

SOFT SHELL TACOS WITH PAN SEARED BARRAMUNDI

SLAW

Ingredients

1/4 red cabbage, finely shredded
1 tbsp extra virgin olive oil
1 1/2 tbsp lemon juice or lime juice

Method

Shred the cabbage super fine with a sharp knife or Mandolin.
In a bowl add some olive oil, lime juice and salt and pepper. Mix and set aside for assembly.

CHARRED CORN SALSA

Ingredients

2 cobs corn, husks and silks removed
2 tomatos - small dice
1 jalapeno - small dice
Coriander - personal preference, a lot or a little!

Method

Cut the corn in half and brush with oil. Season with salt and pepper.
Place in air fryer on the highest heat and cook for around 20 minutes until slightly charred.
You can use the BBQ or finish this over the flame of the burner, if available.
Remove the corn from the cob and set aside.
Mix in the other ingredients once the corn is cool, and season with salt and pepper.
Adjust spice by adding more or less jalapeno.

QUICK PICKLED SHALLOTS

Ingredients

1 shallot
30mls rice wine vinegar

Method

Peel and slice the shallot into rings, as finely as possible.
Pour the rice wine vinegar over the onion and set aside for assembly.

BARRAMUNDI

Ingredients

Salt and pepper
1 tsp ground coriander
1/2 tsp cayenne pepper
400g Barramundi, skin on

Method

Mix the dry spices together and sprinkle on the flesh side of the fish.
Cut into portion sizes for each taco.
Pat dry the skin side of the fish and season with salt and pepper (only).
To cook, put some oil into the pan and place the fish skin side down. Press to ensure all flesh has contact.
Leave until you see the golden colour creep up the side of the fish.
Turn and allow to finish cooking through.

TO SERVE:

4 flour tortillas, warmed
1 Avocado
Lime cheeks, to serve
Hot chilli sauce, to serve (if desired)

CORN FRITTERS SERVED WITH SPICED YOGHURT SAUCE

CORN FRITTERS

Ingredients

1kg corn kernels
400g self raising flour
12g smokey paprika
4 free range eggs
1 red onion
1 bunch of flat leaf parsley
60g parmesan cheese (shredded)
Salt and pepper
160ml milk

SPICED YOGHURT SAUCE

Ingredients

2 cups plain yogurt
1 cucumber diced to small pieces
1 tablespoon fresh mint, chopped
1 teaspoon salt
1 teaspoon paprika
1 teaspoon turmeric
½ teaspoon cumin powder
½ teaspoon cayenne pepper
1 tablespoon fresh lemon zest

Method

Defrost the corn to make sure there is no added water content.

Mix the dry ingredients together (flour, paprika, salt and pepper).

Add the corn, small diced red onion, chopped parsley and parmesan cheese. Mix together well.

In a separate bowl, mix the egg and milk together.

Combine the dry and wet ingredients.

Coat the bottom of a large sauté pan with vegetable oil and place it over medium-high heat. Once the oil is hot, scoop 2- to 3-tablespoon mounds of the corn batter into the pan, spreading it lightly into a flat, circular shape.

Cook the fritters for 2 to 3 minutes, then flip them once and cook them an additional 3 minutes until they're golden brown and cooked through.

Transfer the fritters to a paper towel-lined plate, and season.

Repeat the cooking process with the remaining batter, adding more oil to the pan as needed.

Combine Spiced Yoghurt Sauce ingredients and serve with fritters.

PHILLY CHEESE STEAK WITH ONION & CAPSICUM ON FRESH BAGUETTE

Ingredients

500g Rib Eye
1 brown onion
1 green capsicum
8 slices of Provalone cheese or 160g smoked gouda
Salt and pepper
Baguette or short 8" sub roll

Method

Slice the steak into thin strips - as thin as you can get them. Tip – place the meat in the freezer for a few hours beforehand. If the meat is slightly frozen, it will be easier to retain its shape while cutting.

Julienne the onion and capsicum.

In a pan, place the onion and capsicum to caramelise a little before adding the beef.

Add the beef and cook. Place the cheese on top and cover with a lid – this will allow the cheese to melt through and mix in.

Prepare your bun by toasting it in a pan or under the griddle.

Place the meat and cheese mixture into the bun and serve.

KOREAN CHICKEN BURGERS WITH KOREAN SAUCE AND PICKLED CUCUMBER

SEASONED CHICKEN

Ingredients

8 chicken thighs, trimmed
1 thumbsize piece of fresh ginger, grated
4 garlic cloves, finely grated
1½ tsp sea salt
1 tsp ground black pepper
8 brioche buns, for serving
Mayonnaise, for serving

KOREAN SAUCE

Ingredients

1 tbsp Sesame oil
½ cup Gochujang
½ cup Tomato sauce
2½ tbsp honey
2 tbsp rice wine vinegar (or apple cider)
2 tsp salt
2 tbsp soy sauce
⅓ cup (80ml) water
8 cloves garlic, crushed

PICKLED CUCUMBER

Ingredients

2 cucumbers
1 teaspoon salt
½ teaspoons sugar
1 teaspoon sesame oil
1 teaspoon light soy sauce
½ tablespoon rice vinegar
2-4 cloves garlic (*finely chopped*)
1-2 teaspoons chili oil (*optional*)

DREDGE & FRYING

Peanut oil, for deep frying
3 eggs, beaten
1½ cups potato or corn starch
1½ cups plain flour

SALAD

150g butter lettuce
½ wombok cabbage

Method

Marinate the chicken thigh with the garlic and ginger, salt and pepper.

Allow to sit for at least 1 hour.

Make the dredge if deep frying the chicken (if not, the dredge is not required).

Place the chicken in the dredge and cook well. Remove and place in the fryer.

You may be able to achieve similar result with air fryer, but deep frying will give you the best result.

Combine Korean Sauce ingredients and set aside.

To make the pickled cucumber, use your peeler to shave thin strips of cucumber, then mix all the Pickled Cucumber ingredients together. Keep this aside, for when you are ready to assemble the burgers.

Once chicken is cooked and you are ready to assemble the burger, toss the chicken in the sauce at the very last minute, so that it stays as crunchy as possible.

To prepare the salad, wash the butter lettuce and the wombok cabbage. Shred the cabbage and keep the leaves of the butter lettuce whole.

To assemble burgers, spread a small amount of mayonnaise on each bun, followed by the butter lettuce. Then, load with crisp cabbage and place pickled cucumbers on top.

Finally, toss your chicken in the sauce and place on top. Spread more mayonnaise on the lid of the bun and serve.