



August

FOOD

94 MONSTER BITES

Sean McConnell's thoughtful, inventive food has wowed diners at Monster since it opened at Canberra's Hotel Hotel last year. Here's a taste of why.

104 SMASHING PUMPKINS

There's more to pumpkin than soup – it's right at home in sage-infused pasta parcels, fragrant rice (and yes, a pretty great soup as well).

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Hartsyard gives up the goods on its most finger-lickin' dishes in a new cookbook. We've got the highlights.

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Gather the clan for a fun-filled winter dinner party. Brigitte Hafner creates a menu inspired by exotic climes.

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Cougars and Champagne in Aspen, pagans and pubs in Crested Butte – this is a tale of adrenaline, excess and two mountains.

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A love of food, travel and laid-back luxury have come together at Halcyon House, a chic new boutique hotel on the northern New South Wales coast.

READER DINNER





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Monster's ball

Secure your place for dinner at the mighty Monster in Canberra's hottest hotel. It's one you won't want to miss.

Sean McConnell's restaurant, in Canberra's benchmark Hotel Hotel, is more than living up to its name. "We called it Monster not quite knowing how appropriate that name would become," he says. "It's a big one."

It's big on character, big on ideas and even bigger on diners — McConnell and his crew cater to walk-ins as well as guests at the hotel, *Gourmet Traveller* Boutique Hotel of the Year, plus there's a solid room-service offering from the same kitchen.

McConnell and the Hotel Hotel team have steered clear of typical hotel food, serving vibrant, imaginative, tasty dishes. "We wanted to push the boundaries," he says. "It's the sort of menu you could sit and graze from for hours."

For this month's Fine Dining Lovers reader dinner, McConnell presents a menu off the pages of Gourmet Traveller (see page 94), starting with South Coast oysters, followed by a bright plate of kingfish crudo with burnt ruby grapefruit and lightly pickled fennel, and the Monster jaffle, rich with poached yabby meat. A Turkish-inspired sticky braised lamb shoulder is the main event, while a strawberry, rhubarb and pink peppercorn crumble ends things on a spicy-sweet high.

"A dish needs to have various elements of texture, temperature and colour, but it also has to be delicious," says McConnell. Delicious indeed. See you there.

Join us for dinner at 6.30pm on Monday 24 August at Monster, NewActon Nishi, 25 Edinburgh Ave, Canberra, ACT. The cost of \$120 per person includes eight courses, wines by the glass, S.Pellegrino water and a \$10 donation to the Ovarian Cancer Research Foundation. To book, call (02) 6287 6287. For more on the OCRF, call 1300 OVARIAN or visit ocrf.com.au.

MONSTER

- * A selection of South Coast oysters
- * Kingfish crudo, burnt ruby grapefruit, pickled fennel, anchovy 2015 Eden Road Canberra Riesling
- Yabby jaffle, horseradish, crème fraîche
- Mulloway, broad beans, peas, almond cream, mojama
 2013 Collector Lamp Lit Marsanne
- Roast beetroot, shankleesh, almond, onion and dill
 - Celeriac, Jerusalem artichokes, puffed rice, parmesan
- Slow-roasted lamb shoulder, pistachio, pomegranate, yoghurt, vine leaves, brik 2013 Clonakilla O'Riada Shiraz
 - * Rhubarb, strawberry and pink peppercorn crumble with chamomile ice-cream 2013 Lerida Estate Botrytis Pinot Gris



AMAZING GRAZE

Above from left: Monster's dining room; chef Sean McConnell; celeriac, Jerusalem artichokes, puffed rice and parmesan.

Sean McConnell's thoughtful, inventive food has wowed diners at Monster in the year since it opened at Canberra's Hotel Hotel. Here's a taste of why. **可以是一种的一种,但是一种的一种** RECIPES SEAN MCCONNELL WORDS MAGGIE SCARDIFIELD PHOTOGRAPHY BEN DEARNLEY STYLING EMMA KNOWLES DRINK SUGGESTIONS MICHAEL GRAY



ou won't see Sean McConnell sending out club sandwiches at Monster. Not a chance. Despite the restaurant's location in the lobby of Canberra's Hotel Hotel, the chef steers clear of the traditional trappings. "We avoid everything you would associate with bad hotel food," says McConnell. "No breakfast buffets here."

