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TRAVELLER



Greek
Easter bread

5 NZ \$9.70



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CHEFS' RECIPES

"Would you please ask chef Ben Arnold from the Healesville Hotel in Victoria's Yarra Valley for the recipe for his excellent yoghurt soup with kofta?"

James Bryant, Donvale, Vic

Spiced chickpea kofta with yoghurt and pearl barley soup

You'll need to begin this recipe a day ahead.

Prep time 45 mins, cook 40 mins (plus soaking)

Serves 4 as a light meal (pictured p42)

1.5 litres (6 cups) vegetable stock

100 gm pearl barley

Finely grated rind of 1 lemon

Pinch of saffron threads

500 gm thick Greek-style yoghurt,

at room temperature

2 tsp cornflour

1 egg, lightly beaten

Vegetable oil, for deep-frying

Thinly sliced long red chilli and

coriander, to serve

Extra-virgin olive oil, for drizzling

Spiced chickpea kofta

125 gm dried chickpeas

½ tsp bicarbonate of soda

1 onion, finely chopped

½ cup (firmly packed) each coriander and

flat-leaf parsley

1 tbsp ground turmeric

2 tsp each smoked paprika, ground cumin, dried mint and sumac

2 tbsp cornflour

1 For spiced chickpea kofta, soak chickpeas overnight with bicarbonate of soda and 2 litres cold water in a non-reactive container in refrigerator. Drain chickpeas, rinse under cold running water, drain well, then process in a food processor with onion until finely chopped. Combine in a large bowl with herbs and spices, stir to combine, season to taste. Stir in cornflour, adding a little extra if necessary to bind, then roll into walnut-sized balls and set aside on a tray lined with baking paper.

2 Bring stock to the boil over medium heat. Add barley, lemon rind and saffron, simmer until barley is tender (20-25 minutes).

3 Meanwhile, whisk yoghurt in a large bowl until smooth. Stir cornflour and 40-50ml water in a small bowl to form a smooth paste, stir in egg, then add to yoghurt and whisk to combine. Add 100ml hot barley stock, whisk to combine, then, whisking continuously, add yoghurt mixture to barley stock. Reduce heat to low and whisk continuously until warmed through (4-5 minutes; do not boil), season to taste, keep warm.

4 Heat oil in a deep saucepan or deep-fryer to 180C. Deep-fry kofta in batches, turning occasionally, until golden and cooked through (1-2 minutes; be careful as hot oil will spit), drain on absorbent paper. Ladle soup into serving bowls, top with kofta, chilli and coriander, drizzle with olive oil and serve hot.

CHICKEN:

Plate from Hub.

All other props

stylist's own.

Stockists p217.



Duke Bistro's fried chicken wings with coleslaw milk

"Please publish the recipe for the amazing fried chicken wings with coleslaw milk from the boys at Sydney's Duke Bistro."

Sarah Moses, Dulwich Hill, NSW

Fried chicken wings with coleslaw milk

Prep time 45 mins, cook 25 mins (plus cooling, brining, marinating, setting, drying)

Serves 6-8 as a snack

50 gm each fine sea salt and caster sugar

1 kg free-range chicken wings, cut into

drumettes and tips

Vegetable oil, for deep-frying

200 ml light soy sauce

Cornflour, for dusting

Hot sauce such as sriracha,

to serve (see note)

Coleslaw milk

½ Savoy cabbage, shredded on a mandolin

2 carrots, shredded on a mandolin

1 onion, thinly sliced on a mandolin

500 gm good-quality mayonnaise

60 ml (¼ cup) lemon juice

4 gm agar-agar (see note)

1 Bring salt, sugar and 1 litre water to the boil in a saucepan over medium-high heat, set aside to cool completely. Place chicken wings in a non-reactive container, pour over brine, cover and refrigerate to brine (2-3 hours).

2 Meanwhile, for coleslaw milk, combine cabbage, carrot, onion, mayonnaise and lemon juice in a bowl, season to taste, toss to combine, cover, set aside to marinate (1-2 hours). Squeeze coleslaw to yield 400ml liquid, discard solids and remaining liquid. Combine agar-agar and coleslaw liquid in a small saucepan, blend with a hand-held blender, then, whisking continuously, bring to the boil over medium heat. Remove from heat, pour into a 15cm x 20cm tray, refrigerate until set (1 hour). Transfer to a blender, blend until a smooth gel forms, refrigerate until required.

3 Heat vegetable oil in a deep saucepan or deep-fryer to 160C. Drain wings, pat dry with absorbent paper, toss in soy sauce and set aside to marinate (5 minutes). Pat dry with absorbent paper, dust in cornflour then deep-fry in batches, turning occasionally, until golden (3-4 minutes; be careful as hot oil will spit). Drain and set aside on a wire rack until dry (30-40 minutes).

4 Heat oil to 190C. Deep-fry wings in batches until golden and crisp (1-2 minutes), season to taste and serve hot with coleslaw milk and hot sauce.

Note Sriracha hot sauce is available from Asian grocers. If unavailable, substitute another hot sauce. Agar-agar, a setting agent derived from seaweed, is available from health-food shops.>