



# ***Kleenheat** Kitchen*

## **Perth Garden Festival Event Recipes**

Supported by **the Forever Project**

# ABOUT THE KLEENHEAT KITCHEN

**This year Kleenheat was excited to present the Perth Garden Festival - WA's most popular garden and outdoor living event - bringing home-grown food to life in the Kleenheat Kitchen.**

There's something wonderful about picking fresh produce from your own yard to make a healthy and flavoursome meal. But how do you turn your garden into a thriving fruit and veggie patch?

Across four days at the Perth Garden Festival, The Forever Project brought together gardening experts and chefs for cooking demonstrations in the Kleenheat Kitchen, featuring loads of tasty recipes, samples and advice.

## About The Forever Project

The Forever Project is a proud Western Australian business dedicated to inspiring and empowering the community to work towards a sustainable, happy and prosperous future.

With an outstanding reputation as a leading community education organisation, that includes a team of WA's best known and most respected sustainability experts, The Forever Project has established a position of excellence in the development and implementation of innovative educational events and project programs.

Bringing its "Street Food Theatre" concept to the Kleenheat Kitchen helped entertain and inspire Perth Garden Festival audiences.



Inspiring and empowering sustainable communities



# MEET THE EXPERTS



## **Chris Ferreira** - Garden presenter

Chris is well known in the gardening and sustainability world with an impressive background in environmental science, sustainable gardening, land care, sustainable development and energy efficient home design.

You may have listened or watched him on 720 ABC Radio and Channel 7's Greenfingers gardening and sustainability program.

Chris leads The Forever Project, which encourages sustainable living and drives award winning projects such as Great Gardens, Heavenly Hectares and Blank Canvas Garden Makeover programs in conjunction with the Water Corporation and some of WA's leading developers.



## **Shona Hunter** - Chef presenter

Shona's business The Hidden Pantry truly embodies all things organic, ethical and sustainable, producing delicious organic food.

WA's first and only catering company dedicated to organics, fair trade and sustainability has been winning over palates with delicious food since 2010.

From catering large weddings, buffet breakfasts and corporate functions, to intimate picnic baskets, meal bounties for newborn mothers, Friday night organic takeaways and cafe cakes – there's not much Shona hasn't tried.



## **Tim Kershaw** - Chef presenter

Tim has worked as a high-level chef since 2004, including at Neil Perry's Rosetta, George Colombaris' famous Press Club in Melbourne, and at The Potting Shed in Wiltshire, England.

Two and a half years ago, while working in a fine dining restaurant, Tim truly realised the huge amounts of waste generated by the hospitality industry.

He then decided to focus on making a real difference with food and moved from Melbourne to Fremantle, continuing to work in kitchens and learning more about growing and producing his own food.

# THAI FISH CAKES

RECIPE BY SHONA HUNTER | MAKES APPROX. 25 CAKES. SERVES 6

## INGREDIENTS

- 2tbsp salt • 1kg barramundi - wings removed, no bones, chopped roughly • Laksa Paste (approx. 385g paste) • 50g ginger, peeled, chopped • 50g garlic, squashed, peeled • 50g washed coriander, root & stem • 50g chilli (depending on heat), de-seeded • 1tbsp salt
- 1tbsp sugar • 2tsp dried coriander • 2tsp dried turmeric • 4tsp dried lemon myrtle (optional) • Sunflower oil for combining
- Chilli Jam • 6 long, fresh red chillies, coarsely chopped • 1 brown onion, coarsely chopped • 2 garlic cloves, coarsely chopped
- 125ml water • 450g muscovado (brown) sugar • 80ml apple cider vinegar • 1 lime or lemon, juiced

## METHOD

- Choose ginger that is young. If it's old, it will be stringy and unpleasant. Process all laksa ingredients together until a smooth, fine, paste. You will need to add some sunflower oil to bring it all together. Add enough oil to give the mix some volume to process.
- You will only need 8tbsp of this paste. Put the rest in a clean jar, slam down twice to remove air bubbles, cover with sunflower oil and store in the fridge for up to 6 months.
- Pulse 300g fish with 2tbsp of laksa paste in food processor, pulse 5 - 8 times until pulpy and mixed together. Remove to a bowl. Repeat with the rest of fish and paste, in batches.
- Mix all fish pulp in a bowl thoroughly with 2tbsp salt. Now, cook one cake to test for flavour. Roll fish mixture into a golf ball, flatten into a cakelet and shallow fry in a little sunflower oil, 90 seconds each side.
- Each laksa paste will vary in strength and flavour, so the mix into fish may need adjusting, you may need to add more paste. You can cook cakes with a sprinkling of salt on top. Once cooked, squeeze over lemon juice, put ½ tsp of wild lime chutney or chilli jam on top with a coriander leaf.
- Process the chilli, onion, garlic and water in a food processor until finely chopped. Transfer to a saucepan. Add the sugar, vinegar and lime juice.
- Stir over medium-low heat until sugar dissolves. Increase heat to medium-high and bring to the boil. Reduce heat and simmer for 35-40min or until the jam jells. Sterilise jars by placing into a 150°C oven for 15 minutes. Spoon jam into hot jars, seal, invert for 2min. Set aside to cool.



