



THIS COOKBOOK IS A COLLABORATION OF THE TIRELESS EFFORTS OF MANY GENEROUS PEOPLE WHO HAVE KINDLY DONATED THEIR RECIPES AND THEIR TIME TO CREATE A BOOK THAT CELEBRATES WESTERN AUSTRALIA'S THRIVING FOOD CULTURE.

FORAGE HAS JOURNEYED FROM ALBANY TO BROOME TO COLLECT MORE THAN 110 RECIPES FROM SOME OF WA'S MOST TALENTED CHEFS, AND MOST REVERED RESTAURANTS.

ALL PROFITS FROM THIS PUBLICATION WILL BE DIRECTED TO NOT-FOR-PROFIT ORGANISATION, UPSIDE'S, SUSTAINABLE AGRICULTURAL PROJECTS IN NEPAL, HELPING UPSIDE ACHIEVE ITS GOAL OF CREATING A BETTER FUTURE FOR GENERATIONS TO COME. FROM THE ENTIRE TEAM, THANK YOU AND ENJOY!

AMUSÉ | BARQUE | BAY MERCHANTS | BELUGA | BOUCLA | CANTINA 663 | CAPE LODGE | CLARENCES | CLUB RESTAURANT, CABLE BEACH CLUB RESORT & SPA | CULLEN | DEAR FRIENDS | DIVIDO | DUENDE | EL PUBLICO | ELBA COTTESLOE | FORAGERS | GALILEO BUENO CUCINA | GREENHOUSE | HIMALAYAN NEPALESE RESTAURANT | IL LIDO CANTEN | ITSARA | KIM'S | KIRI JAPANESE | KITSCH BAR | KNEE DEEP WINERY | LAMONTS BISHOP'S HOUSE | LIME 303 | LITTLE CAESARS | LITTLE CREATURES | MALEEYA'S | MILLBROOK WINERY | MODO MIO | MOJO'S RESTAURANT | MRS S | NOBU | PATA NEGRA | RED CABBAGE | ROCHELLE ADONIS | ROCKPOOL BAR AND GRILL PERTH | RODNEY RAHMAN | ROYAL INDIA | SADO ISLAND | SAYERS | SELENE BRASSERIE | SITTELLA WINERY | SMOULT'S CONTINENTAL DELI | STUDIO BISTRO | SUBIACO HOTEL | TASTE OF BALINGUP | THE QUARTER | VANS | VASSE FELIX | WEST END DELI | WHOLEFOOD COOKING | WILD DUCK PERTH | XANADU



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forage



forage

A CULINARY JOURNEY THROUGH WESTERN AUSTRALIA

foreword

When I was first asked to get involved with the Upside fundraising cookbook, I asked myself – exactly what is it that this group does? After a little reading and a little research, Rockpool’s involvement was a given. These guys set a good example. They are creating a better future for kids in Nepal, and somehow along the way, sharing and celebrating Western Australia and it’s phenomenal food culture.

We first stepped our hospitality foot in Perth in January 2011, keen to take on the next challenge. We were drawn, of course, by the incredible produce, a wonderful venue and the chance to take up this new challenge far away across the other side of the country. We weren’t sure if we were genius or mad, but it didn’t take long before we were embraced by the public and less time still for us to realise that Perth is different. Long time fans of Sydney’s Asian culture and glossy bravado, and Melbourne’s European sensibilities, Perth offered something quite different. A local pride, a sense of self-worth as such and an inimitable attitude to local and sustainable. Perhaps, we thought, it’s the distance that makes this place so individual, perhaps it’s the distance that makes Perth so stand-alone in their outlook, but more than anything, Perth seems to be truly Australian. Maybe it’s the sunshine.

I spent some time with Rockpool Perth’s Head Chef Dan Masters on arrival in WA and we explored. The producers, the suppliers, the providers, the winemakers, the local scene – it was mind-blowing what we found coming from the ocean and the paddock. The depth of quality and talent has allowed us to shop local and sustainable and we are happier and healthier people for it, as are our customers.

The Rockpool philosophy is and always has been “the cornerstone of good cooking is to source the finest produce”. We stand by that. From the lamb, the veal and the pork to the octopus, sardines and snapper – we have a commitment to quality produce and a commitment to giving back to the community.

The Rockpool Group is proud of our philanthropic efforts over the years and proud to be associated with groups such as ‘Upside’. What these guys are doing in Nepal is nothing short of wonderful – I hope you enjoy using this book and splattering it’s pages with ample ingredients, as much as we have enjoyed contributing.



