

SAT 9 SEPTEMBER



 **PARKLANDS**
FOOD FEST 
AT LIZARD LOG

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Silverbeet, Sorrel & Hazelnut Salad

BY KAREN MARTINI

This was the result of my playing with variations of a super-healthy raw green salad – I instantly felt well after eating this! The hazelnut oil and the raw greens have a perfect synergy that was a bit of a revelation at the time, and I also love the combination of lemony sorrel and the deeply umami-laced character of the parmesan. And please use Parmigiano Reggiano for this, rather than Grana Padano – it really pays off.

Serves 4

INGREDIENTS

100 g hazelnuts
1 bunch of young silverbeet, tough stalk trimmed off, leaves finely shredded
1 handful of sorrel leaves, finely shredded
2 handfuls of chickpea sprouts
50 g Parmigiano Reggiano, finely grated

Dressing

80 ml hazelnut oil
2 tablespoons extra-virgin olive oil
1½ tablespoons sherry vinegar
salt flakes and freshly ground black pepper

METHOD

Preheat the oven to 165°C fan-forced.
Roast the hazelnuts on a baking tray until golden, about 10 minutes. Rub the skins off in a clean tea towel and roughly chop the nuts.
Add the silverbeet, sorrel, sprouts and parmesan to a large bowl and toss together.
For the dressing, combine all the ingredients in a small bowl, season with salt and pepper and whisk to emulsify. Add half the nuts, tip over the greens and toss to evenly coat. Tip into a serving bowl, sprinkle the remaining nuts over the top and serve immediately.

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Kale & Bean Salad with Lemon, Dill & Pickled Onions BY KAREN MARTINI

This super-fresh and very healthy salad of blanched greens also packs loads of flavour, with plenty of punchy character from the dill, fennel seeds, lemon, chilli and pickled onions. Blanched kale really loves being dressed and flavoured heavily like this, as it can handle a good contrast to its strong brassica flavour. This is a perfect with barbecued steak or lamb chops.

Serves 6

INGREDIENTS

1 bunch of kale, leaves stripped and shredded
250 g small green beans, trimmed
16 small pickled wild onions, quartered
1 large handful of dill fronds

Dressing

80 ml extra-virgin olive oil
1 tablespoon white wine vinegar
1 garlic clove, finely grated
1 lemon, segmented and chopped
1 green chilli, sliced in rings
1½ teaspoons fennel seeds, roughly ground using a mortar and pestle
salt flakes and freshly ground black pepper

METHOD

Blanch the kale in heavily salted boiling water for 1 minute, and then add the beans. Cook for 2–3 minutes until just tender. Drain, refresh under cold water and drain again. Press any excess water out of the kale and chop over roughly.

To make the dressing, add ingredients to a small bowl, season with salt and pepper and combine.

Add the kale, beans, onion and dill to a large bowl, tip over the dressing and mix through.

Arrange the salad on a serving plate, top with the beans, pour over any residual dressing in the bowl and serve.

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Cavolo Nero with Speck, Miso & Garlic

BY KAREN MARTINI

I was always wary of introducing Asian ingredients into dishes that are very European in style, but I have found that miso can contribute so much to so many dishes without dominating or presenting as a clash of cuisines. The earthy umami-laced tones of the miso connect so well with salty cured meat and deeply vegetal cavolo nero, especially when you braise it like this with chicken stock, which reduces down and provides a silky and intensely flavoured sauce that clings to the cabbage.

Serves 4–6 as a side

INGREDIENTS

5 heads cavolo nero, leaves stripped
200 g speck, diced
5 garlic cloves, sliced
400 ml chicken stock
2 tablespoons miso paste
1 teaspoon chilli flakes

METHOD

Blanch the cavolo nero in boiling salted for 2 minutes, then drain well.
Add the speck to a wide-based saucepan and fry over medium heat to render out the fat. Add the garlic and fry until fragrant and only lightly coloured.
Add the cavolo nero, stock, miso and chilli flakes and cook over low heat for 15–20 minutes until the cavolo nero is tender and the liquid has mostly evaporated. Adjust the seasoning if necessary and serve.