



THE HIGHLY ESSENTIAL NON-ESSENTIAL FILM FESTIVAL

Food and Beverage Guide



It feels only fitting, whilst viewing and listening to the creative fruits of each country on this list, to also consume their native flora and fauna. A sensory immersion, covering taste, smell, sight and sound. If you want to touch something from each country, in the middle of a pandemic, then that's entirely up to you - I will not be held accountable should things go pear shaped.

Because this stuff...this is for your mouth.

Do yourself a favour before you make any big plans and jump on the internet to find your local butcher & organic grocer and organise yourself a delivery of fresh ingredients. That's a good place to start.





AUSTRALIA



Australia. A country obsessed with lamb, sausages in bread from a hardware store and eating our coat of arms. To accompany this line up of some unique and some quite famous Australian films, we'll be cooking two of the three mentioned above. I mean you can probably do the Bunnings sausage on your own...you're not a fucking idiot. Unless you put the onions on the bottom, then we need to talk.

DRINKS LIST

- | | |
|-------|--|
| BEER | Easygoing II Balter XPA |
| | Adventurous II Wildflower Amber |
| WINE | Red II Little Giant Shiraz |
| | White II Pewsey Vale Riesling |
| OTHER | Four Pillars Shiraz Gin & Fancy Tonic (Not the Schweppes shit) |



KANGAROO STEAK & SALAD

THE LOW DOWN

Depending on how much you buy depends on how much you make.

I like to budget around 200g uncooked per person to really let your guests (your partner and/or the dog in these strange times) know their iron is low.

THE RECIPE

So, get your steak. Pre-marinated 'cause that's how it came? No problems. If not marinated, coat that fella in a bit of oil. I like olive oil, but avocado oil is awesome for searing (high smoke point) - don't use coconut oil unless you're a complete madman.

Get a heavy bottomed pan, or a griddle or your BBQ ripping hot. When I say ripping hot, I mean put it on high and walk away for 5+ minutes. Don't use non-stick if you can avoid it. Pop a bit more fat/oil in your pan/griddle, none on your BBQ. And bam, throw that roo on the heat and hear that tsssss. Keep heat high, brown on all sides, probably about a minute per side max. You want this to finish rare and just get some colour on the outside. Wrap in foil and let rest for around 5 minutes. It should cook up to medium rare while resting. Slice into roughly 1-2cm slabs.

Dress some rocket with a little vinaigrette of whisked mayo, olive oil, dijon and a not-brown vinegar/acid (white, apple cider, white wine, verjuice - you fancy fucker).

Hell yeah, now you've got meat and leaves. A side of warm, buttered bread might not go down badly here either, nor red wine. If you happen to have some horseradish cream or Hot English Mustard for the meat, you may find yourself in a happy place.

INGREDIENTS

- Kangaroo Steaks
- Rocket
- Perhaps some bread
- Some other things you should have around the kitchen



PATRIOTIC ROAST LAMB

THE LOW DOWN

Turns out Roast Lamb is the national dish of Australia. Boring.

It goes to say that I am not a fan of Roast Lamb. I know, coat me in mint sauce and throw me on the spit, how un-Australian. However this delightfully flavoured animal has been presented too many times as grey, overcooked, with soggy, fat and dry meat, whilst legions of family that have apparently had their taste buds removed at birth sip homemade wine (also known as paint thinner) and chant "Lamb, lamb, tasty lamb".

I should have known the wine was a sign of things to come.

This will make as much lamb and roast veggies as you buy. Choice.

THE RECIPE

Get a lamb shoulder. SHOULDER.

Coat that guy in whatever you want, however SALT the meat with a heavy hand and joyous heart (unless you have sourced saltbush lamb, in which case pat yourself on the back and drink some wine). Personally black pepper and salt is nice enough, but you could also blend some bay leaf, coriander seed, smoked paprika into a powder and coat with that. Or Tassie peppercorn and bush lime leaf. Or just your favourite combo, lamb is pretty diverse.

Get a pan big enough to accommodate the lamb, put it on the burner and get it ripping hot. If you have a big cast iron pan that can go in the oven, this is ideal. Preheat your oven to about 130c fan forced. Brown the shoulder all over, cover and transfer to your oven to let roast with a deft and gentle touch. It really depends on if you got bone-in, the weight, if your oven is efficient, but you're probably looking at about 1.5 hrs/kg.

While you're waiting, bring some salted water to the boil, move to Queensland and start a family (because that's how damn suburban roast lamb is).

Throw some potatoes in your water, chopped to around 4cm chunks (it depends on what you like). Boil them gently until they're soft, drain and throw some olive oil on them, toss to coat.

Maybe throw some chopped carrots, cauliflower, broccoli, whatever the hell you want to roast really, into another bowl and coat them in olive oil and salt (feel free to add to any vegetables all of these finely chopped, classic roasting herbs - parsley, sage, rosemary, thyme). Bare in mind, IF ANY OF YOUR OTHER VEGETABLES ARE ROOT VEGETABLES (parsnip, beetroot (no way!), turnip, swede, ect), treat them like the taters (potato) for preparation. Throw your root vegetables into a roasting tray and set your others aside on another roasting tray. I personally also like to roast a quartered onion with my non-root vegetables. Or shallots (fuck yea those layer-boys so tasty).

Take your lamb out of the oven when it's done, leave covered and set aside.

Ramp your oven to around 210 fan forced. Throw in your root vegetables. After about 20 minutes, turn your potatoes/root veggies and throw your other vegetables into the oven, as well as your now uncovered lamb. If your lamb has a fat cap on top, ensure that it is facing up. Roast for another 20-25, until all veggies are nicely browned (even a touch burnt on things like broccoli and cauliflower is quite pleasant) and your lamb has crisped a little on the outside.

Pull it out of the oven and rest the lamb for around 10 minutes (covered, with a little vent at the top so it doesn't get soggy). Your lamb should be pull-able, so do whatever you want to actually serve it. However, bear in mind the smaller/shorter/less chunky you make it, the more moisture will escape from between the meat-bits. Personally I'd serve this guy with some grilled flatbreads, garlic-ey greek yoghurt and chopped parsley.

Veggies on the side.

INGREDIENTS

- Lamb shoulder
- Root vegetables
- Not-root vegetables
- Whatever seasoning takes your fancy
- Oil I guess?



