

'INVERGOWRIE' SEASONS

A COLLECTION OF RECIPES FROM THE
'INVERGOWRIE' HOMESTEAD KITCHEN



Sesquicentenary Edition

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PREFACE



Doug Moffatt with his partner Ian Telford, returned to *Invergowrie* in 1987. In the following years they re-established the kitchen and formal gardens. Together with David Moffatt they worked on the restoration needed to ensure the survival of a homestead built over 140 years ago. *Invergowrie* is now a special place of shared country hospitality for family and friends. Fresh seasonal produce from the garden, preparation time around the kitchen table and memorable meals in the dining room are now a focus of time spent at *Invergowrie*. The recipes in this collection are favourites enjoyed by many who have visited or have called *Invergowrie* home over the years.





In January 1866 James Lowe Mitchell selected 100 acres straddling what is now Mitchell's Gully. The site of his first slab house and garden was on the creek below a permanent spring about one kilometre north of the present homestead.

In 1875 the homestead was built and some of the garden, including the kitchen garden was laid out. The house was extended with the area between the cottage and the detached kitchen being enclosed.

The additional cottage the 'bachelor's quarters' was built around 1890, and included a post office to service the mail coach run through the property.



Showtime in the Armidale District. Preparing for Judging Day.

A typical scene at J.L. Mitchell's *Invergowrie*.

Invergowrie from the south-west, from a photograph in 'The Sydney Mail', 29 March 1905.



INVERGOWRIE KITCHEN - THE EARLY YEARS

Cooking at *Invergowrie* from 1874 was on an open hearth in a detached kitchen adjacent to the original cottage. In the mid 1890's the 'Sam Weller Cooking Range' replaced the hearth.

The range was described in 'The Sydney Mail' April 22 1893, as "the greatest success in domestic cooking ranges and stoves introduced into the colony. It is strong, easily worked and never smokes, while its fuel economy is marvelous. The oven is heated very quickly and retains heat for a long time after the fire has gone down, owing to the great thickness of the metal used in its manufacture".

This stove is still in use in the kitchen today where, during winter it is used for heating thanks to the extensive modifications by D.E. Frazer in 2008.

The Sam Weller cooking range.





1908



1976

THE KITCHEN GARDEN

Vegetables were grown at *Invergowrie* for sustenance and survival in the 1860's and more recently for taste and pleasure with asparagus, vine ripened tomatoes, beans, pumpkins, salad greens, herbs, potatoes, carrots, rhubarb, berries, figs and chard or silverbeet in the garden today.

The first recorded account of vegetable and fruit growing at *Invergowrie* was in a newspaper article in 1895. The article reports on the fruit grown in the large commercial orchard to the north and east of the *Invergowrie* homestead planted on 4 ½ acres in the 1870's. The orchard produced thousands of cases of fruit that was sold under the *Invergowrie* brand. There were many kinds of fruits and nuts including apples, pears, quinces, apricots, peaches, plums,

cherries, walnuts and almonds. The only citrus tree was a bush lemon that grew over a small slab hut, since demolished, inhabited by 'old Jim'.

When the fruit trees, planted in the 1870's died back, Kenneth Norman Moffatt established a new smaller orchard in 1945, behind the tennis court to the south east of the homestead.

The photograph from 1908 shows the extensive vegetable garden located on the eastern side of the homestead with beds running in an east west direction. The restoration of the vegetable garden in the 1990's was a priority, ensuring seasonal availability of herbs, fruit and vegetables.



1995



2002

An aerial view of Invergowrie, taken from a crop duster in the early 1960's. It features the homestead with kitchen garden in foreground, the bachelor's quarters, garage, granary, stables complex and the Blacksmith's shop.





THE PANTRY

Housekeeping on properties like *Invergowrie* involved making a range of products to stock the pantry. Following Gwen and Norman Moffatt's marriage in 1929, the kitchen was extended by approximately four feet to include an indoor pantry.

The pantry was stocked with staples such as flour, sugar, tea, oats, rice, sago, dried split peas and beans and dried fruits. Bread was baked daily and stored in a large enamel bread bin. During shearing season the large baking oven in the shearer's cottages was used for this task. Eggs collected from the chook yard daily were stored in the vintage egg rack, still in the pantry today. A bucket of lard, collected from the meat drippings, was always on a shelf in the pantry.



Milk from the property cow herd was processed in the 'dairy' located in the south eastern room of the 'bachelors' quarters, prior to 1959. A manually operated separator was used to produce skim milk and cream. Once the cream began to sour it was churned into butter.

Meat was generally mutton from older sheep. When a sheep was slaughtered all parts of the animal were used, including the offal. Crumbed kidney and brains were often served with a white sauce for breakfast. Minced meat was made using a hand mincer. Beef and pork were rarely eaten, however, these animals were occasionally slaughtered in winter and one animal was shared between three families. Cleaning the hair from the pig was in an outside bathtub using a tool made from roofing off cuts. It was the children's job to clean the pig. The meat room, attached to the western end of garages was where the meat was then hung.



The pantry housed a Coolgardie drip safe made of wire mesh, hessian, and a wooden frame with a galvanised iron tray on top, filled with water. A hessian bag was hung over the side with one of the ends in the tray to absorb the water. Gradually the hessian bag would get wet.

Any breeze from the small window at the back of the pantry would evaporate the water from the bag creating a 'cooling effect. This would cool the perishable foods inside the safe, such as meats, milk, cheese and cream.

A range of condiments including mustards, pickles, horseradish and essences could be found on the shelves. Along with bottled fruits, jams and jellies, including the Isabella grape jelly from the *Invergowrie* vine.

Breakfast was usually cooked, including porridge, eggs, chops, offal and toast. Morning and afternoon teas were part of everyday life, so cake tins and biscuit jars were full with teacakes, Anzac biscuits and jam drops. The main meal of the day called 'dinner', then, was served at lunchtime. Often that meal would consist of meat (mutton) and three vegetables, followed by sweets of fruit and custard, steamed puddings in winter, Junket and sago or rice pudding. Tea served in the evening was a lighter meal usually vegetable soup or boiled eggs. A quick tea was toast soaked in boiled milk with a pinch of salt and pepper.





SPRING



Spring is announced by the first asparagus spears appear in the kitchen garden. Many *Invergowrie* favourites are based on this versatile vegetable. Rhubarb is at its most tender in spring and broad bean pods can be enjoyed when picked at finger size. New England is famous for its spring lamb, at *Invergowrie* it is often teamed with fresh asparagus.



Asparagus wrapped in prosciutto

Serves 8

Double the quantity for entrée for eight or cut in half for finger food

24 asparagus spears, approx. 10cm long

3 tablespoons cream cheese

1 small clove garlic, crushed

pinch of salt and pepper

8 slices of prosciutto

Preheat the oven to 180°C

Parboil asparagus. Keep lid off saucepan to maintain colour in the asparagus.

Mix garlic into cream cheese. Spread a thin coating of garlic cream cheese onto a prosciutto slice.

Roll three asparagus spears in prosciutto.

Place on lined baking tray. Heat for 3-4 minutes.

Asparagus soup

Serves 4-6

1 medium onion, finely chopped

1 kg asparagus

2L chicken stock

salt and pepper

½ cup cream

¼ cup sour cream

chopped chives

Sauté onion in a large saucepan until translucent.

Remove the fibrous end of asparagus and cut into 2cm lengths.

