

Recipes for the Road

| With recipes by Ed Halmagyi



Welcome!

Hitting the road for a great adventure is the very best way to see NSW in all its natural glory. White sand beaches and perfect surf breaks, vast rolling plains, towering mountains, red dirt deserts, and some of the most beautiful cities on earth.

No matter what kind of journey you have in mind, this country can take you there. And when you're parking your caravan or pitching your tent, remember that delicious food should always be on the menu, even when you're far from home. So enjoy this land, and savour what it shares, one bite at a time.



Whatever You Got, Into the Pot

Central West, Illawarra, Sydney, Orana, New England

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Preparation time: 25 minutes

Cooking time: 4 hours

Serves: 4-8

- 100g ghee
- 1kg chuck beef, diced
- 2 brown onions, diced
- 2 sticks celery, diced
- 2 carrots, diced
- 8 cloves garlic, smashed
- 4 bay leaves
- 2 tsp fennel seeds
- 2 Tbsp gluten-free plain flour
- 1 cup red wine
- 1L beef stock
- ½ cup oyster sauce
- 2 x 400g can diced tomatoes
- sea salt flakes and freshly-ground black pepper
- 400g can kidney beans
- 4 cups baby spinach leaves
- damper, to serve

1 Put the ghee in a large heavy-based saucepan set over a high heat then fry the beef pieces in batches until very well-browned. Set aside. Add the vegetables, garlic, bay leaves and fennel seeds and cook for 5 minutes. Add the flour and cook for 2 minutes.

2 Pour in the wine and simmer briefly, then return the beef and add the stock, oyster sauce and tomatoes. Season with salt and pepper, then simmer with the lid ajar for 3 hours, until the lamb is very tender.

3 Fold in the kidney beans and spinach, then serve with damper.



Stories from the Damper Files

Central West, Hunter, Orana, Murray

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Preparation time: 5 minutes

Cooking time: 30 minutes

Serves: 4-6

- 2 cups self-raising flour
- 1 tsp fine salt
- ¼ cup rye flour
- ½ cup Greek yoghurt
- 1 tsp baking powder
- ¾ cup soda water

1 Preheat oven to 180°C. Sift the flours, baking powder and salt into a bowl, then make a well in the centre. Mix the yoghurt and soda water, then pour into the well and begin mixing very gently with two forks. When the mix just comes together, dust with flour and form into a loaf, but do not knead. Put on a lined oven tray and bake for 30 minutes, until browned, and hollow-sounding when tapped.





Happy Endings: It's Cinnamon Pudding!

Mid North Coast, Far South Coast, Sapphire Coast, Central West

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Preparation time: 10 minutes

Cooking time: 2 hours

Serves: 4

- 100g unsalted butter, at room temperature
- 1 cup golden syrup
- 300g mixed dried fruit, chopped
- finely grated zest and juice of 1 lemon
- finely grated zest and juice of 1 orange
- 2 tsp vanilla essence
- 1 cup liqueur chardonnay
- 2 eggs
- ¼ cup milk
- 200g self-raising flour
- 1 tsp baking powder
- 1 Tbsp ground cinnamon
- ½ tsp ground cloves
- 200g dark brown sugar
- 100g grated Copha, at room temperature
- vanilla custard, to serve

1 Use 25g butter to grease the inside of a 1¼L pudding mould, then pour ¾ cup golden syrup in the base. Put the dried fruit, zest, juice and vanilla in a medium saucepan and set over a low heat. Simmer until the liquid has been absorbed. Stir in the chardonnay and set aside to cool, mix in the eggs and milk.

2 Sift the flour, baking powder and spices into a bowl, add the brown sugar and Copha and rub with fingertips until crumbly. Add the fruit mix and stir gently until smooth. Spoon over the golden syrup. Tie a sheet of baking paper on top, then a double sheet of foil. Put on a trivet in a steamer so that the water comes 3cm from the top. Bring to a boil, then reduce to a simmer and cook for 2 hours. Cool in the tin for 10 minutes, then turn out, drizzle with the remaining syrup, then serve with custard.