Neil Perry

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SERVES 6

700g cuttlefish (put 150g aside to garnish the top)

60g squid ink

fish stock (see ingredients and method)

aioli (see ingredients and method)

200g broad beans (blanched and peeled)

dill sprigs

1 lemon, cut into wedges

Squid ink fish stock

Makes about 1.5L

¼ bulb fennel, chopped

1 medium onion, chopped

1 small white leek

50g butter

1kg fish bones (if using head, remove the gills)

60ml dry white wine

3 sprigs parsley

2 sprigs thyme

2 sprigs tarragon

6 white peppercorns

Aioli

1-2 cloves garlic

2 egg yolks

1 teaspoon Dijon mustard

60ml white wine vinegar

100ml olive oil combined with
150ml vegetable oil

juice of 1 lemon

salt and pepper

METHOD

Squid ink fish stock - Sweat the vegetables in the butter over a moderate heat until they are soft but not coloured. Add the fish bones and cook for a further minute before adding the wine. Bring the mixture to the boil and continue to boil until it has reduced by half. Once reduced, add the cool water (1.5L) and bring back to the boil, skimming off any impurities. Add the herbs and peppercorns and simmer for a further 20 minutes, then pass through a fine sieve. Cool down the stock as quickly as possible, by placing it in a large open container and refrigerating. Using 900mls of the fish stock, flavour with 60ml of squid ink.

Aioli - To create garlic paste either grate garlic with a microplane, pound in a mortar and pestle, or using the back of a knife, crush on a chopping board with a little bit of salt, until it becomes a paste-like consistency. Place egg yolks, mustard and half the vinegar into a food processor and blend. Slowly add half of the olive and vegetable oil mix, drop by drop until the mixture emulsifies. Loosen with the remaining vinegar and lemon juice. Add the remaining oil, pouring in a steady stream, season with salt and pepper and garlic paste to taste.



This dish has been with Pata Negra since day one. There would be mutiny if it was removed from the menu, although we don't serve it with extra sautéed cuttlefish and broad beans on top, it's a lovely touch when you have access to fresh broad beans.

ARROZ NEGRA "BLACK RICE"

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SERVES 6

Paella

2 cups of calasparra (paella rice)
6 tablespoons olive oil
1 small onion, diced
3 cloves garlic, made into a paste
1 sprig thyme
2 bay leaves
2 small capsicums, diced
smoked paprika, made from 2
dessert spoons sweet paprika,
mixed with 1 dessert spoon hot
paprika
2 tablespoons tomato paste
60g jamon slices, cut into strips
salt and pepper to taste

METHOD

Paella - Preheat the oven to 180C. Sauté onions, garlic and capsicum in olive oil. Once sautéed, add the thyme, bay leaves, paprika, tomato purée and jamon to the pan, followed by the cuttlefish. Cook the cuttlefish for about a minute, then add the 2 cups of calasparra rice and fry for about 20 to 30 minutes.

Pour in the 900ml of hot squid ink fish stock and place on the bottom shelf of the oven and cook for around 20 to 25 minutes. At this stage the top of the paella should be looking crusty, and underneath the crust it should be looking moist, not wet, and the rice should be al dente. If it is at this stage remove from the oven, cover with a tea towel and allow to rest for about 10 minutes.

Just before serving, sauté the remaining cuttlefish adding the blanched peeled broad beans. Place the cuttlefish mixture on top of the paella with a sprig of dill, and serve with a bowl of aioli and lemon wedges.



BRAISED OXTAIL ROLL, SOUS VIDE BEEF FILLET WITH PERSIAN FETA MASH AND BABY ROOT VEGETABLES

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SERVES 8 - 10

Oxtail

500g oxtail
2L beef stock
1 carrot
1 brown onion
1 celery stick
½ a leek
500ml red wine
60ml canola oil
11 long slices of prosciutto
salt

Persian feta mash

5 Royal Blue potatoes
150ml cream
150g butter
30g Persian feta
salt

METHOD

Oxtail - Marinate the oxtail in the red wine for 2 hours. Cut the vegetables into 2cm pieces and fry in a pan over medium heat until caramelised. Deglaze with a little of the marinade.

Put the beef stock and vegetables in a deep metal tray. Drain the oxtail on a tea towel and reserve the marinade.

Season the oxtail and seal in a hot pan with the canola oil until golden brown.

Add the vegetables to the oxtail. Deglaze with the remaining marinade and pour over the oxtail.

Cover the tray with aluminium foil and braise in a 160C oven for about 3 hours or until falling off the bone. Strain and reserve stock.

