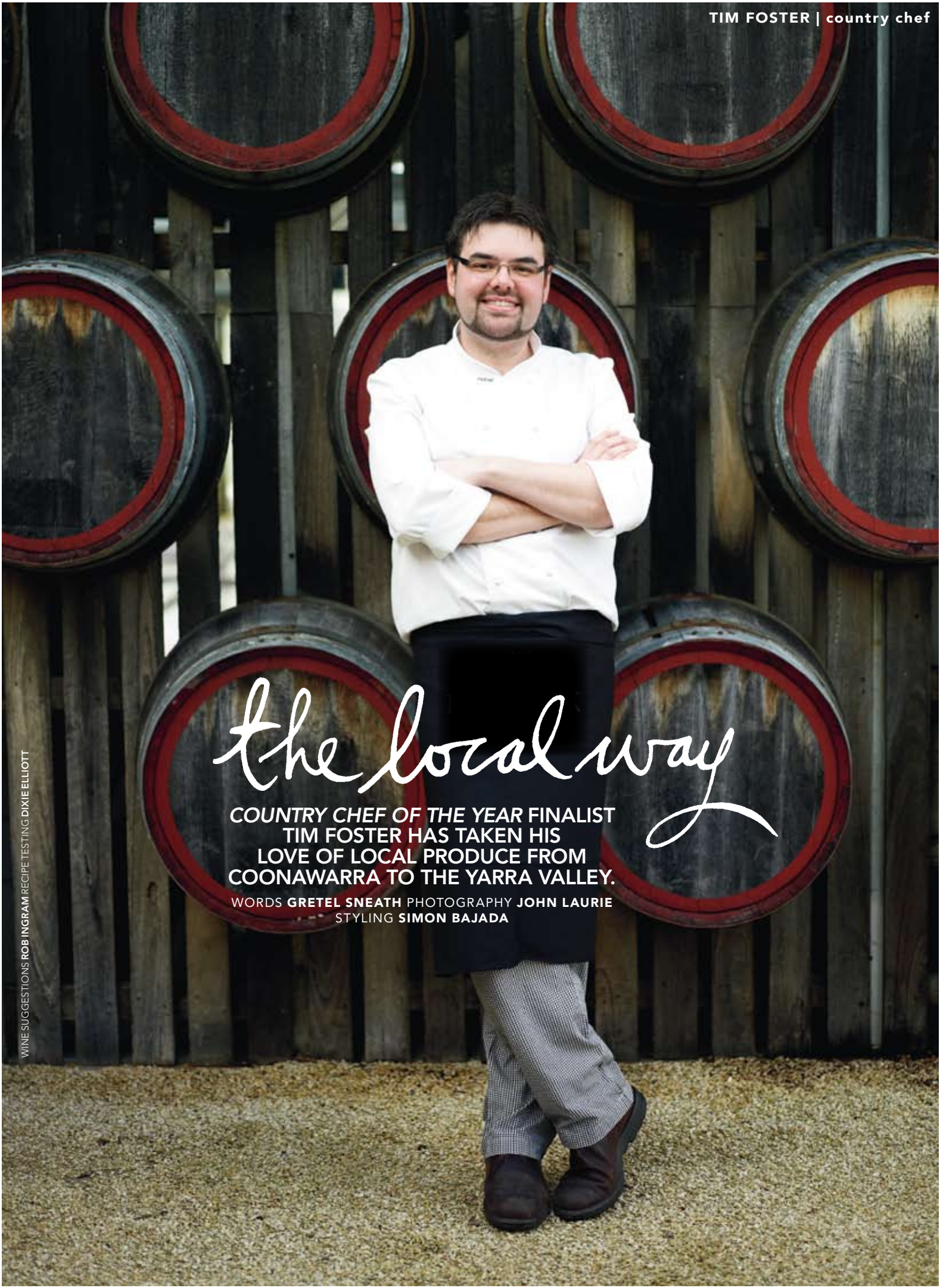


Snapper, creamy mash & salsa verde Add the fresh citrus and lemongrass notes of 2011 Hamelin Bay Semillon Sauvignon Blanc. FACING PAGE South Australian chef Tim Foster.