Moose, goose, bacon on pancakes, maple syrup, the French. What even is Canadian food? Well, it turns out the national dish is poutine. I guess Canadian food is bastardised and tastier than American food? On a side note, it might be worth watching any of Matty Matheson's videos for recipes. He's Canadian so it counts.

DRINKS LIST

BEER

Easygoing II Dieu du Ciel! Aphrodisiaque

Adventurous II Anything by Collective Arts

WINE

...maybe take a night off the wine.

OTHER

Crown Royal Maple Finished Canadian Whiskey



POUTINE

THE LOW DOWN

I can't believe I'm writing instructions for Poutine. Fuck me.

There's something really fundamental that needs explaining here, however do feel free to tell me that I'm being a dickhead and not to treat you like you know what John Snow knows.

Poutine is 3 ingredients and one of those is super fresh curds. Made half an hour ago, still warm, curds.

If you want to go get some un-homogenised full cream milk, culture and rennet, we can make something close to proper poots.

THE RECIPE

If you're prepared to set up a deep fryer, you're an absolute hero. Fry some chicken while you've got it up and running.

If you're just using oven fries then follow the directions on the packet.

Salt them though, McCain has not done it again.

Make some gravy. I honestly use Gravox because I'm lazy and I just add any drippings I have. Otherwise, over medium high heat, melt around 2 tbs butter then whisk in 1 tbs flour and cook until golden blonde. Add about a cup of drippings, whisking to combine. Add half a teaspoon of Vegemite and a dash of Worcestershire sauce. Cook down to desired consistency and salt and pepper to taste.

Tear up some fresh mozzarella into happy little chunklets.

Put your hot chippies in a bowl. Pour gravy over the hot chippies. Sprinkle as much mozzarella chunklets over your poutine as your heart desires.

There you go you've made fucking poutine. Have a pickleback and kiss your lover.

INGREDIENTS

-Chippies

- Gravy (if you roasted something recently, say a lamb shoulder, the drippings would be tip top right about now)

- Curds (lets substitute with fresh mozzarella - the stuff in brine, not plastic).



GRILLED OYSTERS

THE LOW DOWN

This is one of Matty Matheson's recipes. He's Canadian so that's going to have to do it for you.

This is also by far one of the least labour and time intensive recipes in the book. But, because I'm copying this just about verbatim, it's also one of (if not the only) comprehensive recipe in this volume of edible lies.

THE RECIPE

Preheat your oven to 205c. Heat a grill to medium high. Shuck your oysters, drain off the liquid, pop the meat back in one side of the shell, pop them on a tray, place a wet towel over and bam, into the fridge. Use a mixer to slowly incorporate butter, garlic, onion, tarragon and half the parsley. Season with a bit of salt and pepper.

Oil your bread, season it and roast in the oven until golden all over and crunchy. Remove from the oven and let cool. Then, blitz into bread crumbs in the food processor. Place the crumbs in a paper towel lined bowl with the lemon zest.

Take the oysters from the fridge and fill the shells with the herb butter (with the meat underneath). Create a nice, flat top on the shells with the butter.

Put your oysters on the grill. A minute or two later they'll be bubbling away, add some breadcrumb to each one. Cook for another 2 minutes.

If you want to waste a heap of rock salt, use it to form a bed to put the oysters on (so they don't fall over and spill their delicious buttery juices). Otherwise, let them spill and scoop juice back in as your heart desires.

Dress the finished oysters with the remaining parsley. Serve with lemon wedges and tabasco.

Beware of how damn hot these are.

INGREDIENTS

- 12 Oysters
- 250 grams butter
- ½ bunch tarragon, chopped
- 2 green onions, sliced - we might call these salad onions. They're overgrown spring onions. Just use spring onions. It's going to be fine.
- ½ head garlic, minced or more hell yea.
- ½ bunch parsley (flat leaf), chopped
- Crusty bread
- Olive oil
- A lemon, zested and cut to wedges
- Tabasco

DENMARK



I know absolutely nothing about Denmark except that the capital is Copenhagen and that's where Noma is and there's also a suburb that has nothing but hippies selling dandelion tea and weed.
Let's get Nordic?

It turns out the national dish of Denmark is pork with parsley sauce and potatoes. It feels about as creative as roast lamb or chips and gravy.

DRINKS LIST

- BEER**
- Easygoing II Mikkeller Beer Geek Series
 - Adventurous II Mikkeller Spontan Series
- WINE**
- Not known for their wine but it gets bloody cold there so get yourself some mead, heat it up and fill that belly with a warm hug.
- OTHER**
- ...look, Denmark doesn't have the greatest booze on record. If the beers are not for you maybe make yourself a Milo.



PORK AND POTATOES

THE LOW DOWN

This is a less food-hall version of Stegt Flaesk, which I've never eaten.

THE RECIPE

Halve a red onion and slice it. Mix the slices with a pinch of chilli flakes.

Make a mix of 50/50 vinegar and water, salt generously and bring to the boil. Pour boiling liquid over onions and set aside. It's best if you allow this to sit for a few hours, but even 15 minutes is fine for this quickle (quick pickle).

Slice pork belly and pat dry with paper towel. Dress your pork belly with salt, pepper and a little smoked paprika. Preheat a pan over medium high heat. Bring a pot of water to the boil.

Boil your potatoes until they pass the fork test.

In a small pan, melt your butter over medium high heat until foaming. Throw in your sage and give it a quick toss, turn off the heat. It should be fragrant.

Add some oil to your pan and fry the pork belly over medium high heat until golden brown on both sides.

Drain your potatoes and toss them with the sage butter, the fresh parsley, a loving amount of salt and a good whiff of pepper.

Arrange a helping of belly, a good amount of potato and a side of pickled onion on a plate. Eat it.

INGREDIENTS

- Pork belly, about 200gm/per person, cut into slices max 1cm, no less than 6mm.
- Cocktail potatoes
- Butter, enough to generously coat potatoes
- Parsley, chopped
- Sage, chopped
- Smoked paprika (blasphemy!)
- Red onion
- Vinegar
- Chilli flakes



THE LOW DOWN

It made me so happy to learn that open sandwiches are a quintessential part of Danish cuisine. I fucking love sandwiches. Half of what I know about cooking was focused on making better sandwiches. I LOVE THEM SO MUCH. It's worth mentioning this is an open sandwich, so only one piece of bread per set of toppings.

THE RECIPE

Bring a pot of water to the boil.