Let the oxtail cool until the meat can be picked from the bone.

Lay down cling film then the 6 pieces of prosciutto, followed by the picked oxtail meat. Roll the prosciutto and oxtail into a cylinder, ensuring the prosciutto remains on the outside.

When set, cut in to portions making sure to leave in cling wrap for re-heating.

Use some of the reserved stock for re-heating the roll on the stove and reduce the rest to use for the sauce.

Put the other 5 pieces of prosciutto in the dehydrator over night until it's crispy. If you don't have a dehydrator you can use a low oven.

Persian feta mash - Peel and cut the potatoes into 3, then cook in water until soft - making sure to start the cooking process in cold water.

Heat the cream and butter in a pan. Push the cooked potatoes through a ricer onto a fine drum sieve, and push through the sieve into a bowl.

Pour the hot cream and butter and Persian feta onto the potatoes and mix until smooth. Season to taste.



This oxtail and fillet dish was put together at the Albany restaurant to be a comfort food dish. People just loved it and it ended up becoming a menu stayer because I was able to use the local root vegetables and asparagus in season, which are amazing products. This is also one of my favourite dishes as it has so many textures and flavours that all complement each other. The oxtail can be substituted with beef cheek and cooked in the same way. This dish will definitely be on the menu at the new Perth Wild Duck.

PORK BELLY, BLUE SWIMMER CRAB DUMPLING, BROAD BEANS AND CURRY SAUCE

SERVES 4

Start this recipe one day in advance

Preparation time: overnight for the pork belly and 1 hour prep time for the rest of the ingredients

Cooking time: 2 hours for the pork belly and 25 minutes for the rest of the dish

Pork belly

1.5 -2kg pork belly
200g dark brown sugar
100g rock salt
2 cinnamon quills
1 teaspoon coriander seeds
2 star anise
2 bay leaf
1 head garlic
500ml vegetable stock

Crab dumplings

200g blue swimmer crab meat
round wonton wrappers
sliced chives
½ teaspoon five spice
salt for seasoning

Curry sauce

1 raw blue swimmer crab, chopped
2cm piece of young ginger
4 cloves garlic
roots and stems from 1 coriander bunch
2 brown onions, finely diced
1 tomato, chopped
4 tablespoons tamarind paste
2 tablespoons mild curry powder
3 tablespoons ghee
salt to taste

Broad Bean Salad

200g broad beans, blanched in salted water
1 shallot, diced
1 tablespoon sliced chives
olive oil to dress

METHOD

Pork belly - In a food processor blend the spices, bay leaf and garlic together, mix this with the salt and sugar to form a granular paste.

Rub this onto the flesh side of the belly and allow to sit overnight.

The following day, rinse the belly under cold water. Place the belly into an oven-proof baking dish and add the stock. Cover with a sheet of baking paper and cook for about 2 hours at 160C.

Remove the dish from the oven and allow the belly to cool slightly, place another similar sized baking dish or cutting board on top of the belly and weight it down. Allow this to cool completely.

By this stage you should have a compressed piece of belly. Trim these down into portion sizes and, with a thin bladed knife, remove and reserve the skin of each portion.

Sprinkle each piece of skin with a pinch of salt and place between two sheets of baking paper. Crisp these in the oven at 190C for about 15 minutes.

Crab dumplings - Mix the crab meat with the chives and five spice, and salt to taste. Place about 2 teaspoon portions onto a wonton wrapper and fold into tortellini shaped dumplings. To cook, blanch the dumplings for about 3 minutes in salted boiling water.

Curry sauce - In a saucepan, vigorously fry off the onions, garlic and ginger. Add the curry powder and fry using a wooden spoon move the ingredients in the pan continuously, gently scraping off any build up on the base of the pan. As this becomes fragrant add a bit more of the ghee and add the chopped blue swimmer crab, coriander, tamarind and the chopped tomato. Cover with water and simmer for 15 minutes. With a hand blender, purée the sauce and strain it through a sieve to remove the crab shell and grit.

To serve - Prepare a salad of blanched broad beans with diced shallots, sliced chives and olive oil.

Sear the pork belly on a hot skillet. On the plate place about 50ml of the sauce and some of the broad bean salad, sit the pork belly on this, with the rest of the bean salad on top. Rest the crackle on the salad and arrange the dumplings on the plate. Garnish with olive oil and some micro herbs.



This Pork Belly dish has a little resonance, as we have always used pork belly in some way, shape or form at WEST END deli. From its humble beginnings in one of our baguettes, to being a staple on our dinner menus. No matter how much we try, customers are not pleased when we try to take it off the menu!

