

PEPPERED WALLABY, KOHL RABI AND SALSA VERDE

EQUIPMENT

CHEFS KNIFE, VEGETABLE PEELER, SPOONS, ZIP LOCK BAG,
FOOD PROCESSOR, MEDIUM FRYPAN, TONGS

INGREDIENTS

2 WALLABY PORTERHOUSE (APPROX 200GM), ½ KOHL RABI, ½ BUNCH FLAT LEAF PARSLEY,
10 CORNICHONS, 10 CAPERS, 2 ANCHOVY FILLETS, ½ LEMON, EXTRA VIRGIN OLIVE OIL,
PEPPER
20GM QUINCE PASTE, SALT FLAKES, CRACKED BLACK PEPPER

METHOD

REMOVE ANY SILVER SKIN OR SINEW FROM THE WALLABY. SEASON THE FILLETS GENEROUSLY WITH SALT AND CRACKED BLACK PEPPER AND PLACE THE FILLETS INTO A ZIP LOCK BAG WITH A DRIZZLE OF EVOO.

SEAL THE BAG REMOVING AS MUCH AIR AS POSSIBLE AND PLACE THE FILLETS ON A PERFORATED TRAY AND INTO A PRE-HEATED OVEN STEAM SETTING 50°C FOR 15 MINUTES.

FOR THE SALSA VERDE PLACE CAPERS, CORNICHONS AND ANCHOVY FILLETS INTO THE BOWL OF A FOOD PROCESSOR AND ROUGHLY CHOP. ADD PARSLEY LEAVES, SALT, LEMON JUICE AND A GENEROUS AMOUNT OF EVOO AND BLITZ UNTIL YOU ACHIEVE A COARSE SLIGHTLY MOIST PASTE. CHECK THE SEASONING AND ADJUST IF REQUIRED. REMOVE FROM THE MIXER AND SET ASIDE.

FOR THE KOHL RABI CUT AWAY THE OUTER SKIN AND SHAVE THE KOHL RABI WITH A VEGETABLE PEELER INTO A MIXING BOWL. SEASON THE KOHL RABI WITH SALT, PEPPER, LEMON JUICE AND EVOO. TOSS THE SALAD WELL AND SET ASIDE.

PLACE A FRYPAN OVER MEDIUM HIGH HEAT AND REMOVE THE WALLABY FROM THE OVEN. ADD A SPLASH OF OIL TO THE FRYPAN AND PAN FRY THE WALLABY ON ONE SIDE ONLY FOR 2 MINUTES.

REMOVE THE WALLABY FROM THE HEAT AND TURN THE FILLETS OVER AND ADD THE QUINCE PASTE. REST THE FILLETS IN THE PAN FOR AT LEAST 5 MINUTES.

WHILE THE WALLABY RESTS ADD A LITTLE SALSA VERDE TO THE SHAVE KOHL RABI AND TOSS WELL. ARRANGE THE SALAD ON A PLATE AND SET ASIDE.

SLICE THE WALLABY AND ARRANGE IT ON TOP OF THE SALAD. SPOON OVER THE MELTED QUINCE PASTE AND A LITTLE EXTRA SALSA VERDE AND SERVE.

HINTS & TIPS

- WALLABY IS VERY LEAN AND A GREAT SOURCE OF PROTEIN. ENSURE NOT TO OVER COOK IT AS IT BECOMES TOUGH.
- USE QUINCE PASTE AS A GLAZE FOR YOUR FAVOURITE ROAST DINNERS, MIX IT WITH PAN JUICES AND WATER TO BREAK IT DOWN AND SPOON IT OVER LAMB, BEEF OR EVEN DUCK.