TIM FOSTER | country chef



COUNTRY CHEF OF THE YEAR FINALIST
TIM FOSTER HAS TAKEN HIS
LOVE OF LOCAL PRODUCE FROM
COONAWARRA TO THE YARRA VALLEY.
WORDS GRETEL SNEATH PHOTOGRAPHY JOHN LAURIE
STYLING SIMON BAJADA

WINE SUGGESTIONS ROB INGRAM RECIPE TESTING DIXIE ELLIOTT



THE LAST WINTER CHEF TIM FOSTER spent on South Australia's Limestone Coast was the wettest on record — and you could literally taste it on the plate. "We had green feed all year round and the quality of the local meat was just superb, a real stand-out," says the *Country Chef of the Year* finalist and former head chef of the award-winning Upstairs at Hollick, a restaurant with stunning vineyard views in the heart of the Coonawarra wine country.

Such a distinct translation from paddock to plate is nothing new for Tim, who recently left Coonawarra with his chef wife Michelle to experience the food and wine scene in Victoria's Yarra Valley and live closer to family in Melbourne. In his new position as executive chef of Innocent Bystander in Healesville, Tim continues to tell the story of his surroundings through his recipes, which use the best locally sourced ingredients. During his tenure at Upstairs at Hollick, "We'd order direct from the producers and actually know the person," he says. "It's not coming from a faceless supplier, and I think the consumer is very interested in that now. They want to know the story of what they're eating."

Tim grew up in Coonawarra and the lamb on his menu came from the local butcher's own property and the organic lentils and chickpeas were grown by food writer Dee Nolan. There was also an abundance of beef, pork, rock lobster, olive oil, honey, apples, artichokes, potatoes, lettuce and herbs. "Coonawarra is renowned for its wine, but from a chef's point of view, there are so many possibilities because there is such a great variety of produce at your fingertips and small farmers who are willing to grow whatever you need," Tim says. He's now working to develop similarly rewarding relationships with local growers and suppliers in the Yarra Valley region.

Such commitment to quality is a fine match for Tim's robust, wine-friendly European cooking style, which gives a lighter, modern edge to classic techniques and flavours. "I don't do anything outrageous with ingredients — I'm more about presenting local produce in an interesting way with flavours that leave people satisfied. Food has to taste good; that's what it all boils down to."

Tim's maternal grandmother has been a major influence in his cooking style, and he had his first job in the kitchen at the age of 13. By 18, he was part-owner of The Sweet Grape café in Penola. A three-year stint as owner of Pipers of Penola was another career highlight, followed by his time at Upstairs At Hollick, during which he won a coveted Chef's Hat award from the *Australian Good Food Guide*. Ever modest, Tim puts it down to more than just his cooking. "It's also the setting and service — sometimes I think that city people come to the country expecting very little, but I like to send them away feeling wowed." Upstairs at Hollick is on the corner of the Riddoch Highway and Ravenswood Lane, Coonawarra, South Australia. (08) 8737 2318; hollick.com

MOROCCAN CHICKPEA & LENTIL SOUP

SERVES 4

250g chickpeas
40g butter
2 tablespoons extra virgin olive oil
2 brown onions, finely sliced
1 garlic clove, finely chopped
2 teaspoons ground cumin
2 teaspoons ground coriander
2 teaspoons sweet smoked paprika
½ cup green lentils
2 cups crushed tomatoes
8 cups chicken stock
1 cinnamon stick
1 celery stalk with leaves, diced
¼ bunch continental parsley, finely chopped
¼ bunch coriander, leaves and stalks, finely chopped
1 lemon, juice only
1 tablespoon dry sherry
white pepper, optional
Greek-style natural yoghurt, to serve
coriander sprigs, to serve

Place the chickpeas in a bowl and cover with water. Cover and stand overnight. Drain. Place in a saucepan of water over a high heat. Bring to the boil. Reduce heat and simmer for 30 minutes or until just tender. Drain and rinse under cold running water.

