

SPROUT FOOD GROUP VS. PUBLIC BBQ



BUFFALO MOZZARELLA

WITH ROCKMELON, PICKLED GRAPES,
PANCETTA AND SALSA VERDE

FRIED & BBQ FETA OCTOPUS

WITH HONEY
AND SESAME

WITH GREEN CHILLI AND
GINGER OIL, YOGHURT

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The salad

80G PANCETTA
1/4 ROCKMELON
2 HEIRLOOM TOMATOES
1/2 BUNCH BASIL
1 BUFFALO MOZZARELLA

PICKLED GRAPES

1 CUP RED GRAPES, HALVED
1 CUP APPLE CIDER VINEGAR
1/2 CUP WATER
1/2 CUP SUGAR
2 BAY LEAVES

SALSA VERDE

1 BUNCH PARSLEY
1/2 BUNCH BASIL
1/4 CUP CAPERS
1/4 CUP CORNICHONS
1 CLOVE GARLIC, GRATED
ZEST AND JUICE OF A LEMON
1/3 CUP OLIVE OIL

To make the pickled grapes, place the grapes in a bowl or container. Heat the remaining ingredients in a small saucepan until boiling, then pour over grapes and set aside.

To make the salsa verde, chop or blend all ingredients except olive oil together. Stir in olive oil.

Heat a BBQ or frying pan over medium heat and add pancetta. Cook for one to two minutes or until crisp.

Place rockmelon, tomatoes, basil, mozzarella and pancetta onto a serving plate. Drizzle over salsa verde then serve.



The feta

100G GREEK STYLE FETA
2 TABLESPOONS PLAIN FLOUR
1 TABLESPOON SESAME SEEDS
2 TABLESPOONS OLIVE OIL
1 TABLESPOON HONEY

Dust feta in flour and sesame seeds.

Heat a BBQ or frying pan over high heat.

Add feta and cook for two to three minutes or until golden brown on both sides.

Transfer to a plate, then drizzle with honey to serve.

The octopus

1/2 CUP GREEK YOGHURT
1 CLOVE GARLIC, GRATED
PINCH OF SALT
2 TABLESPOONS OLIVE OIL
400G BABY OCTOPUS
LEMON WEDGES OR CHEEKS, TO SERVE

GREEN CHILLI OIL

1 LONG GREEN CHILLI, FINELY SLICED
4 SPRING ONIONS, FINELY SLICED
THUMB SIZED PIECE GINGER, GRATED
1 BUNCH CORIANDER, FINELY CHOPPED
1/4 TEASPOON SALT
2 CLOVES GARLIC, GRATED
1/2 CUP RICE BRAN OIL
JUICE OF ONE LEMON

OCTOPUS GLAZE

60G BUTTER
2 TABLESPOONS SRIRACHA SAUCE
1 TABLESPOON FISH SAUCE
THUMB SIZED PIECE GINGER, GRATED

To make the green chilli oil, place chilli, spring onions, ginger, coriander, salt and garlic in a medium bowl. Bring rice bran oil to smoking point in a small saucepan, then very carefully pour hot oil onto the other ingredients. Stir through lemon juice when ready to eat.

Stir together all octopus glaze ingredients and set aside.

Stir together yoghurt, garlic and a pinch of salt.

Preheat a BBQ or frying pan over high heat. Toss octopus with olive oil then cook over high heat for two to three minutes or until golden brown and just cooked through. Remove from heat, toss with octopus glaze, then serve on yoghurt drizzled with green chilli oil.



CHEF 1



CHEF 2

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