

madness & mangoes

Get into summer mode with some of these tasty mango recipes.

{ words Craig Squire
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I can always tell when summer is on the way when we cater for the Amateurs as that week leading up to the event always seems to kick up a few degrees.

This Amateurs we catered to 5200 people from Friday to Sunday. The events included the corporate marquees (no wait for drinks there!), the ball, garden party, sponsors lunch and the annual general meeting.

The ordering of food and getting quantities right is a challenge to say the least. One doesn't want to run out of anything and at the same time we don't want too much left over. This year the food cost was \$9000 more than last, 700 dozen oysters helped that along, as does inflation. Even though I could save considerable money by buying lower grade produce or imported seafood, I will give it all away if I have to compromise my belief in buying local and Australian as a priority.

This year we used 300kg of local spanish mackerel, 280kg of cooked endeavour prawns (which were beautiful), 200kg of diced Tableland beef, 250kg of Tableland chicken thigh, 8000 little portioned cakes from Pastry Sensations, 200 dozen barramundi spring rolls from Barramundi Gardens (available from their farm at Julatten), Hasham's dips and lots and lots of other produce.

To celebrate the onset of the summer heat that turns outside catering into madness, I have written a couple of mango recipes.

The cheesecake is an old classic. I learnt this cold-set cheesecake recipe in 1981 from Nevan, my first pastry chef who now teaches at the TAFE in Cairns. The other recipe is perfect for summer with hints of Thai and is adaptable for your favourite fish. In this recipe I have used local wild caught barramundi.

So next time you see that mango on the ground too green or too ripe to eat, you'll know what you can do.



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



Crispy skin barramundi with green mango salad

Serves 4

Ingredients

4 x 180g pieces of fresh barramundi, skin on but scaled and scored (your fishmonger can prepare this for you)
Potato starch for coating
100ml peanut oil (Australian cold pressed)

Ingredients – Salsa

2 large green mangoes
1 hot red chilli, finely sliced
5g fresh ginger, finely chopped
1 star anise
1 cinnamon stick
5g coriander or thai basil
1 spring onion, finely sliced
100ml rice vinegar
80g palm sugar
30ml fish sauce
100ml peanut oil

Method – Salsa

Dice mango, combine with chilli and spring onion in bowl. Bring vinegar, palm sugar, ginger, star anise and cinnamon to simmer for 10 minutes. When cool combine with mango, fish sauce and peanut oil. This is best made the day before to infuse flavours.

To serve

Pre-heat oven to 190°C, heat oil in large frypan, coat barra with potato starch and place flesh side into oil for 1 minute to seal, turn over on to skin and place in oven for about 8 minutes (check for white coagulated juices). Place back on to medium flame to get skin crisp and golden. Drain on paper towel, serve with salsa as shown.

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Mango and lime cheesecake

Serves 10

Ingredients

250g Philadelphia cream cheese
 50g sugar
 500ml cream
 4 egg whites
 150ml mango puree
 100g diced mango
 20ml mango liqueur or rum
 Juice and zest of two limes
 3 leaves of gelatin or 3 tsp powder (mixed according to instructions on packet)
 200g biscuit crumb
 200g unsalted butter, melted
 1tsp powdered cinnamon

Method

Mix crumb with cinnamon and butter to create a sandy texture. Smooth crumb 1.5cm thick into base of 10inch round spring release cake tin. Refrigerate. Whip cream cheese and sugar in mixer until smooth. Add liqueur, lime juice, mango puree and gelatin (make sure gelatin is very hot and mix in quickly to avoid ribbons). Add medium whipped cream and diced fruit. Add medium peak egg whites slowly and pour mix into tin. Set in fridge overnight. Serve with fresh mango.

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