

Inagawa International Association (IIA) cooking classes (26th of June, 2016)

Preparation time : 1 hour
Servesⁱ : 5 people

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MENU

Before you start

- ① Take the roast beef; place it between several sprigs of rosemary on a tray.
- ② Cover with thyme, salt, pepper, (sliced) garlic, olive oil and then cover with plastic wrap. Let it sit at room temperature (20-30 degrees) for approximately 25 minutes, this will soften the meatⁱⁱ.
- ③ Pre-heatⁱⁱⁱ the oven to 110°C.

Skewered Chili Prawns (entree)

Ingredients

| | |
|-------------------------------------|---|
| 10 prawns (peeled) | 3-4 cloves ^{iv} of garlic (minced) |
| 2 small chillies | 1 tsp ^v of olive oil |
| 1 Tbs ^{vi} of sesame seeds | juice from 1/2 of a lime |
| 2 sprigs of fresh parsley | 1 tsp of salt and pepper |
| 1 tsp of sugar | (fresh parsley to serve) |

Method

- ① Mix the lime juice, garlic, chilli, sugar, sesame seeds, parsley, salt and pepper in a bowl and coat the prawns with the mixture.
- ② Cover with plastic wrap and store it in the freezer for about 10 minutes. Then, put olive oil in a frying pan and heat until smoke rises from the pan. Take the prawns out of the freezer, skewer two prawns and sear^{vii} in a frying pan. Serve with fresh parsley.

Australian Potato Salad

Ingredients

5-6 small potatoes

30-40mL of mayonnaise^{viii}

2.5 Tbs of Gouda cheese

1 tsp of thyme

1.5 sprigs of fresh parsley

about 5 centimetres of sliced leek^{ix}

2 tsp of wholegrain mustard

1 tsp white vinegar

Method

- ① Wash the potatoes thoroughly and without peeling them, cut them into 2cm cubes and then boil until soft.
- ② Thinly slice the leek and once the potatoes have finished boiling, drain the water. In a metal bowl mix in the leek, mayonnaise, cheese, vinegar, thyme leaves, minced^x parsley and wholegrain mustard. Lightly mash the potatoes and mix through. Let cool in the refrigerator before serving.

Pavlova

Ingredients

5 egg whites

1 cup of sugar

100mL of fresh cream

Fruit (fresh or canned)

Apples, kiwi, mandarin,
blueberries, etc.

Icing sugar (to serve)

Method

- ① In a medium sized bowl whisk the egg whites with an electric beater while gradually adding the sugar. Whisk until "hard peaks" are formed (where the meringue is firm enough that if turned upside down, the mixture won't fall out. It is quicker to get 'hard peaks' if you chill the mixture with ice as you whisk).
- ② Lay down baking paper on a tray and spread the mixture into a circle, leveling the top with a spatula. Bake in a pre-heated oven at 110°C for 45 minutes.
- ③ Whisk the fresh cream in a bowl with an electric beater until consistency thickens.
- ④ Cut fruit into edible sizes.
- ⑤ Take the meringue out of the oven and let cool. Cut into pieces and layer with whipped cream and fruit. Sprinkle with icing sugar to serve.

Roast beef

Ingredients

Tasmanian Beef about 350g
1 clove of sliced garlic
1 onion
Salt and pepper to taste^{xi}

2 sprigs of fresh rosemary
Thyme to taste
Olive oil as needed

Method

- ① Heat olive oil in a frying pan until smoke begins to rise from the pan.
- ② Take the roast that was prepared earlier and sear in the frying pan.
- ③ Fry the beef until blood starts to appear at the top of the meat and then rotate it. Continue until all sides are thoroughly seared. Add sliced onion and continue rotating the meat until the onion is cooked. (This meat will still be rather red in the middle, for "well done"^{xii} meat remove the onion and cook the meat for another 10 minutes, or to your liking)
- ④ Remove the meat from the pan and slice as thin as possible. Arrange on the plate. Remember, appearance is everything!

Enjoy!

ⁱ serves [/'sɜ:vz/] "サーブス" : 盛る ; 装う ; 仕える ; 「serves 何々people」 = ~人前
ⁱⁱ "this will soften the meat"は日本語のメニューには書いていなかった。「肉をやら若くするために」室温で置いておく理由である。
ⁱⁱⁱ pre-heat [/'pri:-'hi:t/] "プリー・ヒート" : 熱
^{iv} clove [/'kləʊv/] "クローブ" : カケ
^v teaspoon [/'ti:'spu:n/] "ティースプーン" : 小さじ
^{vi} tablespoon [/'teɪblspu:n/] "テーブルスプーン" : 大きじ
^{vii} sear [/'siə/] "シア" : 焦げめが出るまで炒め焼くこと
^{viii} 1mL 等しい 1cc
^{ix} 日本語のメニューに「白ネギ」が書いていたが、海外では白ネギを買えないので白ネギに似てる「leek」という野菜に入れ替わった。リークの方がちょっと甘い。
^x minced [/'mɪnst/] "ミンスト" : みじん切りにした
^{xi} to taste [/'tə 'teɪst/] "トゥ・テイスト" : お口に合わせる ; 適量
^{xii} well done [/'wel 'dʌn/] "ウェルダン" : こんがり ; よく焼けた