

AUSTRALIAN
flavours on plates of the
WORLD

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Recipes from
Fairfield City Council's
Culinary Carnival,
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Welcome!

Too much is never enough. If it's choice we're talking about, a culinary adventure to Sydney's south-western suburbs will reveal this to be deliciously true.

Iraqi, Assyrian, Chilean, Cambodian, Chinese, Vietnamese and Filipino flavours are just some of the joyous possibilities welcoming you at Fairfield. Bursting with the best ingredients from around the world, it's food from the heart. And we can never have enough of that.

***Eat it up. Fill your basket.
Find inspiration.***

MANDEAN-STYLE DUCK WITH SAFFRON VEGETABLES

PREP 25 minutes | **COOK** 2.5 hours | **SERVES** 4-6

- 1 whole duck, approx. 2.2kg
- 1 tsp citric acid
- 1 brown onion, finely diced
- 4 cloves garlic, minced
- 4cm piece ginger, minced
- 6cm piece turmeric, minced
- 1/2 cup golden raisins, chopped
- 1/2 cup toasted almonds, chopped
- 1 bunch oregano, very finely chopped
- 1/2 bunch parsley, very finely chopped
- 1/4 cup extra virgin olive oil
- 3 tsp Mandeian spice mix
- 1 Tbsp ground Basmati rice
- sea salt flakes and freshly-ground black pepper
- 1 cup date vinegar
- 4 cinnamon sticks
- 1/2 cup vegetable oil
- 4 cup mixed vegetables, sliced
- 1 tsp cumin seeds
- large pinch mountain pepper leaf
- large pinch saffron threads, soaked in water
- radish salad, to serve

1 Pat the duck dry inside and out with kitchen paper, then sprinkle the cavity with citric acid and set aside for 15 minutes. Sauté the onion, garlic, ginger and turmeric in half the extra virgin olive oil for 3 minutes, until just softened, then mix with the raisins, herbs and half the spice. Stir in the rice, then season with salt and pepper.

2 Spoon the stuffing into the duck cavity, then secure with a skewer. Pour the vinegar into a large saucepan with 3L water and the cinnamon sticks and bring to a bare simmer over a low-moderate heat. Add the duck, then cook gently for 3 hours. Drain, then pat dry.

3 Meanwhile, sauté the vegetables, cumin and mountain pepper in the remaining extra virgin olive oil until just softened, then add the saffron water.

4 Heat the oil in a small saucepan until smoking, then ladle over the duck skin to crisp. Serve with the saffron vegetables and radish salad.



MARGET BAMIA – GOAT AND OKRA STEW WITH GROUND WALNUTS AND POMEGRANATE

PREP 15 minutes | COOK 3.5 hours | SERVES 4-6



- 1kg goat shoulder, diced
- sea salt flakes and freshly-ground black pepper
- ¼ cup extra virgin olive oil
- 2 brown onions, very finely sliced
- 6 cloves garlic, sliced
- 4 tomatoes, chopped
- 2 Tbsp tomato paste
- 2 tsp hawajj spice mix
- 1 Tbsp ground rosella powder
- 1L beef stock
- finely grated zest and juice of 2 lemons
- 2 cups walnuts, toasted and finely chopped
- ¼ cup pomegranate molasses
- 500g okra, halved
- ½ cups vinegar
- 1 cup pomegranate seeds
- ½ bunch coriander, chopped
- ¼ bunch mint, chopped
- lemon wedges, pita bread and yoghurt, to serve

1 Season the goat with salt and pepper, then fry in a heavy-based saucepan in half the oil until well browned. Set aside. Add the onions and garlic to the pan and cook briefly, then mix in the tomatoes, tomato paste hawajj, rosella, stock, zest and juice. Bring to a simmer.

2 Return the meat to the saucepan, then simmer gently for 2 hours, topping up with water from time to time. Add the walnuts and pomegranate molasses, then simmer for a further hour.

3 Soak the okra in vinegar for 30 minutes, then rinse well. Fry in the remaining oil over a high heat for 4 minutes, then add the pomegranate seeds and herbs. Season with salt and pepper, then serve with the goat stew, lemon wedges, pita and yoghurt.

CÀ RI GÀ – CHICKEN AND COCONUT CURRY, KIND OF

PREP 15 minutes | **COOK** 40 minutes | **SERVES** 4-6

- 4 squab, quartered
- 1 Tbsp curry powder
- 1 Tbsp fish sauce
- 2 tsp palm sugar
- 1 stock lemongrass, very finely sliced
- 4 cloves garlic, minced
- 4cm piece ginger, minced
- 1 tsp native pepperberries, cracked
- 2 eschalots, very finely diced
- 2 red onions, cut into wedges
- 2 carrots, peeled and chopped
- 4 medium potatoes, peeled and chopped
- ¼ cup vegetable oil
- 1L chicken stock
- 400ml coconut cream
- coriander, chilli oil and fried shallots, to serve

1 Pat the squab dry inside and out with kitchen paper. Mix with the curry powder, fish sauce, palm sugar, lemongrass, garlic, ginger, pepperberries and eschalots. Cover, then refrigerate overnight.