Beachside Broth

North Coast, Mid North Coast, Central Coast, Illawarra,
Sapphire Coast, Far South Coast

Preparation time: 5 minutes

Cooking time: 20 minutes

Serves: 4



- 1 red onion, sliced
- 2 carrots, diced
- 1 head fennel, very finely sliced
- 4 cloves garlic, minced
- 5cm piece ginger, cut into fine batons
- ½ bunch thyme leaves, picked
- 8 anchovy fillets
- ½ cup extra virgin olive oil
- ½ cup vermouth
- 1½ L fish stock
- 2 large potatoes, diced in 1cm cubes
- 2 zucchini, chopped
- 4 x 100g portions boneless fish fillet
- 12 King prawns, peeled and de-veined
- 6 smoked oysters
- sea salt flakes and freshly-ground black pepper
- 1 bunch parsley, very finely chopped

1 Combine the onion, carrots, fennel, garlic, ginger, thyme and anchovies in a large saucepan with the extra virgin olive oil and cook gently for 5 minutes, until just softened. Pour in the vermouth and simmer for 2 minutes, then add the stock and bring to a simmer.

2 Add the potatoes and cook for 5 minutes, then mix in the zucchini, fish and prawns. Cook for 5 minutes. Ladle 1 cup of sauce with the oysters into a blender and purée until smooth. Season with salt and pepper. Return to the saucepan with the parsley, then ladle into bowls.



Road Kill: Nah, it's the Grill Thrill!

Central Tablelands, Riverina, Hunter

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Preparation time: 15 minutes

Cooking time: 25 minutes

Serves: 4

- 12 lamb cutlets, French trimmed
- 2 tsp ground fennel seeds
- sea salt flakes and freshly-ground black pepper
- ¼ cup extra virgin olive oil
- 1 red onion, sliced
- ½ leek, sliced
- 1 head fennel, shaved
- 2 tsp advieh powder*
- 8 cloves garlic, minced
- ½ cup farro
- 2 cups chicken stock
- ½ bunch kale, shredded
- 1 bunch sage leaves sliced
- 2 Tbsp dairy-free butter
- 2 Tbsp honey

1 Toss the lamb cutlets in fennel seeds and season with salt and pepper. Drizzle with half the extra virgin olive oil, then set aside for 5 minutes.

2 Pour the remaining oil into a large heavy-based saucepan and fry the onion, leek, fennel, advieh and garlic for 5 minutes. Add the farro and stock, bring to a simmer, then cook for 20 minutes, until just a little liquid remains. Season with salt, then stir in the kale, sage and dairy-free butter.

3 Cook the cutlets on a hot grill for 3 minutes each side, until medium, then baste with honey. Serve with the farro mix.

**Advieh is a Persian spice mix available at delicatessens and online.*





Rollin', Rollin', Rollin'

Murray, Riverina, Far West, Southern Highlands, Mid North Coast

Preparation time: 20 minutes

Cooking time: 30 minutes

Serves: 8-10

- 4 eggs, separated
- 150g caster sugar
- 2 tsp vanilla paste
- ½ cup plain flour
- ¼ cup cocoa powder
- 1 tsp baking powder
- 2 tsp instant coffee powder, dissolved in 1 Tbsp hot water
- 75g unsalted butter, melted
- 250g mascarpone
- 500ml cream
- ½ cup icing sugar
- 1½ tsp almond essence
- 150g dark chocolate, chopped
- 1 Tbsp glucose syrup
- 2 punnets raspberries
- 4 limes, segmented
- ½ cup toasted almond flakes
- 1 Tbsp freeze-dried Davidson plum powder
- icing sugar, to garnish

1 Preheat oven to 180°C. Whisk the yolks, half the sugar and 1 tsp vanilla until very light and pale. Sift the flour, cocoa and baking powder together. Whisk the whites and remaining sugar to medium peaks.

2 Gently stir the yolk mix, whites, flour mix, coffee and butter together, then spoon onto a lined baking sheet and spread flat. Bake for 10-12 minutes, until just firm. Dust a clean tea towel with cocoa powder, then invert the sponge on top. Gently remove the baking paper, then roll up gently and allow to cool.