Add to a saucepan and cover with chicken stock. Bring to the boil and simmer until the asparagus is tender. Approx. 15 -20 minutes.

Puree and then add cream and stir through until smooth.

Serve with a swirl of fresh cream, or a dollop of sour cream.

Garnish with some reserved asparagus tips or chopped chives.

Spanish broad bean salad

Serves 4-6.

1kg of young broad bean pods, approx. 10cm long, topped and tailed.

1 medium onion, finely chopped

3 cloves, finely chopped

3 rashers of bacon

¼ cup olive oil

3 tablespoons dry sherry

1 cup water salt

freshly ground black pepper

2 tablespoons fresh breadcrumbs

1 tablespoon parsley chopped

2 hard boiled eggs, chopped

Sauté garlic and onion in olive oil, in large saucepan until soft.

Add bacon and fry a little more.

Add beans, sherry, water, salt and pepper. Cover and simmer until beans are tender.

Reduce until only small amount of liquid remains.

Stir in breadcrumbs, parsley and chopped eggs.

Serve with crusty bread.

Lamb racks with breadcrumbs, garlic and parsley

Serves 2

2 x 3 lamb cutlets, as a rack

1 cup breadcrumbs, fresh

1 clove garlic, crushed

¼ cup parsley, chopped

potatoes, mashed

tomato and zucchini

Preheat oven to 180°C.

Combine the breadcrumbs, garlic and parsley.

Press onto the fat side of the lamb racks.

Bake in a moderate oven for 15-20mins, depending on required doneness.

Sauté fresh chopped tomatoes in a small amount of olive oil add zucchini rings and simmer until tender.

Serve the racks of lamb over the mashed potatoes with the tomato and zucchini on the side.

'Over the road' looking to the west with shearers hut on right c.1961.



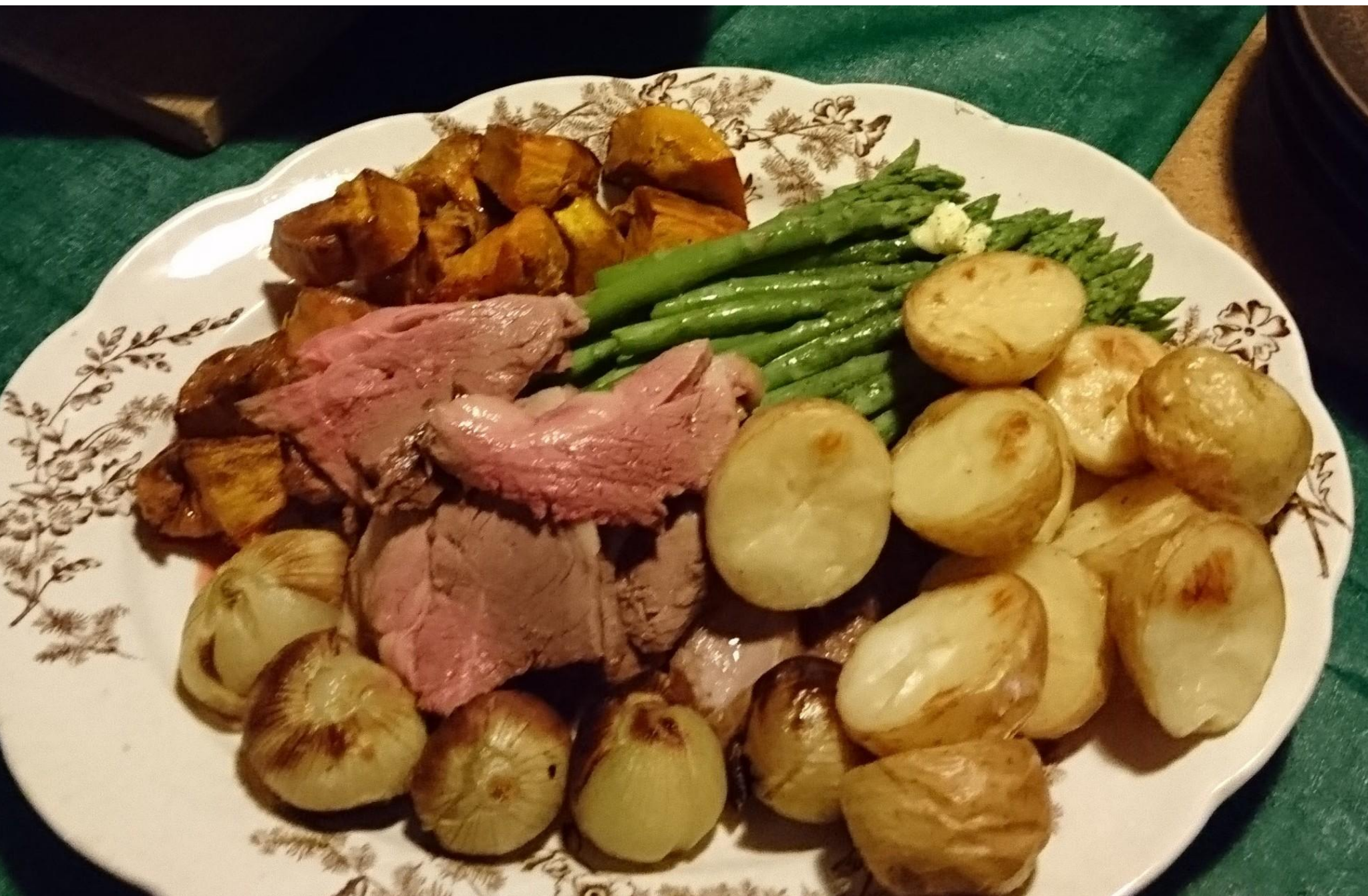
Roast lamb and vegetables with mint sauce

1 leg of lamb
potatoes, halved
pumpkin,
onions
asparagus, steamed

Mint sauce

½ cup malt vinegar
½ cup mint leaves, chopped
1 tablespoon brown sugar

Combine and heat in a small saucepan.



Rhubarb strudel

500g fresh rhubarb stalks, cut into 1 ½ cm pieces
8 sheets of filo pastry
125g unsalted butter, melted
1 cup amaretti biscuits or chocolate hazelnut biscotti, crushed
½ cup brown sugar, packed
2 teaspoons ground cinnamon
1 orange, zested
½ cup chopped walnuts

Preheat oven to 190°C

Blanch rhubarb in boiling water for 1½ minutes. Drain well.



Place 1 piece of filo on a baking sheet the same size as the filo pastry. Brush with melted butter and sprinkle with a few tablespoons of the biscuit crumbs. Continue layering another 5 sheets of filo in the same manner, using the melted butter and biscuit crumbs.

Make a compact row of the rhubarb 5cm from the long edge of the dough.

Mix brown sugar, cinnamon, orange zest, walnuts and biscuit crumbs.

Sprinkle the rhubarb with the brown sugar mixture.

Layer with two more sheets of filo over the rhubarb, brushing with butter.

Starting at the edge with the rhubarb, roll the dough like a jelly roll.

Turn seam side down, fold both ends under to seal, brush the top with butter and sprinkle with remaining biscuit crumbs.

Bake until golden brown, 40 to 50 minutes. Allow to stand for several minutes before cutting.

This strudel can be served hot or cold with cream, ice cream or custard.



