

Recipes from Hoo Roo to You

A Selection of Recipes Using Native Australian Herbs and Spices

Bush Tomato Dip

250 ml sour cream
125 g cream cheese
1 tsp lemon myrtle
1-1½ tbsp ground bush tomato
¼ tsp asafetida powder or 1 tbsp very finely chopped onion
½ tsp salt
½ tsp sugar
¼ tsp ground mountain pepper berry
1 skinned tomato, chopped finely
1 tbsp chopped fresh coriander

Mix all ingredients. Leave to infuse overnight.

Aniseed Myrtle Feta

This method can be applied to all of the bush herbs to make flavored oils for use as butter substitutes or as marinating oils for vegetables or meats. Other items can also be marinated in this oil, for example, eggplant, capsicum, mushrooms, even olives. The oil is an excellent dipping oil for bread as a substitute for butter. Use light or unflavored oils since it is the herbs which add the distinctive flavor profile.

1 liter polyunsaturated oil, e.g. canola oil

2 tablespoons ground aniseed myrtle

500g Australian feta (low salt feta or soak the feta in warm water before use)

Heat 100ml of the oil to 40°C. Remove from heat and add the aniseed myrtle allowing it to infuse as the oil cools.

Dice the feta and place into a clean glass jar. Cover the feta with the flavored oil and the remaining oil.

Seal the jar and let stand for at least two days. The feta should keep for at least 2 months but 500g of aniseed feta is easy to eat, adding it to salads, stuffing chicken or pork fillets before baking or simply add the feta to your favorite antipasti dish. The above process can also be used for char-grilled vegetables such as capsicum, eggplant, artichokes and mushrooms.

Pepper Berry and Black Olive Tapenade

Serve on slices of toasted crusty bread, on sandwiches (great with ham, tomato and bocconcini or goat's cheese), and tossed through pasta. Use as a dip or for a really decadent breakfast, serve it with poached eggs for breakfast.

Ingredients

1.5 cups (350gm or 11ozs) large black olives
10 fresh or frozen Mountain Pepperberries, or 1 teaspoon of Pepperberry Spice
75g (2.5ozs) anchovy fillets in oil
1 clove garlic, crushed
3 tablespoons olive oil
Mountain Pepperberry Oil (see recipe)

Method

Pit the olives and place with Mountain Pepperberries, anchovies and garlic in a food processor and process slowly adding the Oil until a smooth paste is formed. This should take about 5 minutes. Store the tapenade in sterile glass jars and pour just enough Mountain Pepperberry Oil over the top to seal the tapenade from the air. It will continue to develop its flavor, so make it at least a day before you want to use it. Put the lids on the jars and the tapenade will keep refrigerated for several months.

Mountain Pepperberry Oil

2 cups olive oil
1 tablespoon Pepper berries

Method

crush half the Pepper berries or just use the grounds. Add oil and ground Pepper berries to saucepan and bring to not more than 70o C (160o F). Strain into a sterile oil bottle; add the remaining whole Pepper berries and seal. Allow to infuse for at least four weeks when the oil will turn a shade of purple and infuse the oil with the delightful flavor, aroma and heat of the Mountain Pepperberries.

Lemon Myrtle Vinaigrette

240ml/8fl.oz. White Wine Vinegar
2 teasp Castor Sugar
1 teasp Ground Lemon Myrtle
Salt and Black Pepper
480ml/16fl.oz. Olive Oil

Place the vinegar, salt and sugar in a saucepan and heat gently, stirring, until the sugar has dissolved.

Remove from the heat and add the Lemon Myrtle and Pepper. Allow to cool.

3. Once cold, slowly whisk in the oil.

Shake well before using.