If simmering follow the timing over there --->. If poaching, pour in a little apple cider vinegar (about 10mL will do for a small pot), pour in egg/s 1 at a time (crack into a small bowl/dish first) and reduce heat to low. Simmer for about 3 minutes for a softly set egg.

Toast your rye bread until it's nice and crispy. Butter it quite generously and lightly salt.

Place down slices of your fish atop your bread and salt a little.

Dress with your pickled onions, radish and dill.

Perch your egg upon it's vegetable and fish throne and sprinkle with a touch more dill and a pinch of salt and pepper. Drink just about anything refreshing or with a touch of acidity.

INGREDIENTS

- Dense rye sourdough
- Either of these: smoked herring, smoked sardines, smoked mackerel
- Red onion, finely sliced and pickled as in the above recipe
- Radish, finely sliced
- Dill, chopped
- 1 lightly poached or rather softly boiled egg (simmer for 5 minutes and 30 seconds)
- Salt and pepper to taste



FRANCE

If you really want you can cook anything and add a whole stick of butter and then it will be French.

French cooking can sometimes be simple. But when it's not, it calls on ingredients that would not only send you out for a full day's shopping (followed by another day and a half in the kitchen), you would actually be broke. What's probably the most satisfying part of all of this is that you get to eat a baguette and butter with everything, which has far less ingredients. So with that, here are the simplest and most satisfying french recipes I know.

P.S. I didn't write one for steak & fries, you should be able to guess the ingredients and there's 100 guides on how to cook a steak (Serious eats if you own a blow torch or sous vide, look to Matty Matheson if you own neither of the aforementioned but do own a cast iron skillet).

DRINKS LIST

BEER

Easygoing II Frenchies Astrolabe or Brut IPA

Adventurous II Rodenbach Original or Grand Cru

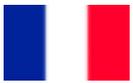
WINE

Red II Piron Les Cadoles de la Chanaise Beaujolais

White II Trimbach Reserve Pinot Gris

OTHER

Bubbly Stuff II Nicolas Maillart Brut Platine 1er Cru NV



OMELETTE

THE LOW DOWN

Eggs really are a wonderful thing. I love eggs like I love sandwiches. Have you ever had duck eggs? They're fucking great. All eggs are great really, except eggs that have gone bad. That is a smell you'll never forget. I can't speak to century eggs, I've never tried them. But if you know a guy that knows a guy that has century eggs, I'm down to chow.

Just as a little FYI, the national dish of France is considered to be Pot-au-Feu, a kind of stew. There's too many ingredients and it takes too long, but if that kind of thing interests you then Google is your friend.

THE RECIPE

Preheat your oven to 80c. Grab your trusty skillet and pop it on the stove over medium heat. Pop in a good amount of butter, at least a tablespoon. Throw in your shallots and gently cook until they're turning a little opaque. Pop in the garlic and stir it through, until fragrant. Use a little more butter and throw in your mushrooms. Gently cook them, sweating out and evaporating all the water they put out. If it looks like they need more butter during this, don't be shy. They should be well lubricated.

In the meantime, crack two eggs into a bowl. Add the milk and a good pinch of salt. Beat with a fork until homogenous.

When the water has evaporated from the mushrooms, salt to taste, crack over some pepper and quickly stir through a good pinch of chive. Put into a bowl and into the oven to keep warm.

Using the same skillet (which should have nothing in it but a little leftover butter from the mushrooms), still on medium heat, pour in a touch of oil and melt some more butter.

Pour in your egg and while still liquid, gently scramble it with a fork or wooden spoon, while maintaining a circle (make sure the egg doesn't creep up the sides of the pan and push it back into the mix when it does). When eggs are beginning to set, stop breaking them up.

Pour most of your mushroom mix into a line on the just setting egg, reserving a few slices for garnish. Using a fork or other folding tool, gently fold one side of the egg over the mushroom mixture. Then, fold over the "top" and "bottom" of the egg, followed by the side opposite to the first side you folded - making an envelope shape.

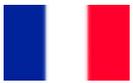
Slide the omelette onto a plate, flipping it as you do so the folds are now on the bottom.

Garnish with the rest of the mushrooms and a pinch of chives. If it pleases you, I like a light grating of parmesan at this point for a hit of salt, some sharpness and the ever welcome umami.

Serve, of course, with a warm, crusty baguette and butter.

INGREDIENTS

- Eggs. I like two per omelette
- Milk. Around 30mL/egg
- Lots of butter
- Mushrooms, sliced (anything is fine, but preferably something along the lines of swiss brown). 2 generous handfuls/omelette.
- Chives, finely chopped. 1 handful/omelette.
- Shallot, finely diced. 1 shallot/omelette.
- Garlic, minced. 1 clove/omelette.
- Maybe parmesan, or another similar hard cheese, if it pleases you.



FRENCH ONION SOUP

THE LOW DOWN

French Onion soup is really really great stuff. I hope you've had it before. If not, make it and be delighted.

You basically just really slowly cook down onions with stock until it's thick and rich. Then you add gruyere and baguette with butter. It really is a delight.

Try not to exist solely on this soup, onion farts are rather unpleasant.

The recipe should serve 2 people.

THE RECIPE

Grab a heavy bottomed pot that can accommodate your onions. I prefer a cast iron dutch oven here.

Set it over medium heat and melt your butter. Add your garlic and onions, cover and cook, stirring occasionally until they have softened, about 20 minutes. Reduce to low, uncover and cook for another hour or so, until onions are browning. Be sure to occasionally stir.

Preheat your oven to 160c, wrap your baguette in some foil and tie your herbs together with a little twine. Splash in your brandy (or balsamic). Stir in your stock, ½ cup at a time. Add your herb bundle. Add a good pinch of salt, crack some pepper and bring it to the boil. Reduce to simmer for around 25 minutes, or until thick.

While this is reducing, place your baguette in the oven for around 15 minutes. Take it out, and then turn on the oven grill. If you haven't already, open up your baguette by cutting it in half (as if making a sandwich roll) and generously butter it.

Ensure that the soup is salted to taste now that it has reduced. Ladle soup into oven proof serving bowls and crack a little more pepper over them. If you don't have any that's fine, just leave your soup in the pot for now. Sprinkle some gruyere over the baguette and over the soup (if in an oven proof bowl) and then place both under the grill until the cheese is melted and beginning to yield spots of gold.