Apple cake with apple cider glaze

This moist cake and its glaze is also delicious served warm as a pudding

¾ cup vegetable oil
1 cup sugar
2 eggs
1 cup plain flour, sifted
¼ teaspoon ground cloves
1 teaspoon ground cinnamon
¼ teaspoon nutmeg
½ teaspoon bicarbonate soda
½ teaspoon salt
½ cup wholemeal flour
¾ cup walnuts, coarsely chopped
2 cups granny smith apples, peeled, cored and cut in chunks.
1 tablespoon apple brandy (Calvados)



Rosa CV. Lady Hillingdon

Preheat oven to 160°C.

Beat vegetable oil and sugar together in a large bowl until thick.

Add eggs one at a time, beating well after each addition.

Sift plain flour, salt, spices and bicarbonate soda into the mixture and add the wholemeal flour. Stir until well combined.

Add walnuts, apple chunks and calvados and mix well.

Pour batter into a 20cm well greased ring tin.

Bake approximately 1 hour and 15 minutes, until a cake skewer comes out clean.

Serving

Rest cake for 10 minutes before turning out.

Pour glaze over cake while still warm and serve

Apple cider glaze

30g unsalted butter
1 tablespoon brown sugar
1 tablespoon sugar
1 tablespoon apple brandy (Calvados)
2 tablespoons sweet apple cider
1 tablespoon orange juice
1 tablespoon cream

Melt butter in a small saucepan and stir in the sugars.

Add remaining ingredients and bring to the boil stirring well.

Reduce the heat and cook for a further 4 minutes.

Remove from the heat.

Pour over warm cake.



Afternoon tea of apple cake, with the Crepuscule rose

Coconut crème caramel

Serves 8

$\frac{3}{4}$ cup sugar

2 tablespoons water

4 eggs plus 1 egg yolk, beaten

475 ml can coconut milk

1 cup cream

4 tablespoons shredded coconut

Preheat the oven to 160°C.

Put $\frac{1}{2}$ cup of the sugar and the water into a saucepan and bring to the boil, stirring with a wooden spoon, until the syrup begins to caramelize.

When it is a dark golden colour pour it into a six cup ring mold. Tilt the mold to coat the sides and centre ring. Sprinkle with coconut.

Scald the coconut milk and cream.

Beat the remaining $\frac{1}{4}$ cup of sugar into the eggs and then add to the scalded milk cream mixture, stirring constantly.

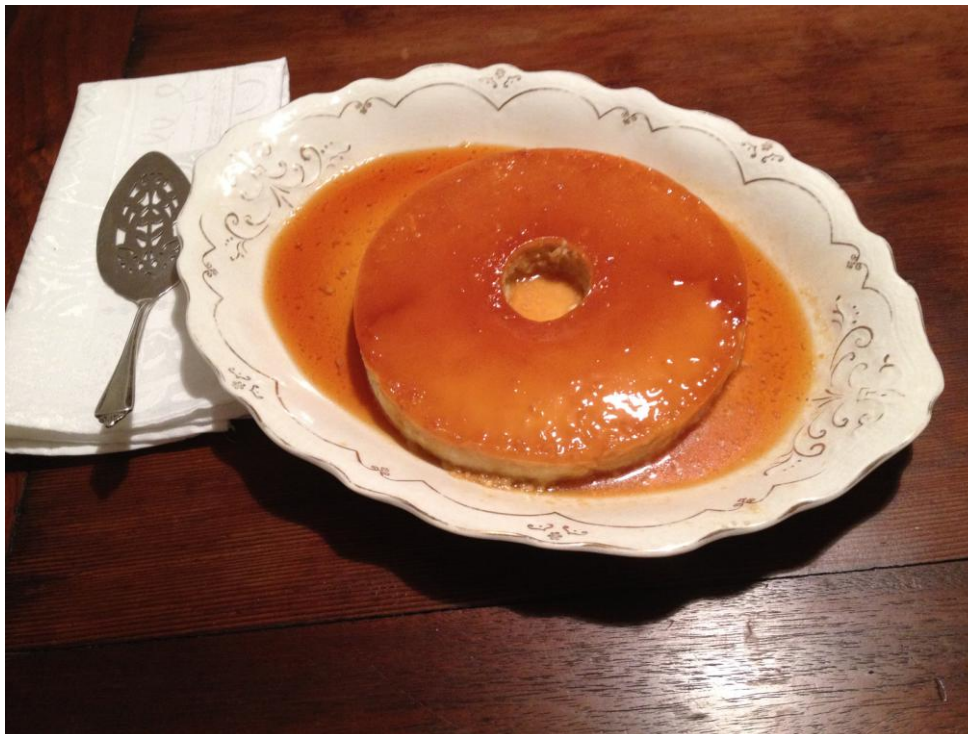
Strain the milk cream mixture into a jug and pour into the mold.

Place the mold into a larger oven proof pan and add boiling water to reach halfway up the sides of the mold. Cover the mold with an ovenproof plate and bake for 50 minutes.

Cool and refrigerate.

Serving

To unmold, hold a flat plate on top of the mold and invert quickly.







SUMMER



Summer is the season of abundance, loads of tomatoes, seasonal salads, beans, zucchini and berries. The Isabella grapes are harvested from the vine to make delicious grape jelly. It is also the time for getting together at the barbecue with family and friends.

Gazpacho

Serves 4-6

6 large ripe tomatoes
1 clove garlic
1 red onion, sliced
1 green capsicum, chopped
1 cucumber, peeled and cut into cubes
6 tablespoons olive oil
4 tablespoons lemon juice
salt and cayenne pepper
450ml tomato juice

Croutons

2T butter
2 slices bread, cubed
1 small clove garlic, crushed

Soup

Blend 5 tomatoes, garlic, ½ onion, ½ green pepper and ½ cucumber until smooth. Add olive oil, lemon juice, salt, cayenne and tomato juice and blend.

Strain into a tureen and chill in the refrigerator.

Finely chop remaining vegetable halves and combine in a bowl.

Heat butter and garlic, and shallow fry cubed bread until golden.

Serving

Add a block of ice just before serving. Serve with small bowls of chopped vegetables and croutons.

Zucchini and basil soup

Serves 4-6

500g zucchini, finely sliced
1 small onion, finely diced
1 tablespoon butter
2 cups chicken stock
½ teaspoon curry powder or cumin
½ teaspoon lemon juice
cream or sour cream
basil leaves, shredded

