

Rassette Arts Festival



RECIPES

Bet it All on Black Garlic Burger

Serves 4

Ingredients

1 bulb black garlic, peeled

½ cup mayonnaise

Salt

Sriracha

1lb ground beef

Black Pepper

1 ball fresh mozzarella cheese, sliced

4 hamburger buns

1 bag baby spinach

Method

1. Use a food processor to puree the black garlic. Mix in the mayo and add ¼ teaspoon salt, add more as needed. This mayo will be very strong, so add-in Sriracha to taste.
2. Form the beef into four slightly larger than usual patties. Season both sides lightly with salt and pepper. Cook the burgers as you normally would. Tent or cover to melt the mozzarella on top.
3. Build your burger: Bottom bun, a handful of baby spinach, cheeseburger, a schmear of black garlic-sriracha mayo, top bun.
4. Eat.

Grilled Chile Lime Chicken Fajita Salad

Serves 4

Ingredients – Marinade & Dressing

3 tablespoons olive oil
100 ml lime juice freshly squeezed
2 tablespoons cilantro chopped
2 cloves garlic crushed
1 teaspoon brown sugar
3/4 teaspoon red chili flakes or red pepper flakes - adjust to your preference of spice
1/2 teaspoon ground cumin
1 teaspoon salt

Ingredients – Salad

4 boneless chicken thigh fillets skin removed
1/2 yellow bell pepper deseeded and sliced
1/2 red bell pepper deseeded and sliced
1/2 onion sliced
5 cups Romaine lettuce or cos lettuce leaves, washed and dried
2 avocados sliced
1 pinch cilantro extra to garnish
1 pinch sour cream optional - to serve

Method

Whisk marinade ingredients together to combine. Pour half the marinade into a shallow dish to marinate the chicken fillets for two hours if time allows. Refrigerate the reserved *untouched* marinade to use as a dressing.

Heat about one teaspoon of oil in a grill pan or skillet over medium-high heat and grill chicken fillets on each side until golden, crispy and cooked through. (Grill in batches to prevent excess water being released.) Once chicken is cooked, set aside and allow to rest.

Wipe pan over with paper towel; drizzle with another teaspoon of oil and fry pepper and onion strips until cooked to your liking.

Slice chicken into strips and prepare salad with leaves, avocado slices, peppers, onion strips and chicken. Drizzle with remaining marinade/dressing and serve with (optional) extra cilantro leaves and sour cream.

Notes

We marinate the chicken for a day or two (or longer), not just a couple of hours. And we make a separate batch of dressing day-of for the actual salad. A little goes a long way on the salad!

Leftover chicken is delicious cold with hummus.

Lentils Diavolo

Ingredients

4 TBSP EVOO
1 Jalapeño, halved, seeded if desired and finely chopped
6 Garlic Cloves, thinly sliced
1 TBSP Smoked Paprika
1 tsp Black Pepper
1/2 tsp Red-Pepper Flakes
1/4 cup Tomato Paste
1 1/2 cups Brown or Green Lentils
1 tsp Kosher Salt

Method

Heat oil in medium saucepan or Dutch oven over medium heat. Add the Jalapeño, garlic, black pepper and red-pepper flakes and cook, stirring occasionally until the vegetables are softened (about 3 minutes). Add tomato paste and cook, stirring constantly for 30 seconds.

Add the lentils and cover with 1 1/2 inches of water. Bring to a simmer over medium heat then lower to a gentle simmer and cook until the lentils are soft and the water has mostly evaporated (about 30 - 35 minutes). If they look dry at any point add a little hot water.

Season with Kosher salt to taste and serve.

Maple Mustard Glazed Ham

Serves 8-10

Ingredients – Ham

1 whole leg of gammon (smoked or unsmoked, about 5kg bone-in)
1 cinnamon stick
1 tsp peppercorns
1 tsp coriander seeds
2 bay leaves
about 25 whole cloves

Ingredients – Glaze

200ml maple syrup
2 tbsp coarse-grain mustard
2 tbsp Worcestershire sauce
2 tbsp soy sauce

Method

Put the gammon in a very large pan and cover with cold water. Add the spices and bay. Bring to the boil, then turn down and simmer for around 1 hr 50 mins, topping up the water level with boiling water, if necessary. Scoop off any scum that rises to the top every now and then.

Carefully pour the liquid away (I like to keep it for making soup), then let the ham cool a little while you heat the oven to 190C/fan 170C/gas 5. Lift the ham into a large roasting tin, then cut away the skin leaving behind an even layer of fat. Score the fat all over in a criss-cross pattern, then stud cloves all over the ham. Can now be chilled for up to 2 days.

Mix the glaze ingredients in a jug. Pour half over the fat, roast for 15 mins, then pour over the rest and return to the oven for another 35 mins, basting with the pan juices 3-4 times as it bakes. Turn the pan around a few times during cooking so the fat colours evenly. Remove from the oven and allow to rest for 15 mins before carving. Can be roasted on the day or up to 2 days ahead and served cold.

The Unauthorized Chris Campbell Inspired Smoothie

Serves 4

Ingredients

2c green grapes

1 banana

1 carrot (7 baby carrots)

5 pineapple rings (1/2 of a 20oz can, plus 1/2 of the juice)

1 tablespoon lemon juice

1 tablespoon sugar

1/2 of a 5oz carton of fresh baby spinach

Approximately 1" ginger, peeled and grated

Handful of stout greens, blanched (kale, Swiss chard, etc—optional. If omitted add extra handful spinach)

Approximately 8oz frozen mango

Method

Add in order listed to blender. Blend until desired consistency.