Serve and wait until it has cooled enough to eat, using your bread as a dipping tool to satiate yourself as you wait for the opportunity to plunge your spoon from bowl to mouth.

INGREDIENTS

- 1 kg onions, sliced
- 2 cloves garlic, chopped
- 50gm butter
- 4 sprigs thyme
- 4 parsley stalks
- 500mL beef stock
- A good splash of brandy, otherwise a tablespoon of balsamic vinegar
- 1 bay leaf, or 2 dried
- Baguette
- Gruyere, grated
- More butter!



GERMANY



When someone says German food, all I really think about is sausage, cabbage, potato salad and smoked pork. When put to paper like that it actually doesn't sound bad at all.

Below are two recipes that would be great served alongside any sausage or roast pork. Coincidentally, there's a recipe for roast pork knuckle too. How convenient.

Quick note - sausages from a butcher are a great way to support them. It's usually all the cuts that don't move all too quickly, ensuring the meat isn't wasted.

DRINKS LIST

BEER

Easygoing II Weihenstephaner Original

Adventurous II Quiet Deeds Festivus

WINE

Red II Huber Pinot Noir

White II Von Hovel Saar Riesling Feinherb

OTHER

Monkey 47 Schwarzwald Dry Gin on ice



SCHWEINSHAXE

THE LOW DOWN

Pork knuckle is one of the best parts.

Ok, I actually love pork so much that I think every bit is just delicious. Knuckle is one of those cuts that's full of connective tissue that yields after hours of cooking and then turns into self-juicing meat. A lot like lamb shoulder, what're the odds.

You'll want a knuckle per person, unless they're massive. Sometimes they're massive. You might get four meals out of the one. Anyway, base what you're doing off the size of the knuckle. Also sometimes they're called shanks. Try to get it with the skin still on.

THE RECIPE

Wrap some cheesecloth around your caraway, cloves, thyme (if sprig, otherwise add with sage in the next step) and bay leaves and tie off at the top, making a delightful little tea bag.

Grab a dutch oven or other heavy pot with a heavy lid and place in the knuckles. Add on top your onion, garlic, the tea bag you've made, a rather giving serve of salt, sage, and a generous crack of pepper. Then add your beer and water.

Cover, bring to the boil over medium high heat, then reduce to a simmer for 60 minutes. Move the knuckles around once or twice during the hour.

Preheat your oven to 190c fan forced.

After the hour, remove the knuckles, discard the tea bag, reserve the liquid and blend it.

Score the knuckles, particularly when the fat is thick, with a criss-cross pattern. Set them on a roasting tray, meat down, bone up and baste them with some of the now blended liquid from which they came.

Pop them in the oven.

After an hour, baste with more of the liquid. Roast for another 40 minutes, baste again, then roast for another 20. Remove from oven when well roasted, crispy and coloured.

If you are having boiled potatoes, in the last hour of roasting, bring a pot of well salted water to the boil. Pop in the potatoes and boil until they are just tender enough to pass the fork test. Drain. Immediately toss with olive oil and minced garlic. If you're having gravy, don't forget to make it.

Assemble on a plate and serve with some sauerkraut and seasonal pickles.

INGREDIENTS

- a knuckle per person
- 1 tsp caraway seeds per knuckle
- 1 bay leaf per knuckle and one more for good measure
- 1 clove per knuckle and one more for good measure
- 1 sprig of thyme per knuckle, whole or, a pinch of dried leaves
- 4 leaves of sage per knuckle, chopped
- 1 sprig of thyme per knuckle
- ½ onion per knuckle, diced
- 2 cloves of garlic per knuckle, minced
- Salt & pepper
- 110mL of dobbelbock, or substitute with dunkel, shwarzbier, marzen, or other high malt German beer per knuckle
- 170mL water per knuckle



POTATO SALAD

THE LOW DOWN

I wish potato salad was good for you. I'd live on it.

It can be a main course or a side. It can be eaten for breakfast, lunch or tea. The more daring of us may omit dessert in favour of another serve of very creamy, a little smokey, a little crunchy and oh so starchy potato salad. I'm rather hungry now. I'll be back in however long making this takes.

Because potato salad is eternal and you won't mind having a heap in your fridge, this recipe makes a heap.

THE RECIPE

Boil potatoes in salted water until they pass the fork test. Drain and set aside.

Fry speck until crispy all over. Drain off fat and reserve, then set fried meat on some paper towel to drain off more fat.

Whisk together mayonnaise, mustard, white wine vinegar, celery, red onion, half the dill and the dill pickles as well as the reserved speck fat.

Combine potatoes, speck, half the eggs and the mayonnaise mixture, combining to evenly coat the potatoes.

Dress with the remaining eggs, dill and a very light dusting of smoked paprika.

Make again. Eat for every meal. Die happy.

INGREDIENTS

- 2kg of potatoes - cream golds, dutch creams, carisma - you get the idea, cut into 1" pieces
- 300g mayonnaise, or more if you're mad into mayo
- 200g of smoked speck or kaiserfleisch, skin off, cut into roughly 5mm cubes
- 200g Dill pickled cucumbers or cornichons, finely chopped, or chopped as you please
- A bunch of dill, chopped
- Salt and pepper
- 6 eggs boiled for 8 minutes, rinsed in cold water, peeled and quartered
- 1 red onion, finely diced
- 2 ribs of celery, finely chopped
- 4 tablespoons of white wine vinegar
- Seeded mustard
- Smoked paprika



BAGGAGE

THE LOW DOWN

This is something my mum made when I was a kid. I think it's delicious.

It's essentially cabbage with bacon.

THE RECIPE

In a dutch oven, over medium heat, render the speck and crisp it. Remove the meat, set on a paper towel and leave the fat.

Put in your cabbage and salt it generously, stirring to coat it with the fat. If there isn't enough fat from the speck, add a touch of olive oil. Cover for around 5 minutes - the cabbage should have started to wilt and sweat a little. Add the white wine (if using vinegar also use a little water or stock), the chicken stock and thyme (if using), increase heat to medium high and stir.

Let the mixture wilt down until all the cabbage is cooked and reduce the liquid as necessary - it's meant to be juicy, but not dripping. Add the fried speck back in and stir to combine.

Eat alongside other things. Sausage, schnitzel or roast pork knuckle.

