

the best catch is local

Support local seafood by serving these delicious dishes at your next dinner party,

{ words Craig Squire

{ photography Marc McCormack

Queensland Catch is a year-long promotion aimed at promoting local seafood to the consumer. The concept aims to improve demand and ensure the public support retailers and restaurants that use and sell local seafood as a priority.

It is then up to the participating seafood shops and restaurants to highlight these seafood dishes which have the Queensland Catch logo and marketing material. It will also spread the message to consumers about the freshness, sustainability and quality of our own seafood, not to mention the economic and environmental benefits.

Quite often in times when the purse strings are tight people look to save money, sometimes buying local food costs a little more.

But think about the flow-on effect of your purchase and try and save cash by wasting less than trying a different product that costs less.

The Queensland scallop is underrated. It's sweet, clean and when purchased out of the shell it's great value for money.

Local squid and Endeavour prawns are so tender and you can be assured that they're sourced from clean and healthy water, something I wouldn't trust with some imported products.

And if these recipes seem too difficult or you don't like doing dishes, setting the table and polishing glasses – or perhaps you would like to be romantic and give your partner a treat – you can always go out to one of our fine local restaurants for dinner.

So look out for the Queensland Catch logo, cook with fresh products and support local produce and the community.



Craig Squire is the chef and director of Ochre Restaurant and Catering. View his recipes at www.ochreresaurant.com.au/recipe.html



Queensland scallops wrapped in Tableland prosciutto – tomato artichoke and herb salad – sunrise lime and local honey dressing

Gluten Free
Serves 4 entrées

Ingredients - scallops and salad

20 scallops
10 finely sliced strips of prosciutto
200g cherry tomatoes
200g artichoke hearts
50g rocket
16 basil leaves
1/2 bunch chervil or italian parsley
1 small red onion
Black pepper to grind
Olive oil for frying

Cut prosciutto in half length ways and wrap scallops. Refrigerate the scallops until cool.

To serve

Assemble salad ingredients in centre of plate. Heat a little olive oil in a fry pan, sear scallops on both sides for one minute. Place scallops around the salad and dress.

Sunrise lime and honey dressing

1 egg
1 tbs crushed ginger
75ml honey
1 tbs dijon mustard
125ml orange juice, strained
125ml rice vinegar
250ml vegetable oil
6 sunrise limes, sliced
Combine all ingredients

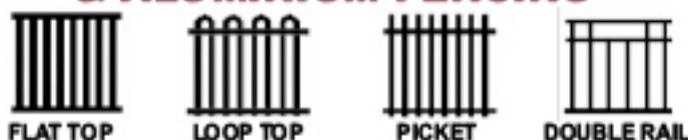
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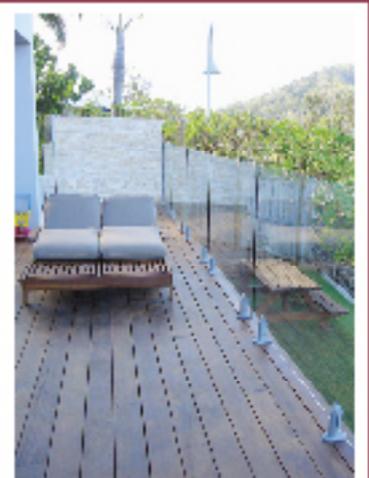


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Frameless

Rocket gnocchi – squid and scallops – prawn bisque sauce

Serves four mains – gnocchi and sauce can be made the day before. Coat gnocchi in olive oil and refrigerate – reheat in boiling water

Ingredients	25ml olive oil
6 local squid, cleaned and sliced into wide rings	½ bunch coriander stalks, chopped
24 pieces local scallop meat	400g cooked Endeavour prawns
1kg desiree potato	1 stick celery, chopped
200g flour and flour for dusting	5g dill, chopped
1 egg	200ml white wine
150g rocket, finely chopped	125g tomato paste
Pinch of nutmeg	1 litre chicken/fish stock or water
1 small onion, chopped	500ml cream
25g ginger, chopped	Cornflour for thickening
	Salt and pepper for seasoning

Method - gnocchi

Cook potatoes in gently simmering, well-salted water with skin on and peel immediately. Mash potato, mix egg, rocket and nutmeg to a smooth dough while still warm. Roll into 2cm wide strips on a well floured surface and cut into squares. Boil the squares in a large pot and remove when they surface. Place on to an oiled tray to cool.

Method - prawn bisque

Remove prawn heads and sauté in a soup pot with onion, ginger, olive oil, coriander stalks, celery and dill. Crush with a mallet when aromatic. Gradually add white wine, tomato paste and stock. Simmer for 30 minutes. Add cream and simmer for a further 10 minutes. Thicken with cornflour, season with salt and pepper and strain. Peel remaining prawn tails, chop and add to sauce.

To serve

Heat sauce in a large pan, add squid and scallops and bring to the boil. Add warmed gnocchi immediately and garnish with rocket and dill.



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