

## What to cook?

Brought to you by Tony Panetta, Executive Chef, ICC Sydney

## Slow Cooked Cowra Lamb Shanks

cauliflower puree, heirloom carrots, green peas, gremolata and red wine sauce

### Lamb Shanks



4 x lamb shanks  
 Extra virgin olive oil  
 Diced onion (1cm square)  
 Diced carrot (1cm square)  
 Diced celery (1cm square)  
 3 cloves of Australian garlic (chopped)  
 6 x sprigs of thyme  
 3 x bay leaves  
 2 x tins diced tomatoes (800 grams)  
 700 ml good quality chicken stock  
 400 ml good quality red wine  
 Salt and pepper

- Pre heat the oven to 170 C
- Using a paper towel pat dry the lamb and season with salt and pepper
- Place oil in a pot and heat, seal the lamb shanks until browned and then remove
- Add more oil to the pot and then sweat off the onion, garlic, celery and carrots for around 5 mins
- Deglaze the pan with red wine and then add the diced tomatoes, chicken stock and the remaining red wine
- Place the thyme and bay leaves in the pot then the lamb shanks
- Ensure the shanks are fully submerged in the liquid
- Turn the stove top to high and allow the liquid to come up to the boil
- Cover the pot and place in the oven
- Remove from the oven after 2.5 hours, remove the lid and return to the oven for a further 45 minutes
- Remove from the oven and check to see if the lamb is tender
- Remove the shanks and all the herbs from the pot
- You can puree the sauce to make it thicker or just use as is

### Cauliflower Puree



1 x whole cauliflower  
 Extra virgin olive oil  
 Butter  
 Cream  
 Salt and pepper

- Cut up the cauliflower and place in a bowl
- Toss the cauliflower with oil, salt and pepper
- Place on a tray and put in the oven at 200c for approximately 15 mins, until golden in colour
- Remove from the oven and blend in a food processor
- Add butter and cream to achieve the desired consistency

Recipe based on 4 people – easy to share, simple and tasty.

➔ Order your produce from ICC Sydney suppliers, [Block11 Organics](#) and [Vic's Meat](#).

### Heirloom Carrots



12 x Heirloom carrots  
 Extra virgin olive oil  
 Honey to taste

- Wash and peel the carrots
- Toss the carrots with the oil and the honey, then place on the tray
- Set the temperature of the oven to 170C
- Place carrots in oven and cook until tender

### Green Peas



250 grams frozen green peas  
 50 grams finely diced onions  
 Extra virgin olive oil  
 4 leaves of mint  
 1 x tsp sherry vinegar

- Add some oil to a small sauce pan
- Sauté off the onion until transparent
- Add the frozen peas
- Place a lid on the peas and cook on a low heat for 4 minutes
- Once cooked remove from the heat and add the vinegar and mint
- Season to taste

### Gremolata



1x bunch flat leaf parsley  
 2 cloves Australian garlic  
 Zest of one lemon  
 50 ml extra virgin olive oil  
 Pinch of sumac  
 Salt and pepper

- Wash and pick the parsley leaves
- Place all ingredients into a food processor and blend for 15 seconds
- If you prefer a finer texture gremolata, blend for a further 15 seconds
- Place into a container and put into the fridge, will last at least 4 days

### Plate up



Start with the cauliflower puree on bottom of the plate  
 Add the green peas next to the cauliflower

Place the shank either laying down or standing up  
 3 x heirloom carrots next to the lamb  
 Sauce the dish how you like it  
 And top the lamb with gremolata

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## Spiced Block11 Sundowner Apple Crumble

coconut and oat crust and vanilla anglaise

### Caramelised Apple Crumble Filling

1.5 kg Sundowner apples (other types such as Granny Smith apples can be substituted)

50 grams unsalted butter

220 grams caster sugar

½ x lemon

1 x vanilla bean

100 ml brandy



- Peel and core apples, cut each apple into 6 wedges. Cut each wedge into half (you should have 12 chunky pieces per apple)
- Place pan on the stove, add butter and melt
- Add chopped apples and sprinkle sugar
- Split and scrape the vanilla pod and add to apples
- Continue to stir and heat until the butter and sugar start to caramelize
- When apples are starting to caramelize add brandy and deglaze pan
- Finely grate ½ a lemon rind over the apples and stir
- Spoon into desired baking dish and allow to cool