Monster's menu balances warm familiarity with surprise. McConnell turns out simple, vibrant combinations that might see only three or four ingredients on the plate, but still have plenty to say. Natural bedfellows such as roasted beets, almond and dill are upgraded with cow's milk shankleesh, while a beautifully braised piece of lamb (Monster's most popular dish to date) combines pistachios, pomegranate and yoghurt beneath sheets of crisp brik pastry. As the Melbourne-born chef puts it, "Nothing is ever too tricked up."

McConnell credits travelling, and particularly his time working in Vanuatu, as key to his thoughtful cooking style. "It kind of developed out of necessity," he says. "Produce is an ongoing problem in the Pacific and to find what I needed I really had to get my hands dirty."

That sense of adventure is very much alive in the Monster kitchen. McConnell sources most of his produce from independent growers and enjoys foraging. "I can jump in my car, drive 16 minutes and pick mushrooms," he says.

One of six children, McConnell will welcome his second child in August. "Mum and Dad will have nine grandchildren by Christmas," he says. That's a lot of mouths to feed, but between himself and his chef brothers Andrew (of Melbourne's Cutler & Co, Cumulus Inc and Supernormal, among others), and Matt (Bar Lourinhã) no one's likely to starve.

The recipes featured here – a mash-up of Monster favourites across breakfast, lunch, dinner and snack-time (hello, yabby jaffle) – capture the same sense of spontaneity and satisfaction that goes along with a visit to Hotel Hotel.

Entertaining can be a monster task in itself. McConnell's advice? "Cook something you love and that you know your friends will love, and get everyone involved," he says. "And drinks. I rarely entertain without a glass of wine in my hand." Monster, NewActon Nishi, 25 Edinburgh Ave, Canberra, ACT, (02) 6287 6287, hotel-hotel.com.au





Yabby jaffles

"A version of the yabby jaffle first came about at Močan & Green Grout, where we served the cooked yabby meat with crème fraîche and horseradish on brioche toast as an appetiser," says Sean McConnell. "The yabby jaffle was created during a very late-night menu-planning session with my friend Bernd Brademann from A Baker. As much as anything, I like how those two words roll off the tongue together. They are super-tasty, though."

Prep time 20 mins, cook 20 mins (plus freezing)

Makes 6

- 18 live yabbies (see note)
- 100 gm crème fraîche
- 30 gm finely grated horseradish
- 5 small golden shallots, finely chopped
- 2 tbsp finely chopped chives Juice of 1 lemon Softened butter, for spreading
- 12 slices fluffy white sandwich bread
- 120 gm (1½ cups) grated Gruyère Court-bouillon
- 500 ml dry white wine
 - 2 carrots, peeled and coarsely chopped
 - 2 onions, peeled and coarsely chopped
 - 2 celery stalks, coarsely chopped
 - 4 garlic cloves
 - 1 tbsp black peppercorns
 - 4 fresh bay leaves A few parsley stalks
- 1 Place yabbies in freezer in preparation to despatch (see cook's notes p176). Meanwhile, for court-bouillon, place ingredients and 4 litres water in a large saucepan over medium heat and bring to a simmer, add yabbies in batches and simmer until yabbies turn pink (about 4 minutes). Remove with tongs and refresh in iced water.

Drain and peel as you would prawns, then chop into 1cm dice and refrigerate until required.

2 Heat a jaffle iron. Combine the crème fraîche, horseradish, shallots, chives and lemon juice, add yabby meat and season with sea salt to taste. Butter bread slices with softened butter and place half the slices butter-side down on a sheet of baking paper. Spread a generous amount of the yabby mixture on top, scatter with Gruyère and sandwich with remaining bread, butter-side up. Toast in a jaffle iron until golden brown and serve.

Note Live yabbies need to be ordered from your fishmonger, or you can substitute 36 medium prawns; poach them in a similar method as the yabbies or buy cooked prawns.

Wine suggestion 2009 Gallagher Blanc de Blancs.

Kingfish crudo, burnt ruby grapefruit, pickled fennel and anchovy

"Since day one, we've always tried to feature raw or cured seafood on the bar menu," says McConnell.
"The clean and delicate flavours are the perfect way to start a meal. I use Hiramasa kingfish, farmed in South Australia. It's a super-consistent product and is readily available all year round." Begin this recipe at least three days ahead to pickle the fennel.

