 10ml lemon juice.

Fresh peach dressed in vierge

- 4 ripe peaches cut into 1cm cubes
- 3 bunches basil
- 50g coriander seeds
- 300ml vegetable oil
- 300ml olive oil
- 100ml lemon juice
- Salt and pepper
- Dry roast coriander seeds

Method

Blend basil, coriander seeds and oils. Leave dressing overnight, strain, then season with lemon, salt and pepper. Dress peaches with vierge.

Pork crackling to garnish

- 2 pieces of pork skin

Method

Boil skin in salted water for 2 hours. Let cool then scrape fat off, put skin on a wire rack and dehydrate overnight at 90°C until skin is brittle. Drop skin in hot deep fryer. Should puff up instantly. Season with pink salt.



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Warm and damp pig's head salad

Ingredients

- Pig's heads, shaved
- 2 carrots
- 2 celery sticks
- 2 leeks
- 2 whole heads of garlic
- Zest of 2 lemons
- 2 onions
- Bundle of fresh thyme
- Rosemary and parsley stalks
- Peppercorns in a muslim pouch
- Bottle of white wine
- Sea salt

Method

Cover the heads and all of the above ingredients in water. Bring the pot to a gentle simmer. You want a totally giving head, no resistance when pulling cheeks from the bone. This could take three hours or longer, so keep checking your heads. While this is going on, prep your salad vegetables. Peel the carrots and then slice them lengthways with the peeler. Chop the greens off the French breakfast radishes, leaving a tuft. Keep the greens for the salad if you're happy, if not then bring out

the rocket. Thinly slice spring onions, cut straight across. Then cook your borlotti beans (if you don't have any then cooked butter beans will suffice).

Back to our heads

Remove it from the broth, strain, put half back to gently reduce. Pick the flesh off the skull, cut into forkable size, then return it to the broth.

For the salad

- Radishes
- Carrots
- Spring onions
- Fresh borlotti beans
- Red wine vinegar

Construction of the salad (for 1 person)

In a pan with some of the reduced broth and a spot of red wine vinegar, add the radishes, sliced carrots and chunks of head, just for a moment. Take the pan off the heat, add three beans per person (so it's just a bean moment not a bean salad), the spring onions and radish leaves (or rocket). Toss and serve immediately.

FERGUS HENDERSON
St. John





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