

MAX'S



" food of no fixed address "
presents

MARY VALLEY COLLEGE

HARVEST DAY

FROM PADDOCK TO PLATE

8 September 2011

★★★★★

CREAM OF SORREL & SILVERBEET SOUP

TOMATOES CUPS WITH SPRING SALAD

MINCED CHICKEN, CUCUMBER, MINT
WITH GLASS NOODLE

★★★★★

SOUTHERN FRIED CHICKEN MORSELS

GRAND MOTHERS ROAST CHICKEN
SAGE & BREAD STUFFING
GRAVY

SPLIT GREEN BEANS
LEMON HONEY, MACADAMIA DRESSING

CRISP GARDEN SALAD
COTTLED EGG & MALLING CHEDAR SALAD CREAM

BAKED SPUDS, OLIVE OIL POTATO FILLING

★★★★★

Native Sun Cuisine
"Meals on cubin heels"

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Cuisine**

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collect all salad leaves. separate and washed separately

coriander silver beet sorrel, pea tendrils, wasabi, sage, rosemary, celery tops, dill, bean leaves
only pick the tender leaves, not old and leathery ones.

cream of sorrel and silver beet soup

make stock from the chicken carcasses, make kneaded butter (1/2 soft butter 1/2 plain)

prepare sorrel and silver beet, stalks to be peeled. fine dice.

strain the stock when ready about 2 hours, add cream, bring to the boil and lightly thicken with the kneaded butter, add 2 med chopped onions, 6 cloves of garlic simmer for 10 mins before adding the broken up beet leaves and sorrel cook through and hit with a stick blender, return to the heat and add the fine diced stalks bring to a simmer, check seasoning.

And serve to the adoring crowd.

tomato cups with spring salad

1. cut a small slice of the top and bottom of tomatoes,
2. cut in half and gently scoop out the tomato seeds, reserve for salad
3. place on tray and cook quickly in a very hot oven 3 minutes
4. allow to cool before filling the tomatoes.

the filling.

1. toasty Lebanese bread, make a sumac oil, open up and moisten the bread lay on a tray and bake until the bread is dry, cool and crumble, reserve.
2. char the corn on the fire before removing the corn kernels, reserve.
3. cut the zuccs longways and bbq, when cool cut into uniform small cube.
4. make tahinni dressing, blend tahinni paste, lemon juice, garlic, cumin and water, season
5. chop parsley.
6. finish salad, in a large bowl combine in equal parts, corn and zucc, add tomato, crumbs and parsley, add some sesame seeds and moisten with a little tahinni dressing and fill our awaiting tomato cups, they should be herbaceous and fresh flavoured

minced chicken, cucumber, mint and glass noodles.

juice lemons, pick mint and coriander reserve the roots

soak glass noodles in hot water, when soft break into smaller bits. fried whole almonds

1/2 peel the cucumbers, cut lengthways and slice fine on the diagonal reserve.

dressing, 1 cup brown sugar, 1 cup lemon juice, fish sauce to taste

roast chicken stuffing

cut crust of bread and process into crumbs,

chop onions and sage separately

add all the above, season and moisten with some macadamia oil before stuffing the chicken.

rub with chick-ghee, season and place in a 220 deg oven for approx 90 minutes

Tip off the fat and add 1 litre of concentrated chicken stock using a wooden spoon to remove any of the bits that are stuck to the tray, thicken slightly with some kneaded butter, serve



max's southern fried chicken

What to do

when your breaking up your chickens reserve the thighs, drumsticks and wings.
keep the breasts on the bone for another recipe
cut all the pieces in half, remember to keep the skin in tack
add chopped garlic, sea salt, oregano cayenne pepper, white pepper to butter milk
place chicken in the butter milk, mix and cover. Place in fridge for 3 hours
after this time drain the chicken in a large colander,
while the chicken is coming to room temperature preheat your oven to 170 deg
In a large sauce pan add plenty of fresh oil to fry the chicken,
slowly bring up to 170 deg

while that is happening make your seasoned flour.
combine 1/2 plain and corn flour with some corn meal (polenta)
add some sea salt, paprika, white pepper, onion and garlic powder.
put some in a bag, add some chicken morsels and shake to coat with the flour mixture
take out and place on a tray ready for the pot, do all the chicken this way.
When that is done and the oil is at the right temp start cooking bout 5 or 6 at a time
we wont to make sure that the oil doesn't drop in temp to much
when they are golden brown remove and put in the oven to cook through

I usually put something under one side of the tray and put the chicken on the high side
this helps any excess oil to drain out as it cooks through
cook all the chicken in this way until done

cool a little before serving your offerings
with this recipe mastered you will always be a welcomed guest
It is a brilliant served cold at a picnic. it has state fair written all over it.

chicken breast on the bone

the breast of the chicken is alway dry, this way you can say goodbye to that experience forever
when you cut you chickens up leave the bones on the breasts, season before cooking
preheat the oven 170 deg
in a heavy bases frypan or better still fire up the flat plate of your bbq
when the cooking surface is hot sear the skin side of the chicken until golden brown
remove and place on a tray skin side up and bake for approx 20 minutes
exit the oven and let rest for 5 minutes to settle the juices
at this point you can remove the chicken from its bone or serve as is so the bones can be enjoyed.

cooking meats on the bone alway yield a far better result
the meat is alway sweeter next to the bone



split green beans, lemon honey, macadamia dressing

crush the nuts in a bag using a meat hammer, place on tray and roast until light brown. top the bit of the beans making ready to be blanched in boiling water blanch in small amounts and refreshing in iced water to cool quickly. strain in colander when all is done split all the beans in half, reserve until ready to serve. at this point toss with a little of the lemon, honey and macadamia dressing.

crisp garden salad,

make match stick carrots, mix the salad greens in plenty of iced water to make crisp. drain well of all water and lightly dress the salad

coddled egg and cheddar salad cream.

Place 3 free range eggs in saucepan, cover with water a little sea salt. bring to the boil and cook for 3 minutes, remove and rinse and shell under cold running water. they should have a runny center place back into your little saucepan with 1 tbs dijon mustard, some red wine vinegar hit with a stick blender add some olive and grape seed oil as you go. Add some soft cheddar cheese and give it another seeing to. season with some fresh thyme leaves and reserve.

baked spuds, olive oil potato filling

prick the small potatoes all over until soft, allow to cool before slicing of the top and scooping out the guts putting into a large bowl clean and slice fine the shallots, chop some parsley. Add lots of olive oil to potatoes, add a little red wine vinegar and add the shallots and parsley place back in to hollow spuds place onto trays ready for the oven. reheat for 15 mins on there exit from the oven splash a little more oil over them. why ? because you can.

crisp roasted smashed potatoes with rosemary

make rendered chicken ghee by putting the bits of chicken skin in a roasting pan and bake in a hot oven until all the fat is removed maybe 30 mins, drain into a container. remember its hot. the crunchy chicken bits can be added to corn bread. boil the potatoes until tender in lightly salted water, cool slightly. smash a little, not to much place into a large bowl, add ghee and chopped rosemary and seasoning, place on trays and put in a very hot oven, turning from time to time until golden brown. maybe 50 mins



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