



Zoe Skewes editor



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REVIEWS

WHAT'S HOT AND WHERE TO EAT OUT THIS WEEKEND
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CITY EARL CANTEEN

500 BOURKE ST (ENTER VIA LITTLE BOURKE), CITY.
PH: 9600 1995

CAPTAIN Obvious could have told me the pork belly baguette at the city's newest hot spot, EARL Canteen, had the potential to be a ripper. But it wasn't until I tasted it for myself that I fully appreciated this lunchtime delight in all its glory.

Filled with "crisp skin Otway pork belly, apple, cabbage and fennel coleslaw and wilted silverbeet" (\$13.50), this jazzed-up sandwich on Dench baguette was fabulous. But the real highlight was the crackling. My goodness, the crackling.

Two hefty chunks of the crispy, golden swine skin took pride of place on the thick slices of succulent pork and presented me with an urgent dilemma... eat it immediately or leave as is and enjoy the crunch as I eat my way through?

I compromise and have a small taste to start, which confirms this crackling is what many home cooks strive for but never achieve. Think back to that Sunday roast you had at your grandma's house, way back when. Remember she had mastered that elusive perfect mix of crisp and chewy? That's the memory you'll reawaken at EARL.

Other fillings at this top-end sandwich bar are also drool-worthy: wagyu meatballs, duck confit, caramelised wild figs, and lime-poached chicken. No wonder there's a queue of customers come lunch hour, even though it's been open only a few months.

My buddy's baguette with sticky braised lamb, peas and a cauliflower cheese crumble (\$16) was also more than a few notches above the standard city sandwich fare. Served warm, the lamb was pull-apart with the cauliflower cheese providing a satisfying crunch.

As we sat in the sun and marvelled at the vastness of the good vs bad sandwich scale, my buddy and I realised that what makes EARL so popular with the lunch crowd is its simplicity. EARL describes its sandwiches as "restaurant quality" and it's right. Made to order with locally sourced, sustainable ingredients, these gems would hold their own in any restaurant.

WORDS
ZOE SKEWES

PICTURES
BRENT PARKER
JONES

*** Verdict**
Think you know sandwiches? Visit EARL, and let your sanga standards be redefined.



DELISH DISHES WITH ... JAMIE OLIVER

Warming Guinness stew



Jamie says: A can of Guinness adds a fantastic flavour and richness to this warming beef stew and another can goes down nicely with it during the meal

- * Olive oil
- * 1 onion, finely sliced
- * 500g turnips, peeled and chopped
- * 400g carrots, peeled and sliced
- * Leaves from 5 sprigs of thyme, chopped
- * 800g diced lamb
- * 1 tbsp plain flour
- * 440ml can of Guinness
- * 750ml beef or vegetable stock
- * Sea salt and freshly ground black pepper
- * 500g potatoes, peeled and chopped

Serves 6
Prep time: 10 mins
Cooking time: 1 hr 50 mins
Fat: 4.4g

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www.jamieoliver.com

medium to low heat for 10 minutes until softened but not coloured. Throw in the turnip, carrot and most of the thyme leaves and stir for a few minutes. Add the lamb and flour. Keep stirring until it starts to colour, then pour in the Guinness and stock. Season with salt and pepper and bring to the boil.

Place the lid on the dish then put into the hot oven for 30 minutes. Take it out and stir in the potato before returning it with the lid on. Cook for an hour. By then, the stew should be nice and thick and the lamb falling apart. Sprinkle the remaining thyme on top and serve with the buttered cabbage. Delicious!

Tip: Bag up any leftover stew and keep it in the freezer for a rainy day.

DAY ON A PLATE

Les Murray

SBS WORLD CUP BROADCASTER

BREAKFAST Toasted bacon and egg sandwich. This is especially good and yummy after a tough morning at the beach with my trainer and especially after a long overnight covering the football. I prefer mine without sauce, thanks.

LUNCH Vienna schnitzel. I'm a bit of a schnitzel purist, so it's gotta be veal.

DINNER A light dinner of duck liver pate and sourdough toast. After a busy day it's tempting to go for something stodgy or heavy for dinner, but I've found that I'm not likely to regret a good pate and some crunchy toast. Goes well with a good glass of vino, too.

SNACKS Coffee and roasted almonds (I carry the almonds in my briefcase). I take my coffee as a skim flat white with one Equal.

* Live World Cup coverage is shown daily on SBS.