The recipe itself, has a little soft spot with me as I use a South African curry sauce which my mum used with her Crab Curry, hence the reason we accompany the dish with crab dumplings and beans. The enthusiasm towards this home recipe and the praise of the dish really shows how much the culture of Perth dining has evolved.

I'm enjoying cooking in a city which is developing its own unique identity as far as the food scene is concerned, and it's wonderful to encounter customers who are both inspired by this and assisting in the growing culture!

ROAST DORPER LAMB SHOULDER

SERVES 4

1 banjo lamb shoulder (about 1.5kg)
1 carrot
1 onion
½ bunch celery
1 bulb garlic
3 bay leaves
2 sprigs rosemary
about 2L white wine
salt, white pepper
parsley, chopped for garnish
lemon zest for garnish
orange zest for garnish

METHOD

Preheat the oven to 200C. Chop all of the vegetables roughly and put them in a roasting tray. Place the lamb on top and pour in the wine until the lamb is nearly covered. Season with salt and pepper, cover with a sheet of baking paper and then seal the tray tightly with aluminium foil (the baking paper will stop the aluminium foil from sticking to the lamb). Put it in the oven and cook for 3 to 3½ hours. The lamb will be cooked when you can wriggle or pull the bones away from the meat.

To serve - Preheat the oven to 240C. Strain the cooking liquid, discarding the vegetables. Place the lamb into the roasting tray and pour the cooking liquid back in with the lamb so it will not stick to the tray, but not too much, or on the skin because it will not crisp. Put it into the oven for 5 to 10 minutes or until the skin is golden. Carefully transfer onto a serving plate using a pair of tongs, garnish with chopped parsley, lemon and orange zest, and drizzle with olive oil and sea salt.

Serve with roast baby potatoes, crisp green salad or blanched asparagus.



SOUFFRA



SERVES 6 - 8

1 standard packet of filo
250g butter, melted
600ml cream
6 eggs
1 cup sugar
2 handfuls pistachios, crushed
cinnamon for dusting
caster sugar for dusting

METHOD

Line a 28cm baking tin with baking paper. Coil each sheet of filo in and around the tin until they are all used up. Pour the melted butter evenly over filo - bake for about 5 to 10 minutes or until golden but not burnt. Meanwhile, beat the eggs, cream and sugar together. Remove from oven and pour the egg mixture over filo. Place the souffra back in oven for about 25 minutes - the custard should be cooked through and no longer in a liquid form. Allow to sit before turning onto cake tin. Decorate with a dusting of cinnamon, caster sugar and crushed pistachios.





ABOUT FORAGE AND UPSIDE

Forage was commissioned by Upside and has been delivered by the following extraordinary team of talented volunteers.

Upside is an Australian based not-for-profit which believes in a world where nobody should need to beg for money, no matter how worthy their cause. That is why - as an alternative to traditional fundraising - the dedicated team at Upside have donated their time and taste buds for over a year to bring you this cookbook, Forage.

100% of the profits from Forage will be invested in our organic agricultural projects generating sustainable funding for health posts and schools across remote Nepal.

Upside's unique way of working empowers communities by providing long term sources of employment, trade, education and health care - a hands-on approach rather than a hand-out. From the entire team at Upside, we thank you for purchasing Forage and supporting the Upside way of life.

THE FORAGE COOBOOK TEAM

The dedicated team at Upside have donated their time and taste buds for over a year to bring you Forage cookbook.

(Above from Left to Right)

Calum Foulner
Upside Director

Kate Christou
Project Director/Manager

Editor
Sales Co-ordinator

Jessica Shaver
Photography

Carmon Shirras
Graphic Design

Lilly Christou
Upside Marketing Manager

Kath Stead (not pictured)
Distribution Manager

Sarah Jackson (not pictured)
Sales Manager





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FORAGE LOVES

Carmon Shiras
Jessica Shaver
Kate Christou

/
Adam Gilbride
Alan Bartch
Amelia Telford
Ana Christou
Cal Foulner

David 'Acco' Atkinson
Jan and Michael McFarlane
Jane Fraser, Fremantle Press
Joanna Dewar and
Michael Leahy
Kath Stead
Lilly Christou
Linda Christou
Margy Hegney Hall

Michelle Campbell
Mingenew Cooking Club
Neil Perry
Sarah Jackson
Stephanie Reid
/
Christian Klinken
Laurence Iffla
Mark Wall