Prep time 40 mins, cook 5 mins (plus curing, pickling)

Serves 6 (pictured p95)

- 2 ruby grapefruit, peeled and segmented
- 3 radishes, very thinly sliced on a mandolin
- 12 nasturtium leaves
- 125 am Ortiz anchovies
- 125 ml (½ cup) extra virgin olive oil Juice of 2 lemons

Pickled fennel

- 3 baby fennel bulbs, fronds reserved for curing mixture
- 150 ml rice wine vinegar
- 110 gm (½ cup) white sugar

Cured kingfish

- 60 gm (½ cup) salt flakes (McConnell uses Murray River salt)
- 90 gm white sugar
- 2 tbsp coriander seeds, roasted and lightly crushed
- 2 tbsp fennel seeds, roasted and lightly crushed Fronds from 3 heads of baby fennel, coarsely chopped Juice of 2 lemons
- 500 gm kingfish fillet, skin off, blood line removed
- 1 For pickled fennel, halve fennel lengthways, remove cores, then thinly slice lengthways on a mandolin and place in a preserving jar. Stir vinegar, sugar, 225ml water and a pinch of salt in a saucepan over medium-high heat until sugar dissolves, bring to a simmer, then pour over fennel. Cool to room temperature, then seal and refrigerate for at least 3 days. Pickled fennel keeps in a sealed container for two months and develops in flavour with time. This recipe makes more than you need, but it's handy to have in the fridge.

- 2 For cured kingfish, combine ingredients except kingfish in a bowl. Place kingfish in a deep tray or dish, pour salt mixture over, turn fillet to coat, then cover and refrigerate for 4 hours. Rinse off curing mixture, pat kingfish dry with paper towels, wrap in plastic wrap and refrigerate until required. This step can be done up to a day in advance.
- **3** Place grapefruit segments on an oven tray and caramelise the surface with a blowtorch (or do this under a hot grill). Slice kingfish across the grain into 5mm slices and arrange on serving plates or a platter. Scatter with grapefruit, nasturtiums, radish, anchovies and a little pickled fennel. Mix olive oil and lemon juice in a bowl, season to taste, drizzle over kingfish and serve. **Wine suggestion** 2015 Eden Road Canberra **Piesling**

Black barley, wild rice, candied almonds, barberry and marinated chèvre

Prep time 25 mins, cook 45 mins

Serves 6 (pictured p98)

200 gm black barley

250 gm wild rice

- Vegetable oil, for deep-frying
- 2 tbsp dried barberries
 2 tbsp sumac
 Olive oil, to taste
 Juice and finely grated rind of 1½ lemons,
 or to taste
- 100 gm marinated chèvre or goat's curd
 - 2 tbsp dried rose petals Candied almonds
- 1½ tbsp caster sugar
- 1 tsp rosewater, or to taste
- 50 gm slivered almonds
- 1 For candied almonds, preheat oven to 180C and line a baking tray with baking paper. Stir sugar, a splash of rosewater and 2 tbsp water in a saucepan over low heat until sugar dissolves. Add almonds, stir to coat, then tip onto tray and bake, stirring occasionally, until lightly caramelised (10-12 minutes). Set aside.
- 2 Meanwhile, place barley and 1 litre cold salted water in a saucepan and 200gm wild rice and 1 litre cold salted water in another saucepan. Bring both to the boil over medium-high heat, then reduce to medium and simmer until tender but not falling apart (20-30 minutes). Drain and set aside.
- 3 Heat the vegetable oil in a saucepan to 200C. Add remaining wild rice and fry until puffed (20-30 seconds; be careful, hot oil will spit as the grains puff up). Remove with a metal sieve and drain on paper towels.
- 4 Toss barley and wild rice with barberries, sumac, a splash of olive oil, and lemon juice and rind, and season to taste. Crumble marinated chèvre or spoon goat's curd into a serving bowl or onto a platter, arrange the salad on top, scatter with rose petals, candied almonds and puffed wild rice and serve.