PANTRY TREAT

Stefano's pasta sauce with olives, anchovies and capers

There is 1kg of fresh tomatoes in every jar of Stefano's pasta sauce. And these aren't just any tomatoes. These red beauties are ripened on the vine at farms in the Murray-Darling region then hand-picked and delivered to Stefano de Pieri's Mildura kitchen. It's there that Stefano preserves chef, Lyndall Vandenberg, sorts and washes the tomatoes by hand, then slow cooks them on the stove for more than six hours, before she passes the mix through the sauce machine to get rid of the seeds and skin and, finally, bottles them. Phew, given Lyndall took delivery of more than 10,000kg of tomatoes this year, one may assume she's seen enough tomatoes to last her a lifetime. Well, at least until next summer...

In the meantime, we can enjoy this ready-to-eat pasta sauce that has been beefed up with olives, anchovies and capers. As well as being a fabulously easy pasta dinner option, it can also be used as a sauce for pizza bases, or it can be poured over a whole fish, such as barramundi, before baking it in foil. From gourmet delis and supermarkets, rrp \$11.95 for 500g.

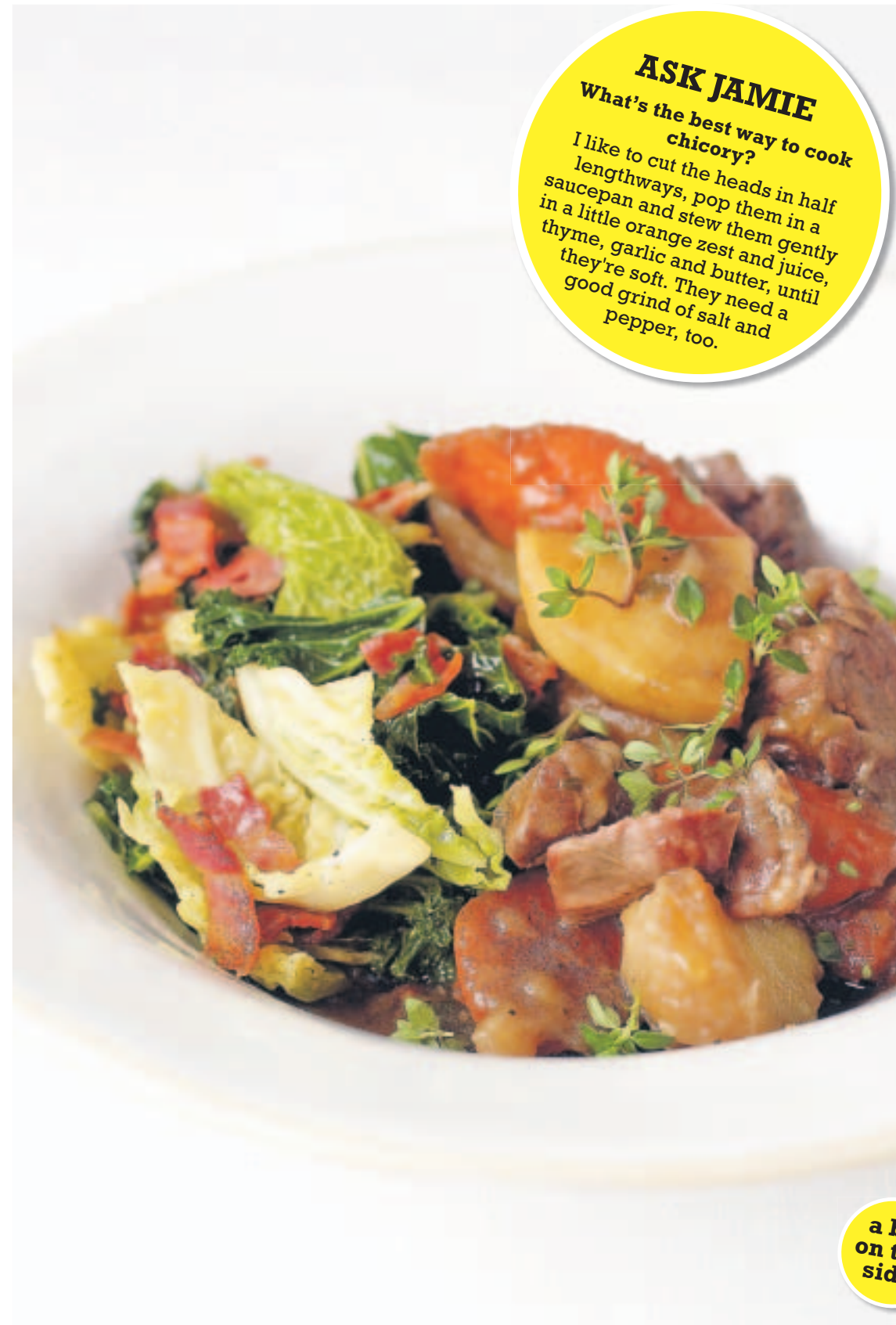
* www.lyndallvandenberg.com.au



COOKBOOK

Pesto-filled chicken with roast vegetables sounds dinner-party worthy. The fact this meal is a low-fuss, one-pot creation means not only is it the perfect option for last-minute visitors, it would also pass muster as an easy, mid-week family dinner. Pesto chicken is joined by another 280 simple yet tasty recipes in *One-pot Cooking*, a collection of gems from the popular food magazine *Super Food Ideas*. Other tasty recipes featured in *One-pot Cooking* include a winter-warming North Indian beef curry and, in a new twist on a classic, a recipe for frying-pan chicken lasagne. There are also soups, desserts and a section on the various methods of one-pot cooking.

* *One-pot Cooking* (from *Super Food Ideas* magazine), Harper Collins, rrp \$30



ASK JAMIE
What's the best way to cook chicory?
I like to cut the heads in half lengthways, pop them in a saucepan and stew them gently in a little orange zest and juice, thyme, garlic and butter, until they're soft. They need a good grind of salt and pepper, too.

Buttered cabbage with bacon

Serves 6
Prep time: 5 mins
Cook time: 15 mins
Fat: 20g

- * 1 large savoy cabbage
- * 75g butter
- * Olive oil
- * 6 rashers of smoked streaky bacon, finely chopped
- * Sea salt and freshly ground black pepper

