

the Australian Coeliac

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Coeliac[®]
Australia

Degustations and Mere Morsels

Since my exciting and unexpected win on Iron Chef in 2010, my wife and I have been building our exclusive catering business, Herb Faust Food.

The original concept was to offer a seasonal 5 course degustation to customers in their own homes, providing a complete dining experience, including food, crockery, cutlery, napkins and waitstaff. And of course, we wanted to leave the host's kitchen sparkling clean so they would wake the next morning as if, aside from the great memories and a slightly sore head, the dinner party never happened! It's a concept that has proven incredibly popular, and over time we've expanded our dining repertoire to include stand up degustations, shared long table dining, and cocktail style food or 'Mere Morsels' as we've named it.

As part of the booking process, we have our hosts complete an Event Planning Form, which lists all of the details for their event, and most importantly any dietary requirements for themselves and their guests. Without a doubt, one of the most commonly occurring dietary requirements is for people who have been diagnosed with coeliac disease. Luckily for me, this doesn't present too much of a problem, because I find using too much gluten in food can leave guests feeling 'bogged down' after 5 courses, so I tend to avoid it for the most part in my menus. Having said that, I've certainly had to open my eyes to just how many foods contain gluten.

My most recent oversight, and a lesson I'll never forget, was that I neglected to check the label for the icing sugar I used at a demo for...you guessed it...Coeliac Western Australia. I'm so grateful for the audience member who double-checked my icing sugar was gluten free, which saved me from 'poisoning' the entire room. But my embarrassment didn't stop there! In my distracted state, I wasn't keeping an eye on the caramel



that I was cooking, and it started to burn. Before I knew it, the resultant smoke set off the fire alarms. By this stage everyone was, thankfully, in hysterics. When the fire-fighters arrived to switch off the alarm, I gave them some dessert (after checking none of them were coeliacs, of course!), got a quick photo with them, and sent them on their way. I was so surprised that no one left even after all the commotion. In fact, they were such a good-humoured and gracious bunch that afterwards, I received congratulations from many of them for such an entertaining demo. A good handful of attendees also took a sample of the dessert home for their non-coeliac family members to enjoy!

All jokes aside, I am actually grateful for such an experience, as it once again highlighted the extra care that needs to be exercised when preparing food for those with coeliac disease. We've had some lovely feedback from coeliac guests we've cooked for, as I take special care not to deprive them of any of the flavours that complete each dish. Linda Durell of Perth wrote to me after a dinner she hosted saying, "Your food was the most sensational meal I have had since being diagnosed with coeliac disease, if not ever, which is no mean feat considering the dietary restrictions." Feedback like that means the world to me and inspires me to continue creating food that everyone, including those with coeliac disease, can experience and enjoy.

Hot smoked ocean trout, son in law egg, hot sour sauce, cured cucumber

Hot smoked ocean trout

½ cup basmati rice
½ cup tea
½ cup brown sugar
1 tablespoon whole white pepper
1 tablespoon star anise
1 teaspoon cloves
400g ocean trout, skin on and pin bone removed

Heat a wok over a medium heat. Line the wok with a piece of foil and place all ingredients except the trout onto the foil. Lay the trout skin-side-down on a round cake rack and place in the wok, but don't let it touch any of the smoking ingredients. Place a lid on top of the wok and lower the heat to reduce some of the smoke. Cook the trout to medium-rare, approximately 10-15 minutes, depending on the thickness of the trout, and set aside in a warm place.

Son in law egg

4 free range eggs, room temperature
Oil for deep-frying

Bring a small pot of water to the boil. Once boiling, carefully add the eggs one at a time and cook for exactly seven minutes. Plunge the eggs into iced water to completely cool them down then peel off the shell. Heat enough oil to submerge four eggs in a small pot to 180°C. Carefully deep-fry the eggs until golden, approximately 1 minute. Remove with a slotted spoon and place on absorbent paper. Set aside in a warm place.

Hot sour sauce

20g galangal (similar to ginger, also called Thai ginger)
20g garlic cloves
20g shallots
1 tablespoon dried shrimp
1 teaspoon shrimp paste
50g long dried red chillies
2 tablespoons lime juice
1 tablespoon tamarind paste
1 tablespoon palm sugar
100ml coconut cream

In a food processor, blend all the ingredients except the lime juice, tamarind, palm sugar and coconut



cream until smooth. Heat some vegetable oil in a non stick pan then sauté the paste, stirring constantly until dry and fragrant. Add the remaining ingredients and bring to the boil. Reduce by half and adjust the seasoning. It should be hot, sour and slightly sweet.

To serve

½ cucumber, julienned

1 tablespoon rice vinegar

2 sheets sesame rice paper, deep-fried for 30 seconds or until crisp

Spoon the hot sour sauce on the plate. Break up some ocean trout and scatter over. Cut the eggs in half and arrange on plates. The yolks should be nice and soft. Finish with the rice vinegar dressed cucumber and fried sesame paper.

