

## SIGNATURE DISH

I was hoping to get the recipe from chef David Pedro for kingfish in filo on a bed of pureed peas at Sarin's Restaurant (The Port Lincoln Hotel, ph 1300 766 100).  
- Ann Matthews



## KINGFISH IN FILO WITH PESTO, GREEN PEA & MINT PUREE

Serves 4

**Preparation time:** 30-40 minutes  
**Cooking time:** 15 minutes  
**Skills needed:** Intermediate

4 x 200g (approx) kingfish fillets  
4 filo pastry sheets per serve  
1/2 cup melted butter (or more if needed)  
500g baby spinach  
**BASIL PESTO**  
1/4 cup flaked almonds  
2 cups basil leaves  
2 gloves garlic, sliced  
1/2 cup grated parmesan cheese  
1/3 cup olive oil  
**PEA AND MINT PUREE**  
500g frozen peas  
2 cloves garlic, left whole  
2 ripe tomatoes, rough dice seeds and all  
Salt and pepper  
200 ml vegetable stock  
12 mint leaves

**To make pesto:** Place almonds, basil, garlic and parmesan into food processor. Puree for about 30 seconds then drizzle in oil, scraping down the sides to incorporate all ingredients.

**To make the puree:** Place all ingredients in pan, bring to the boil and cook for 1 minute. Place into a food processor and puree. Keep warm.

**To prepare fish:** Lay a filo sheet on a dry bench and brush evenly with melted butter then place another sheet on top and repeat for 4 sheets. About one-quarter of the way up of the sheet place a tablespoon of pesto and a few leaves of spinach, then place seasoned fillet on top. Roll up, folding end of pastry over fish till it is completely enclosed. Brush with butter and repeat to make four packages. Place parcels on a baking tray and bake at 180C for 15 minutes.

**To serve:** Place some baby spinach in centre of plate, drizzle pesto around it and then place puree on baby spinach. Slice kingfish parcel in half on an angle and place on puree mix. Garnish with roasted capsicum and fresh herbs.



### CHEFWATCH

1 "Don't overcook peas," warns chef David Pedro. "Try to keep them nice and green and if they're a bit too runny, reduce on heat till excess water has gone."

2 He says its important to allow the kingfish parcels to rest before cutting, "because they will keep cooking".

- Dianne Mattsson

# The big veggie

It's still possible to feed the family vegetables on a budget, writes **Elizabeth Meryment** and **Dianne Mattsson**

**I**T'S bad news for children, but great news for parents. There's no reason vegetables should be off the menu, despite some skyrocketing prices.

Although Queensland, the Northern Territory and Victoria have been struck by terrible natural disasters, there still are bargains to be had in the fruit-and-veg shop.

You don't need to buy weird fruits and blemished produce. Some popular veggies, including cucumber, celery, carrots and sweet corn, are having bumper seasons and will be value-packed for months.

Some usually expensive items, such as prepackaged salad mixes, are representing great value compared with whole lettuces.

Some produce, such as bananas, have jumped in price (to about \$6 a kilo, but expect that to double). Cabbages, lettuce, capsicums, tomatoes, sweet potatoes, cherries, strawberries and stone fruit also have been affected.

Shoppers may have noticed that even before the natural disasters, prices were rising.

In South Australia, "we have had the worst year", Margy Abbot, of AMJ Produce in Pooraka, says.

She says for SA, the current market issues have come on

**Cook carrots, potatoes and turnips together in a baking dish with salt and olive oil to make a delicious side. Serve with olive oil, sea salt and balsamic vinegar.**



**Sweet corn is in season and will be cheap and available this autumn. Restaurants are making corn trendy again by barbecuing them and serving with parmesan and lime.**



the end of about eight months of problems "because our humidity has been so unusually high, causing mould on the fruits, wet and rotting roots, you name it".

Earlier this month, Ausveg, the body representing farmers around Australia, in the December quarter, reported fruit prices up 15.5 per cent and vegetables up 11.4 per cent.

The next quarter is bound to see more spikes. In SA, Margy predicts we will pay an average of 25 per cent more for fresh produce.

For all that gloom and doom, Ausveg spokesman Andrew White says many areas of Australia, including SA had been largely unaffected by the weather, resulting in bountiful supply of some items.

Andrew says vegetables that represent the best value include green beans, which are down 10 per cent in price from last year, parsley, spring onions and baby spinach. Potatoes, turnips, garlic, mushrooms, radish and leeks all are either fairly stable or only slightly up.

Margy agrees, and says we should try to support the producers who need to rebuild, by mixing it up and buying some of their produce, even at



Super-sized: Alex, 4, and sister Katie, 7, with a giant pumpkin grown

**For a quick and cheap stir-fry, cook microwave packets of frozen Asian greens and vegetables. Add to noodles and season with soy and a splash of sesame oil.**



the higher prices. "Our demand will also help keep the prices steady," she says. "Take the sting out of providing that support at the checkout by supplementing the shopping basket with plenty of local foods less affected.

"We can still expect even local produce to be pricier as well because, despite their season, they are in higher demand, with a lot more of it going interstate than usual."

Margy says the weather events interstate have only exacerbated a problem year in the SA fresh food market.

"We have gone from years of water shortages affecting the produce, to an immediate abundance - both extremes devastating," she says.

Margy says cucumber, tomatoes and zucchini are good and the mushrooms from SA farms have not been affected too much.

Margy suggests other local vegetables to look for are broccoli, pumpkin, eggplant

## RISOTTO BAKE WITH SAUSAGE AND PEAS

Serves: 4

**Preparation time:** 15 minutes  
**Cooking time:** 55 minutes  
**Skills needed:** Basic-Intermediate

4 cups chicken stock  
1 tablespoon olive oil  
375g extra-lean Italian sausages  
1 leek, trimmed, halved, washed, sliced  
2 garlic cloves, crushed  
2 cups arborio rice  
1 cup frozen peas  
2 eggs, lightly beaten  
1 cup finely grated parmesan cheese  
1/2 cup small fresh basil leaves  
250g cherry tomatoes, halved

Preheat oven to 180C/160C fan-forced. Lightly grease a 6cm-deep, 20cm (base) square ovenproof dish. Place stock in a medium saucepan. Bring to the boil over high heat. Reduce heat to low. Simmer until required. Meanwhile, heat 1 tablespoon of oil in a large, heavy-based saucepan over medium-high heat. Add sausages. Cook, stirring, for 10 minutes or until browned. Transfer to a plate. Thinly slice.

Add leek and garlic. Cook, stirring, for 2 to 3 minutes. Add rice. Stir to coat. Add stock. Bring to the boil. Cook, stirring, for 15 minutes or until liquid has almost evaporated. Remove from heat. Add peas, eggs, sausage, 3/4 cup cheese



and half the basil. Season with pepper. Stir to combine.

Spoon mixture into prepared dish. Top with remaining cheese and arrange tomato over the top. Bake for 20 to 25

minutes or until firm. Stand for 10 minutes then top with remaining basil leaves. Serve.

**Recipe:** Jenny Fanshaw, Super Food Ideas  
**Picture:** Ben Dearnly