

Fieldays^{NZ}

Kitchen Theatre

Brett McGregor



Beef Tataki

Serves 10-12 as a starter

Prep time 15 mins

Cook time 15 mins

For the beef and garlic chips

1-1/4 lb. trimmed center-cut beef tenderloin

Olivado Olive oil for frying garlic and for the beef

salt and freshly ground black pepper

4 cloves garlic, thinly sliced lengthwise

For the onion ponzu

1/2 cup minced white onion

3 tbsso Olivado avo oil

1 tbsp fresh lemon juice

1 tbsp unseasoned rice vinegar

1 tbsp dark soy sauce

1/4 tsp minced fresh ginger

1/4 tsp minced garlic

For the tataki dressing

5 tbsop soy sauce

1/2 cup unseasoned rice vinegar

For the garnish

3 whole spring onions, thinly sliced on the diagonal

2 tbsop chives, thinly sliced

Method

Heat a frypan over high heat. Lightly brush the beef with oil and season with salt and pepper. Prepare an ice bath. Sear the beef on the frypan until browned, about 2 minutes per side. Plunge into the ice bath and allow to cool, 3 to 4 minutes. Remove the filet and drain well on paper towels, patting the meat dry.

In a large saucepan, heat 1 1/2cm of oil over medium-high heat until shimmering hot. Add the garlic and fry until golden and crispy, about 1 minute. Remove with a slotted spoon. Drain on paper towel.

To make the onion ponzu

In a small bowl, whisk together the onion, oil, lemon juice, vinegar, soy sauce, ginger, and garlic until combined.

Make the tataki dressing

In another small bowl, whisk the soy sauce, vinegar, and bonito flakes, if using.

To serve

With a sharp carving knife, thinly slice the beef and arrange on 10 to 12 dinner plates. Spoon some of the onion ponzu on top of the beef, then drizzle on some tataki dressing, and top with the garlic chips, scallions, and chives.

Seared Thai style beef fillet with fresh herb salad

Serves 4-6

Prep time 20+ mins

Cook time 30 mins

1/4 cup soy sauce

1 tbsp manuka honey

1 tsp sesame oil

2 cloves garlic, crushed

1 tsp grated ginger

1 kg beef fillet, trimmed of all
sinew

1 tbsp vegetable oil

big handful each of fresh
coriander, Thai basil and parsley,
chopped 1/4 cup sweet chilli
sauce

Method

Combine the soy sauce, honey, sesame oil, garlic and ginger in a shallow dish. Place the beef in the marinade and turn to coat it evenly. Cover the beef and place it in the fridge to marinate for up to 2 hours, turning occasionally.

Preheat the oven to 190°C.

Remove the beef from the marinade and pat it dry. Discard the marinade. Heat the oil in a large frying pan over a medium-high heat. Add the beef and sear it on all sides. Make sure it gets a good colour as that will make all the difference.

Transfer the beef to a roasting tray and roast in the oven for 15–20 minutes, or until cooked to your liking. Set the beef aside to rest for 5 minutes.

Just before serving, spread the chopped coriander, basil and parsley over a large sheet of baking paper. Brush the beef with the sweet chilli sauce and roll it in the herbs, pressing down to coat evenly.

Top Tip

Rest the fillet well to ensure the juices remain in the meat.

Vietnamese pork and noodle salad

Serves 4

Prep time 30 mins +

Cook time 15 mins

For the meatballs

2 tbsp sugar

5 tbsp water

500 g pork mince

1/2 red onion,

finely diced

3 tbsp fish sauce

1 hot red chilli, finely diced

1/4 tsp freshly ground black pepper

For the salad

2 tbsp fish sauce

2 tbsp rice vinegar

1 tsp brown sugar

1 1/2 cups water

1/2 tsp minced or grated garlic

1 bird's-eye chilli, minced

1/2 green papaya or green apple or green mango, cut into matchsticks

350 g thin rice noodles, cooked as directed

1/2 head red-leaf lettuce, torn into small pieces

2 good handfuls of combined fresh coriander, mint, Vietnamese mint,

Thai basil

Method

Combine the sugar with 3 tablespoons of the water in a saucepan over a medium-high heat. Cook until a dark brown caramel forms, about 8 minutes. Remove from the heat and add the remaining water, swirling the pan. If the sugar clumps a bit just swirl the pan and it will melt again. Cool a little.