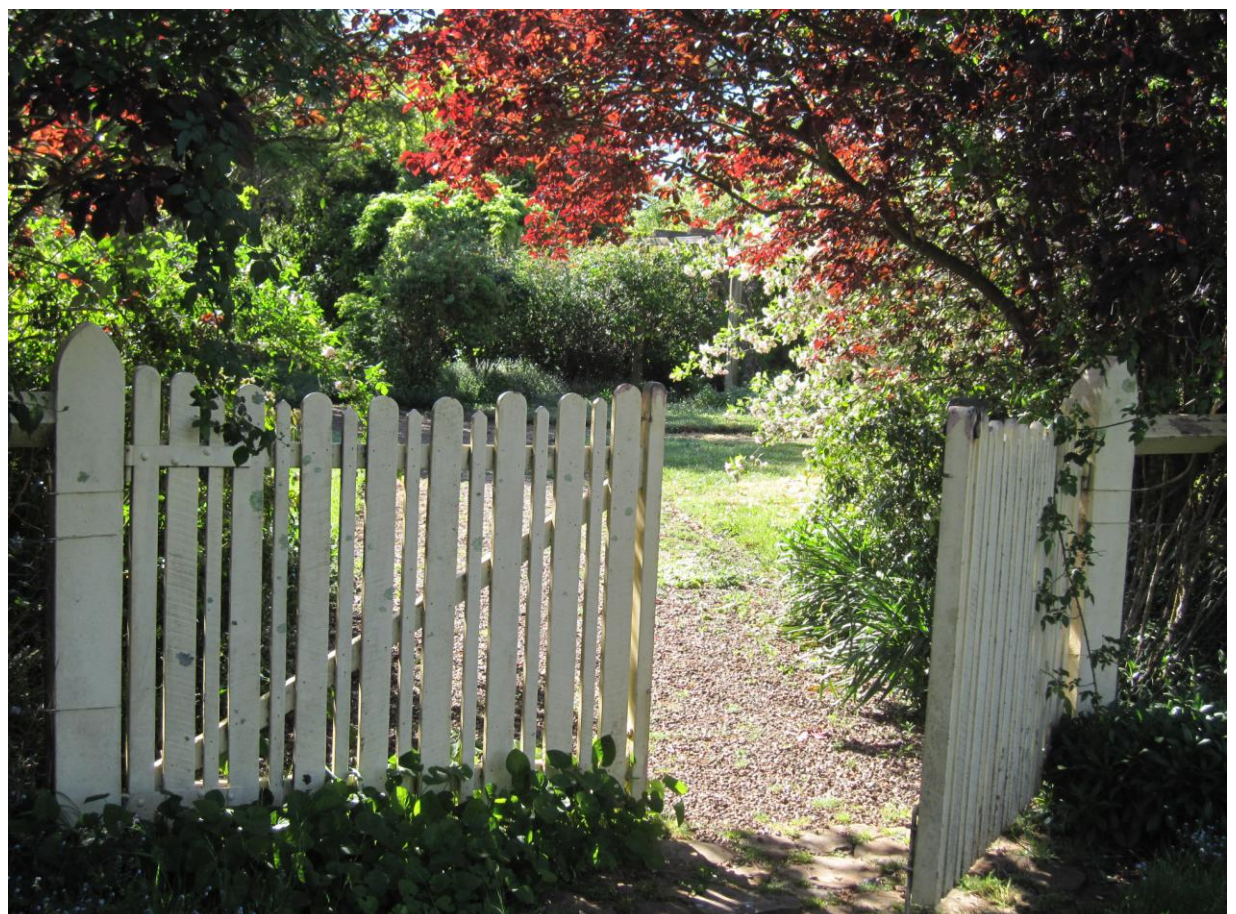
Sauté onion and zucchini in a large saucepan.

Add stock, curry powder and lemon juice.

Bring to boil and simmer until zucchini is tender.

Puree and serve with a swirl of cream or sour cream.

Top with shredded basil.





Feta and tomato tartlets

Makes 24

2 sheets short crust pastry

1½ punnets cherry tomatoes halved

1 cup basil pesto*

100g feta cheese, crumbled

*olive tapenade can be substituted for a robust flavour

Preheat oven to 200°C.

Cut pastry into 8cm rounds or squares, place in tart tins, on a lined baking sheet or in a flan tin.

Spread with pesto.

Arrange halved tomatoes on top, cut side down.

Crumble feta over

Bake for 15 minutes until golden.

Basil pesto

1 bunch basil, wash, dry and pick leaves

2 medium cloves garlic

¼ cup pine nuts

1/3 cup olive oil

50g grated parmesan cheese

salt and pepper

Blend all ingredients in a food processor or using a stick blender



Baked prawns with feta and tomato sauce

Serves 6

1 kg green prawns
1 onion – medium, chopped
½ cup olive oil
1 cup spring onions, chopped
2 cloves garlic, crushed
425g tin crushed tomatoes or
2 cups peeled and chopped fresh tomatoes
½ cup dry white wine
¼ cup chopped parsley
½ teaspoon dried oregano
salt and ground black pepper
125g feta cheese

Preheat oven to 250°C.
Shell and devein green prawns.

Fry onion in olive oil until translucent. Add spring onion and garlic and cook for a further 3 minutes. Add tomatoes, wine, parsley, oregano, salt and pepper to taste.

Divide half the tomato mixture between 6 individual ramekins.

Add prawns and cover with the remaining tomato sauce. Crumble feta over the top of each dish. Bake until feta begins to brown. Sprinkle with extra parsley and serve with crusty bread.

Salad niçoise

Serves 6

2 baby cos lettuce
18 green beans – sliced into thirds and blanched
6 chat potatoes, boiled and sliced or diced
1 x 425g tin of tuna in oil, drained
½ green capsicum, sliced
1 punnet small tomatoes – halved or quartered, depending on size
6 eggs – hard boiled, cut into quarters
12 anchovies, cut in half, placed on the eggs
24 black olives, pitted

Dressing

2 tablespoons lemon juice
½ cup olive oil
1 large clove garlic crushed
salt and ground black pepper

Line a shallow serving plate with lettuce leaves.

Assemble the remaining ingredients in the order listed above.

Scatter salad with olives and drizzle with prepared dressing.





Vitello tonnato with tuna mayonnaise

Serves 6

1kg leg or loin of veal, boned and rolled
1 clove garlic, sliced lengthways
3 anchovy fillets, cut into pieces
1 onion, cut in half
2 carrots, coarsely diced
1 stick celery, chopped into 2cm lengths
1¼ L water
100ml white wine
2 bay leaves
5 peppercorns

Pierce veal all over with the point of a sharp knife.

Insert garlic and half the anchovies into the slits in the veal.

Place the veal in a pan and cover with cold water, add wine, vegetables and herbs.

Simmer on the stove top for approx 1½ to 2 hours until the veal is tender when pierced with a skewer.

Allow the veal to cool in the stock, then refrigerate overnight.

Tuna mayonnaise

125ml cream
1 egg yolk
200g tin of tuna
3 anchovy fillets, cut into pieces
2 tablespoons lemon juice
150ml olive oil
2 tablespoons capers
salt and pepper

Strain 100ml of the veal stock for use in the dressing. Drain the tuna then using a food processor blend together cream, egg yolk, tuna, anchovies and lemon juice. Gradually add the olive oil.

Remove from processor and stir in capers, salt and pepper to taste and enough of the strained stock to give the sauce a creamy consistency.

Remove the veal from its cooking liquid, and wipe clean of any jellied stock.

On a large serving platter spread a small amount of the tuna dressing. Slice the veal thinly and lay out on the sauce in an over lapping pattern. Cover in the tuna dressing.

Serve with a pear and fennel salad or a leafy green salad. Note: any remaining veal stock can be frozen for future use or it must be used immediately.

Barbecued marinated lamb

Serves 8

1 cup red wine

¾ cup soy, light

4 large cloves garlic, crushed

½ cup fresh mint, chopped

2 dessertspoons rosemary, bruised

1 dessertspoon black pepper, ground

Combine wine, soy, garlic, mint, rosemary and pepper to form a marinade.

Marinate a butterflied leg of lamb, 6-8 hours or overnight.

Place in a baking tray on a wire rack in a hot BBQ for approx. 30mins.

