

Knocklebone Kitchen Winterthur

Cooking





Menu of 26th January 2011 for 4 persons

Foreign affaires - exploring Down Under cooking

Chicken salad with spiced figs and buffalo mozzarella

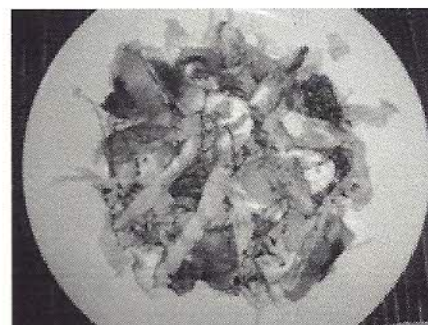
French onion soup with cheesy bread

Tuscan burgers with the lot

Limoncello trifle

For more inspiring menus see: <http://www.taste.com.au/delicious/>

CHICKEN SALAD WITH SPICED FIGS AND BUFFALO MOZZARELLA



PREPARING CHICKEN

1. Preheat oven to 180°C.
2. Season chicken.
3. Heat oil in an ovenproof pan over medium heat.
4. Cook chicken for 3-4 minutes each side until golden.
5. Transfer to the oven for 5 minutes or until cooked through.
6. Rest while you prepare the salad ingredients.

400 g chicken breast
fillets (skin on)
1 tbs olive oil

PREPARING SPICED FIGS

1. For the figs, place all ingredients except figs in a saucepan over medium-high heat and simmer for 10 minutes.
2. Add figs and simmer for a further 3 minutes or until figs soften slightly.
3. Remove figs with a slotted spoon and set aside.
4. Return pan to the heat and simmer liquid for 4-5 minutes until reduced to 1 cup. Remove from heat, return figs to pan, then allow to cool.
(The figs can be made up to 2 days in advance.)

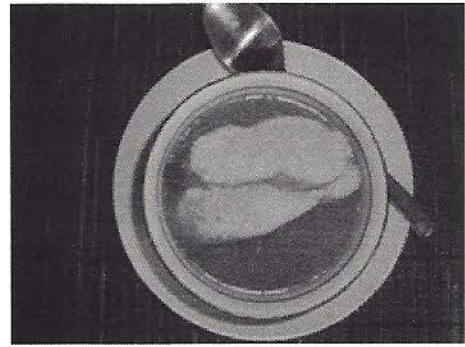
220 g caster sugar
375 ml dry red wine
125 ml balsamic vinegar
1 cinnamon quill
6 cardamom pods
6 peppercorns
2 star anise
2 cm piece ginger, thinly
sliced
4 lemon slices
8 fresh figs

SERVE

1. Remove figs from syrup and halve.
2. Slice the chicken into strips.
3. Arrange chicken, figs, mozzarella, prosciutto and rocket on a serving platter.
4. Drizzle with some of the spiced fig syrup, then season and serve.

2 buffalo mozzarella
balls (see note)
4 prosciutto slices,
torn
2 cups rocket leaves

FRENCH ONION SOUP WITH CHEESY BREAD



PREPARING ONION SOUP

1. Heat butter and oil in a heavy-based saucepan over medium-low heat until sizzling.
2. Add onions and 1 teaspoon salt.
3. Cook, uncovered, stirring often, for 45 to 50 minutes or until onions are very soft.
4. Stir in sugar and cook, stirring often, for 10 minutes or until onions caramelise.
5. Add flour to saucepan and cook, stirring, for 2 minutes.
6. Add stock and 2 cups water. Reduce heat to low and simmer, uncovered, for 15 minutes to allow flavours to combine.

- 60 g butter, chopped
- 2 tbs olive oil
- 4 brown onions, thinly (700 g) sliced
- 2 tsp brown sugar
- 2 tbs plain flour
- 4 cups beef stock

PREPARING CHEESY BREAD

1. Preheat oven to 180°C.
2. Spray both sides of bread with oil.
3. Rub both sides of bread with garlic.
4. Arrange bread on 2 baking trays.
5. Bake, turning once, for 10 to 12 minutes or until bread is light golden.
6. Sprinkle cheese over 1 side of bread.
7. Return to oven for 3 to 4 minutes or until cheese melts.

- 8 baguette bread slices, each 1.5 cm thick
- olive oil cooking spray
- 1 garlic clove, halved
- 1 cup grated Swiss cheese

SERVE

Ladle soup into bowls. Top with cheesy bread, season with pepper and serve.