## HOME-GROWN GARDENING TIP

**Grow seasonal!** Often the stock you see in the garden centres doesn't reflect what you should be growing at that time. As a tip, check with local WA sources to make sure you know what is best to plant season by season.

# GREEN CURRY

RECIPE BY TIM KERSHAW | SERVES 4-6

## INGREDIENTS

- 1tsp cumin seeds, toasted • 2tsp coriander seeds, toasted • 2tsp black peppercorns • 2tsp shrimp paste, roasted • 2 stalks lemongrass, white part only, finely sliced • 4 green chillies • 1tbsp galangal, grated • 1tsp turmeric, grated • 1 onion • 3 cloves of garlic, crushed
- 2 limes, zested and juiced • 1/2 cup fresh basil • 1tsp brown sugar • 2tsp sea salt • 1tbsp coconut oil • Dried chillies • 2 cups coriander with roots

## METHOD

- Toast the cumin, coriander, and black peppercorns. Add the shrimp paste and fry for 30. Remove from heat and grind to a powder with a mortar and pestle, or in a spice grinder.
- Remove the outer leaves from the lemongrass, trim the ends and finely chop. Coarsely chop the green chillies, onions, garlic, galangal and ginger.
- Place the chopped ingredients, spice mix, coriander, lime zest and juice in a food processor and process to a smooth paste. Add dried chilli if you like it hotter. The chilli will help to preserve the paste as well.
- Store in a sealed airtight jar, or freeze in small batches.
- To prepare a green curry, use the paste and just add coconut cream, seasonal vegetables and seafood or meat to the broth and cook until desired.



## HOME-GROWN GARDENING TIP

**Never leave the soil bare!** In WA, with our tough and brutal climate, good quality mulch is essential to keep your soil and plants protected and healthy. Lupin or pea straw is perfect for your veggies beds.





# WATTLE SEED APPLE CRUMBLE

RECIPE BY SHONA HUNTER | SERVES 6

## INGREDIENTS

- 12 granny smith apples • 200g rapadura sugar • 100g quick oats • 100g butter • 1tsp wattle seed • 1/2 lemon • 1tsp cinnamon
- 100g mixed nuts (macadamias, hazelnuts, & almonds) • 300ml thickened cream (serving) • 100g chopped chocolate (optional)

## METHOD

- Cover the wattle seed in 3tbsp of boiling water. Set aside.
- Peel, core, and roughly chop the apples. Throw into a pan with the lemon and 100g of sugar and cook until just soft. Mix in the strained wattle seed.
- Quickly pulse all crumble ingredients together without the butter.
- Melt half the butter in a frying pan, throw in the crumble and toast until fragrant and browned; adding in chunks of the remaining butter as you stir.
- Turn off the heat and add the chocolate if desired.
- Serve crumble on top of the hot apples.



## HOME-GROWN GARDENING TIP

**Remember your food growing areas should be part of an ecosystem.** Let nature do most of the work for you and include a suite of plants that can attract wildlife – birds, frogs and insects - to do the pest control for you.

# KEFIR ICE CREAM

RECIPE BY TIM KERSHAW | SERVES 4-6

## INGREDIENTS

- 2 cups coconut cream • 1 cup kefir cheese • 1 cup kefir milk • 10 free range egg yolks • 1 jar kumquat jam (store-bought)

## METHOD

- Heat the coconut cream until scalding. Meanwhile, whisk the egg yolks until light and fluffy.
- Add a third of the hot cream to temper the eggs. Return the egg mix to the cream pot and cook over low heat, stirring continuously until the mixture is thick. Cool immediately.
- Once chilled, add the kefir cheese and milk. Whisk to combine into a smooth custard and churn in an ice cream machine.
- Serve ice cream with an organic bought jam (such as kumquat), some nuts, fruit and some edible flowers.
- This is a probiotic ice cream and not as sweet as you might be used to.



## HOME-GROWN GARDENING TIP

**Use the water and nutrients where they fall!** So often our garden beds get cursed with water repellence. Use and then activate a high quality wetting agent to break down this waxy layer and let the good stuff into the soil to nourish your plants.