INGREDIENTS

- a cabbage of your choosing, cored and sliced. Purple cabbage sucks for this.
- ½ cup chicken stock
- ¼ cup dry white wine or 1 tbs white wine vinegar
- 100g speck or kaiserfleisch, sliced into lardons
- A pinch of thyme leaves, if it pleases you



If writing this has proven one thing so far, it's that I actually don't know much about where the hell food comes from. I know what you're thinking, you sly dog, "it comes from the land, skies and seas". But did you know that Moussaka is Greek?

Nope, neither did I. I don't even think I've eaten it before. Absolutely wild.

The recipes below are not souvlaki or gyros. If you do want the tasty tasty souvlaki meat, marinate some lamb, pork or chicken in lemon juice, olive oil, salt, oregano and pepper for a few hours or overnight in the fridge. Thread onto skewers and grill over charcoal or on the barbecue.

DRINKS LIST

BEER

Easygoing || Mythos

Adventurous || Hop Nation The Punch

WINE

Not a heap of Greek wines knocking about so I reckon stick to the beers or the spirits

OTHER

Get yourself a bottle of Ouzo, close the blinds and wake up sometime next week



SAGANAKI WITH HOT HONEY AND FLAT BREAD

THE LOW DOWN

I ate this once at The Apollo Restaurant in Sydney. I've tweaked it a touch, 'cause I thought some things could be different and I'm all crazy like that. What I really like though is that I get to eat hot cheese. Now you can too.

Oh! PS. This will require some sort of oven proof plate. If you've got one of those little cast iron serving dishes that would be, as the Greeks like to say, handy.

THE RECIPE

Get a heavy, oven proof serving platter and place it in a cold oven, then heat your oven to 200c. If you have one of those super cool little cast iron serving things then just cook and serve the cheese with that (if you don't know what I'm talking about google "Lodge Fajita Set").

Throw down something that can accomodate your cheese slices and heat it over medium high heat for a few minutes. Get a small saucepan and put your honey in it, then put it over medium heat.

As it heats, add a teaspoon or so of water and stir it in. Add more water if the honey doesn't become thin as it heats - we want rather runny honey. When the honey is hot enough to bubble and burn the shit out of your mouth, throw in a pinch of salt and a pinch of chilli flakes, stir to combine and take it off the heat.

When your pan is hot, throw down a very generous lug of olive oil, pray to the cheese gods as you let it heat, then pop in your slices of saganaki. Fry until golden, which should be 2-3 minutes a side. Flip the cheese to fry on the other side and sprinkle some oregano over the cooked side.

Brush some flatbreads generously with olive oil and grill them as you please (I have a wire cookie cooling rack that I set over the wok burner at medium heat and grill directly on).

Slide the saganaki onto your serving dish (take it out of the oven first please), pour over the hot honey (reheat it to bubbling) and serve with the flat bread and lemon wedges.

INGREDIENTS

- Saganaki, sliced into slices (maybe 5mmish), allow 100gm per person
- Honey, 1.5 tbs per person
- A good pinch of chilli flakes
- Oregano, dried
- Lemon wedges
- Flat Breads, 1 per person
- Olive Oil
- Salt



It's worth mentioning now that half my family is Italian and I'm going to fuck this completely because I usually just make something up and then add spaghetti and everyone thinks I know what Italian food is but really it's just spaghetti and other things in the spaghetti. So with that in mind...below are a bunch of recipes that aren't spaghetti.

Just a quick one though, there's a YouTube channel called Pasta Grannies and it is an incredible source of inspiration and information, filled with genuine heroes of gluten. Oh also there's a woman called Julia Busuttill Nishimura who has a cookbook called Ostro. Buy it immediately and be prepared to never want to leave self isolation.

DRINKS LIST

BEER

Easygoing II Baladin Isaac

Adventurous II Baladin Xyauyu

WINE

Red II Little Reddie New! Nebbiolo Refosco
(Made here but it's an Italian grape, cut me some slack)

White II Tenuta la Chiusa Bianco Vermentino Procanico Ansonica

OTHER

Negroni for those oncoming winter times
...or my Nonno's Grappa. It's literally just petrol in a bottle.



MUSHROOM RAGÚ WITH CREAMY POLENTA

THE LOW DOWN

I hated polenta as a kid.

The big yellow slabs that my Nonno cooked on the BBQ just tasted like grainy slabs of nothing. And then I discovered soft polenta and my world was turned on its bloody head!

This is another recipe for Veggo's and it's a bloody winner.

THE RECIPE

In a large heavy pot, bring the milk and 750ml of water to the boil. Reduce heat to a simmer and add 1tsp of salt and the polenta in a thin steady stream, whisking to prevent lumps.

Cook for 30-40 minutes, stirring constantly with a wooden spoon until polenta is smooth and silky. You may need to add a little extra water if polenta becomes too thick and hard to stir. Add the parmesan, butter and cream. Season to taste and keep warm. If the polenta cools too much, it will harden, so this is really important.

Meanwhile for the mushrooms, in a large pan, heat half the butter and a drizzle of olive oil. When butter is foaming, add the mushrooms and sauté for 2-3 minutes. Add the garlic and thyme, and continue to cook until mushrooms are tender and garlic has softened.

Add the wine to the mushrooms and simmer for a few minutes until the liquid has reduced by half. Finish off the sauce by adding the remainder of the butter. Stir to combine.

To serve, pour the polenta on a wooden board and tumble the mushrooms on top. Sprinkle over the extra thyme leaves and chopped parsley, if using, and serve immediately.

INGREDIENTS

POLENTA

- 750ml milk
- 250g polenta
- 80g parmesan, finely grated
- 50g unsalted butter
- 150ml thickened cream

MUSHROOMS

- 80g unsalted butter
- Extra virgin olive oil
- 1kg assorted mushrooms, such as chestnut, Swiss brown, button and oyster, brushed, trimmed and halved, sliced or left whole if small
- 4 cloves of garlic, finely chopped
- 4 sprigs of thyme, plus extra to serve
- 80ml white wine
- 1 tbsp Italian parsley, roughly chopped (optional)

THE LOW DOWN

Soup, soup. A tasty soup, soup. A spicy carrot and coriander - CHILLI CHOWDER. For those that get that reference, ten points to Gryffindor.

Soup is the kind of thing that we never order at cafes but then immediately regret that we didn't order at cafes. It's super versatile and coming into winter when the dreaded Rona is bound to get worse, what could be better than a warm, hearty, hug for your insides.