Wine suggestion 2014 Ravensworth "The Grainery", a marsanne-roussanne-viognier blend.>

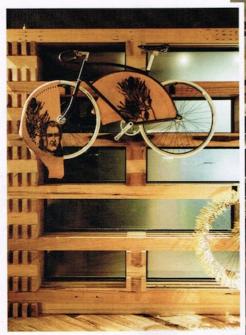














Slow-roasted lamb shoulder with pistachios, pomegranate and vine leaves

"By far our most popular dish at Monster, this is in fact loosely based on a dish I had in Istanbul years ago at a restaurant called Antiochia, in Beyoğlu," says McConnell. "Antiochia specialises in regional cuisine from Antakya, in the Hatay region of Turkey. The meat was delicately spiced, perfectly cooked over coals, and served simply with a dollop of labne, pomegranate seeds, pistachios and crisp flatbread, cooked over coals. At Monster, we've added crisp vine leaves and substituted the flatbread with brik pastry." Begin this recipe a day ahead to marinate the lamb.

Prep time 40 mins, cook 8½ hrs Serves 6 (pictured p99)

- 3 tbsp each cumin seeds and coriander seeds
- 1 tbsp fennel seeds
- 1 cinnamon quill
- 25 gm ginger
- 4 garlic cloves
- 125 ml (½ cup) olive oil
- 60 ml (¼ cup) pomegranate molasses Finely grated rind of 2 lemons
 - 1 lamb shoulder on the bone (2.4kg)
- 500 ml red wine
- 80 ml (1/3 cup) pomegranate molasses
- 500 gm labne

Pomegranate seeds and crushed roasted pistachio kernels, to serve

Crisp brik pastry

- 8 sheets brik pastry
- 100 ml clarified butter

Crisp vine leaves

- 6 vine leaves in brine Olive oil, for brushing
- 1 Dry-roast spices in a frying pan over low heat until fragrant (see cook's notes p176), then grind in a spice blender or finely crush with a mortar and pestle while still warm and place in a bowl. Grate ginger and garlic on a microplane straight into the spice mixture, then add olive oil, molasses and lemon rind. Score fat side of the lamb and season with 2 tsp sea salt and ½ tsp freshly ground black pepper, then rub spice mixture into meat (2 minutes). Cover and refrigerate overnight.
- 2 For brik pastry, preheat oven to 18OC. Brush a sheet of pastry with clarified butter, top with another sheet of pastry and repeat, finishing with butter. Place between 2 baking trays and bake until golden brown (10-12 minutes). Leave to cool, then break into rough pieces.
- **3** For vine leaves, reduce oven to 16OC. Soak leaves in cold water for 5 minutes to remove excess salt, then place flat on paper towels. Cover with another layer of paper towels, pat to remove excess moisture, then brush both sides of each leaf with oil and place flat on a baking tray. Cover with another baking tray and bake until dry and crisp (10-12 minutes). Set aside.
- 4 Preheat oven to 100C. Place marinated lamb in a roasting pan, add 500ml water to pan, cover with baking paper then foil and roast until meat is falling from the bone (about 7 hours). Remove foil and paper, increase oven to 180C and roast

until browned (40-45 minutes). Remove lamb from pan (reserve pan juices), rest for 30 minutes, then break into large pieces. Keep warm or if preparing ahead, cover and refrigerate.

5 Pour pan juices into a saucepan, add wine and pomegranate molasses, bring to the boil and cook until reduced to a jus consistency (10-12 minutes). Preheat oven to 200C. Place lamb and jus in an ovenproof pan, bring to the boil, then bake in oven until liquid reduces slightly and lamb begins to caramelise (10-15 minutes). Dollop labne into a bowl, top with lamb, then pour jus over. Scatter with pomegranate seeds and pistachios, top with vine leaves and shards of brik pastry and serve. Wine suggestion 2013 Clonakilla O'Riada Shiraz.

Celeriac, Jerusalem artichokes, puffed rice and parmesan

"The seasonal availability of these two root vegetables makes them natural bedfellows," says McConnell. "We add puffed wild rice for texture and parmesan for a hit of umami. Be sure to use top-quality parmesan; at Monster we use 24-month-old Parmigiano-Reggiano."