# POACHED PEARS & CHOCOLATE GANACHE

RECIPE BY SHONA HUNTER | SERVES 6

## INGREDIENTS

- 1 bottle of red wine • 6 pears • 3 cinnamon sticks • 6 cloves • 6 cardamom whole • 3 star anise • 2tbsp sugar
- 1 cup thickened cream (250ml) • 1 cup chopped chocolate (200g) • 50g unsalted butter

## METHOD

- If you are in a hurry, quarter the pears lengthways. Cover the whole pears with the wine and throw in everything else. Bring to the boil, then simmer and reduce until pears are soft - lid off. Make sure the pears are submerged.
- Sterilise jars in a 150°C oven for 15 minutes.
- Pour hot pears and syrup into hot jars and seal immediately by turning upside down.
- Melt cream and chocolate together over double boiler until the chocolate has almost melted (approximately 8 mins). Turn off the heat. Don't contaminate with water or overcook.
- Serve the pears warm, with the warm chocolate ganache dolloped on top.



## HOME-GROWN GARDENING TIP

*Growing healthy and nutritious food in WA can be tough especially over summer. A great way to help your plants through this testing time is to put a 30% shade cloth over the plants to cut back the impact of the relentless summer sun.*

# KIMCHI BEEF

RECIPE BY TIM KERSHAW | SERVES 4-6

## INGREDIENTS

- 300g organic sirloin steak • 2 cloves garlic • 2 sprigs oregano • Mexican spice mix • 1kg mixed mushrooms • 1 onion
- 1tsp bicarbonate soda • 100ml olive oil • 4 cloves garlic • 2 large handfuls oregano • Sea salt • Lime juice to taste • 200g black beans, soaked overnight • 250ml kimchi liquid • 1tbsp Korean dried chilli flakes • 2.5g xanthan gum

## METHOD

- Simmer the black beans with two litres of water until soft. Drain the beans but keep the cooking liquid. In a separate pan, fry the onion and garlic until tender and translucent. Add a quarter of the beans, the onion mix and one litre of the cooking liquid to a food processor and blend until smooth. Add this mix back to the cooked beans with the chopped oregano, remaining olive oil, lime juice and salt to taste.
- Get a thick fry pan smoking hot, add the oil and then quickly add the mushrooms in three batches. Make sure the pan reaches the same high temperature between batches, you are looking for a nice dark brown crust on the mushrooms without them releasing too much moisture.
- Keep in a warm place until serving.
- Add the kimchi liquid and dried chilli flakes to a food processor and sprinkle over the xanthan gum. Blitz on high until emulsified and thick. Put mix in a squeeze bottle until ready to serve.
- Rub the sirloin steak in salt, olive oil and spice mix. Put in a vacuum-pack bag and seal under medium pressure with the garlic and oregano. Sous vide at 59.4°C for 45 minutes and rest out of the water for 10mins.
- To finish: remove the steak from the plastic bag and sear on a high heat to crust. Rest for five minutes and cut against the grain in 1cm slices.
- Plate beans, then mushrooms, some sliced beef and cover in kimchi sauce to serve.



## HOME-GROWN GARDENING TIP

**Feed the soil to feed your plants.** Remember good quality compost, manures, clay, zeolite, organic slow release fertiliser, rock dust and fish and seaweed solution will be the building blocks of healthy and nutritious food production.



# TURNING SAND INTO SOIL

Recipe by Chris Ferreira

## THE SIMPLE RECIPE FOR BUILDING YOUR SOIL RATIO PER SQUARE METRE:

1. Approx 30L of compost or soil builder mix (ie Baileys Soil Improver), or your own compost.
2. 2-7kg of soil amendments such as Bentonite clay, zeo-lite, spongelite (available as Sand Remedy, Sand to Soil, Soil Solver or Watheroo Bentonite).
3. One small handful of an organically based slow release fertilizer (eg. Ecogrowth EcoPrime, Baileys Energy).  
1 cupped handful of wetting agent (eg Baileys Grosorb).
4. For established gardens, dissolve clay (from all good gardening stores) in a watering can and apply to soil 12-15 times over the course of a year.
5. Rotary hoe or fork this mixture into the top 10-30cm of the soil or lightly incorporate around existing plants then thoroughly soak.

**TIP:** For establishing new plants, dig a hole 4-5 times the size of the planter pot and backfill with this mixture.

*"Like building a good strong home, building up your soil is all about the foundations. Your garden will thrive if you take the time to build up the soil that will be its new home."*

- Chris Ferreira

  
**The Forever Project**