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Guest Chef – Herb Faust

Herb Faust is probably best known for being the only contestant to beat an Iron Chef on Channel 7's Iron Chef Australia. However, he began his career as a chef almost two decades ago. He has gained a wealth of food knowledge and experience in restaurants across Australia.

Most recently, he was Head Chef at Scotch College for seven years, where he cooked for some 150 boarders, plus staff members, as well as preparing restaurant quality food for numerous functions. It was a role that allowed him to continue his passion for delivering top quality, fresh and healthy food, while enjoying the more 'social' working hours, which enabled him to spend more quality time with his young family.

In 2010, Herb was presented with the once in a lifetime chance to appear in the Australian version of the cult television cooking show, Iron Chef. He went on to be the only contestant in the series to defeat an Iron Chef. Inspired by the win, he and his wife, Deanna, launched their next exciting culinary adventure: Herb Faust Food, which offers a range of unique dining experiences for customers in their own homes or whichever setting they choose.

The business recently took up residency at Parkland Villas, where they continue to expand their Herb Faust Food concepts, as well as preparing top quality home-style meals for the Parkland residents.

Herb is in demand as a food presenter and host for various events around Perth, and has recently enjoyed demonstrating at The Mundaring Truffle Festival, The WA Canteen Association's annual conference, and The Margaret River Gourmet Escape. He'll once again be bringing his unique brand of food to special events in 2013 at IGA's Taste Great Southern, as well as the York Gourmet Food and Wine Festival. Herb is also an ambassador for Taste of Harmony, a national organisation dedicated to recognising and celebrating the rich cultural diversity that exists in Australian workplaces.

When he's not working, Herb loves spending time with Deanna and their two children, Jackson (8), and Jasmin (5). Herb also loves catching up with mates for a skate or surf.



Real chocolate brownie, peppermint ice cream, almond cookie thin, strawberry gel, caramel

Real chocolate brownie

200g unsalted butter
1 cup brown sugar
70g coconut oil
4 eggs
70g pure cocoa powder
70g carob powder
¼ cup gluten free plain flour

Preheat oven to 160°C.

Heat the butter, brown sugar and coconut oil in a small pot over a low heat. Stir until the butter dissolves then add the eggs. In a large bowl, combine the remaining ingredients. Whisk the egg mixture into the dry ingredients to make a thick and glossy batter. Pour the batter into a grease proof lined baking tray. Bake in preheated oven for 10 minutes, or until just set. Remove and place on a wire rack to cool completely.

Peppermint ice cream

1 large handful peppermint leaves, washed
150ml full cream milk
450ml cream
130g caster sugar
6 egg yolks
100g white chocolate, melted

Bring the peppermint, milk and cream to the boil in a pot over a medium heat. Watch carefully so the liquid does not boil over. Remove from heat and set aside for about an hour to let the peppermint leaves infuse into the milk and cream. Reserve the liquid by straining through a fine sieve, being sure to squeeze all the moisture out of the peppermint leaves.

Bring a pot of water to the boil. Place the sugar and egg yolks in a heatproof bowl that fits snugly over the pot, but does not touch the water. Whisk the egg mixture over the pot of boiling water until thick and glossy then stir in the peppermint-

infused cream and the melted white chocolate. Keep stirring the mixture over the pot of boiling water until thickened. Strain through a fine sieve into another bowl and allow to cool completely. Place the bowl in the freezer and whisk every 20 minutes until the mixture becomes frozen, approximately 4-5 hours. Transfer to a plastic container and store in freezer.

Almond cookie thin

½ cup almond meal
2 tablespoons gluten free flour
1 egg white

Preheat oven to 160°C.

Combine all ingredients in a bowl and mix to a thick batter consistency. Spread a teaspoon of mixture thinly on a grease proof lined baking tray. Repeat with remainder of the mixture. Bake in preheated oven for 5 minutes, or until golden. Remove and allow to cool on the baking tray before transferring to a wire rack.

Strawberry gel

1 punnet strawberries
4 sheets of gelatin

Purée the strawberries in a blender and pass through a fine sieve into a small bowl. Soak the gelatin in enough water to cover until softened. Strain and squeeze any excess water off the gelatin and place in a small pot. Gently heat the gelatin until melted then pour into the strawberry purée, whisking constantly. Pour onto a baking tray lined with plastic wrap. Spread evenly and thinly by tilting each of the corners of the baking tray. Allow to set in fridge for an hour.

Caramel

100g caster sugar
1 tablespoon unsalted butter
2 tablespoons cream

Mix a small amount of water with the sugar in a heavy based saucepan. Bring to the boil over a high heat and continue to boil until the temperature reaches 146°C. Take off the heat and carefully whisk in the butter and the cream. Set aside to cool.

To serve

1 punnet viola flowers

Spread a small amount of caramel onto the plate. Top with a piece of chocolate brownie. Remove the strawberry gel from the baking tray and cut into 2cm wide strips. Arrange a piece of the strawberry gel over the brownie. Finish with a scoop of peppermint ice cream, almond cookie thin and a few viola flowers.

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