3 Whip the mascarpone, 350ml cream, icing sugar, almond essence and remaining vanilla to soft peaks. Unroll the sponge, spread with cream, then roll up again. Boil the remaining cream and pour over the chocolate and glucose in a bowl. Ladle over the Swiss roll, then top with raspberries, limes, almonds and Davidson plum powder. Dust with icing sugar.

Lemon Myrtle Crepes with Hot Smoked Trout

Mid North Coast, New England, Illawarra, Far West

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Preparation time: 20 minutes

Cooking time: 10 minutes

Serves: 4

- 1 cup plain flour
- 1¼ cups water
- 2 eggs
- large pinch fine salt
- 1 tsp ground lemon myrtle
- 1 head wild fennel tops, very finely shaved
- ½ red onion, very finely shaved
- 4 baby cucumbers, shaved
- 2 Tbsp pistachios, toasted and chopped
- ½ bunch dill, chopped
- sea salt flakes and freshly-ground black pepper
- cooking oil spray
- 1 cup crème fraîche
- 250g hot-smoked trout, flaked
- pearls of 1 finger lime

1 Combine the flour, water, eggs, salt and lemon myrtle in a jug and purée with a stock blender until smooth. Strain through a fine sieve.

2 Toss the fennel onion, cucumbers, pistachios and dill in a bowl, then season generously with salt and pepper.

3 Sprinkle a crepe pan with cooking oil spray, then pour in ¼ cup, swirling to coat the bottom of the pan. Cook for 1 minute, until almost dry to touch, then flip over and cook for a further 30 seconds. Repeat with the remaining batter.

4 Spread the crepes with crème fraîche, then top with the trout and fennel mixture, then top with finger lime pearls.



Seaweed-Crusted Striploin Steak

Mid North Coast, Sapphire Coast, Murray, Riverina

Preparation time: 30 minutes

Cooking time: 30 minutes

Serves: 4

- ¼ cup currants
- 1 cup dry sherry
- 4 medium potatoes, finely sliced
- 150ml cream
- 2 Tbsp unsalted butter, melted
- 1 cup finely grated Parmesan
- ¼ bunch thyme, very finely sliced
- sea salt flakes and freshly-ground black pepper
- 5 x 220g grass-fed striploin steaks
- 2 Tbsp Worcestershire sauce
- 2 cups wakame salad
- ½ bunch parsley, very finely chopped
- 2 Tbsp extra virgin olive oil
- 1 head radicchio, quartered

1 Combine the currants and sherry in a small saucepan and set over a low heat, simmering until all the liquid has been absorbed. Set aside. Put the potatoes, currants, cream, butter, Parmesan and thyme in a bowl and season generously with salt and pepper. Mix well, then layer into a medium loaf pan. Cover with foil, then bake for 30 minutes. Remove from the oven and weight down with a second medium loaf pan half-filled with water. Refrigerate until firm.

2 Finely dice one steak and toss with the Worcestershire sauce. Put in a food dehydrator for 5 hours, until completely firm. Grind to a powder. Put the wakame salad in the food dehydrator for 5 hours, until completely dry. Grind to a powder, then mix with the parsley.

3 Season the remaining steaks with salt and pepper, then drizzle with half the extra virgin olive oil, then grill for 10 minutes, turning several times, until medium. Drizzle the radicchio with the remaining oil and grill lightly. Dust the steak with seaweed powder and serve with slices of potato, radicchio and meat dust.



Sweet Pumpkin, Papaya, Strawberry & Kiwifruit Salad

Hunter, North Coast, Riverina, Mid North Coast, Central West, Far West

Preparation time: 15 minutes

Cooking time: 30 minutes

Serves: 4

- ½ butternut pumpkin
- 2 cups dry white wine
- 1½ cups caster sugar
- 1 vanilla bean, split
- 1 tsp almond essence
- 12 dried peach halves
- ½ cup Kola tonic
- 2 cups organic hay, crumbled
- 1 cup papaya, diced
- 1 punnet strawberries, hulled and quartered
- 2 kiwifruit, peeled and sliced
- ½ bunch marjoram leaves
- ¼ cup toasted almond flakes
- ¼ cup coconut flakes
- ¼ tsp fennel seeds

1 Peel the pumpkin and cut four thick slices (approx. 3cm each). Cut each into a 7cm disc, reserving all the trim for another use. Put the wine, 1¼ cups caster sugar, vanilla and almond essence into a medium saucepan and simmer for 10 minutes, until aromatic. Add the pumpkin, cook for 10 minutes until the pumpkin can be pierced with a knife, then add the peach halves and cook for a further 5 minutes. Set aside to cool slightly.