Halve the cabbage and remove core. Finely slice the rest, including outer leaves. Wash and drain in a colander. Put a third of the butter in the pan, with a lug of olive oil. Fry the bacon on a medium heat for 5 minutes, until crispy. Add half the remaining butter and melt it before adding cabbage. Stir and cook with the lid on for 3 minutes. Stir again, add the rest of the butter and a splash of water if it looks dry, then cook with the lid on for 5 to 8 minutes. The cabbage should be steamed and soft. Season with salt and pepper and enjoy with the stew or on its own.



a bit on the side

ESSENTIALS

BOB HART REVEALS HIS KITCHEN SECRETS
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Seeking parsnip soup perfection

PARSNIPS are something of which I have always been fond. As a child, I preferred mashed parsnips to mashed spuds which, come to think of it, was downright peculiar. My affection for them took a twist almost 40 years ago, however, when I bought a copy of a book by a British food writer called Jane Grigson. It was called *Good Things* which, I soon discovered, was an accurate description.

On Page 223 of my Penguin edition I discovered curried parsnip soup. And, if a single dish can be said to change a life, this dish changed mine.

Not because the dish was perfect: it wasn't. It was wonderful, but I suspected it could be even better. So for many years, I fiddled with it, until, finally...

Jane Grigson was almost as famous as Elizabeth David at the time, and was a wonderful cook. And she had clearly struck gold in pairing parsnip with curry.

But she used lbs of flour in her recipe, which bothered me, so I left it out. Also, she used beef stock, which seemed cruel and unusual. So I began to fiddle, and to adjust.

Other chefs, also, had their way with the recipe. One — I forget who — reckoned cubes of green apple would help, and he was quite right. And finally, I arrived at a recipe which, frankly, makes one of the finest winter soups around.

Try it, and see what you think. And if you feel like changing anything, go right ahead. Because I did.

Melt 75g of unsalted butter in a large pot and gently sweat, stirring gently, a clove of sliced garlic, a chopped red onion, 1 tsp (heaped) of curry powder and a pinch of turmeric.

Peel and chop 1kg of fresh parsnips and ¼ of a Granny Smith apple and add to the pot. Increase the heat and stir until the parsnip begins to caramelise.

Add 600ml (more if you want a thinner soup) of mild, home-made chicken stock, bring to a boil and simmer until the parsnips are soft (about 12 minutes).

Blend, ideally with a stick blender, check seasoning and stir in 4tbs (generous) of creme fraiche.

Now, Jane Grigson used fresh cream and served hers with chopped chives and croutons. But I prefer a squeeze of lemon and, on the side, toast fingers spread with Persian fetta from the Yarra Valley Dairy, or similar. And a cold, dark beer.