Michael Sanday-Ferrier
Nic Montagu
Nicola Adams
Nicola Stransky
/
Scott Bennett
Max and West Bennett
Steven Smyth

UPSIDE LOVES

Alison Brogan
Amelia Broun
Andrew Telford
Andrew Watkins
Angela La Cava
Bec Bignell
Bobby Salmon
Carmen La Cava
Catrina Luz Aniere
Clare Mugford
Clifford Yudelman
Col Werner
Daniel Johnston
David Salmon
Debbie Cash

Denise Cahill
Deryck Foulner
Freya Shearer
Gillian Yudelman
Grant Gilmoure
Hayden Beamish
Heather Foulner
Jack Viner
James Christou
James Hindle
James Phillips
Jenny Jordan
Jessica Wilding
Jules Salmon
Julia Johnston

Keith Mugford
Kes Foulner
Lauren Gilbride
Leah Pearson
Liesl Brogan
Linda Christou
Linda Savage
Lisa Alston
Lisa Telford
Marian Bartch
Mark Walsh
Matthew Pitcher
Merlyn Than-Myint
Mhairi Foulner
Michael Dolan

Nigel Morlet
Penny Wilding
Phil James
Phillipa Lamont
Ray Jordan
Rob Alderman
Robert Salmon
Sally Whittleston
Sarah Geddes
Simon Wilding
Will Keal

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Re-store
Scotch College
Seafresh
St Hildas Anglican School for Girls
University of Western Australia

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Chicken tarragon pies
151

Jam tarts
261

ROCKPOOL BAR AND GRILL PERTH
Duck and walnut galantine with spiced
orange marmalade and toast
156

Passionfruit pavlova
270

RODNEY RAHMAN
Rodney Rahman's BBQ beef ribs
205

ROYAL INDIA
Goat curry
164

Tandoori chicken
230

S

SADO ISLAND
Spaghetti, mizuna, kurobuta
(black pig bacon)
218

Teriyaki snapper and
coleslaw salad
57

SAYERS
Braised Wagyu beef cheek, cider apples, red
cabbage and sour cream
145

Tagine chicken salad
229

SELENE BRASSERIE
Moroccan-inspired carrot and
maple cream soup
102

Yoghurt baked barramundi
with micro salad
58

SITTELLA WINERY
Sittella's strawberry basket
278

Smoked cod 'Monte Carlo'
50

SMOULT'S CONTINENTAL DELI
Breakfast cous cous
81

Roast chicken with preserved lemon
and garlic, served with Sicilian olive
cous cous salad
201

STUDIO BISTRO
Slow-roasted goat shoulder, caper crushed
potatoes and pan juices
213

Baldivis rabbit and mushroom ravioli,
Narrogin mushroom broth, and parmesan
130

Beetroot and citrus cured kingfish with
celeriac remoulade, shaved fennel, orange
segments and marigold
16

SUBIACO HOTEL
Slow cooked lamb shoulder with capers,
cream, porcini mushrooms, pappardelle pasta
210

Vincotto-dressed beetroot salad, with green
beans and Roy de Valles cheese
121

T

TASTE OF BALINGUP
Baked blackberry and lemon
myrtle cheesecake
247

Pulled beef cheek and pickled
grape salad
197

THE QUARTER
House-cured citrus salmon, shaved radish,
endive and beetroot, crispy shallots
30

Orange and almond pudding with rum and
orange syrup
269

V

VANS
Indonesian fried eggs
174

Slow-cooked lamb tagine with organic
quinoa, dried fruits and coriander chutney
214

VASSE FELIX
Augusta whiting, shaved fennel, lemon and
feta salad
15

Coconut poached chicken, Asian greens and
steamed rice
152

W

WEST END DELI
Pork belly, blue swimmer crab dumpling,
broad beans and curry sauce
193

WHOLEFOOD COOKING
A hearty autumnal
vegetarian ploughmans
69

Rustic apple and blackberry tart with a barley
and spelt shortcrust pastry
277

WILD DUCK PERTH
Braised oxtail roll, sous vide beef fillet with
Persian feta mash and baby root vegetables
136

Mango, coconut and coriander
265

X

XANADU
Garlic and tarragon spatchcock, croquette,
chickpea chips, celeriac remoulade
163

Poached pear, smoked vanilla cream, oat
cookie, caramel ice cream
273

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3 Neville Rd, Dalkeith, Western Australia 6009
www.upsidenepal.org

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Upside Marketing - Lilly Christou
Project Manager and Editor - Kate Christou
Photographer - Jessica Shaver
Graphic Design - Carmon Shirras

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