

# FROM PADDOCK TO PLATE

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While we bask in the glow of summer sunshine and relax at the beach, the warmer weather is doing amazing things in the vegetable garden or down on the farm. All that warmth provides fabulous growing conditions for upcoming autumn and winter vegetables.

Do you just shop for your meat and veg at the local supermarket, or do you take the time to source exquisitely fresh produce, perhaps going the extra mile to look for organic, free-range and sustainable suppliers?

We're blessed in New Zealand to have a bountiful supply of fresh lamb, beef, chicken, pork ... countless varieties of fruit and vegetables, herbs and even wines to match the prepared dishes. Happy and healthy animals generally make for more tender and tastier cuts of meat and free-range eggs have a completely different colour and taste to caged ones. While organic produce may not always be the perfect shape or colour, at least you know there are no nasties lurking in it from chemical sprays or additives!

It's time to stop buying frozen imported produce and head to the local markets where seasonal produce abounds in colourful and aromatic displays, often picked that very morning before the sun was above the horizon.











## JERUSALEM ARTICHOKE SOUP

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### You will need:

50g unsalted butter  
350g leeks, washed and finely sliced  
1 medium onion, diced  
1.6 litres chicken or vegetable stock  
Salt and pepper

1kg Jerusalem artichokes, peeled and cubed  
100g potato, peeled and cubed  
2 garlic cloves, minced  
100ml cream  
Truffle Oil, to finish (optional)

### Method

In large, heavy-based saucepan, melt the butter over a low heat, then gently sweat all the vegetables until soft - about 20 minutes.

Add the stock, bring to a boil, then lower the heat and simmer, partially covered, for 20 to 30 minutes, until the artichokes can be easily mashed against the side of the pan with the back of a wooden spoon. Leave to cool slightly.

Liquidise the soup until smooth (you may need to do this in batches), then return to the pot. Warm over a medium heat, add the cream and season generously.

Serve in warmed bowls.



# GUINEA FOWL WITH BABY GEM, PEAS, MUSTARD AND PERLA POTATOES

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## You will need:

### For the meat:

Guinea fowl breast(s) 200g : 6 whole  
Flake salt : 6 pinch(es)  
Freshly ground black pepper : 6 Turns  
Sunflower oil : 20 ml

### For the sauce:

Banana shallot(s) : 1 whole  
Garlic clove(s) : 1 whole  
Unsalted butter : 10 g  
Chicken stock : 100 ml  
Dry white wine : 100 ml  
Double cream : 100 ml  
Maille wholegrain mustard : 20 g  
Tarragon : 0.25 bunch  
Frozen pea(s) : 75

### For the vegetables:

Baby gem lettuce(s) : 3 whole  
Unsalted butter : 25g  
Chicken stock : 100 ml  
Flake salt : 3 pinch(es)  
Fresh thyme : 3 sprig  
Flat leaf parsley : 0.25 bunch

Perla potato(es) : 600 g  
Fine salt : 6 pinch(es)  
Banana shallot(s) : 1 whole  
Flat leaf parsley : 0.25 bunch  
Olive oil : 50 ml  
Maille Dijon mustard : 10g  
White wine vinegar : 10 ml

## Potatoes:

Place the potatoes in a saucepan of cold salted water. Bring to the boil. Reduce heat and simmer until tender. When cooked, drain and allow to cool. Peel and finely dice the shallot. Pick and roughly chop the parsley. Make the dressing for the potatoes by whisking together the Dijon mustard and white wine vinegar. Slowly whisk in the olive oil until you have a thick dressing. When the potatoes are cool enough to handle, cut into small pieces and dress with the vinaigrette and stir through the shallot and parsley. Keep to one side.

## Sauce:

Peel and finely dice the shallots and garlic. Pick the leaves from the tarragon and carefully chop. Sweat shallots in a saucepan with the butter until soft. Add garlic and cook for a minute. Deglaze the pan with the white wine and reduce the wine by half. Add chicken stock and reduce by half. When stock is reduced add the double cream. Bring to the boil and then pass through a sieve. Stir in the wholegrain mustard and check the seasoning. Before serving, reheat the sauce and add the peas and tarragon.

## Baby gem:

Cut the baby gem in half lengthways. Pick and roughly chop the parsley. Heat a frying pan until hot and add half of the butter. Cook the baby gem cut side down until golden brown. Turn over and season with salt and pepper. Add the sprigs of thyme and the chicken stock to the pan. Bring to the boil. Reduce to a simmer, add remaining butter, cover with baking parchment or foil and cook for 5 minutes until centres are tender. Add the chopped parsley and keep warm.

## Guinea Fowl:

Preheat the oven to 200°C. Heat frying pan until hot and add the sunflower oil. Season guinea fowl with salt and pepper. Cook skin side down until it is golden brown. Seal the flesh side and then turn back over to the skin side and transfer to the oven and cook for 8 to 10 minutes.

## Serve:

Reheat the sauce and add the peas and tarragon. Place the potato salad in a ring in the center of the plate. Place a braised baby gem on top. Slice the guinea fowl supreme into 3 or 5 slices and fan on top of the baby gem. Finish the dish with the sauce.

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## ROAST LAMB RUMP WITH GREEN BEANS AND PARMENTIER POTATOES

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### You will need:

2 x lamb Rumps – cap on  
200g Green Beans – trimmed

Jus for serving

### Parmentier Potatoes

350g (6 medium sized) potatoes  
1 tbsp sunflower oil  
Generous knob of butter (melted)  
2tsp dried parsley  
2 sprigs fresh thyme  
Salt and pepper

### Potatoes:

Place large baking tray in oven and preheat to 200C/fan 180C/gas 6. Peel and dice potatoes into 1cm cubes. Meanwhile melt butter and stir in parsley. Heat oil in large frying pan. Over a moderate heat, add cubed potatoes and cook for 5-10 minutes, stirring occasionally to prevent potatoes browning or sticking to the pan. Remove thyme leaves from tough stalks and finely chop. Add to potatoes. Mix parsley butter in with the potatoes and sprinkle with more thyme and season. Continue stirring until a nice golden.

### Lamb:

Score the fat side. Season. Place into a hot pan away from you. Brown all sides and then place in the oven for approx. 12 minutes or until 55C by a probe thermometer. Most important. Allow to rest covered for 5 -10 minutes.

Blanch beans for 30 seconds or until al dente. Drain and season with olive oil and flake salt.

### Serve:

Place the beans in the center of the plate. Cut the lamb into 3. Season each cut side. Place on the beans and circle with the potatoes. Add a jus of your choice.











## ROCKET POACHED BEEF WITH CONFIT MUSHROOM, BABY CARROTS AND HOROPITO

### **Rocket Oil:**

300g rocket lettuce  
20g Horopito  
20 flake salt  
300g Pomace Oil

Blend to a fine green oil. Set aside

### **Beef:**

Beef Fillet Portions x 150g each

Heat a pan with a little oil and brown the well-seasoned beef fillet. Place this into the cold rocket oil and a baking tray. The oil must cover the beef to be effective. Let this rest for 4 hours.

### **Serve:**

Place the rocket oil beef in the oven for 12 – 15 minutes. longer may be needed to cook to your preferred amount. Rest for 5 minutes. Serve with confit mushrooms, baby carrots and roast potatoes. Add a nice jus.

### **Confit Mushrooms:**

Choose nice big Portobello mushrooms and peel the outer skin from them. Remove the stem. Place on a baking sheet. Brush with rosemary infused olive oil and bake at 100C for 60min only.

### **Baby Carrots**

Clean the baby carrots and then when required roast for 12 minutes at 200c to serve.

