

GOING WITH THE GRAIN

The Incas thrived on quinoa. Barley was the special food of the gladiators. Now these and other ancient grains are finding new appreciation for their great tastes and textures.

Recipes & food styling **Lisa Featherby** Photography **Jason Loucas**
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Cracked wheat and walnut pilaf with duck and pomegranates (recipe p94)

CRACKED WHEAT PILAF WITH DUCK props stylist's own LEMON BARLEY COUSCOUS: (from Small bowl, large bowl and stone plate from White Home plate and small vessel from Plane bowl with spout et Là. All other props stylist's own. Stockists p177.



Fragrant lemon barley
couscous with mullet in
vine leaves (recipe p91)



Lamb shank and farro perlato broth

LAMB SHANK AND
FARRO PERLATO
BROTH: Small stone
plate from White Home.
Napkin from Ici et Là.
Spoons and bowls
stylist's own.
Stockists p177.

Lamb shank and farro perlato broth

Farro perlato is like a wheat version of pearl barley, and helps make this broth the epitome of comfort food. We've stripped out the vegetables used to flavour the broth; leave them in for a heartier soup.

Prep time 20 mins, cook 2 hrs 45 mins (plus chilling, soaking)

Serves 6-8

- 2 tbsp olive oil
- 4 lamb shanks (about 300gm each)
- 1 small celeriac (about 450gm), finely chopped
- 4 celery stalks, finely chopped
- 1 carrot, finely chopped
- 4 garlic cloves, finely chopped
- 4 thyme sprigs
- 500 ml (2 cups) each chicken and veal stock
- 125 gm farro perlato (see note) soaked in cold water for 2 hours
- 1 vine-ripened tomato, scored

Gremolata

- ¼ cup coarsely torn flat-leaf parsley leaves
- 2 tsp finely grated lemon rind
- ¼ garlic clove, finely shaved

- 1 Heat 1 tbsp olive oil in a casserole over medium-high heat. Season shanks and cook, turning occasionally, until browned (4-6 minutes). Remove from pan and set aside, then add remaining oil, vegetables, garlic and thyme to pan and stir until soft (5-7 minutes). Add stocks, lamb and 750ml water and bring to the boil, then reduce heat to low and cook until lamb is tender, adding more water if necessary to keep it covered (2 hours). Cool, transfer lamb to a bowl, remove meat from bones (discarding bones) and break into bite-sized pieces. Refrigerate until required.
- 2 Strain stock into a clean pan, discarding vegetables. Refrigerate until fat solidifies (3-4 hours), then skim fat from surface. Bring to boil over medium-high heat, add farro perlato and cook until tender (20-30 minutes). Add lamb and cook until warmed through (1-2 minutes).
- 3 Meanwhile, blanch tomato until skin splits (20-30 seconds), then refresh (see cook's notes p178). Peel, remove seeds, quarter, and cut each quarter lengthways into 4-5 petals.
- 4 For gremolata, combine all ingredients in a bowl and refrigerate until required.
- 5 Serve broth scattered with gremolata and a few tomato petals.

Note If farro perlato is unavailable, substitute pearl barley.

Wine suggestion A southern Italian red, such as a Nero d'Avola from Sicily.

Fragrant lemon barley couscous with mullet in vine leaves

Is it a grain or isn't it? Well, technically it isn't.

Couscous is made from a grain, in this case from barley, which is milled to flour and shaped into grains.

Prep time 25 mins, cook 15 mins (plus cooling)

Serves 4-6 (pictured p89)

- 300 gm barley couscous (see note)
- 2½ tbsp olive oil
- Finely grated rind and juice of 1 lemon
- 1 spring onion bulb, thinly sliced
- ¼ cup flat-leaf parsley, finely chopped
- 10 red mullet (about 170gm each)
- 100 gm golden raisins
- 100 gm pine nuts, roasted, coarsely chopped
- 10 vine leaves in brine, rinsed, dried
- Lemon wedges and green salad, to serve

1 Combine couscous and 2 tsp oil in a heatproof bowl. Rub with fingertips to coat couscous evenly with oil. Pour over enough boiling water to cover by about 8mm. Stir with a fork, cover bowl with a tea towel and stand until water is absorbed (5-10 minutes). Fluff with a fork, add rind and juice, spring onion, parsley and 3 tsp oil. Season to taste, refrigerate until required.

2 Preheat a char-grill over high heat. Using kitchen scissors, remove dorsal fin from mullet and discard. Fillet by removing bones from the belly cavity to the backbone and pulling out, keeping head and tail attached to fillets. Flatten out fillets, then pin-bone using tweezers. Scatter raisins and pine nuts over mullet, season to taste. Enclose mullet, wrap in vine leaves, drizzle with remaining oil and grill until golden and cooked through (2-3 minutes each side). Serve with couscous, lemon wedges and a green salad.

Note Barley couscous, available from Simon Johnson, is made from barley flour, but you can substitute any couscous.