THE RECIPE

Heat a few lugs of olive oil in a large pot over a medium heat. Add the pancetta, carrot, celery, onion, garlic, bay leaves and chilli flakes and sauté for 10-15 minutes, stirring occasionally. You want them to be translucent and soft, but not coloured.

Add the stock, 500ml water and the tomatoes. Leave to simmer for 20-30 minutes.

Meanwhile you want to begin to prepare the cavolo nero. Only the leaves and very young stems will go into the soup, so trim the cavolo nero, discarding the woody large stems. Wash the leaves really well (the curly leaves are perfect hideaways for little critters) and chop roughly. Add the cavolo nero and the beans to the soup and cook for a further 15 minutes.

Roughly tear the bread and place in the soup, making sure the pieces are covered. At this point, the soup will be really thick, so if you like it with a bit more liquid, add some more stock or water. Cook for just a few minutes or until the bread has softened. Check for seasoning and add a little sea salt and/or pepper.

Serve into bowls with parmesan cheese and lashings of extra olive oil.

INGREDIENTS

Extra virgin olive oil
120g flat pancetta, cut into lardons
1 carrot, finely diced
2 sticks of celery, finely diced
1 onion, finely diced
3 cloves of garlic, roughly chopped
4 fresh bay leaves
½ tsp dried chilli flakes (or to your liking)
500ml chicken stock
800g tinned whole or crushed tomatoes
1 bunch cavolo nero
425g tinned cannellini beans, drained and rinsed
½ loaf day-old crusty bread



I never really wanted to travel to Japan. Just wasn't on the bucket list ya know? Then my partner bought cheap tickets to go one year and now I would like to be there all the time please and thank you. The Japanese know food. And booze. But mainly food.

The important thing is you should all go to Japan when this thing blows over - just not now cos diseases and border closures and what not. Enjoy!

DRINKS LIST

BEER	Easygoing Kagua Blanc or Moon Dog Thunder Lips Adventurous Hitachino Nest Espresso Stout
WINE	Skip this bit and jump straight to the Sake & Whisky
OTHER	Sake Seikyo Junmai Ginjo Omachi Sake Whiskey Nikka From The Barrel Japanese Whisky



WHITE-CUT CHICKEN WITH BLACK SESAME

THE LOW DOWN

This is essentially a fancy recipe for Japanese chicken salad from the great Andrew McConnell. Don't worry it's not SO fancy that you'll be sourcing ingredients like the rind off the underside of an elephants tusk.

Anyway shut up and give it a bash cause it's bloody delicious.

THE RECIPE

Rinse chicken under cold water, drain and remove excess fat and skin from the cavity and around the neck. Remove the popes's nose (make's for a fun google search) and discard.

Place the chicken in a large saucepan, add spring onion, coriander, ginger, peppercorns, ¼ tsp sea salt flakes and enough water to cover the chicken well. Cover and bring to the boil, then reduce heat and simmer gently for 5 minutes.

Turn the heat off and leave chicken to stand for 1 hour. Place in a container with enough cooking liquid to cover and refrigerate until chilled (3-4 hours). Remove chicken and pat dry. Remove the breast meat and carve into 1cm-thick slices.

For black sesame dressing, whisk all the ingredients in a bowl with 20ml of water, adding more if the sauce is too thick.

For spring onion oil, warm oil in a saucepan over low heat to 70C. Add spring onions and remove from the heat. Leave to cool for 3 minutes, then transfer to a blender and purée at high speed. Refrigerate to cool (1 hour), then strain through a fine sieve.

To serve, spoon black sesame dressing on a platter, arrange cucumber slices on top, then sliced chicken and season with sea salt flakes. Drizzle spring onion oil around the dish, sprinkle with Sichuan pepper and scatter with leaves.

INGREDIENTS

- 1.2 kg chicken, legs removed and reserved for another use
- 3 spring onions (tops reserved for spring onion oil), cut into 5cm pieces
- 5 coriander sprigs
- 4 thick slices ginger, bruised
- ¼ tsp white peppercorns
- 1 Lebanese cucumber, thinly sliced
- 1 tsp ground Sichuan pepper
- Small handful amaranth or coriander leaves

BLACK SESAME DRESSING

- 75 gm black sesame paste (see note)
- 1½ tsp lemon juice
- 10 gm sugar
- 1 tbsp soy sauce
- Pinch of Chinese five-spice

SPRING ONION OIL

- 80 ml (1/3 cup) light olive oil
- Reserved spring onion tops



VEGGIE OKONOMIYAKI

THE LOW DOWN

I could never quite understand what Okonomiyaki was until somebody informed me that it was essentially a pancake of cabbage. That made me want to vomit into a bag immediately.

However, when I finally found myself in Japan and was force fed a so called cabbage pancake, I fell in love. With the pancake.

The marriage is in June. Only five people will attend.

THE RECIPE

Whisk together the eggs, flour and milk until smooth. Add half the spring onions, the pak choi, cabbage, chilli and soy sauce. Heat the oil in a small frying pan and pour in the batter. Cook, covered, over a medium heat for 7-8 mins. Flip the okonomiyaki into a second frying pan, then return it to the heat and cook for a further 7-8 mins until a skewer inserted into it comes out clean.

Mix the mayonnaise and lime juice together in a small bowl. Transfer the okonomiyaki to a plate, then drizzle over the lime mayo and top with the extra chilli and spring onion and the sushi ginger, if using. Serve with the wasabi on the side, if you like.

INGREDIENTS

- 3 large eggs
- 50g plain flour
- 50ml milk
- 4 spring onions, trimmed and sliced
- 1 pak choi, sliced
- 200g Savoy cabbage, shredded
- 1 red chilli, deseeded and finely chopped, plus extra to serve
- ½ tbsp low-salt soy sauce
- ½ tbsp rapeseed oil
- 1 heaped tbsp low-fat mayonnaise
- ½ lime, juiced
- sushi ginger, to serve (optional)
- wasabi, to serve (optional)



LEBANON



I have very little to offer here except that I love hummus and falafels and this entire section is basically just hummus and falafels. Lebanon is also an important section in this guide because it gives me an opportunity to apologise to all the vegetarians for having so far compiled an entire guide of food made from delicious meats. I am sorry. Here is falafel.

