

# the best catch is local

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

{ words Craig Squire

{ photography Marc McCormack

**Q**ueensland 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.ochrerestaurant.com.au/recipe.html](http://www.ochrerestaurant.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

Builders Packages available  
Free Measure & Quote  
Locally Owned  
Supply only or  
Supplied & Installed



Semi - Frameless

## AGA FENCING

### AFFORDABLE GLASS & ALUMINIUM FENCING



FLAT TOP



LOOP TOP



PICKET



DOUBLE RAIL

Panels in a variety of styles and colours, always in stock

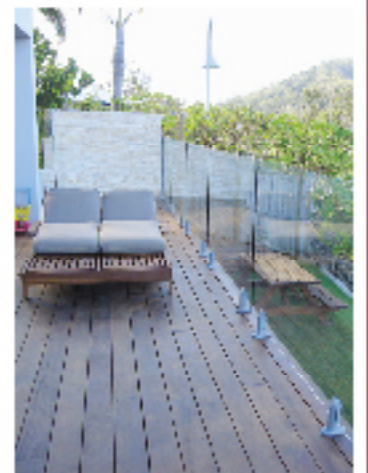
• Suppliers of Glass and Aluminium Fencing

• FRAMELESS • SEMI FRAMELESS • GLASS BALUSTRADE

• Trade enquiries welcome • ASK about our SPECIALS

**BEST PRICE IN TOWN**

45 Mount Milman Drive North Point Smithfield



Frameless

Ph 4038 3966 Fax: 4038 3643 • Email: [aga.fencing@bigpond.com](mailto:aga.fencing@bigpond.com)



## 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

6 local squid, cleaned and sliced into wide rings  
24 pieces local scallop meat  
1kg desiree potato  
200g flour and flour for dusting  
1 egg  
150g rocket, finely chopped  
Pinch of nutmeg  
1 small onion, chopped  
25g ginger, chopped

25ml olive oil  
½ bunch coriander stalks, chopped  
400g cooked Endeavour prawns  
1 stick celery, chopped  
5g dill, chopped  
200ml white wine  
125g tomato paste  
1 litre chicken/fish stock or water  
500ml cream  
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.



*A little Retro from*  
**Curtain Craft & Roundabout Cane**  
Modern classic furniture which has stood the test of time

*Selected furniture pieces and fabrics*  
**ON SALE NOW!!**

curtaincraft@ledanet.com.au 72 Pease St, Manooora Qld 4870 P: 4053 6122

# ZABU

Furniture you'll *love* to live with...

**FURNITURE  
HOMEWARES  
ARTWORK**

*What a great idea!*



- ▶ Furniture Packages
- ▶ Display Furniture Hire
- ▶ Commercial & Residential

2 Industrial Avenue, Captain Cook Highway, Stratford

**Tel 4055 1241**

[www.zabucairns.com.au](http://www.zabucairns.com.au)

**OPEN 7 DAYS**