Prep time 25 mins, cook 1 hr

Serves 6

- 2 celeriac, peeled and diced into 2cm cubes
- 2 garlic cloves, crushed with back of a knife
- 2 rosemary sprigs
- 500 ml (2 cups) milk
 - 1 kg Jerusalem artichokes, unpeeled
- 200 gm butter, diced
 - A few sprigs of thyme
 - 3 fresh bay leaves Extra-virgin olive oil, for drizzling Vegetable oil, for deep-frying
- 50 gm wild rice
- 100 gm Parmigiano-Reggiano Sunflower shoots, to serve
- 1 Place celeriac, garlic, rosemary and milk in a saucepan over medium heat, bring to the boil, then reduce heat to low and simmer until celeriac is tender (25-30 minutes). Drain, discarding herbs and reserving milk. Return to pan and purée with a hand-held blender until smooth, adding enough milk to reach a thick consistency that holds its shape. Season to taste and keep warm.
- 2 Meanwhile, preheat oven to 180C. Spread Jerusalem artichokes in a roasting pan, scatter with butter, thyme and bay leaves, season to taste and drizzle with olive oil. Roast for 5 minutes, then remove from oven, turn artichokes and return to oven. Roast, turning artichokes frequently, until evenly caramelised and tender, but with a little crunch (20-25 minutes). Keep warm.
- 3 Meanwhile, heat oil in a deep saucepan to 200C. Add rice and deep-fry until puffed (20-30 seconds; be careful, hot oil will spit). Remove with a metal sieve and drain on paper towels.
- 4 To serve, spoon celeriac purée onto a platter, arrange Jerusalem artichokes around and drizzle with a little extra-virgin olive oil. Using a fine microplane or grater, grate Parmigiano very generously over the top, and scatter with sunflower shoots and puffed rice.

Wine suggestion 2013 Mount Majura Chardonnay.

Roast beetroot with shankleesh, onion, almonds and dill

"This beetroot dish came along in autumn this year as a vegetarian item on our share-plate menu," says McConnell. "The distinct Middle Eastern flavours work perfectly alongside our lamb dish. Shankleesh is available at any good Middle Eastern deli." Begin this recipe three days ahead to pickle the onion.

Prep time 40 mins, cook 45 mins (plus pickling)

Serves 6 (pictured p98)

- 110 gm (½ cup) caster sugar
- 125 ml (1/2 cup) Sherry vinegar
 - 5 beetroot, trimmed and scrubbed Rock salt, for roasting
- 160 gm (1 cup) natural almonds, roasted and coarsely chopped
 - 3 baby beetroot, such as Chioggia, or watermelon radish, thinly sliced on a mandolin
- 150 gm shankleesh, coarsely crumbled
- 3/4 cup dill sprigs (about 1 bunch), plus extra to garnish

Pickled onion petals

- 250 ml (1 cup) white wine vinegar
- 100 gm white sugar
 - 2 tbsp black peppercorns
 - 2 fresh bay leaves
- 10 pickling onions, peeled and halved through the core

Beetroot vinaigrette

- 250 ml (1 cup) beetroot juice
- 60 gm raspberries (about ½ punnet)
- 60 ml (¼ cup) raspberry vinegar
- 2 tbsp extra-virgin olive oil
- 1 For pickled onion petals, stir vinegar, sugar, peppercorns, bay leaves and 360ml water in a saucepan over medium heat to dissolve sugar, then bring to the simmer, add onions and simmer until beginning to soften (4-5 minutes). Transfer to a sterile container (see cook's notes p176), seal and cool to room temperature, then refrigerate for 3 days before using. Pickled onions will keep refrigerated for several months.
- 2 Preheat oven to 180C. Stir sugar and 2 tbsp water in a small saucepan over high heat until sugar dissolves, then bring to the boil and cook until dark caramel (3-4 minutes). Add vinegar (be careful, hot caramel will spit) and stir to combine well.
- 3 Place each beetroot in the centre of a square of foil large enough to enclose completely, spoon equal quantities of caramel mixture over each, then carefully wrap to seal. Place on a bed of rock salt in a roasting pan and roast until tender when pierced with a skewer (30-40 minutes). When cool enough to handle, peel and thickly slice.
- 4 For beetroot vinaigrette, simmer beetroot juice in a small saucepan over medium-high heat until reduced by a third (5-6 minutes). Meanwhile, place raspberries and vinegar in a separate saucepan over medium-high heat, bring to the boil, then add reduced beetroot juice and purée with a stick blender or in a small food processor and set aside to cool. Pass through a fine sieve, add oil and season to taste.>



5 Toss beetroot slices with some of the beetroot vinaigrette in a bowl, arrange on a platter, drizzle with extra vinaigrette, then scatter with almonds. Drain a handful of pickled onion, separate into petals, then scatter over beetroot, and top with sliced Chioggia beetroot and crumbled shankleesh and dill. Season to taste and serve.