**Cooking times will vary according to the thickness of the lamb and heat of the BBQ.

Greek salad

tomatoes, chopped

black olives, pitted

red onion, sliced thinly

cucumber, sliced into 1cm pieces

fetta cheese

bed of lettuce optional

Dressing

1 clove garlic, crushed

2 tablespoons olive oil

1t lemon Juice

salt and pepper

White bean salad

2 cans white cannellini beans, rinsed

½ red capsicum, chopped

½ green capsicum, chopped

½ red onion, thinly sliced

Dressing

1/3 cup white balsamic vinegar or mirin

1/3 cup rice white vinegar

2/3 cup olive oil

freshly ground black pepper, to taste

Combine vegetables with dressing and marinate for several hours.

Baked tomatoes

8 medium tomatoes

4t honey or maple syrup

½ cup fresh breadcrumbs

1t salt

1t ground black pepper

1 tablespoon tarragon

4t unsalted butter, melted

Cut tomatoes in half, drizzle each tomato with honey.

Combine breadcrumbs, salt, pepper and tarragon and sprinkle on top of each tomato. Dot with butter.

Bake approx. 30minutes until breadcrumbs are brown.



Vanilla panna cotta

Serves 6

1/3 cup cream

1/3 cup caster sugar

½ vanilla bean, split and seeds scraped

2 titanium-strength gelatine leaves

1½ cups buttermilk

2 tablespoons cream, extra

Heat the cream, sugar and half the vanilla bean and seeds in a saucepan.

Stir until sugar is dissolved. Turn off heat and allow vanilla to infuse for an hour.

Soak gelatine in cold water for 2 minutes.

Gently reheat the vanilla cream and stir in squeezed gelatine until dissolved. Remove from heat.

Stir in buttermilk and strain mixture into a bowl.
Cool in the refrigerator.

Whisk the extra 2 tablespoons of cream until soft peaks form. Gently fold into the buttermilk mixture.
Make sure that the buttermilk mixture is slightly set at this stage.

Pour into six glasses, ramekins or dariole molds.
Refrigerate overnight.

Poached summer fruits

Poached stone fruits – apricots, peaches, nectarines or a mixture of fresh summer berries

Poaching liquid

1 cup water

¼ cup caster sugar

1 small cinnamon stick or 2 cardamom pods

½ vanilla bean, split and seeds scraped

*optional 2 tablespoons Grand Marnier or juice and zest of ½ orange

For the fruits, combine the sugar, 1 cup water, cinnamon and the remaining vanilla bean and seeds in a saucepan. Stir over a medium heat until sugar is dissolved.

Cut the fruit into wedges and add to the syrup.

Bring to a boil, then cover and simmer for about 20 minutes, stirring occasionally, until the fruit is tender.

Remove fruit from liquid using a slotted spoon and set aside to cool.

Continue to simmer sauce until syrupy, about 30 minutes.
Discard vanilla pod and cinnamon stick.

Serving

Turn out the panna cotta and top with poached summer fruits and some of the poaching syrup



Summer pudding

Serves 6-8

Raspberries and Youngberries are available in early summer and blackberries and strawberries in early autumn. These give a wonderful colour to the summer pudding when used as the main berry ingredient.

Wash and rinse 1.4kg mixed berries (use any combination of raspberries, blueberries, blackberries, strawberries and Youngberries). Remove leaves, stems.

Place in a saucepan, add 1 cup sugar (increase this amount to 2 cups if you use a lot of red currants or cranberries) and cook over low heat, stirring frequently until the sugar has dissolved.

Grease a suitable pudding bowl or line with cling film (as demonstrated) and line the bottom and sides with all but 3 slices of the 8 -10 slices of good white bread, crusts removed. Immerse the bread in the berry syrup. This will ensure that the fruit has saturated the bread when it is turned out and it will be a wonderful dark purple colour.

Make sure there are no gaps between the seams – trim the slices so that they fit together exactly.

Pour the fruit mixture into the bowl over the bread, fold over excess cling film and cover the bowl with a flat plate that fits neatly inside the rim and put a heavy weight on top of the plate. An unopened tin from the pantry can be used as a weight.

Refrigerate overnight.

Serving

Run a knife gently around the inside of the bowl or turn out onto a plate and remove cling film. Turn the pudding onto a serving dish.



Rosa CV. Duchesse de Brabant



Summer pudding with the Sunny South rose



AUTUMN



As the leaves change to autumn colours and nights become cooler, robust, hearty, warming meals are the order of the day. Gumbos, soups and fruit crumbles are part of everyday menus. *Invergowrie* Easter often features glazed ham and curried fruits.

Stilton pinwheels

100g Stilton or blue vein cheese
1 dessertspoon brandy
1 large egg white
1 sheet ready rolled puff pastry
pinch cayenne pepper

Preheat oven to 220°C

Mash the cheese in a bowl and work in the brandy. Whip egg white until stiff. Fold into cheese mixture.

Spread this over the sheet of pastry and sprinkle with a little cayenne.

Rollup like a swiss roll, four or five turns.

Place in freezer for 20 minutes.

Slice cheese roll with serrated knife that is dipped frequently in water, into pencil widths.

Place on greased tray or one lined with baking paper.

Bake 20 minutes until puffed and golden.

Note: These can be pre-prepared and reheated in a moderate oven for a few minutes until they sizzle.



Savoury stuffed mushrooms

Serves 6

Spicy chorizo stuffing

2 chorizo sausages
¼ teaspoon fennel seeds
¼ cup finely chopped shallot
1 clove garlic, crushed
¼ cup chopped parsley
¼ cup black olives, chopped
1/3 cup thick white sauce (1 cup of milk,
3 tablespoons flour and 3 tablespoons butter)
½ cup grated parmesan cheese
12 medium mushroom caps - stem removed

Preheat the oven to 180°C

Remove skin and crumble sausage into a frying pan. Season with fennel and sauté gently until the sausage is cooked. Remove with a slotted spoon.

Sauté onion and garlic in rendered sausage fat, until tender and golden. Add chopped parsley and return cooked sausage meat to the pan.

Stir in olives and white sauce, season with salt and pepper.

Fill each mushroom cap generously with the filling and arrange on lined baking tray. Sprinkle with parmesan cheese.

Bake for approx. 15 minutes until bubbling and well browned, and mushrooms are soft.

Spinach and pine nuts stuffing

1 bunch silverbeet – stalks removed
50g pine nuts – toasted
½ cup ricotta
salt and pepper
nutmeg
2 eggs
½ cup grated parmesan cheese
12 medium mushroom caps - stem removed

Preheat the oven to 180°C

Wash, cook and drain spinach well.

Combine eggs and ricotta, salt, pepper and nutmeg.

Stir through pine nuts and spinach.

Pack into mushroom cups. Sprinkle with cheese.

Place on lined baking tray, sprinkle with parmesan cheese and bake for approx. 15 minutes until bubbling and well browned, and mushrooms are soft.

Mushrooms were collected from the front paddock near the granary and under the pine trees on the driveway



Jerusalem artichoke and smoked trout soup

A seasonal favourite from the *Invergowrie* kitchen garden. Jerusalem artichokes are the tubers found in the roots of sunflowers

Serves 6

¼ cup olive oil
1 kg small fresh Jerusalem artichokes*
20 grams butter
3 shallots, chopped coarsely
1 clove garlic, quartered
2L of chicken stock
2 tablespoons of lemon juice
½ cup creme fraiche
1 medium smoked trout (375g), flaked
1 tablespoons grated lemon rind

*If the artichokes are really fresh all they may need is to be washed and trimmed, but if older they might need to be peeled.

Toss artichokes in the oil and roast in a hot oven till tender and they have taken on some colour.