In a large mixing bowl, combine the pork, red onion, fish sauce, caramel sauce, chilli, if using, and pepper. Cover and marinate in the fridge for 1 1/2 hours.

To make the dressing, simply combine the fish sauce, vinegar, brown sugar, water, garlic, chilli and green papaya, apple or mango in a large mixing bowl. Set aside to let the flavours infuse.

Remove the pork from the fridge and shape into small balls, 20 in all. Heat your grill to high. Brush the meatballs with a touch of peanut oil then grill or barbecue until fully cooked and slightly charred, 4 minutes each side.

Divide the noodles among 4 bowls and spoon over some of the dressing. Place the meatballs to one side. Place the lettuce, herbs and mango to another side and serve with extra dressing on the side.

Thai Style beef with chilli and basil

Serves 4

2 large cloves of garlic, finely chopped

1 red chilli, deseed and finely chopped

1 1/2 tbsp Olivado peanut oil

400g beef Sirloin steak, sliced into strips

3 spring onions, cut into 4cm lengths.

1 cup Thai basil leaves, loosely packed (basil will do)

The sauce

2 tsp oyster sauce

1 tsp light soy sauce

1 tsp dark soy sauce

1 tsp sugar

2 tbsp water

Method

Put Sauce ingredients in a small bowl and mix to combine.

Heat oil in wok or pan over high heat. Add garlic and chilli and cook for 10 seconds.

Add the white part of the spring onion and beef and fry until cooked, around 2 minutes.

Add sauce and cook for 1 minute until the water evaporates to make a thick glossy sauce.

Remove from heat and toss through basil leaves. Stir until just wilted, serve immediately with rice.

Steamed buns with beef Katsu

The pickles (Makes ¾ cup of each)

1 cucumber, sliced thinly
2 small beetroot, different colours
is amazing, sliced thinly
Pickling liquid
200g sugar
200ml white vinegar
1 crushed garlic clove
10X coriander seeds
Good pinch of salt
Knob of ginger - optional
½ chili sliced no seeds

Beef Katsu

Serves 4-6
Prep time 15
cook time 15

4-6 Steamed buns
Tonkatsu sauce to taste
400g beef schnitzel

2 eggs
½ cup flour
2 cups panko

Asian Slaw with the greatest dressing ever!

Serves 6-87 as a side
Prep time 5mins

1/2 head red cabbage chopped
1/2 cup shredded carrots
1/2 medium red onion chopped
2 tbsp Olivado olive oil
2 tsp minced ginger
2 cloves garlic minced
2 tbsp brown sugar
1/4 cup soy sauce
1 tsp sesame oil
3 tbsp rice wine vinegar
sesame seeds

Method

The Pickles

Bring to a quick boil set aside. Place the veg into 3 bowls and top with the pickling liquid. Set aside for up to 3 hours.

Beef Katsu

Asian Slaw

Add red cabbage, carrots, and onion to a large bowl.

Pour olive oil, ginger, garlic, brown sugar, soy sauce, sesame oil, rice wine vinegar, and sesame seeds into a jar with a tight fitting lid. Shake until well combined. Pour 1/2 over vegetables and toss until well coated. Serve with additional dressing, if needed.

The best chewy chocolate chip cookies ever

Makes 32

Prep Time 10 mins

Cook Time 8-10 mins

¾ cup sugar

¾ cup brown sugar

1 cup butter, softened

2 tsp vanilla

1 egg

2 ¼ cups flour

1 tsp baking soda

pinch salt

200g block dark chocolate,
roughly chopped

Method

Heat oven to 180c.

Mix sugars, butter, vanilla and egg in large bowl. Stir in flour, baking soda and salt (dough will be stiff). Combine the chocolate chips.

Drop dough by rounded spoonfuls about 3cm apart onto ungreased cookie sheet.

Bake 8 to 10 minutes or until light brown (they will puff up a little then drop, this is when I take them out and they will stay chewy). Cool slightly; then onto wire rack.

Soba noodles with steak and assorted mushrooms

Serves 4 as a starter

Prep Time 15 mins

Cook Time 15 mins

400 g sirloin, rump or fillet steak

2 tbsp white miso

2 tbsp vegetable oil

1 tsp sesame oil

200 g mixed mushrooms

2 tbsp grated ginger

1 clove garlic, grated

2 spring onions, sliced

1 tbsp soy sauce or to taste

3 cups water

200 g soba noodles

3 tbsp sesame seeds, toasted

Method

Brush the steak with 1 tablespoon of the white miso, then drizzle over 1 tablespoon of the vegetable oil.

