

tempura zucchini flowers stuffed with preserved lemon and saffron risotto with a shaved fennel, goats cheese salad

Serves 6

Ingredients

18 fresh zucchini flowers, wiped clean,
ensuring flower is still attached

Vegetable saffron stock for the risotto (or
substitute for chicken stock or purchased
stock)

1 carrot, finely sliced
1 celery stick, finely sliced
1 brown onion, finely sliced
3 sprigs thyme
½ sprig rosemary
Fennel off cuts (from salad above), finely
sliced
125ml Extra virgin olive oil
1.5 litre water
1 pinch saffron strands

Method

Heat oil a heavy based large saucepan, over a
medium heat. Add all the vegetables and
herbs and cook for 3 minutes tossing
occasionally so they do not stick to the pan.
Caramelised a little so vegetables are soft and
slightly brown. Add the water, increase heat
and bring up to the boil.

Reduce heat to a simmer and cook a further
15 minutes. Remove from heat and stand for
15 minutes and then strain through a fine
sieve. Set aside and add the saffron. Allow to
steep for at least 20 minutes before use (best
left warm). (If you purchase a stock, heat it
up and add the saffron. Allow it to steep for 20
minutes). Store excess stock (freezer is fine)
for later use.

Preserved lemon and saffron risotto

½ brown onion, finely sliced
1 clove garlic, finely sliced
Zest of ¼ preserved lemon, finely sliced
25 g butter
½ cup Arborio rice
400ml Vegetable saffron stock
Juice of whole lemon

Method:

In a heavy based saucepan, sweat onion and
garlic in butter over a med heat, stirring
occasionally until soft and translucent. Add
preserved lemon and sweat a further minute.
Add rice and coat thoroughly in mixture.
Gradually add ladle by ladle of stock (one at a
time) stirring continuously. Only add a new
ladle when all of the previous stock has been
absorbed. Add lemon juice and continue
stirring until rice is cooked (about 15

minutes). Ensure rice is soft and cooked
through. Remove from heat and spread out on
a tray to cool.

When rice is cool, plate into a piping bag,
gently pipe risotto into each flower (about 1
tea spoon, depending on size of flower) and
twist flower end to seal. Set aside.

Tempura Batter

1 cup Asian rice flour (extra fine)
4 ice cubes
1 cup soda water

Method

Place flour in a bowl with ice. Slowly add soda
water stir to combine. Do not worry about
lumps. Keep batter cold (in the fridge).

Fennel Salad

1 large fennel bulb, sliced finely
½ red onion, sliced finely
12 asparagus spears branched, refreshed and
cut in half (or lightly steamed)
Goats cheese
100 ml Extra virgin olive oil
70 ml Fresh lemon juice
Sea salt

Place all ingredients in a bowl. Toss to
combine with your hands. Season with sea
salt.

Goats Cheese

300 g goats cheese
½ tsp chopped thyme leaves
Sea salt to taste

In a large bowl combine ingredients.

Tempura Flowers

1 litre of grape seed oil heated to 180C in a
wok or deep fryer (if you are unsure on
temperature, place a small piece of bread into
the oil. If it browns the oil is hot enough).

Dust the flowers in rice flour and dip into the
batter. Allow excess batter to drain and place
in preheated oil. Cook for approx 1 minute or
until golden brown and crispy.

Remove from the oil and drain on a paper
towel. Season with sea salt.

To Assemble

Spread goats cheese mix with a spoon on a six
plates in a thin layer. Place asparagus in a
cross formation over the cheese. Add a thin
layer on top of the asparagus onto each plate.
Then arrange zucchini flowers on top of salad.
Place remainder of salad around zucchini
flowers, ensuring flowers are clearly visible.
Garnish with fennel fronds. Drizzle a thin rim
of olive oil around plate and serve.

F I N S