Wine suggestion 2013 Lark Hill Pinot Noir.

Crumpets

"These crumpets have been on our menu from day one," says McConnell. "The real hero of the dish here is our own honey from our three hives with access to native blossoms and blackberry. Our beekeeper, Dermot AsIs Sha'Non, extracts the honey using a centrifuge, and only lightly filters it, to retain the wild flavour."

Prep time 15 mins, cook 20 mins (plus proving) Makes 15

- 30 gm caster sugar
 - 7 gm (1 sachet) dried yeast
- 50 gm butter, plus extra to serve
- 800 ml milk
- 500 gm (3 1/3 cups) plain flour
 - 3 tsp bicarbonate of soda Good butter and raw honey, to serve
- 1 Stir sugar, yeast and 30ml warm water in a bowl to dissolve and set aside in a warm area until foamy (10-15 minutes). Melt butter in 200ml milk in a saucepan over medium heat, remove from heat and add remaining milk, then yeast mixture.

- 2 Sift flour and bicarbonate of soda into a bowl, form a well in the centre, and whisk in milk mixture to just combine. Stand at room temperature until doubled in size (30 minutes) or cover with plastic wrap and prove overnight in the refrigerator.
- 3 Warm a non-stick frying pan over medium-high heat and butter the inside of some egg rings. Place rings in the pan, half-fill with batter and cook until bases are golden, holes appear on the surface and mixture sets (5-6 minutes). Serve hot with good butter and raw honey.

Rhubarb, strawberry and pink peppercorn crumble with chamomile ice-cream

"This is pretty much your mum's old-fashioned crumble," says McConnell, "but we've added pink peppercorns to give it a delicate and floral heat."

Prep time 40 mins, cook 1 hr (plus chilling, freezing)

Serves 8

750 gm rhubarb, diced

- 90 gm honey
- gm brown sugar Juice and finely grated rind of 3 lemons
- 750 gm strawberries (about 3 punnets), hulled and halved
- 375 gm caster sugar
 - 3 tbsp pink peppercorns, crushed

Chamomile ice-cream

500 ml (2 cups) milk

200 ml pouring cream

20 gm (1 cup) loose-leaf chamomile tea

6 egg yolks

175 gm caster sugar

Crumble

150 gm softened butter

150 gm (1 cup) plain flour

150 gm almond meal

150 gm (3/3 cup) brown sugar

75 gm rolled oats

- 1 For chamomile ice-cream, bring milk, cream and chamomile tea to a simmer in a saucepan over medium heat. Remove from heat and stand to infuse (1 hour). Whisk yolks and sugar in a bowl until pale (4-5 minutes), strain milk mixture over, pressing on solids, and whisk to combine. Return to a clean pan and stir over very low heat until mixture thickly coats the back of a spoon or reaches 87C on a thermometer (5-6 minutes) Transfer to a bowl, whisk occasionally until cool, then chill. Churn in an ice-cream machine and freeze. Makes about 1 litre.
- 2 Place rhubarb, honey, brown sugar and lemon juice and rind in a saucepan over medium heat, bring to a simmer and cook, stirring occasionally, until tender (8-10 minutes). In a separate pan, stir strawberries and sugar over medium heat until broken down (8-10 minutes), add to rhubarb with 1 tsp sea salt and set aside.
- 3 For crumble, beat butter and flour in an electric mixer to combine, then add almond meal, sugar and oats and mix to combine.
- 4 Preheat oven to 180C. Spoon rhubarb and strawberry compote into 8 shallow individual ovenproof dishes or a 1.2-litre baking dish, scatter with peppercorns, and top with crumble. Bake until golden and bubbling (15-20 minutes for individual, 25-30 minutes for large). Serve with chamomile ice-cream.

Wine suggestion 2013 Lerida Estate Botrytis Pinot Gris.