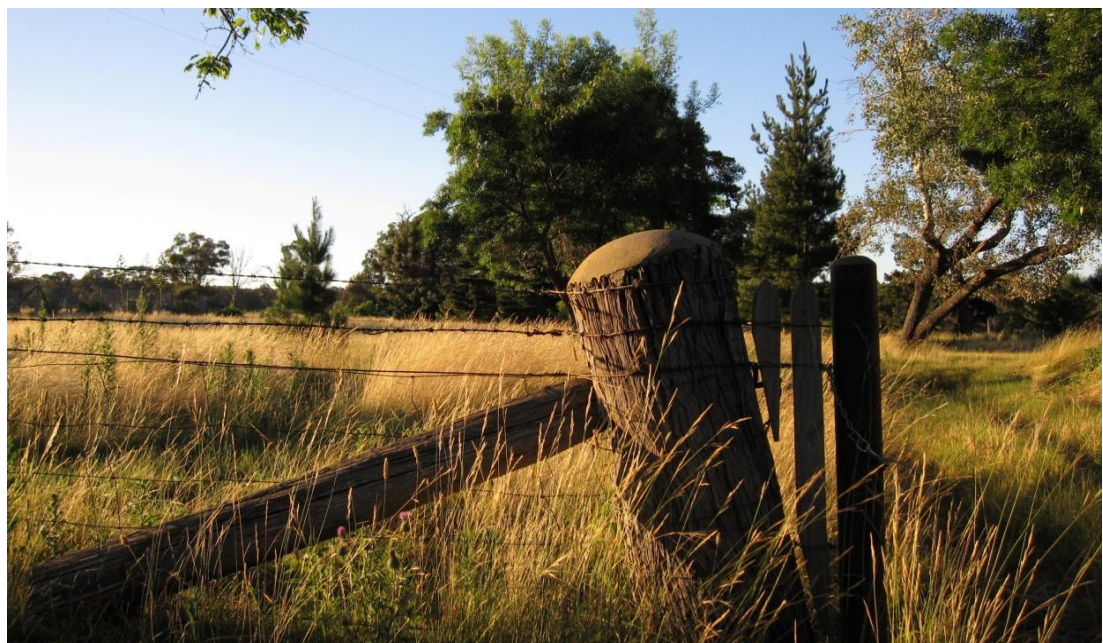
Melt butter and sauté shallots and garlic until softened.

Add artichokes, stock and lemon juice and bring to the boil uncovered, lower heat and simmer for about 10 minutes.

Remove from heat and allow to cool slightly, then puree.

Reheat soup gently and stir in crème fraiche and some of the trout. Check for seasoning.

Garnish each bowl with a small amount of the remaining trout and lemon rind.



Gumbo with chicken and sausage

Gumbo is a traditional Cajun Creole dish that can be served as either a soup or a warming stew as the autumn days cool. Doug and Ian enjoyed cooking inspired by the southern united states of America.

Serves 6-8

1 kg chicken breasts, cut into 2cm pieces
500g smoked sausage or chorizo, sliced
500g okra, tops removed cut into thick rings
 $\frac{1}{2}$ - $\frac{3}{4}$ cup vegetable oil
1 cup plain flour
1 cup onion, finely chopped
 $\frac{3}{4}$ cup celery, finely chopped
 $\frac{3}{4}$ cup capsicum, finely chopped
2 cloves garlic, finely chopped
4 cups (1L) chicken stock, heated
1 bay leaf and fresh sprig of thyme
 $\frac{1}{4}$ teaspoon cayenne pepper
Worcestershire sauce
salt
ground black pepper



Fry chicken, sausage and okra and set aside.

Heat oil in a large heavy based saucepan, add the flour and stir until the roux is brown (the colour of bread crusts).

Add more oil if too thick.

Add onion, celery, capsicum and garlic and stir for another 2 minutes. Add tomatoes.

Add chicken stock, bay leaf, and thyme stir and simmer for 20 minutes.

Add fried chicken, sausage and okra to the soup. Simmer for another 20 minutes.

Season with Worcestershire sauce, cayenne, salt and pepper.

Serve over boiled rice. As a main dish a salad adds texture and colour.

If serving as a soup cornbread makes a nice accompaniment.



White roux



Fawn roux



Rich brown roux



Vegetables added

Cornbread

Serves 6-8

Makes one large loaf tin or 2 small loaf tins

- 1 x 420g can creamed corn
- 2 fresh corn cobs, kernels
- 1 x 300ml carton sour cream
- 2 tablespoons grated onions
- 2 tablespoons green capsicum, finely chopped
- 1 dessertspoon Jalapeño chillies, finely chopped
- 2 eggs, lightly beaten
- 1/3 cup vegetable oil
- 1½ cups fine polenta
- 2 teaspoons baking powder
- 1 teaspoon salt
- 1 cup grated cheese

Preheat oven to 180°C

Line a 25cm loaf pan.

Mix corn, sour cream, onions, capsicum, chillies, eggs and oil in a large mixing bowl.

Mix dry ingredients together in a separate bowl and stir into the wet mix.

Pour half the batter into the loaf pan and sprinkle evenly with the grated cheese, top with the remaining batter.

Bake for 45 minutes until browning on top.



Baked glazed ham with savoury stuffing

1 ham, rind removed leaving a thin layer of fat

*ham can be boned

Glaze

1 tablespoons dry mustard powder

½ cup dark brown sugar

¼ cup bourbon

Stuffing

2 tablespoons unsalted butter

1 cup chopped onions

½ cup chopped green capsicums

4 cups chopped mushrooms

½ teaspoon dried sage

½ teaspoon dried thyme

½ cup chopped fresh parsley

¼ cup chopped walnuts

2 cups breadcrumbs, fresh toasted

½ teaspoon ground black pepper

½ teaspoon salt

2 tablespoons dry white wine

Preheat oven to 180°C

Prepare stuffing: Melt butter in a large pan, sauté onions and capsicum for about 5 minutes. Add mushrooms and sauté for an additional 15 minutes.

Heat the ham approx. 45 minutes to soften skin making it easier to remove.

Remove the skin and score the remaining fat into diamond shapes. If using a boned ham, stuff lightly (stuffing expands) and truss. Otherwise bake stuffing in a covered, greased shallow baking pan.



Return the ham to the oven and bake until the ham starts to brown, approx. 20-30 minutes.

Combine mustard powder, brown sugar and bourbon to form a paste. Smear over the browned ham, and bake for an additional 25 minutes, basting several times with pan drippings.

If cooking the stuffing separately, uncover to brown for last 15 minutes. Remove from heat and mix in other ingredients

Beetroot and carrot puree

1 cup of carrots, peeled and grated

3 cups beetroot, cooked and coarsely chopped

1 tablespoon lemon juice

1/8 teaspoon grated nutmeg

2 tablespoons unsalted butter

1 tablespoon yogurt or sour cream

salt to taste



The baked glazed ham, curried fruits and candied sweet potatoes served for a family occasion in the Invergowrie kitchen.

Curried fruit

Serves 6

2 pears, peeled and chopped
2 green apples, peeled and sliced
½ small pineapple, coarsely chopped
3 peaches, yellow, sliced
1 cup seedless green grapes, cut into 4 pieces
1 dessertspoon curry powder
75g butter
¼ cup brown sugar, lightly packed

Preheat oven to 160°C

Place fruit into greased shallow baking dish.

Mix curry powder, butter and brown sugar.
Toss mixture through the fruit.