Pork Fillet rolled in Wattle Seed and Macadamia Nuts, served with Mango Sauce

6 pork fillets
200g crushed macadamia nuts

200g wattle seed
500g mango puree
a pinch of native mint
50g butter
salt
pepper

Cut the pork fillet into two
Roll one half into the macadamia nuts and the other half into the wattle seed
Place the fillet into a hot oven and roast the fillet until the nuts are just browned
Place the mango puree, native mint, butter, salt and pepper into a saucepan
Warm for a few minutes on a medium heat
Cut the two halves of pork fillet into three diagonal pieces
Arrange them on each side of the plate and place the mango sauce down the middle

Poached Chicken with Anchovy and Pepperberry Butter Sauce

This sauce is also fabulous with grilled fish and seafood and great with a piece of eye fillet beef.

Sauce:

80g anchovy fillets (preserved, not fresh)
6 Pepperberries (fresh, frozen or half a teaspoon of Pepperberry Spice)
1 cup (250g or 8 oz) unsalted butter
pinch of pepper

Rinse the anchovies and pat dry. Combine all ingredients in a food processor and blend until a smooth & silky butter is formed. The butter will be fairly loose at this stage so pat it into shape or press into a serving bowl.

Wrap the butter well and refrigerate until it is chilled and hard. If you want to cut it into individual portions, do this now.

Bring the butter back to room temperature to serve so that it melts over the food.

Poached chicken breast:

3 cups (750ml) chicken stock
200 ml (approx 6ozs) Riesling or dry white wine
0.5 onion, chopped
0.5 carrot, chopped
6 dried lemon myrtle leaves or 1/2 teaspoon ground
6 chicken breasts, skin off
3 tablespoons Anchovy & Pepperberry Butter. (See recipe above)

Place chicken stock, Riesling, onion and carrot in a large flat pan over a medium heat. Bring to a simmer and add the garlic and the lemon myrtle leaves. Lay the chicken breasts in the stock and poach for 10 to 12 minutes until cooked through. Remove the breasts from the pan and keep warm. Strain the stock and return to the pan. Bring the liquid to a rapid boil and reduce by about two thirds to 1 cup (250ml) of liquid. Remove from the heat and whisk in the Anchovy and Pepperberry Butter until melted through. Slice the chicken lengthways and pour the butter sauce on the top. Serve immediately with Black Olive and Pepperberry Tapenade, (see Recipe) some crusty bread and a green salad.

Fillet of Beef with Native Pepperberries

800g butt fillet of beef, well trimmed
1 tablespoon akudjura (ground bush tomato)
1 tablespoon black poppy seeds
½tablespoon freshly cracked black pepper
1 teaspoon fresh Native Pepperberries or dried
1 piece of paperbark, thinned and trimmed (you may use banana leaf or corn husk)
natural string or twine

Make sure the fillet is well trimmed of fat. Crush native Pepperberries roughly and place in a bowl with rest of raw ingredients. Mix well. Coat the fillet on all sides with the spice mix. Wrap the fillet in paperbark, tie up and place in refrigerator to 'set'. When ready to cook, heat a heavy based pan

or grill until very hot. Place parcel of meat into pan or grill and cook without turning for 4 minutes. Turn and keep turning every few minutes for 10-15 minutes, this will give a rare result. For medium, cook a further 5-10 minutes, turning until roast feels firmer. Remove from pan and allow to cool in wrap. Refrigerate if not using within 1 hour. At time of serving, unwrap parcel and slice. Serve with chutneys and salads.

Native Pepperberry Potato Cake

6 native Pepperberries (count the double berries as one) or ½ tsp ground
5g lemon myrtle
60g melted butter
4 large potatoes, peeled, boiled but firm and very thinly sliced
60g parmesan, flaked

Squash the native Pepperberries into the melted butter and add the lemon myrtle. On an oiled tray, arrange 4 piles of potato slices brushing each layer with the flavoured butter. Finish the top with the parmesan and bake at 180°C for 15 minutes and if desired, further grill the top to brown.