### Coconut and Oat Crumble Crust

280 grams plain flour

180 grams caster sugar

1 tsp x cinnamon powder

¼ tsp x nutmeg powder

80 grams rolled oats

60 grams shredded coconut

260 grams unsalted butter



- Mix all dry ingredients together into a bowl
- Dice cold butter and add to dry ingredients
- Rub the butter into the dry ingredients
- Spoon evenly over cooled apples

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### Vanilla Bean Anglaise

12 x whole eggs

180 gram caster sugar

½ orange

2 x vanilla beans

500 ml full cream milk

500 ml thickened cream



- Separate eggs, keep yolks and reserve whites for another use
- Peel orange
- Split and scrape the vanilla pod, add to saucepan with milk and cream and bring to boil
- Turn off once milk has come to boil
- Add orange peel to infuse into milk
- In a separate bowl whisk yolks and sugar until thick and pale
- Slowly pour ¼ of the hot milk and cream mix, using a wooden spoon stir until evenly mixed
- Slowly pour the remaining mix and stirring until evenly mixed
- Pour this mix into a clean saucepan
- Place saucepan on a low heat and continually stir mix in a 'figure 8' motion
- Continue to stir until sauce thickens and coats the back of the wooden spoon
- Strain into a glass bowl and continue to stir until there is no more steam coming from the custard mix
- This will help in the sauce not splitting
- Pour into a jug, so everyone can help themselves

Alternatively you can use whipped cream flavoured with vanilla bean or clotted cream or a good quality ice cream

### Baking of the Crumble

Pre heat oven at 180c

Place dish into oven and bake for 25-35 minutes or until golden brown



Remove and allow to rest

### Garnish

¼ bunch mint leaves



1 x punnet washed raspberries

## What to cook? Vegan alternative

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### Kogi Pumpkin Filling

- 1 x leek finely chopped
- ½ onion finely diced
- 3 sticks of celery finely diced
- 1 clove garlic finely chopped
- 1 bunch x silverbeet finely shredded
- 2 x zucchini diced 1cm x 1cm
- 2 x carrots diced 1cm x 1cm
- 250 grams dried white beans (soak overnight in water)
- 150 grams sliced field mushrooms
- 200 grams brown rice
- 400 ml vegetable stock
- Extra virgin olive oil
- Salt and pepper



- Place a pot on the stove
- Add oil, leek, onion and sweat until transparent
- Add garlic, carrot, mushrooms and celery and cook for a further 5 minutes
- In a separate pot place the white beans into a pot of cold water and cook until tender, remove from heat and add to the vegetable pot
- In another pot cook the brown rice as per directions on pack
- Add the remaining ingredients in the pot and cook until ready

### Kogi Pumpkin

- 2 Kogi pumpkins
- 3 x sprigs of thyme
- 1 lemon
- Extra virgin olive oil



- Wash the pumpkins
- Pre heat oven to 180C
- Cut top 3 cms off each of the pumpkins
- Mix the extra virgin olive oil, lemon juice and thyme together and rub the inside of the pumpkin with this
- Place the pumpkins in oven for 20-30 minutes until a small knife can penetrate the skin side easily

Recipe based on 4 people – easy to share, simple and tasty.

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## Roasted Organic Kogi Pumpkin

white beans, silverbeet and gremolata

### Gremolata

- 1x bunch flat leaf parsley
- 2 cloves x Australian garlic
- 1 lemon zest
- 50 ml extra virgin olive oil
- Pinch of sumac
- Salt and pepper



- Wash and pick the parsley leaves
- Place all ingredients into a food processor and blend for 15 seconds
- If you prefer a finer texture gremolata, blend for a further 15 seconds
- Place into a container and put into the fridge, will last at least 4 days

### Garnish

- 100 grams pumpkin seeds
- 50 ml soy sauce



- Toast the pumpkin seeds in a frypan
- Once they are nearly done add the soy sauce and allow to evaporate while stirring

### Plate up

Place the pumpkin on a warmed plate

Fill the pumpkin with the bean mixture

Add a good amount of gremolata to the top



Sprinkle the pumpkin seeds  
Garnish with fresh herb leaves