



Pelican Pantry's

Sticky Date Pudding

INDREDIENTS CAKE:

- 350grms Dried Pitted Dates
- 2tsp Bi Carb Soda
- 125g Unsalted Butter
- 350g Caster Sugar
- 4 Eggs
- 350g Self Raising Flour
- 1tsp Vanilla Essence

METHOD:

- Pre Heat oven to 160° C
- Line and grease one springform cake tin
- **Make Sauce:** Melt butter and sugar, add vanilla and bring to the boil, take off heat, add cream, mix well, re heat and then leave aside ready for later.
- **Make Cake:** In another saucepan place dates, boiling water and bi carb soda, bring to boil then remove from heat.
- In a mixing bowl place cream, butter, sugar and essence.
- Add eggs one at a time
- Mix in flour and Date mix alternately 1/3 at a time
- Mix well and pour into prepared cake tin
- Bake at 160° C for 45- 50 mins until skewer comes out clean.
- Remove from oven, then using a skewer, pride holes all over top of cakes and pour over approx. ½ cup of the sauce to soak into cake
- Pop back into the oven for 5 mins then remove and cool
- Serve with sauce and double cream

Please note: It is ok if the cake mixture is quite runny before being cooked.

INDREDIENTS SAUCE:

- 3/4 lt Cream
- 200g Butter
- 1tsp Vanilla Essence
- 200g Brown Sugar

Serves 12

(one large spring form cake tin)

CHEF'S SELECTIONS

Balcombe's Duo of Duck

INDREDIENTS:

- 4 x duck breast
- 2 x duck leg
- 1 kilo duck fat
- 1 red cabbage
- Filo pastry
- 1 cup red wine vinegar
- 2 cups orange juice
- 1 cup of brown sugar
- 1 cinnamon stick
- 100 gram crushed walnuts
- 1 star anise

METHOD

- Slow cook duck legs in duck fat at 90 degrees for 90 min
- Remove confit duck and take meat off the bone.
- Place confit duck in small filo parcels. Approx 2 tbsl per parcel.
- Oven warm through for 10 mins
- Place red wine vinegar , orange juice, brown sugar , crushed walnuts, cinnamon stick and star anise into pan bring liquid to boil braise cabbage reducing heat.
- Salt duck breast (not on skin side)
- Duck breast pan roasted till crispy 6 min
- Oven bake 200 degrees 5 mins



Paringa Estate's Beetroot Salad



INDREDIENTS - serves 4

- 24 each roasted and peeled baby beetroot
- 230 each honey roasted walnuts
- 2150 grm goats cheese
- 21 cup bread crumbs (fresh)
- 21 lemon zest
- 1 orange zest
- 20 grm chopped parsley
- 1 punnet chard cress
- 1 punnet mache
- 2 egg yolk & milk for Egg wash
- ½ cup Plain Flour
- Drizzle extra virgin Olive oil
- 100 ml Olive oil for frying

METHOD

- Roast & peel beetroot
- Roll goats cheese into 1cm balls
- For crumb mixture: Add lemon, orange & parsley to fresh bread crumbs
- Flour Cheese balls
- Mix in egg wash & strain well
- Crumb goats balls & fry in olive oil
- Garnish with cress, walnuts and Enjoy.

- Chad Aldred, Paringa Estate

Restaurant Soy's

Lychee Blossom

INDREDIENTS

- 3 Lychee Fruit
- 30 Mls of Mango Liquor
- 30 mls of Lychee Liquor

METHOD

Place 3 Lychee in the bottom of a tall glass.

Pour Mango Liquor over the top of Lychees.

Pour Lychee Liquor in and top up with Lemonade.

Enjoy - from the team at Soy!