Heat butter and oil in a large saucepan over a medium heat. When the butter is melted, add onion and cook for 5 minutes or until soft. Add garlic and cook for 1 minute. Stir in cumin, coriander and paprika. Cook for 1 minute or until aromatic. Add chickpeas, lentils, tomatoes, stock and cinnamon stick. Bring to the boil. Reduce heat and simmer for 50–60 minutes or until lentils are tender. Remove cinnamon stick.

Blend soup with a stick blender until almost smooth (it should retain chunks of chickpeas). Return to the saucepan until heated through. Stir in celery, parsley, coriander, lemon juice and sherry. Season with salt and white pepper, if desired. Ladle soup among serving bowls. To serve, top with a dollop of yoghurt and coriander. >

Moroccan chickpea & lentil soup
Match with the complexity of Morris Old Premium Amontillado Sherry. **FACING PAGE, CLOCKWISE FROM TOP LEFT** Upstairs at Hollick overlooks a vineyard; Tim at work; Tim adopts a fresh-is-best approach to his cooking.



Pork with pan-roasted brussels sprouts Look for the juicy 2008 Hollick Tempranillo with its dark berry and cherry flavours, and hints of dried herbs and mint.

PORK WITH PAN-ROASTED BRUSSELS SPROUTS

SERVES 4

1 tablespoon extra virgin olive oil
1 brown onion, skin on, roughly chopped
1 small carrot, skin on, roughly chopped
3 garlic cloves, skin on, crushed
10 parsley stalks
8 peppercorns
3 sprigs fresh thyme
1 bay leaf
¾ cup red wine
3 cups beef stock
70g butter
¼ cup olive oil
1 brown onion, extra, peeled and finely sliced
1 teaspoon thyme leaves
4 pork cutlets
400g brussels sprouts, halved lengthways
100g pancetta, cut into thin strips
1 teaspoon cracked black pepper
2 tablespoons sweet soy sauce

Heat extra virgin olive oil in a frying pan over a medium heat. Add onion, carrot, garlic, parsley, peppercorns, thyme and bay leaf and cook for 10 minutes or until golden. Add wine and stock. Bring to the boil. Reduce heat and simmer for 30 minutes or until mixture is reduced by half. Strain and discard solids. Return onion sauce to pan and simmer until reduced by half.

Preheat oven to 180°C. Heat 20g butter and 1 tablespoon olive oil in a frying pan until butter is sizzling. Add extra onion and thyme. Cook for 4 minutes or until onion starts to colour. Stir butter into onion sauce.

Heat a chargrill pan over a high heat. Rub 1 tablespoon oil over pork and season with salt and pepper. Cook pork for 2–3 minutes on each side. Transfer to a baking tray. Bake in oven for 12 minutes or until firm to the touch. Transfer to a plate and cover with foil.

Meanwhile, bring a saucepan of salted water to the boil. Add brussels sprouts and cook for 3 minutes or until tender. Drain. Refresh in ice-cold water. Drain.

Heat remaining butter and oil in a frying pan. Add brussels sprouts and pancetta. Cook for 5 minutes or until pancetta is crisp. Add black pepper and soy sauce. Toss to combine. Serve pork with brussels sprouts and onion sauce.

SNAPPER, CREAMY MASH & SALSA VERDE

SERVES 4

½ bunch continental parsley, leaves only, finely chopped
½ bunch basil, leaves only, finely chopped
3 spring onions, finely chopped
80g cornichons, rinsed and finely chopped
60g capers, rinsed and finely chopped
½ cup extra virgin olive oil
1kg potatoes, peeled and cut into large pieces
2½ cups cream
250g butter
4 fillets of fresh snapper, pin boned
white pepper, to season
20g butter, extra
2 tablespoons olive oil
400g green beans, trimmed

Combine the parsley, basil, spring onion, cornichons, capers and extra virgin olive oil in a bowl. (The salsa verde should be thick and chunky, but add more oil if too thick.) Place the potatoes in a saucepan and cover with water. Place over a high heat and bring to the boil. Reduce heat to medium and simmer for 20 minutes or until potato is tender. Drain. Return potato to saucepan and place over low heat to evaporate any remaining liquid.