DRINKS LIST

- | | |
|--------------|--|
| BEER | Easygoing Hawkers Pale
Adventurous Hawkers Barleywine / Wheatwine |
| WINE | Skip this bit and jump straight to the Arak |
| OTHER | Arak Gantous & Abou Raad Arak on ice baybayyyyyyy |



EASY FALAFEL & HUMMUS

THE LOW DOWN

Who doesn't love falafel & hummus? They are a combination as old as time and as delicious as...I guess...time? Does that make sense?

Anyway you could buy the packet shit or you could just make your own at home like a true champion. The (falafel) ball is in your court.

THE RECIPE

Add chickpeas, garlic, onion, parsley, cumin, coriander, cayenne pepper, salt, and pepper to a food processor. Process until mixture until fine, but not a smooth paste.

Shape mixture into balls of patty shapes, using about 2 tablespoons per ball.

Heat vegetable oil in a deep pan over medium heat. Working in batches, add falafel patties and fry until golden brown.

Using a slotted spoon, remove to a paper-towel lined plate.

For the hummus - first make tahini by first toasting sesame seeds in a dry skillet until golden brown in colour. Remove from heat and let cool.

Add sesame seeds to a food processor and blend. Pour in olive oil and add salt. Puree.

In a bowl, add chickpeas. Mash with a potato masher. Add garlic, lemon juice, salt, and stir to combine. Pour in tahini and mix well.

Top with a few whole chickpeas, a drizzle of olive oil, and chopped parsley.

Take falafel. Cover in Hummus. Have a party for your insides.

INGREDIENTS

- 1 cup dried chickpeas, soaked overnight, drained and rinsed
- 3 cloves garlic
- 1 onion, finely chopped
- 3 tbsp fresh parsley, chopped
- 3 tsp ground cumin
- 2 tsp ground coriander
- ¼ tsp cayenne pepper
- 1 tsp salt
- ¼ tsp pepper
- Vegetable oil, for deep-frying

HUMMUS

- 1 cup sesame seeds
- 2 ½ tbsp olive oil
- ¼ tsp salt
- 400 g canned chickpeas, drained and rinsed (reserve a few for garnish)
- 2 garlic cloves, minced
- Juice of 1 lemon
- ½ tsp salt



Apart from Italian food, Mexican food is by and large probably my favourite. It's so versatile and has taught us all a thing or two about using heat in food.

Sadly, due to me getting bored 28 pages in, the only recipe i've compiled is for nachos and it's by Matt Fucking Preston - probably the least qualified person to be writing Mexican recipes. HOWEVER, i've been told he's lovely and his nachos sound delicious so deal with it.

DRINKS LIST

BEER

Easygoing || Negra Modelo

Adventurous || Two Birds Taco

WINE

Skip straight to the tequila hombres

OTHER

Tequila || Patrón Silver Tequila on ice with lime
*Don't be a dickhead and put it in a sunrise.



THE LOW DOWN

Before you rip on me for the Matt Preston recipe, read the fucking thing and acknowledge that they sound delicious and that nachos are the premium movie snacking food.

And not that liquid cheese rubbish they've started doing at cinemas - good quality, chunky, warm, delicious, homemade nachos.

THE RECIPE

Heat half the oil in a large frypan over high heat. Add corn kernels and cook, stirring occasionally, for 6 minutes or until golden. Set aside until needed.

Add remaining 1 tbs oil to pan. Add onion and capsicum, and cook, stirring occasionally, for 5 minutes or until softened. Add garlic, spices, coriander stalks, chipotle chillies and bay leaf, and cook, stirring occasionally, for 2 minutes or until fragrant. Add tomatoes and cook, breaking up with a wooden spoon, for 1 minute or until heated through. Stir through black beans and stock, bring to a simmer and cook, stirring occasionally, for 30 minutes or until thickened and reduced. Stir through corn kernels.

Preheat the oven to 180°C.

Spread corn chips over a baking tray and spoon over bean mixture. Sprinkle over cheese. Bake for 15 minutes or until cheese is golden and bubbling. Turn off oven, leaving tray in oven to keep nachos warm and melty until ready to serve.

Meanwhile, toss avocado and lime juice in a bowl with 1/2 tsp salt flakes.

Remove nachos from oven and scatter over chilli. Spoon over creme fraiche, top with coriander leaves and serve with lime wedges, Tabasco, if using, and avocado mixture alongside.

INGREDIENTS

- 2 tbs extra virgin olive oil
- 2 corn cobs, kernels sliced
- 1 red onion, finely chopped
- 1 red capsicum, seeds removed, chopped
- 3 garlic cloves, crushed
- 2 tsp each ground cumin and ground coriander
- 1 bunch coriander, stalks thinly sliced, leaves picked
- 2 chipotle chillies in adobo sauce
- 1 bay leaf
- 400g can chopped tomatoes
- 2 x 400g cans black beans, rinsed, drained
- 1 cup (250ml) vegetable stock
- 170g corn chips
- 200g coarsely grated cheddar
- 2 ripe avocados, chopped
- Juice of 1 lime, plus extra wedges to serve
- Thinly sliced long green chillies, creme fraiche and Tabasco (optional), to serve



NEW ZEALAND



I love New Zealand. Sometimes I wish I was from New Zealand.

In fact, Australians in general love New Zealand so much that we've spent most of our lives claiming New Zealand things as our own like Sam Neill and Pavlova. If only we could claim Taika Waititi and Jacinda Arden then I could die a happy man.

Had planned on this being a Fish and Chips addition without the accent joke then found another fishy recipe from a well known New Zealand chef and changed my mind. Enjoy.

DRINKS LIST

BEER

Easygoing II Garage Project Beer

Adventurous II Garage Project Savoire Faire

WINE

Red II Rockburn Pinot Noir

White II 2017 Huia Sauvignon Blanc

OTHER

Forget the spirits and just spend a small fortune on delicious New Zealand wine and Garage Project beer.



CRISPY FISH PO BOYS

THE LOW DOWN

I know Po Boys are Cajun but New Zealand is close to the ocean so the recipe has fish, plus it's from a New Zealand chef, plus Po Boys are fucking delicious.

So back off and make a tasty sammie to go with your Taika Waititi film of choice.

THE RECIPE

To make the Jalapeño Mayonnaise, mix all the ingredients together in a bowl. Set aside.