2 Fry the vegetables in the oil in a large heavy-based pot set over a moderate heat for 5 minutes, stirring often, until lightly browned. Set aside. Fry the squab in the pot for 5 minutes, until browned.

3 Return the vegetables, then pour in the stock and coconut cream. Simmer gently for 30 minutes, until the meat is tender and the sauce has thickened. Serve with coriander, chilli oil and fried shallots.





PANDAN, MACADAMIA AND COCONUT WAFFLES WITH SILKEN TOFU IN GINGER AND LEMON MYRTLE SYRUP AND CASHEW CREAM

PREP 15 minutes | COOK 20 minutes | SERVES 4-6

- 1 cup self-raising flour
- 1/4 cup coconut flour
- 1 cup caster sugar
- 1 1/2 cups coconut milk
- 1 tsp vanilla paste
- 1 tsp pandan essence
- 1 egg
- 2 egg yolks
- 1/2 Tbsp vegetable oil
- cooking oil spray
- 1 cup coconut water
- 4cm piece ginger, cut into fine batons
- 1 tsp ground lemon myrtle
- 300g piece silken tofu
- 300g raw cashews
- 150ml water
- juice of 1 lemon
- 1 Tbsp light palm sugar
- toasted coconut flakes, to serve

1 Combine the flours and 1/2 cup sugar in a bowl, then whisk in the coconut milk, vanilla, pandan, egg, yolks and oil. Whisk until smooth. Sprinkle a waffle iron with cooking oil spray and half-fill with batter, cooking for 4 minutes until crisp. Repeat with the remaining batter.

2 Combine the remaining sugar with the coconut water, ginger and lemon myrtle in a saucepan and simmer until thickened. Pour over the tofu and allow to cool completely.

3 Put the cashews, water, lemon juice and palm sugar in a high speed blender and purée until smooth. Serve with the waffles, tofu and coconut flakes.

TLOKHE – LENTIL AND NOODLE SOUP WITH BEACH GREENS

PREP 5 minutes | COOK 45 minutes | SERVES 4-6

- 1 brown onion, diced
- 2 carrots, peeled and diced
- 4 cloves garlic, sliced
- 2 sprigs rosemary, finely chopped
- ¼ cup extra virgin olive oil
- ½ cup lentils, rinsed thoroughly
- 1 Tbsp Baharat
- 2 tsp ground turmeric
- 2 tsp ground saltbush
- 1½L chicken stock
- 100g vermicelli noodles
- sea salt flakes and freshly-ground black pepper
- juice of 2 lemons
- 4 cups Warrigal greens (or spinach leaves)

1 Sauté the onion, carrots, garlic and rosemary in half the olive oil in a large saucepan for 5 minutes, until lightly browned. Add the lentils, spices, saltbush and stock, then bring to a simmer. Cook for 25 minutes, then add the vermicelli and cook for a further 15 minutes. Season with salt and pepper, then stir in the lemon juice and Warrigal greens.



SHISH-BARAK LAMB DUMPLINGS IN YOGHURT SAUCE WITH FINGER LIME AND MACADAMIA OIL

PREP 15 minutes | **COOK** 40 minutes | **SERVES** 4-6



- 500g lamb mince
- 2 cloves garlic, minced
- 1 Tbsp harissa paste
- 1 tsp ground cumin
- 2 tsp ground Kakadu plum powder
- ¼ bunch finely chopped coriander
- sea salt flakes and freshly-ground black pepper
- ¼ cups plain flour
- 1 Tbsp extra virgin olive oil
- 4 Tbsp unsalted butter
- 1 tsp dried mint
- 1 tsp Aleppo pepper
- ½ cups thick yoghurt
- finger lime pearls, toasted pine nuts, lemon wedges and macadamia oil, to serve

1 Combine the mince, garlic, harissa, cumin, Kakadu plum powder and coriander in a bowl. Season with salt and pepper, then mix well. Refrigerate until firm.

2 Put the flour in a bowl and season with salt. Add the olive oil and ¾ cup very hot water. Mix gently, then knead until smooth. Cover and allow to cool completely. Roll out to 4mm thick, then cut into 8cm discs.

3 Form the lamb mixture into walnut-sized balls, then wrap each in a disc of pastry, pinching to seal the edges. Cook in a large saucepan of rapidly-boiling water for 5 minutes.

4 Meanwhile, heat the butter, mint and Aleppo pepper until melted. Whisk the yoghurt with ¼ cup boiling water. Drain the cooked dumplings and toss with the yoghurt. Drizzle with the butter mix, then finish with finger lime pearls, toasted pine nuts, lemon wedges and macadamia oil.

a world of
FLAVOURS
one bite at a time

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