



Winning

ways with fresh food

Thanks to thriving markets and the humble vegie patch's return to popularity, home chefs can take advantage of the freshest ingredients for their favourite recipes. Here, the three winners of the Adelaide Botanic Gardens Foundation *Recipes from My Garden* competition are announced and share their recipes.





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Natalie Roberts

Today in the kitchen, chef Natalie Roberts is the observer, learning the secrets of each winner's recipe: Paulene Porter's pizza dough (**above**), Eloise Lutz's wholemeal blackberry muffins (**left**) and Paula Schettlers' poor man's caviar (**opposite**).



ON A COLD WINTER'S day, three home cooks shared the kitchen with chef and *Recipes from My Garden* competition judge Natalie Roberts.

"There was a fair range of entries; most were for side dishes or sweets, and a few were main courses," Natalie said. "A lot of them were vegetarian." While it was a difficult choice, Natalie said the winning recipes stood out for the way they handled their fresh ingredients. "I'm into food as it is; some people play with the ingredients too much, but I like natural food."

The day saw a role reversal as the head chef listened to the winning home cooks about how they prepare their dishes, which will all be served at the Botanic Garden Restaurant this month. "I enjoy learning, and this way I got to see how it's done by the people so I can make what they want me to make," Natalie said. Poor man's caviar will be a complimentary starter, the wholemeal blackberry muffins will be a complimentary petit four with coffee, and the potato pizza with rosemary and chocolate mint will feature on the Cafe Fibonacci menu.


It's all part of the *Kitchen Garden* program that highlights the simple pleasures of growing your own food. More than 25,000 South Australian children have learnt from programs run by the Botanic Gardens of Adelaide, and the

Home Grown Gala Dinner in April helped take the message to a wider audience. And they practise what they preach – produce from the edible section of the Botanic Garden is used in the restaurant.

For Paula Schettters of Clarence Park, winning the multicultural category of the competition with her poor man's caviar is a tribute to her father, a Ukrainian immigrant who recently passed away. "It was the first time I'd written the recipe down," she said. "When I learnt it I had just observed him cooking, then tried it myself and presented it to him for tasting." Her father's cooking had a big impact not only on Paula, but also her two brothers. "The family was always cooking and preparing and the whole street would come over and try our recipes, Dad's in particular," she said. "My brothers and I are very competitive about who gets to cook when we catch up." While she admits her own herb and vegie garden isn't too extensive just yet, Paula loves going to the markets to buy food, and enjoys preparing meals for her friends. "I'm the nominated cook wherever I go."

The winner of the youth section was 14-year-old Eloise Lutz from Pasadena, who came up with her recipe for a school cooking project. "It was a healthy recipe challenge. I combined a couple recipes together and came up with it by changing

some ingredients; one is that I used blackberries instead of blueberries," she said. Inspired by the cooking that goes on at home, Eloise is already particular about what goes into her meals. "Cooking is all about the fresh ingredients and not preserving things or using frozen goods." Her wholemeal blackberry muffins use fresh blackberries from the farmers' market, and the muffins have been a hit both at home and at school, where the recipe scored full marks.

Combining potatoes with pizza was a winning move for Paulene Porter of Aldgate, winner of the old favourites section of the competition. "I tasted a similar meal in a restaurant once, and thought I could do it at home. I added the chocolate mint for freshness on the top, and now I grow it at home. You can also use the chocolate mint in tea and lots of other things." Paulene's interest in cooking was piqued at an early age, but not in her family kitchen. "The lady across the road used to cook and I would spend hours across at her house," she said. She has been cooking ever since, and has an extensive vegie patch as well as some chickens, which not only provide fresh eggs but also double as pets. Her winning recipe coincided with another exciting food-related piece of news for her. "I'm now one of the hosts at a cooking school in Stirling." 

and the winners are:

"This is delicious served on pumpernickel bread or fresh rye bread. Alternatively, serve it on toasted bread or mini-toasts. It's a good way of using bread that's lost its freshness. Guests can't get enough and it goes in minutes – very more-ish!"

Paula Schettters



CATEGORY:
MULTICULTURAL

**Poor man's caviar
(aubergine pate)**

3-4 aubergines
1 cup extra virgin olive oil
2-3 brown onions,
roughly chopped
3 garlic cloves, chopped
3 green capsicums,
roughly chopped
1.5kg ripe tomatoes,
peeled and chopped
Salt
Paprika
Cayenne pepper (optional)
Balsamic vinegar
Bread to serve

Place aubergines in oven on low heat*. Remove once "deflated" (about 2 hours) and chop into small pieces, leaving skin on but removing green stem.

Add olive oil to a large, high-sided frypan or paella pan. Add onions and garlic and lightly cook for about 5 minutes. Add capsicum and tomatoes. Fry on medium heat until soft, about 15-20 minutes. Add aubergine and continue to lightly fry and reduce for about 50 minutes until it forms a paste.

While it is reducing, add salt to taste, a little paprika and, perhaps, a little cayenne pepper. Also add a good splash of balsamic vinegar and, for a slightly oilier version, some more olive oil.