Wine suggestion A bone-dry, chalky young Hunter semillon.

White pearl barley salad with preserved lemon, parsley and celery

White pearl barley is smaller and whiter than regular pearl barley. This salad would work with many other grains too, such as cracked wheat, freekah or quinoa. Adjust the cooking time if using an alternative. The salad is perfect on its own as a light meal but also suited to accompanying simple pan-fried fish or grilled chicken.

Prep time 10 mins, cook 15 mins (plus cooling)

Serves 4 as a light meal (pictured p94)

- 150 gm white pearl barley (see note)
- 10 black manzanilla olives, pitted, crushed
- 1 bunch flat-leaf parsley, coarsely chopped
- 1 spring onion bulb, shaved widthways
- 1 celery heart, shaved widthways

Preserved lemon dressing

Juice of 1 lemon

- ½ preserved lemon, rinsed, flesh and pith removed, rind finely chopped
- 1 garlic clove, finely chopped
- 60 ml (¼ cup) olive oil

1 Cook pearl barley in boiling water until tender (10-15 minutes), drain well, transfer to a bowl and cool.

2 Meanwhile, for preserved lemon dressing, combine ingredients in a bowl and season to taste with freshly ground black pepper.

3 Combine barley with remaining ingredients, drizzle with dressing, toss gently and serve immediately.

Note White pearl barley is available from David Jones food halls and select delicatessens.

Wine suggestion Chilled manzanilla sherry.>



Chicken stuffed with freekah and grapes

Freekeh, a green wheat, has a wonderfully nutty flavour and texture.

Prep time 20 mins, cook 1 hr 45 mins (plus cooling)

Serves 4-6

- 350 gm (1½ cups) wholegrain freekah (see note)
- 60 ml (¼ cup) olive oil
- 1 Spanish onion, finely chopped
- 4 garlic cloves, finely chopped
- 100 gm red seedless grapes
- ½ bunch thyme, leaves picked
- 3 leeks, thickly sliced widthways
- 1 free-range chicken (about 1.6kg)
- 500 ml (2 cups) brown chicken stock (see note)
- 125 ml (½ cup) verjuice
- Frisée salad, to serve

1 Cook freekah in a large saucepan of boiling water over high heat until tender (10-15 minutes). Drain, transfer to a bowl and stand until cooled.

2 Meanwhile, preheat oven to 250C. Heat 2 tbsp olive oil in a saucepan over medium heat, add onion and garlic and stir occasionally until soft (5-10 minutes), then add to freekah with grapes and thyme. Season to taste and set aside to cool.

3 Scatter leeks over base of a roasting pan. Rinse chicken inside and out, pat dry, spoon freekah mixture into cavity. Tie legs with kitchen string, tuck wings under, place chicken on top of leeks. Rub remaining oil over chicken and season to taste. Add stock and verjuice to pan and roast until beginning to brown (10-12 minutes). Reduce oven to 180C and cook, basting occasionally, until juices run clear when a skewer is inserted into the leg (1¼-1½ hours). Remove from oven, cover with foil and rest for 5 minutes, serve with leeks and frisée salad.

Note Freekah is available whole or cracked from select delicatessens and health food stores. Brown chicken stock is available from select delicatessens and select butchers.

Wine suggestion A pear-crunchy white made from the arneis grape.

FREEKAH-STUFFED

CHICKEN: All props stockist's own.

PERUVIAN CHUPE:

Open bowl from Aeria.

Small bowl from

All Hand Made Design.

Napkin from Ici et Là.

Spoon from White

Home. Stockists p177.





Peruvian chupe (recipe p94)



White pearl barley salad with preserved lemon, parsley and celery (recipe p91)

PEARL BARLEY SALAD:
All props stylist's own.
POLENTA CAKE:
Small bowl from Planet.
Knife stylist's own.
Stockists p177.

Polenta cake with burnt figs and honey

Prep time 15 mins, cook 1 hr 20 mins (plus cooling)

Serves 8-10

- 110 gm coarse polenta
- 300 gm unsalted butter, softened
- 150 gm sugar
- 4 eggs, at room temperature
- 100 gm honey, plus extra, warmed, to serve
- 50 gm (1/2 cup) self-raising flour
- 200 gm blanched almonds, finely ground

Vin santo mascarpone

- 40 ml vin santo (or to taste)
- 250 gm mascarpone
- 1 tbsp pure icing sugar, sifted

Burnt figs

- 8 figs, halved
- Raw caster sugar, for dusting

- 1 Preheat oven to 150C. Combine polenta and 80ml boiling water in a heatproof bowl, stir well, set aside. Beat butter and sugar in an electric mixer until pale and fluffy, then add eggs one at a time, beating well after each addition. Add honey, flour, polenta and ground almonds and stir to combine. Spoon into a buttered and floured 11cm x 21cm loaf pan, smoothing top. Bake in centre of oven until a skewer inserted into centre withdraws clean (1 hour 20 minutes). Cover cake with foil during baking if it becomes too dark. Cool in tin for 15 minutes, then carefully invert onto a plate.
- 2 For vin santo mascarpone, combine all ingredients in a bowl. Refrigerate.