2 Dice one-quarter of the peaches, then combine the remainder in a blender with ½ cup of the syrup and Kola tonic. Purée until smooth. Pour into a bowl and apply hay smoke with a cold smoke gun. Cover and set aside for 5 minutes. Mix in the remaining peaches.

3 Remove the pumpkin from the syrup and pat dry. Sprinkle with the remaining sugar and caramelize with a blowtorch. Pour the sauce into bowls, then arrange the pumpkin on top. Garnish with the papaya, strawberries, kiwifruit and marjoram. Grind the almonds, coconut and fennel to a powder, then sprinkle on top.



Ratafia: Alcohol-Free Aperol Spritz

Sydney, North Coast, Mid North Coast, Murray

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Preparation time: 5 minutes

Cooking time: 20 minutes

Serves: 4

- 8 bay leaves
- 12 white peppercorns
- ¼ whole nutmeg
- ½ cup caster sugar
- 2 oranges
- 240ml non-alcoholic Aperol-style spirit
- 360ml non-alcoholic sparkling wine
- 120ml soda water

1 Combine 4 bay leaves, peppercorns and nutmeg in a small saucepan with the caster sugar and 1 cup water. Simmer gently for 20 minutes, until reduced by half. Strain through a fine sieve then set aside to cool completely.

2 Peel the zest of 1 orange over four glasses to allow its essential oil to coat the inside of the glass. You should have 8 strips of zest. Twist each strip and place two in each glass.

Add a large ice cube to each. Peel the remaining orange and trim to make four rectangles. Make a slit in the centre of each, poke one end through and pull to twist.

3 Pour 60ml non-alcoholic Aperol-style spirit into each glass, add the remaining bay leaves, then top each with 90ml sparkling wine, 30ml soda water and an orange garnish.



Three-cheese Palmiers

Hunter, Central West, Far South Coast

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Preparation time: 10 minutes
Cooking time: 20 minutes
Makes: 48

- 2 sheets puff pastry
- 2 eggs, beaten
- 1 cup finely grated Pecorino
- 100g blue cheese, crumbled
- 100g Gouda, grated
- ½ cup finely grated walnuts

1 Preheat oven to 200°C. Brush the puff pastry with egg on both sides. Scatter the cheese and walnuts on the top side. Fold the sides in halfway to the centre, then fold again. Fold in half, then freeze.

2 Slice in ½ cm thick pieces, arrange on lined oven trays, then bake for 18 minutes, turning once.





Roasted Carrot and Smoked Barley Galette

Riverina, Far West, Southern Highlands, Illawarra

Preparation time: 15 minutes

Cooking time: 40 minutes

Makes: 48

- 500g carrots, peeled and chopped
- 1 Tbsp extra virgin olive oil
- sea salt flakes and freshly-ground black pepper
- 1 cup barley flour
- applewood chips
- ½ cup beetroot juice
- 2 eggs
- 2 tsp psyllium husks
- 1 tsp baking powder
- 1 tsp ground cinnamon
- 2 heads roasted garlic
- ½ cup mayonnaise
- 100g duck prosciutto, very finely sliced
- sliced chives, to garnish

1 Preheat oven to 200°C. Toss the carrots in extra virgin olive oil, then season with salt and pepper. Arrange in a roasting pan and bake for 30 minutes, until lightly caramelised. Meanwhile, put the barley flour in a bowl and smoke with applewood. Cover with cling film and set aside for 10 minutes.

2 Combine the carrots, juice, eggs, psyllium, flour, baking powder and cinnamon in a food processor and purée until smooth. Spoon into a lined slice pan, reduce to 160°C and bake for 30-35 minutes, until firm to touch. Cool in the tin.

3 Slice the galette into bite-sized pieces, then mix the garlic and mayonnaise. Put the prosciutto on top and pipe on mayonnaise. Garnish with chives.



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