Fish Fillet with Lemon Myrtle Curry Sauce

4 boneless fish fillet of your choice

Sauce:

1 small onion finely chopped
60g red capsicum chopped into small pieces
1 teaspoon mild curry powder
70 g small prawns can be bought frozen (optional)
oil for frying
150ml fish or chicken stock
1 ½ dessert spoons corn flour
150ml fresh cream
¾ teaspoon lemon myrtle
salt to taste

Heat a small saucepan; add oil and briefly sauté onion, capsicum, curry powder and prawns. Mix stock and corn flour together and add to saucepan along with the rest of the ingredients. Bring to boil, and then simmer until sauce thickens to a nice consistency. Fry fish fillets in a frying pan until golden brown and serve with sauce over the top

Barramundi with Macadamia and Lemon Myrtle Crust

Ingredients:

1 cup of flour
salt & pepper
1 egg
1 cup of Macadamia nuts, ground to breadcrumb consistency
2 teaspoons ground lemon myrtle leaves
800g (approx. 1.75 pounds) Barramundi Fillets cut into 4 portions (or use local premium boneless fillets)

Method:

Season flour with salt and pepper and spread on a plate. Lightly beat egg in a separate bowl. Mix ground macadamia nuts and lemon myrtle and transfer to a separate plate. Coat barramundi portions in flour, then egg, then roll in the nut mixture to form a crust.

Place a frying pan over a medium heat with a little oil and cook barramundi for 3-4 minutes on each side, depending on the thickness of the fish, or until the crust is golden brown and fish is

cooked through. (A high heat will burn the nuts)

Serve with jacket potatoes and an avocado and mixed leaf salad.

Bush Tomato (akudjura) Crusted Blackened Salmon Cutlets

4 salmon cutlets
4 tablespoons akudjura
1 egg, beaten
butter for frying

Brush one surface of the cutlets with the egg and coat thickly with the akudjura.

Heat the butter in a frying pan to smoking and fry the unseasoned side of each cutlet until cooked half way through.

Turn the cutlets over and finish frying, blackening the akudjura.

Using tongs remove the backbone and long bones and serve the cutlets with a native PepperBerry potato cake or prepared lemon myrtle fettuccine. Drizzle the plate with a thin lemon aspen honey soy sauce.

Roasted Red Capsicum and Bush Tomato Pasta Sauce

3 red capsicums
1 onion
oil for frying
1 pear
2 large tomatoes
1 teaspoon ground mountain pepper berry
1 tablespoon finely chopped bush tomato
2 dessertspoons vinegar
½ teaspoon salt (optional)

Roast and skin capsicums. To do this cut capsicums into large flat sections then place under griller on high until skin turns black. Place in plastic bag to cool, remove skin and discard, then chop into small pieces.

Sauté onion in a little oil, chop pear and tomatoes into small pieces and add to onions. Simmer for 15 minutes then add roasted capsicum, spices and vinegar. Using a hand blender, blend into a sauce.

Lemon Myrtle and Macadamia Bread

7 egg whites
180 gm caster sugar
200 gm plain flour
150 gm lightly roasted macadamia nuts
½ tablespoon ground lemon myrtle

Pre-heat oven to 180C, and grease a small loaf tin.

Whisk the egg whites until stiff peaks form, and then add the sugar slowly.

Using a spatula gently fold in the flour, lemon myrtle and macadamias.

Spread into tin and bake for 30–35 minutes.

Turn out onto a rack and allow to cool.

Wrap in cling film and freeze.

When frozen slice thinly with bread knife and lay slices on a tray and place into a pre-heated oven at 80C until crisp and allow to cool.

Mango and Lemon Myrtle Cheesecake

250g cream cheese
50g sugar

300g biscuit crumb
150g unsalted butter
1 tsp cinnamon
500ml cream
4 egg whites

20gm powdered lemon myrtle
150ml mango puree
100g mango diced
20ml liqueur - rum or mango liqueur
Juice of two limes

5 leaves of gelatin

Using a 2' high by 9' diameter spring form cake tin make crumb base by combining biscuit crumb, melted butter and cinnamon. Mix until wet sand texture that will hold when squeezed in the hand.

Line the base of the cake tin about 1cm thick by packing in mix by hand then cool.

