

from the menu

Sheep's Milk Yoghurt & Cauliflower Pannacotta

INGREDIENTS

- 3 1/2 leaves gelatine
- 200mls (35% fat content cream) thickened
- 300mls cauliflower puree
- 150mls sheeps milk yoghurt
- 200mls pure cream (45% fat content) whipped to soft peaks
- 2 pods cardoman cracked & seeds crushed
- Salt and pepper

CAULIFLOWER PUREE 1/2 a medium sized head of cauliflower poached in milk until soft as much moisture as possible. Strain off puree until fine & then pass through a fine sieve. Cool til room temperature.

PANNACOTTA Lightly grease 6 x 125ml moulds w/ cooking spray. Soften gelatine leaves in cold water. In small saucepan gently heat 35% thickened cream & crushed cardoman then add softened gelatine leaves. Cool slightly and add cauliflower puree, sheeps milk yoghurt.

Cool over an ice bath. When gelatine starts to set, fold through whipped 45% cream. Pour into moulds refrigerate until firm. To remove from moulds, sit in a small container of warm water until mixture releases from the side of the moulds
(makes 6 smallish serves)



Flinders Hotel

Compliments of
chef Janine - Flinders Hotel
...On the Menu at \$12



Davey's Scallops in a Boat



INGREDIENTS

- 200grms of scallops (with roe as optional)
- 150grms of baby spinach
- 100mls Thickend cream
- 40grms of Parmesan

METHOD Heat frying pan add olive oil and begin to sauté bay scallops until mid way cooked. Deglaze pan with good dry white wine and continue to poach on medium heat. Add the cream and bring to the boil, by this time the cooking process of the scallops should be at reach. Add half amount of parmesan cheese and knobs of butter o thicken and reduce the creamy sauce. Add season to taste, (even a small squish of lemon to enhance the seafood flavour is also recommended.)

- 2 knobs of Butter
- 120grms of long grain rice
- Dry White Wine
- Season
- 25 mls of Olive Oil

Steam the rice and once cooked place on serving dish. Lightly sauté the spinach a small amount of olive oil and season until the heat just reaches the spinach an dplace on the plate around the rice with the remaining sauce and sprinkle the remaining cheese and gratinate in oven or under a toaster until golden brown. Garnish with crisp spring salad, greens and a lemon wedge. Serve straight away.

- Buon Appetite from Vic Gerrasi.
Davey's - Entrée; \$15.95 Main; \$22.95



Café Jett

Chicken Margarita (serves 4)

- 4 Chicken breasts (Marinate chicken for at least 2 hrs or overnight)

MARINADE

- 60mls Tequila
- 60mls Fresh lemon juice
- 1 tablespoon fresh chopped coriander
- 1 teaspoon fresh chopped chilli
- 1 tablespoon olive oil

MANGO SALSA

- 1 fresh mango diced (tin mango if not in season)
- 1 teaspoon fresh chopped chilli
- 1 tablespoon chopped coriander
- 2 tablespoons diced Spanish onion

METHOD Seal chicken on both sides for 3 minutes each and place in oven on a tray at 180 - 200 for 15 minutes.

TO SERVE Slice chicken breast and arrange over your favorite salad green with sliced avocado and crisp cucumber. Spoon over mango salsa. Enjoy with a glass of chilled Rose or a Semillon Sauvignon Blanc

Compliments of head chef Paul Sydney-Smith - Cafe Jett.
...On the Menu at \$24 main

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