

Episode 266 Saturday 10 January 2009

Summer Series Two Chefs Gold Coast

Gold Coast/Surfers Paradise

Who says too many cooks spoil the broth? Brisbane chefs, Alastair McLeod of Bretts Wharf Restaurant and Andrew Mirosh of Lurleen's at Sirromet Winery join forces to seek out and celebrate the gastronomic delights of the Gold Coast and hinterland.



Their first port of call is Southport Spit where the trawlers of the Gold Coast Fishermen's Co-Op come in on a daily basis to sell freshly caught seafood directly to the public. There are 18 operators in the co-op, supplying fresh and snap-frozen prawns, bugs and crabs.

Such superb seafood deserves the royal treatment so the chefs decide to take last night's catch to Q1 at Surfers Paradise. The world's tallest residential tower and resort soars 322 metres above surf and sand. Its pinnacle attraction is Q-Deck on the 77th floor, the observation level, which offers sweeping views from coast to countryside. Alastair and Andrew decide to use this inspiring location to create a traditional seafood cocktail with a twist. See below for Andrew's Q1 Spanner Crab Stack recipe.

Charella Goat Farm & Mount Tamborine Rhubarb

Not far from the glitz and glamour of the Gold Coast tourist strip is suburban Mudgeeraba – an unlikely place for a small, rustic goat dairy which has become renowned as the source of a highly sought after cheese.



Charles and Ella Parsons have run Charella Goat Farm and Dairy for 12 years. Their simple goat's cheese curd and a marinated fetta are among the prized cheeses used by top-shelf customers such as Hayman Island Resort, Qantas First Class catering and Raffles Hotel Singapore.

Charella Goat Cheeses are also sold directly to the public at the Mudgeeraba Farmers Markets and the Marina Mirage Market at Southport.

With its rich, red volcanic soil and milder climate, Mount Tamborine is one of the most productive parts of Queensland. Charles Eden has lived there for his entire 76 years and for 50 of those years he's farmed rhubarb. He's the biggest rhubarb grower in the state. Rhubarb is an old-fashioned crop, which is coming back into fashion – it's used mainly in sweet dishes like pies and crumbles.

Contact Charella Goats Cheese & Farmstead
07 5525 3525

ANDREW'S Q1 SPANNER CRAB STACK

Serves 4

Ingredients:

2 whole spanner crabs
2 ripe avocados diced
2 limes, halved
2 tomatoes seeded and diced



Dressing:

30ml avocado oil, 5ml sesame oil, juice of ½ lime, zest of ½ kaffir lime, 1 finely sliced kaffir lime leaf, 1 egg yolk, black pepper to taste.

Method:

For dressing, whisk all ingredients well or place in a jar and shake till emulsified.

Clean crabs and remove meat. Season with salt and pepper. Layer crabmeat and avocado in metal ring moulds, pressing down gently. Remove mould.

Place tomato around plate and drizzle stack with dressing. Top with rocket, fresh coriander or other soft herbs and garnish with lime wedge.

TIPS

1. Only buy fresh crabs that have no smell.
2. Try other crabs such as sand crabs or mud crabs for a different flavour.
3. Can be prepared four to six hours in advance. Leave in mould until needed.
4. Pick crabs that are heavy for their size and squeeze the underside. If the shell is soft, don't buy.

Contact Q1

Surfers Paradise Boulevard
www.Q1.com.au

Thunderbird Park & Cedar Creek Lodges

At Mount Tamborine you'll find Thunderbird Park and Cedar Creek Lodges which offers holiday accommodation including creek side cabins, lodge-style accommodation and camping in a stunning rainforest and country setting.



If you prefer your adventure with a little less adrenalin, head to Thunderbird Park's Rock Shop where you can gear up to go mining for Thunder Eggs. Formed by bubbles of lava millions of years ago, these unusual and beautiful mineral and crystal formations can be revealed by cracking open the egg-shaped rocks. Thunder Eggs are unique to this area and can only be mined at Thunderbird Park. Resident rock expert Peter Ellis (better known as Rockadile Thundee) can assist you in locating your very own Thunder Egg.

Contact Thunderbird Park & Cedar Creek Lodges

Cnr of Tamborine Mountain Road & Cedar Creek Falls Road
www.thunderbirdpark.com
07 5545 1468

The Green Shed/Tastes of the Gold Coast

Every Sunday you'll find the best and freshest local produce, all organically grown, on sale at The Green Shed. This modest shed at the Mt Tamborine Showgrounds is a gathering point for local growers who come to sell their fruit, vegetables, flowers, eggs, honey and herbs to the public. Around 25 suppliers bring their produce to the shed and Winter is peak production time. You have to get in quick to snap up the best of the produce though! The Green Shed opens from 7am and closes at noon.



After gathering produce from all over the hinterland, Alastair and Andrew decided to cook up a feast in the rainforest, inspired by the beautiful setting of the Island Glade at Cedar Creek Lodges.

SAUTEED KALE WITH GARLIC, CHILLI & APPLE VINEGAR Serves 4

Ingredients:

450g kale, tough stems and center ribs removed, leaves cut into 1-inch-wide strips
2 tbs olive oil
1 small red onion, halved lengthwise and thinly sliced crosswise
1 garlic clove, finely chopped
Pinch chilli flakes
1 tbs apple vinegar, or to taste
Sea salt



Method:

Cook kale in plenty of boiling salted water, stirring occasionally until just tender, then drain in a colander - this should take just over 5 minutes.

Heat olive oil in a heavy fry pan until hot but not smoking. Sauté onion, stirring occasionally until softened; add garlic and red pepper flakes and sauté, stirring, until garlic is fragrant. Reduce heat to moderate, add kale and cook, stirring occasionally, until heated through. Remove from heat and stir in vinegar and salt.

LAMB CUTLETS WITH GARLIC AND HERBS

Ingredients: 50ml avocado oil, 50ml balsamic vinegar, Juice of 1 lemon, 2 cloves garlic crushed, 1tsp each chopped fresh oregano, thyme and curly parsley

½ tsp each cracked black pepper and salt

16 lamb cutlets French trimmed

Method:

1. Place lamb in a shallow dish. Combine oil, vinegar, lemon juice, herbs and spices, mixing well and pour over the lamb. Refrigerate for 1 hour turning often.

2. Drain cutlets and reserve marinade. Grill over an open grill or in a heavy based pan till cooked as desired (around 3 minutes per side for medium rare) basting with marinade.

3. Serve with sautéed kale or spinach.



CAULIFLOWER STRASCICATA (stras-chee-cah-tah) Serves 4

Ingredients:

½ head cauliflower, cut into thumbnail sized pieces
80ml virgin olive oil
3 cloves garlic, thinly sliced
3 anchovy fillets, chopped
2 red chillies, seeded and chopped
50g salted capers, rinsed
100g pitted olives, chopped
1 bunch parsley, finely chopped
60g toasted sourdough breadcrumbs
100g parmesan, grated
1 lemon, in wedges



Method:

Fry cauliflower until just starting to colour in olive oil. Add garlic, anchovies, chilli, capers and olives. When cauliflower is tender and golden, add parsley, breadcrumbs and parmesan. Serve immediately with your chosen fish or meat or even on its own. Pass lemon separately.

Contact The Green Shed

Main Western Road,
Mount Tamborine

www.greenshed.com.au