Meanwhile, place cream and butter in a small saucepan over a medium heat. Simmer until the cream mixture is thick and reduced by half. Pass potato through a mouli or ricer into a large bowl. Stir in reduced cream mixture. Stir to combine and season with salt and white pepper. Transfer potato mash to a serving bowl and cover with foil to keep warm.

Preheat oven to 180°C. Line a baking tray with non-stick baking paper. Pat the snapper skin with paper towel and season with salt. Heat the butter and oil in a frying pan over a medium-high heat until butter is melted and foaming. Add fish, skin-side down, and reduce heat to medium. Cook for 5 minutes or until skin is golden. Transfer fish to prepared tray, skin-side up. Bake in oven for 7 minutes or until cooked through.

Place the beans in a bowl. Cover with boiling water. Stand for 1–2 minutes or until just tender. Drain. Place the fish on a serving platter with beans and the bowl of salsa verde. Serve with the potato mash. >



country chef | TIM FOSTER
Orange cake with poached pears & zabaglione ice-cream
2010 Wirra Wirra Mrs Wigley
Moscato provides the perfect orange blossom aroma and natural sweetness. FACING PAGE
Upstairs at Hollicks in Coonawarra.



**ORANGE CAKE WITH
POACHED PEARS &
ZABAGLIONE ICE-CREAM**
SERVES 4

8 egg yolks
1/3 cup caster sugar
1 1/2 cups marsala
600ml pure cream
1 lemon, 1 strip lemon zest and juice
6 firm pears
1 1/3 cups white sugar
6 cups water
2 cups dessert wine
1 cinnamon stick
2 star anise
1 vanilla bean
2 eggs
1 1/4 cups caster sugar, extra
3/4 cup extra virgin olive oil
3/4 cup milk
2 oranges, finely grated zest only
1 1/4 cups plain flour
1/4 teaspoon baking powder
1/4 teaspoon bicarbonate of soda
pinch of salt

To make the ice-cream, whisk the egg yolks, sugar and marsala in a large metal bowl. Place the bowl over a pan of simmering water, taking care that the base of the bowl is not touching the water. Whisk constantly for 15-25 minutes or until the mixture is thick and leaves ribbon trails when the whisk is lifted. Add cream to egg mixture, strain and cool. Churn mixture in an ice-cream machine according to manufacturer's instructions.

Fill a large bowl with water and 2 tablespoons of lemon juice. Peel pears and remove cores from the base with a melon baller. Place pears in water to prevent discolouring. Place sugar, water, wine, cinnamon stick, star anise, vanilla bean, lemon zest and remaining lemon juice in a large deep saucepan over a medium heat. Stir

until the sugar dissolves and mixture comes to the boil. Reduce heat to low. Drain pears and add to sugar mixture. Cover pears with a sheet of baking paper to submerge, adding more water to pan if pears are not covered. Simmer for 20 minutes or until pears are just tender. Remove saucepan from heat and cool pears in liquid.

Preheat oven to 160°C. Grease and line base of a 20cm round springform cake pan. Using an electric beater, beat the eggs and extra sugar until thick and creamy. Beat in olive oil, milk and orange zest. Gently fold flour, baking powder, bicarbonate of soda and salt into egg mixture. Pour mixture into prepared cake pan. Bake for 50-60 minutes or until a skewer inserted into the centre of cake comes out clean. If cake is browning excessively, loosely cover with foil. Stand cake for 5 minutes before transferring to a wire rack to cool. Slice cake into wedges and serve with pear and ice-cream. ✱