Heat a frying pan over a medium-high heat, add the steak and cook for 3 minutes each side or until cooked to your liking. Remove from the heat, rest for 3 minutes, then slice thinly.

Add the sesame oil and remaining vegetable oil to the pan. Place back on a medium heat and when hot add the mushrooms, ginger, garlic and half the spring onion. Cook for 2 minutes, then set aside.

Stir the remaining miso into the soy sauce then add to a saucepan with the water and bring to the boil. Gently simmer for 2 minutes.

Cook the noodles now according to packet directions. When the noodles are just cooked through and still a little firm to the bite, divide among 4 bowls and top with the mushroom mixture and steak.

Pour the broth over and serve sprinkled with the remaining spring onion and sesame seeds.

Top Tip

I like to serve my meat medium rare for best results.

Poached snapper with tomato and saffron

Serves 4 as part of a meal

Prep Time 10 mins

Cook Time 15 mins

2 tbsp olive oil

2 garlic cloves, thinly sliced

1 red chilli, diced

1 x 400g can tomatoes

¼ cup dry white wine

2 bay leaves

1 tsp Bodega Spanish rub

Pinch of saffron threads

salt and black pepper to taste

4 good size snapper fillets

crusty bread to toast and serve

Method

Heat oil in a medium frypan over medium/low heat. Add garlic and chilli and cook, stirring often, until fragrant, about 3 minutes.

Add tomatoes, wine, bay leaves, bodega rub, saffron, and ½ cup water. Bring to a boil, reduce heat, and simmer to let the flavours come together, 5–7 minutes; season with salt and pepper.

Reduce heat to medium-low; season fish with salt and pepper and nestle into the pan. Reduce heat, cover and cook at a bare simmer until the fish is opaque throughout and beginning to flake, 5–7 minutes depending on thickness.

Gently transfer cod to shallow bowls and spoon poaching liquid over.

San Choy bow

Serves 4

Prep Time 20 mins

Cook Time 20 mins

1 1/4 tsp cornflour

3 tbsp water, divided measure

1 1/2 tbsp light soy sauce

1 tsp dark soy sauce

2 tbsp oyster sauce

1 tsp sesame oil

2 tbsp Chinese cooking wine

1 tsp white sugar

Filling

1 tbsp peanut oil

1 clove large garlic, minced

1/2 tsp ginger, minced

300g / 10oz pork mince (ground pork) (Note 3)

1/2 onion, finely chopped

1 small carrot, finely chopped

100g/ 3.5oz canned water chestnuts, drained and finely chopped

5 mushrooms, finely chopped - shiitake is best

Serving

8 leaves large or 16 - 20 small lettuce

Crushed peanuts

Finely sliced scallions / shallots

Method

Mix cornflour with 1 tbsp water until lump free. Then add remaining Sauce ingredients and mix.

Heat oil in a wok or large frypan over high heat. Add garlic and ginger, give it a quick stir then add onion. Cook for 1 minute then add pork. Cook pork until it turns white.

Add all the vegetables. Cook for 2 minutes until the carrot is softened and pork is cooked through.

Add Sauce and cook for 1 1/2 minutes or until it thickens and glossy, coating the Filling. Transfer Filling into serving bowl. Lay out lettuce leaves, peanuts and spring onions on the side.

To serve, spoon some Filling into a lettuce leaf. Top with peanuts and scallions, bundle it up and enjoy!

Vegan Chocolate Mousse

Serves 4 -6

Prep Time 20 mins+

400ml can coconut cream,
refrigerated overnight*

200g dried pitted dates

2 cups warm water

1/3 cup cocoa powder

1 tsp pure vanilla extract

2-3 plums or your favourite
fresh berries to serve, finely
diced

Method

Soak the dates in warm water for 10 minutes, then drain.

Roughly chop the dates and place into a food processor. Add the (chilled) coconut cream and process until well mixed.

Add the cocoa powder and vanilla extract, and blend together for 1-2 minutes or until it's as smooth and creamy as possible.

Divide the mousse between 4-6 glasses or ramekins and chill for 2 hours, to set.

Decorate with plums when ready to serve.

* This helps the mixture whip up to a thicker, creamier consistency.