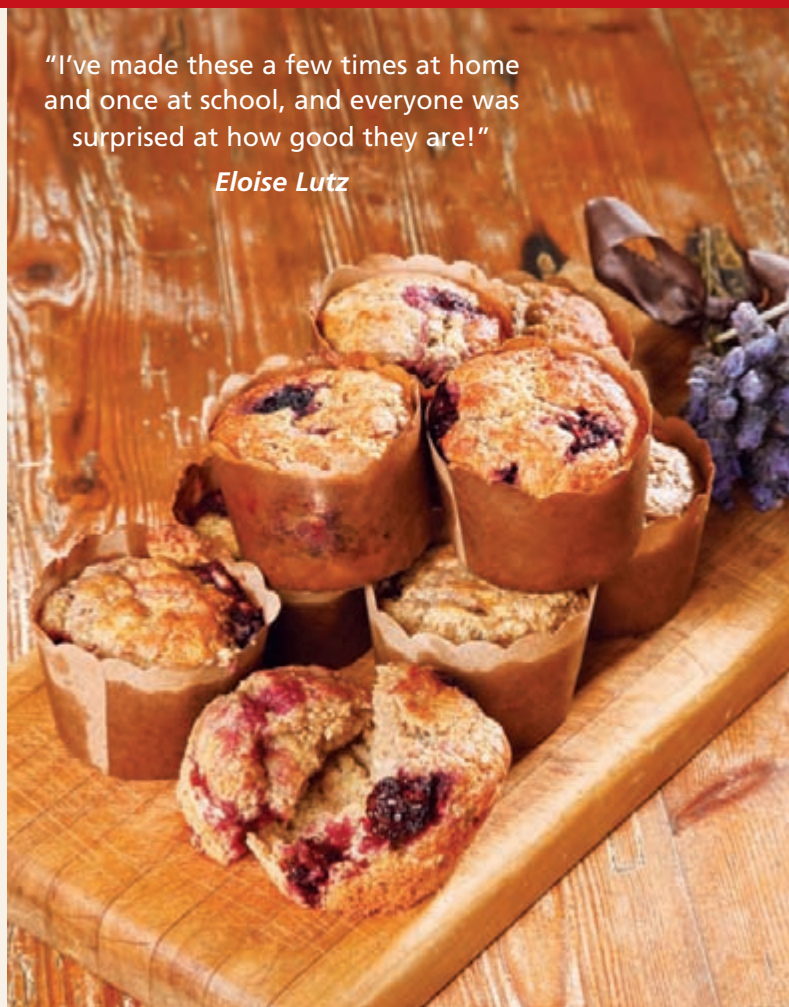
To serve

Leave to cool, then spoon onto fresh or toasted bread and serve immediately, or serve in a ramekin or bowl as a dip. Alternatively, store in individual jars in the fridge; it will keep for months, preserved by the olive oil and salt.

**This is a good way to use the energy and heat that remains after you've baked something else.*

"I've made these a few times at home and once at school, and everyone was surprised at how good they are!"

Eloise Lutz



CATEGORY: YOUTH

Scrumptious wholemeal blackberry muffins

2 ripe bananas
300g wholemeal flour
1½ tsp baking powder
1 tsp bicarbonate of soda
Pinch of fine sea salt
100g brown sugar
284ml carton of buttermilk
1 large egg, lightly beaten
75ml light olive oil
200g fresh blackberries
1 tbsp sugar

Heat oven to 180C. Peel banana and mash with a fork. In a large bowl, mix flour, baking powder, bicarbonate of soda, salt and brown sugar. Make a well in the centre and add buttermilk, egg, olive oil and bananas. Quickly fold ingredients together. Mix in blackberries and stir again twice.

Spoon batter into a greased muffin tin or patty pans. Sprinkle each muffin with a little sugar. Bake for 20 to 25 minutes until golden-brown.

CATEGORY: OLD FAVOURITES

Potato pizza with rosemary and chocolate mint

Pizza base

350g plain flour
250ml warm water
2 tsp yeast
Pinch salt

Mix water and yeast and let sit until frothy (about 10 minutes). Add flour and salt. Knead until soft and pliable on a floured board. Leave to rise in a warm spot until doubled in size. Divide into 6 pieces and roll on a floured surface until about 5mm thick.

topping

3 medium potatoes, thinly sliced
Extra virgin olive oil
Pinch sea salt
Rosemary, leaves picked
Chocolate mint

Toss all ingredients together and allow to sit for 30 minutes. Cover pizza bases with overlapping potato slices. Cook for 10-15 minutes in a warm oven (200C) or until the base appears cooked and potatoes are brown on the edges. Remove from the oven and sprinkle with salt and a little olive oil. Top with broken chocolate mint fresh from the garden.

"I recommend Laucke flour, which I also use to make ravioli with eggs from my chooks, spinach out of my garden and feta from Meadows ... yum. I grow my own potatoes and chocolate mint, and the rosemary also comes from my garden."

Paulene Porter