- 3 Meanwhile, for burnt figs, place figs cut-side up on an oven tray, scatter evenly with sugar and caramelize using a blow torch (1-2 minutes; see note).

- 4 Serve cake topped with figs, drizzled with extra honey, and mascarpone to the side. **Note** If you don't have a blowtorch, you can caramelize the figs cut-side down in a hot frying pan dusted with sugar.

Wine suggestion The same vin santo you used in the recipe.

Peruvian chupe

Chupe is a light, soupy stew from Chile and Peru. Add more or less cayenne depending on your taste, keeping in mind that the spiciness gives the dish its South American flair.

Prep time 15 mins, cook 50 mins

Serves 6 (pictured p93)

- 150 gm (1/2 cup) red quinoa (see note), rinsed under cold running water
- 2 tbsp olive oil
- 1 Spanish onion, finely chopped
- 4 garlic cloves, peeled, finely chopped
- 2 tsp ground cumin
- 3/4 tsp ground cayenne
- 750 ml (3 cups) chicken stock
- 600 gm baby Otway red potatoes (see note), scrubbed and halved
- 400 gm canned tomatoes, finely chopped
- 2 corn cobs, kernels removed and reserved
- 18 green king prawns, peeled, cleaned, tails intact
- 100 gm cow's milk feta, broken into chunks
- Baby English spinach leaves, to serve

- 1 Cook quinoa in a saucepan of boiling water until tender (10 minutes), drain and set aside.
- 2 Heat oil in a large saucepan over medium-high heat, add onion and garlic and stir occasionally until soft (8-10 minutes). Add spices, stir until fragrant (1 minute). Add stock, potato and tomato, and stir occasionally until potato is tender (20-25 minutes). Add corn, cook for 5 minutes, add prawns, cook until pink and cooked through (3-5 minutes). Scatter quinoa, feta and spinach over chupe to serve. **Note** Red quinoa is available from select delicatessens and health food stores. If unavailable, substitute white or pearl quinoa. Baby Otway red potatoes are available from select delicatessens and greengrocers. If unavailable, substitute another baby potato. **Drink suggestion** A cold bottle of lager.

Cracked wheat and walnut pilaf with duck and pomegranates

Prep time 15 mins, cook 1 hr

Serves 4 (pictured p88)

- 2 tbsp olive oil
 - 4 duck breasts (about 270gm each)
 - 1/4 cup each torn mint, coriander and parsley leaves
- #### Cracked wheat and walnut pilaf
- 1 tbsp olive oil
 - 1 onion, finely chopped
 - 3 garlic cloves, finely chopped
 - 150 gm coarse cracked wheat (burghul) rinsed under cold running water
 - 75 gm walnuts, broken into small pieces
 - 310 ml (1 1/4 cup) chicken stock
- #### Pomegranate dressing
- 80 ml (1/2 cup) extra-virgin olive oil
 - 2 tbsp pomegranate molasses
 - 1 tbsp red wine vinegar
 - Seeds from 1 pomegranate

- 1 For cracked wheat and walnut pilaf, preheat oven to 180C. Heat oil in a flameproof casserole over low-medium heat, add onion and garlic and stir occasionally until soft (5-10 minutes). Add cracked wheat and walnuts and stir to combine, then add stock, season to taste. Cover with foil, transfer to oven and bake until stock is absorbed (25-30 minutes). Remove foil, bake for another 5 minutes. Set aside, keep warm.
- 2 Meanwhile, for pomegranate dressing, combine oil, molasses and vinegar in a bowl, whisk to combine, season to taste and stir through pomegranate seeds.
- 3 Heat a large frying pan over medium-high heat, add duck, skin-side down, and cook until golden and crisp (6-8 minutes), turn and cook until medium-rare (3-5 minutes). Rest duck for 5 minutes. Slice thickly.
- 4 Spoon pilaf into bowls, top with duck. Spoon over dressing, scatter with herbs. Serve immediately.

Wine suggestion A savoury, pale rosé made from pinot noir.*

For more recipes go to gourmettraveller.com.au



White pearl barley salad with preserved lemon, parsley and celery (recipe p91)

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All props stylist's own.
POLENTA CAKE:
Small bowl from Planet.
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 - 2 Meanwhile, for pomegranate dressing, combine oil, molasses and vinegar in a bowl, whisk to combine, season to taste and stir through pomegranate seeds.
 - 3 Heat a large frying pan over medium-high heat, add duck, skin-side down, and cook until golden and crisp (6-8 minutes), turn and cook until medium-rare (3-5 minutes). Rest duck for 5 minutes. Slice thickly.
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