

# Taste

**A**USTRALIAN food identity Margaret Fulton is in her 81st year and to celebrate her 80th birthday her family has redeveloped her very first book, which was published in 1968.

The result is an up-to-the-minute publication with arresting photographs all taken at her home and on her granddaughter's farming property.

Fulton is a delightful, feisty, aware and vital person who has greatly influenced the cooking in many Australian homes. I've had the pleasure of lunching in her delightful Sydney home. I sat in her kitchen as she made us a mushroom risotto.

She has a superb china collection, acquired on her many overseas trips, and I was fascinated to listen to the tales behind certain of her special china pieces and artefacts. I, too, have a passion for china and enjoy having reminders in my kitchen of places I have been to. My first "special" piece of china was inspired by the cover on one of Margaret Fulton's Weekly Cookery Course, which was a selection of recipes from the 1968 publication.

Here are a couple of her favourite dishes that are easy and tasty and quite suitable for entertaining.

The gougeres are quite delicious and you'll be surprised at how quickly they disappear.

With the autumn chill on us I thought you'd enjoy the chicken and coriander soup.

Occasionally I have used fresh mint leaves as a substitute for fresh coriander leaves which finish off the soup. This produces a different but pleasant flavour.

When choosing capers for the chicken dish, look for the tiny ones. They have a much better flavour than most of the larger varieties. If you choose the delicious tiny salted ones, wash them well under running cold water, then pat them dry with kitchen towel. I like to also wash the pickled ones. The caper sauce works well, too, with simply grilled or fried fresh fish.

## Gougeres

From Burgundy in France, these are the perfect accompaniment to a glass of red wine. I often make them ahead by shaping them on to baking paper on a baking tray and freezing them.

When firm and frozen, they can be transferred into freezer bags ready for baking any time. Made with basically a choux pastry with cheese added, gougeres become cheese beignets when deep-fried until puffed and golden. This makes 60 and the recipe can be halved.

**2¼ cups milk**

**Salt and freshly ground pepper**

**Grated nutmeg**

**160g butter**

**2 tsp salt**

**2¼ cups plain flour**

**8 50g eggs**

**200g Gruyere cheese, grated**

Put the milk, salt, pepper and nutmeg with the butter, cut into small pieces, in a saucepan. Bring to the boil, ensuring the butter has melted by the time the milk boils. Remove from the heat and add the sifted



**AUTUMN WARMER:** Chicken and coriander soup

# Favourites of legend



## Eating in

Judith Sweet

flour, all at once. Incorporate quickly and thoroughly with a wooden spoon and continue beating until the mixture falls around the spoon and leaves the sides of the pan (a bit of muscle is needed here).

Remove from the heat and allow to cool for a minute or so before beating in the eggs, one at a time. Beat the eggs fully into the mixture before proceeding with the rest.

Stir in the grated Gruyere, then spoon small balls of the mixture on a buttered baking tray. Brush with a little beaten egg and sprinkle with the rest of the Gruyere.

Bake in a preheated very hot (220C) oven for 20 minutes until risen and golden. Serve piping hot.

## Chicken coriander soup

A beautiful spicy soup using fresh and dried spices, chicken breast and rice. It is given a lift with coconut milk or you may try using fresh (single light) cream for a change. It serves 6.

**30g unsalted butter**

**1 tsp ground coriander**

**1 tsp ground cumin**

**1 chicken breast fillet (bone and skin free), cut into cubes, optional**

**2 tbsp plain flour**

**5 cups chicken stock, heated**

**Juice of half a lemon**

**Salt and freshly ground pepper**

**½ cup coconut milk or pouring cream**

**¾ cup cooked rice, long or short grain (see tip below)**

**3 tbsp coriander leafy sprigs**

Heat the butter in a saucepan and stir in the ground coriander, cumin and cubed chicken (if using) and cook gently for 1 minute.

Add the flour, blend in and return to heat; cook gently 1 minute, then add the stock. Stir until blended and cook a further 5-6 minutes. Add the lemon juice and salt and pepper to taste. Stir in the coconut milk or cream and the cooked rice.

When the soup is heated through, add the coriander leaves and let it stand a minute or two before serving.

**TIP:**

To prepare the rice, bring 1 cup of water to the boil, add a pinch of salt and 4-5 tablespoons of rice, bring back to the boil and cook until the water evaporates (about 10-12 minutes). Turn off the heat, cover and leave a further 5 minutes. Fluff up the rice before adding it to the soup.

## Chicken with lemon and capers

Once you know how to cook boneless chicken breasts perfectly you have the quick answer

for a dinner for yourself and your family at any time. Serve with buttered noodles or rice and a green vegetable or salad. Serves 4.

**4 half chicken breasts (medium size)**

**2 tbsp plain flour, seasoned with salt and pepper**

**1 tbsp butter and olive oil**

Trim off any jagged edges from the chicken fillets and cut out the white tendon that runs down the underside of the meat.

Put the seasoned flour on a piece of greaseproof paper and turn the chicken about until lightly coated with the flour.

Heat the butter and oil in a large frying pan until foaming. Shake the chicken to remove excess flour and place in the pan.

Saute the chicken over a medium heat for about 3 minutes or until golden brown, then turn and cook the other side for about 3 minutes more. To check if the chicken is done, press with the back of a spoon — if it feels springy; it is ready; if still soft, cook for a further minute or two more but keep checking.

Serve immediately or keep warm for a minute or two while making the caper sauce below.

## Caper sauce

Add 30g butter to the pan. Heat until foaming, stirring to collect the good brown bits from the bottom, then stir in the grated rind and juice of 1 lemon, 1 tablespoon of capers and 1 tablespoon of chopped parsley. Taste to correct seasoning and spoon over the chicken.

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