Bake covered for approx. 45minutes and then for another 10minutes uncovered or until the fruit is soft.

Serve warm with baked ham.

Candied sweet potatoes

Serves 6

1kg sweet potato, peeled and cut into 1cm slices
½ cup dark brown sugar
1 teaspoon cinnamon
½ teaspoon nutmeg
½ cup raisins
2 cups water

Preheat oven to 180°C

Combine sugar, cinnamon, nutmeg, raisins and water together in a saucepan. Bring to the boil.

Place a layer of sweet potato in a shallow, ovenproof casserole dish.

Pour sugar syrup over the sweet potatoes.
Cover and bake for 40 minutes to 1 hour,
until the sweet potatoes are tender.



Fruit crumble

Serves 6

Crumble topping mix

1 cup plain flour

2/3 cup sugar

125g butter, melted

½ cup flaked almonds

Mix sugar and flour in a medium mixing bowl.

Add melted butter and stir until combined.

Mix in flaked almonds until it resembles a biscuit dough.

Fruit

Plums

800g. Quarter plums, discard stones, toss with 2 tablespoons sugar and 1 teaspoon cornflour

Apple and Rhubarb

300g rhubarb cut into 2cm pieces, 3 granny smith apples peeled and sliced, toss fruit in 2 tablespoons sugar and 1 teaspoon lemon zest

Rhubarb and strawberry

400g rhubarb cut into 2cm pieces, 1 punnet strawberries, toss with 2 tablespoons sugar and 1 tablespoon cornflour, 1 teaspoon orange zest

Cooking crumble:

Preheat oven to 180 C

Grease a deep oven proof dish with butter

Place prepared fruit in dish and top with crumble mix

Bake for 40 minutes or until crumble topping is golden brown.



Poached spiced pears

Serves 4

2 cups red wine

1/3 cup caster sugar

2 whole star anise

2 cinnamon sticks

1 vanilla bean, split

4 pears, peeled



Combine the wine, sugar, star anise, cinnamon and vanilla bean in a medium sauce pan over medium heat.

Cook, stirring, for 2 minutes or until sugar dissolves. Add the pears and bring to the boil.

Reduce heat to low and simmer with lid on, turning occasionally, for 1 hour or until pears are tender.

Use a slotted spoon to transfer pears to a heatproof bowl.

Increase heat to high and bring the syrup to the boil. Cook, stirring occasionally, for 10 minutes or until syrup thickens slightly.

Pour over the pears and set aside for 10 minutes to cool.

Cover with plastic wrap and place in the fridge for 4 hours or overnight to chill.

Serve with whipped or thickened cream.

Ricotta filling

Alternatively a filling of dried fruits such as poached prunes, apricots, or pears combined with ricotta can be spooned into the pear cavity when cut in half.

Place ¼ cup dried fruits, cut in half and 2T port in a saucepan.

Bring to the boil and remove from the heat. Cool
Combine ¾ cup reduced fat ricotta cheese; 2 teaspoons vanilla extract; 1 teaspoon grated orange zest and 1 teaspoon icing sugar in a food processor until light and fluffy.

Fold in the cooled poached fruits with one teaspoon of liquid.

Persimmon pudding with citrus sauce

1 cup persimmon pulp (from 3 small or
2 large very ripe persimmons)
½ cup milk
1 tablespoon melted butter
1 egg
¾ cup light brown sugar
1 cup plain flour
1 teaspoon baking soda
1 teaspoon ground cinnamon
½ teaspoon ground ginger
¼ teaspoon ground nutmeg
¼ teaspoon salt

Preheat oven to 180°C.

Line a shallow 20 cm cake tin with baking paper.

In a large mixing bowl, combine sugar, flour, baking soda, spices and salt.

In a small bowl whisk together persimmon puree, milk, butter and egg, and stir into flour mixture.

Pour into cake tin, place in a larger shallow pan, and pour boiling water into larger pan to 2 cm deep.

Bake for 1¼ hours or until pudding is firm and an inserted knife comes out clean.

Serve warm with citrus sauce and cream.

Citrus sauce

1 cup orange juice
juice of ½ lemon
¼ cup sugar
2 teaspoons cornflour, stirred into a little water
zest of ½ lemon

In a small saucepan over low heat, dissolve sugar in juices.

Add cornflour and stir until thick.

Remove from heat and stir in lemon zest.

Serve sauce warm over the pudding





WINTER



As the days grow shorter and colder in winter, the wood fired stove and fireplaces provide atmosphere throughout the homestead. Hearty soups, slow cooked stews and hot puddings are on the menu.

Minestrone

Serves 8

4 rashers bacon or salami (for a richer flavor)
2 tablespoons olive oil
1 onion, chopped
2 cloves garlic, chopped
2 stalks celery, thinly sliced
½ head cabbage, coarsely chopped
3 medium carrots, diced
250g green beans, sliced
1 small zucchini, diced
2 tablespoons parsley, chopped
1 x 425g tinned tomatoes (choose one with tomato paste added) or ripe tomatoes can be used instead
2 x 425 tins cannellini beans (drained) 2L of beef stock
parmesan cheese – for serving
½ cup small macaroni, cooked and drained

Sauté onion, garlic, bacon, carrots and celery in oil.

Add the stock and simmer for 15 minutes until vegetables are tender.

Add tomatoes, zucchini, green beans and cabbage.
Cook for a further 10 minutes.

Add cannellini beans and parsley.

Serve with grated parmesan.

Add 1 cup pre-cooked macaroni if desired with beans and parsley.



Split pea and ham soup

Serves 6

425g packet green or yellow split peas, rinsed
2 tablespoons oil
1 large onion, diced
1 large carrot, peeled and chopped
1 stick celery, chopped
1 ham hock
3L water or chicken stock
1 bay leaf and fresh sprig of thyme
salt and pepper

Sauté onion, carrot and celery in large pot.

Add ham hock, split peas and water or stock.
Bring to the boil and simmer for approx. 90mins until peas are tender.

Remove ham hocks from soup, set aside to cool.

Puree soup, adjust seasoning. Add more liquid if needed.

Remove the ham from the bone, break into pieces and return to soup.

Serve soup hot with crusty bread.

Spinach and cheese tart

Serves 6

6 sheets filo pastry 40g butter, melted
500g English spinach, washed and drained. * 100g feta
cheese, crumbled
400g ricotta cheese
½ teaspoon grated nutmeg
2 tablespoons sour cream
2 shallots, sliced
1 medium onion, diced
1 tablespoon olive oil
4 eggs, beaten
salt and black pepper

*frozen spinach can be used in this recipe, thaw and squeeze out excess liquid.

Preheat oven to 200°C

Place washed spinach in a saucepan and wilt over moderate heat. Place in a sieve and remove excess water.

Prepare pastry shell in a spring form pan, deep pie dish or two 20cm cake tins by layering six filo pastry sheets brushed with melted butter between each layer.



Sauté onions and shallots in olive oil and mix with drained spinach.

In a separate medium bowl combine eggs, nutmeg, salt and pepper together. Add ricotta and feta cheeses and stir through. Mixture will appear lumpy.

Combine egg and cheese mixture with cooled spinach and onion mixture.

Spoon into prepared filo pastry case.
Bake for 45mins to one hour until filling is set.

Serve with a Greek style salad.