Whip cream cheese and sugar with whisk attachment in electric beater. Add liqueur, lemon myrtle, lime juice, mango puree and gelatin. Remove to separate large mixing bowl. Whisk cold egg whites in beater to medium peak. Keep refrigerated. Whip cold cream in beater to soft peak. Add diced mango to cream cheese mix. Fold in cream and egg whites. Pour mix into cake tin and refrigerate for several hours to set.

To serve run a fine knife around tin to separate and release spring. Cut cheesecake into portions and serve.

Wattle Seed Ice Cream

4 cups half-and-half
2 tablespoons ground wattle seed
1 teaspoon vanilla extract
1 teaspoon wattle seed extract
1 cup sugar
Pinch salt
5 egg yolks

In a non-reactive saucepan, combine the half-and-half, powdered wattle seed, vanilla, wattle seed extract, sugar, and salt, over medium heat. Bring the cream to the boiling point and scald it. Remove from the heat. Beat the egg yolks in a bowl.

Add the cream mixture, about 1/4 cup at a time, to the beaten eggs, whisking in between each addition, until all is used. Pour the mixture into a saucepan, and cook, stirring, over medium heat, for 2 to 3 minutes, or until the mixture becomes thick enough to coat the back of a spoon. Strain the mixture through a fine mesh sieve. Pour the filling into the ice cream machine and follow the manufacturer's instructions for churning time.

Wattleseed Caffee Latte or Wattlecino

Wattleseed is the ground and roasted pods from the native Acacia shrub, which have a unique coffee / chocolate / hazelnut flavour. Wattleseed can be substituted any time you use basic coffee flavour such as in desserts like ice creams, crème brulee or mousse. My favorite way of using Wattleseed is to put it through the cappuccino machine and make a Wattleseed Caffee Latte or Wattlecino, which of course is caffeine-free.

A café latte, literally "coffee with milk," is 1 shot of espresso with generous amount of steamed milk with a little foam.

7g Wattleseed

200ml skim or low fat milk
Sugar if required

Pack the espresso filter with ground Wattleseed. Make 2 shots of espresso equaling between 30ml – 60ml depending on the required strength, place in glass. Add sugar if required and stir. Steam the 200ml of milk in a small jug. When hot, froth the milk a little. Pour into glass the hot milk till nearly full, then spoon a small amount of foam onto the top.

Aniseed myrtle ice cream.

500ml milk
6 egg yolks
250g caster sugar
1 heaped tablespoon (10g) ground aniseed myrtle
600ml thickened cream.

Bring the milk to the boil.

In a bowl, whisk the egg yolks and sugar and pour on the boiling milk, stirring all the time. Return to the saucepan and cook while stirring until the mixture coats the back of the spoon. Remove from the heat and add the aniseed myrtle. Leave to cool and add the cream. Churn in an ice cream machine.

Aniseed myrtle curd (dessert sauce)

This curd can also be flavored with lemon myrtle, native peppermint, native mint, lemon aspen, or even mountain pepper.

4 eggs
250g sugar or 375 ml apple juice concentrate
60 ml water (if using sugar)
60grams butter, chopped
5g ground wattle seed

Combine the eggs, sugar, and water or juice concentrate, and butter in a double boiler and heat to boiling while stirring. Simmer until thick and the curd coats the back of the spoon. Cool while stirring.

Wattle Seed Liqueur

1½ tbsp roasted, ground wattle seed
1½ cups boiling water
1 cup brown sugar
½ cup water
2 cups brandy
1 tsp vanilla essence

Sterilize a large, sealable jar.

Add boiling water to ground wattle seed in the sterile jar and allow to cool.

Put the sugar and water into a saucepan and bring to the boil, stirring.

Simmer, without stirring for 1 minute.

Add the cooled sugar syrup, brandy and vanilla to the wattle seed mixture and seal.

Allow to stand for 7 to 10 days, shaking occasionally.

Filter the liqueur into an attractive bottle, seal and store for 4 weeks before using.

Serve with a dash of cream for added indulgence, substitute for coffee liqueurs in dessert recipes or spike hot chocolate.

Makes about 5 cups.