ULTRA CREAMY MAYONNAISE



PREPARING MAYONNAISE

1. Place the egg yolks, 2 tsp of the lemon juice and a pinch of salt in the bowl of a food processor or blender
 2. Process until the mixture just begins to thicken.
 3. Pour the olive and vegetable oil into a measuring jug.
 4. With the motor running, gradually add oil to egg-yolk mixture in a thin steady stream, occasionally stopping to scrape down the side of the bowl or blender with a spatula, until the mixture is thick, creamy and pale. You need to add the oil slowly, but not too slowly as the mixture could thicken too quickly (if this happens, add a little hot water, about 2 tsp, to thin down the mayonnaise before adding the remaining oil).
 5. Taste the mayonnaise and adjust the seasoning with extra lemon juice, salt and pepper if desired.
 6. Transfer to a small airtight container.
 7. Place a piece of plastic wrap directly on the surface of the mayonnaise (to prevent a skin forming) and cover with a lid. Place in the fridge and use as required.
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|--------|--------------------------------|
| 2 | egg yolks, at room temperature |
| 2 tbs | lemon juice |
| 100 ml | light olive oil |
| 100 ml | vegetable oil |
| | salt |
| | white pepper |

TUSCAN BURGERS



PREPARING BURGERS

1. Place beef, pancetta and 2 tablespoons pesto in a processor.
2. Season with salt and pepper.
3. Pulse until just combined (do not overprocess).
4. Form mixture into 4 patties and chill while you cook the vegetables.
5. Preheat the oven to 160°C.
6. Heat a chargrill pan or barbecue over medium heat.
7. Toss onion in a little oil and grill for 1 minute each side or until just cooked. Place in the oven to keep warm.
8. Brush tomatoes with a little oil and season, then grill for 1 minute each side. Place in the oven to keep warm.
9. Brush both sides of patties with oil. Cook on chargrill for 2-3 minutes each side until cooked through.
10. Mix remaining pesto with mayonnaise.
11. Top patties with cheese and place in oven for 1 minute or until cheese melts.

- 600 g beef mince
- 100 g pancetta, rind removed, chopped
- 90 g basil pesto
- 2 small red onions, thickly sliced
- 2 tbs olive oil
- 2 small vine-ripened tomatoes, thickly sliced
- 150 g whole-egg mayonnaise
- 4 bocconcini, sliced
- 4 Italian bread rolls, split

PREPARING WEDGES

1. Preheat oven 220°C. Line a baking tray with non-stick baking paper.
2. Cut the potatoes in half lengthways, then cut each half into 1.5cm-thick wedges and place in a large bowl.
3. Add the oil, salt and pepper and use clean hands to toss the potatoes until they are well coated with the oil.
4. Spread the potatoes in a single layer over the lined tray and drizzle with any oil remaining in the bowl.
5. Bake in preheated oven for 10 minutes.
6. Reduce oven temperature to 200°C and bake, turning the potatoes every 10 minutes, for a further 30-35 minutes or until tender and crisp.
7. Serve immediately.

- 400 g potatoes, washed, peeled
- 2 tbs olive oil
- Salt & freshly ground black pepper

Note: best potatoes to bake Bintje, russet burbank and sebago (brushed).

SERVE

Spread bread-roll bases with some of the mayonnaise mixture. Top with iceberg, sliced beetroots, patties, onion and tomato. Drizzle with remaining mayonnaise mixture and top with remaining bread-roll halves. Serve immediately with wedges.

- 2 iceberg lettuce leaves, finely shredded
- 225 g sliced beetroot

LIMONCELLO TRIFLE



PREPARING LIMONCELLO SYRUP

1. Place 100g of the caster sugar in a saucepan with 300ml of water and stir over low heat until sugar dissolves.
2. Increase the heat to medium and simmer for 5 minutes.
3. remove 80ml of the sugar syrup and place in a bowl with the limoncello, stirring to combine. Set aside.

100 g caster sugar
300 ml water
100 ml limoncello*

PREPARING BLUEBERRIES

1. Add the blueberries to the remaining sugar syrup and cook for about 2 minutes over low heat or just until they begin to release some of their juice.
2. Meanwhile, combine the arrowroot with 2 tablespoons of cold water and stir until smooth.
3. Add to the blueberries and cook, stirring, for a further minute until thickened. Set aside and allow to cool.

Remaining sugar
syrup
300 g blueberries
1/2 tsp arrowroot

PREPARING MASCARPONE CREME

1. Place egg yolks and remaining 120g caster sugar in the bowl of an electric mixer and beat until pale and thick.
2. Beat in mascarpone and lemon curd.
3. In a separate bowl, beat the eggwhites until soft peaks form, then gently fold them into the mascarpone and lemon curd mixture.

120 g caster sugar
5 eggs, separated
250 g mascarpone
4 tbs lemon curd

PREPARING TRIFLE

1. Place a layer of pandoro or madeira sponge cake slices in a 1.5-litre glass serving dish, brush with some of the limoncello syrup, then spread with one third of the mascarpone mixture. Drizzle with one third of the blueberries and their syrup.
2. Repeat the layers, then top with a final layer of cake. Brush with the syrup and top with the remaining mascarpone (reserving the remaining berries for garnish). Cover and refrigerate.

1/2 pandoro* or 1
Madeira cake, cut
into 2 cm-thick slices

SERVE

Just before serving the trifle, top with whipped cream, scatter over the reserved blueberries and sprinkle with flaked almonds.

1 tbs Whipped cream
toasted flaked
almonds