Salmon coulibiac pie

Serves 6

600g salmon, poached

1 clove garlic, crushed

1½ cups rice

sprigs of dill

lemon zest

500g English spinach, washed

¼ teaspoon nutmeg

2 cups button mushrooms, diced

1 onion diced

3 eggs, hardboiled

salt and pepper



Pastry – a robust low-fat pastry

2 cups SR flour

125g low fat ricotta cheese

½ cup buttermilk

1 egg white or 1 whole egg beaten

1 tablespoon olive oil

1 tablespoon low fat milk (if egg white only is used)

Pastry preparation:

Process flour, ricotta, buttermilk, egg white and oil in a food processor until combined.

With machine running add milk until a dough forms.

Turn onto a lightly floured board and knead into a ball.

Wrap in food wrap and refrigerate for 30 minutes.

Preheat oven to 200°C

Poach salmon:

Place salmon in a saucepan and cover with water.

Poach until cooked through.

Remove salmon and reserve poaching liquid to cook rice.

Drain rice, add lemon zest and dill and set aside.

Sauté onion, mushrooms and then add spinach. Drain excess liquid. Add sliced eggs.

Assemble pie:

Divide pastry. (2/3 for the base and 1/3 for the top) Roll out pastry and line a 20cm round pie dish or loaf shaped tin.

Place a layer of rice and press onto the pastry base.

Top the rice with a layer of spinach and mushroom mixture.

Break apart the salmon and spread a layer on top of the spinach and mushrooms.

Top the salmon with sliced hard boiled eggs. The filling will form a mound in the dish. Brush the edges of the pastry with beaten egg.

Cover with remaining pastry and crimp edges. Glaze with beaten egg.

Bake for 30 -35 minutes until the pastry is golden brown. Rest 10 minutes before slicing.

Serve with a tossed salad.

Osso bucco

Served on a bed of saffron rice with a sprinkle of gremolata

Serves 6

6 veal or beef osso bucco
½ cup plain flour, seasoned with salt and pepper
2 tablespoons olive oil
2 tablespoons butter
½ cup carrot, finely chopped
½ cup celery, finely chopped
½ cup onion, finely chopped
1 clove garlic, crushed
½ cup wine, red with beef or white with veal
2 cups stock, beef with beef or chicken with veal
1 can chopped tomatoes
2 tablespoons tomato paste
1 anchovy, finely chopped
1 clove garlic, crushed

Gremolata

2 lemons, zested
4 tablespoons parsley, chopped

Flour the meat and lightly brown using oil and butter, in a heavy based casserole dish with a lid. Remove from pan.

Sauté carrot, celery, onion and garlic in a small amount of olive oil until soft.

Return the meat to the pan. Add the wine, allow to bubble. Add stock, tomatoes, and tomato paste.

Cover the pan and simmer until tender, approx. 2 ½ -3 hours.

Uncover and reduce until sauce is thick and rich. Stir in the anchovies and additional crushed garlic.

Simmer for another five minutes.

Saffron rice

1 cup rice, long grain
½ teaspoon saffron threads

In a saucepan add saffron threads to 2 tablespoons boiling water, and stir to release strong yellow colour. Allow to soak for 10 minutes.

Add 1 ½ cups of water to the saucepan with saffron threads and bring to the boil.

Add the rice to the boiling water and cook until tender and liquid is absorbed. Drain well.



New England boiled dinner

Serves 6

- 1 corned beef, 1.5 - 2kg
- 2 bay leaves
- 6 peppercorns
- 6 whole allspice
- 2 tablespoons brown sugar
- 2 tablespoons malt vinegar
- 6 potatoes, peeled
- 12 baby carrots, peeled
- 3 small turnips, peeled and halved
- 1 sugarloaf cabbage, cut into 4 wedges
- 3 medium beetroot, boiled whole until tender
- 12 pickling onions, peeled and boiled until tender



Corned beef, potatoes, turnips, carrots, cabbage and beetroot

To cook the corned beef:

In a large saucepan place the corned beef and seasonings. Cover with cold water and simmer for 2 ½ hours or until meat is tender.

Add potatoes, carrots and turnip and cook for another 20 minutes.

Add cabbage and cook a further 10 minutes.

Cut boiled beetroot into wedges.

Cut the cooked cabbage wedges in half for serving

White onion sauce

- 2 tablespoons butter
- 2 tablespoons plain flour
- 1 tablespoon grated onion
- 1 cup milk – (can add 1 to 2 tablespoons of corned beef stock to thin sauce)
- ¼ cup parsley, chopped

Melt butter, add grated onion add flour. Cook for one minute. Add milk and stir until the sauce thickens. Add onions and parsley to the white sauce and warm through before serving.

Serving

Slice the meat and arrange on a platter. Surround with carrots, potatoes cabbage, turnips, pickling onions and beetroot. Serve with white onion sauce in a separate bowl. Accompany with creamed horseradish and mustard.



Ginger soufflé with rhubarb sauce

Serves 6

3 tablespoons unsalted butter

3 tablespoons plain flour

1 cup milk

½ cup cream

5 eggs, separated

½ cup sugar

½ cup crystallised ginger, finely chopped

½ tablespoon orange flower water

2 eggs, separated

pinch of cream of tartar

Preheat oven to 220°C.

Butter a 6 cup soufflé dish and coat with sugar.

Prepare a collar around the dish to provide structure as the soufflé rises.

Soufflé base

Melt the butter in a heavy based saucepan over medium heat until foamy.

Stir in the flour and cook for 1 minute. Gradually stir in the milk and cream.

Cook stirring continuously until thick and smooth.

Remove from the heat and add the egg yolks one at a time, whisking well after each addition.

Stir in the sugar, ginger and orange flower water.

Soufflé foam

Beat the egg whites with the cream of tartar until stiff but not dry. Gently fold into the soufflé base, and pour into the prepared dish.

Bake until puffed and golden, about 30 minutes.

Serve immediately with rhubarb sauce spooned around each serving.



Rhubarb sauce

3 cups of chopped rhubarb

1/3 cup sugar

1/3 cup orange liqueur (Grand Marnier, Cointreau)

1/3 cup water

1 tablespoon crystallised ginger, finely chopped

Combine the rhubarb, sugar, orange liqueur, and 1/3 cup water in a heavy based saucepan.

Heat to boiling. Reduce heat and simmer uncovered, stirring occasionally, until a good consistency, about 30 minutes.

Stir in the ginger and simmer another 15 minutes, adding more water if the sauce is too thick.

Remove from the heat and cool to room temperature.

This sauce is also delicious served with vanilla panna cotta or ice cream

NOTE: Make the rhubarb sauce first to allow time to cool.

Bread pudding and bourbon sauce

2 tablespoon softened butter

1 loaf of day old bread (Vienna, French)

1¼ L milk

2 cups sugar

4 large eggs

½ cup raisins

1½ teaspoons vanilla extract

Preheat oven to 150°C.

Butter a 325x 200 x50 mm baking dish.

Remove crusts from the bread, and tear into small chunks.

Pour milk over the bread and allow to soak until the milk is absorbed.

Beat eggs and sugar until smooth and thick. Combine this with the bread/milk mixture; Add raisins and vanilla and mix well.

Place in buttered dish, and place in a bain-marie and cook for about an hour.

Bourbon Sauce

125g butter

1 cup sugar

1 egg

½ cup Bourbon

Melt the butter over hot water. Stir egg and sugar together, and add to the butter. Heat for 2 or 3 minutes until thickened slightly. Allow to cool, and then add the Bourbon.