To make the Crispy Fish, combine flour, salt, paprika, thyme, garlic powder and cayenne pepper in a mixing bowl. Add the beer and whisk quickly - you should have a mixture the consistency of a pancake batter. Set aside.

Heat 6cm/2¼in of oil to 180°C/350°F in a medium deep pot. Insert the handle of a wooden spoon, when bubbles start to form around it the oil is the right temperature.

Dunk fish into the batter to coat, shaking off excess, and drop pieces one by one into the oil. Don't overcrowd the pot. Cook for about 1½ minutes each side until golden and crispy. Lift out with a slotted spoon and drain on paper towels.

Cut each piece of bread in half horizontally. Spread liberally with Jalapeño Mayonnaise then top the 4 bases with cabbage and a piece of Crispy Fish. Top with a little more mayonnaise, garnish with jalapeños and coriander/cilantro and top with the 4 remaining pieces of bread.

INGREDIENTS

CRISPY FISH

- ½ cup flour
- 1 tsp salt
- 1 tsp paprika
- 1 tsp thyme leaves
- 1 tsp garlic powder
- ½ tsp cayenne pepper
- 150ml/5 fl oz cold beer (drink the rest!)
- neutral oil, to cook
- 4 small white fish fillets, such as tarakihi or gurnard

JALAPEÑO MAYONNAISE

- ½ cup good-quality mayonnaise
- finely grated zest of ½ lime
- 2 tbsp lime juice
- 1 tsp chopped chives
- 1 tsp finely chopped pickled jalapeños
- a pinch of salt

TO SERVE

- 1 french loaf, quartered, or 2 ficelles, halved
- 1 cup finely shredded cabbage
- sliced pickled jalapeños, to taste
- a handful of coriander/cilantro leaves



SOUTH KOREA

Three words.

KOREAN. FRIED. CHICKEN.

You're welcome.

DRINKS LIST

BEER

Easygoing II La Sirene Urban Pale

Adventurous II La Sirene Avant Garde series

WINE

Skip to the spirit I only just learned of

OTHER

Chum Churum Peach Soju

*I have no idea what the hell this is but I WANT IN



KOREAN FRIED CHICKEN

THE LOW DOWN

I love Korean food. It's bloody delicious and if you invite me to a Korean BBQ then i'll be your friend for life.

The below recipe is from David Chang, famed head chef at Momofuku, so it's a little different than your average korean fried chicken.

That said I've been watching a lot of Ugly Delicious lately which is why he probably came to mind. Anyway - this will be delicious so fry some chicken, grab your soju and live a long and happy life.

THE RECIPE

Combine the water, sugar, and salt in a large container with a lid or a large freezer bag and stir until the sugar and salt dissolve. Pat the chicken dry. Add the chicken pieces to the brine, cover or seal, and refrigerate for at least 1 hour and no more than 6 hours.

Set up a steamer on the stove. Drain the chicken and discard the brine. Put the chicken in the steamer basket (if you are using a stacking Chinese- style bamboo steamer, put the legs in the bottom level and the breast on the top). Turn the heat to medium and set the lid of the steamer ever so slightly ajar. Steam the chicken for 40 minutes, then remove it from the steamer and place it on a cooling rack to cool. Then put the chicken in the refrigerator, uncovered and preferably still on the cooling rack, for at least 2 hours or up to overnight.

Take the chicken out of the refrigerator at least 30 minutes before you fry it.

To make the octo vinaigrette, combine the garlic, ginger, chile, vinegar, soy, grapeseed oil, sesame oil, sugar, and a few turns of black pepper in a lidded container and shake well to mix. That's it. (This will keep in the fridge for 4 to 5 days).

Pour enough oil for the chicken to be submerged into a deep skillet. Heat it to 175c. Fry the chicken in batches, turning once, until the skin is deep brown and crisp, 6 to 8 minutes. Remove to a paper towel-lined plate or a cut up brown paper bag to drain.

If you haven't already, cut the wing from the breast, cut the breast in half, and cut through the "knee" to separate the thigh from the drumstick. Place the chicken in a large bowl, toss with the vinaigrette, and serve hot.

INGREDIENTS

- 4 cups lukewarm water
- 1/2 cup granulated sugar
- 1/2 cup kosher salt
- One (3- to -3 1/2-pound) chicken, cut into 4 or 8 pieces
- 4 cups grapeseed or other natural cooking oil

OCTO VINAIGRETTE

- 2 tablespoons finely chopped garlic
- 2 tablespoons finely chopped peeled ginger
- 1 fresh bird's eye or Serrano chile, seeded and chopped
- 1/4 cup rice wine vinegar
- 1/4 cup usukuchi (light soy sauce)
- 2 tablespoons grapeseed or other neutral oil
- 1/4 teaspoon Asian (toasted) sesame oil
- 1 1/2 tablespoons sugar
- Freshly ground black pepper



SWEDEN



Once I went to Stockholm and it was REAL cold. Like I couldn't talk for a while cause my mouth was so cold cold. I also spent a lot of time walking around trying to find locations from Girl with the Dragon Tattoo.

Anyway enjoy a recipe for Swedish Meatballs that didn't come from IKEA.

DRINKS LIST

BEER

Easygoing II Hop Nation / Red Hill Imperial Stout

Adventurous II Anything by Omnipollo

WINE

Probs a bit cold for wine - go to the spirits again

OTHER

Have some neat vodka and pretend you're a Bond Villain



SWEDISH MEATBALLS

THE LOW DOWN

Swedish Meatballs. The very reason that relationships are saved at the end of a trip to IKEA. I found the below recipe on the internet and it sounds delicious so stop being lazy, cancel your regular order of the frozen stuff from IKEA and get your hands dirty.

THE RECIPE

In a large bowl, mix the breadcrumbs together with the milk, cream (if using), egg, garlic, salt, peppers and spice. Allow the milk to soak into the breadcrumbs for at least 10 minutes.

Once the milk has absorbed some, add in the onion, meat(s) and parsley. Mix well with your hands to combine.

Roll meat into about 24 small balls, or 16 larger balls.

Heat 1 tablespoons of butter and 2 teaspoons of oil in a pan on medium-high heat. Fry meatballs in batches of two so they don't stew or simmer. Transfer to a warm plate and cover with foil.

Add the 1/3 cup butter to the juices in the pan to melt. Whisk in the flour until it dissolves and turns brown in colour. Pour in the broth (or stock), cream, soy sauce and dijon. Bring to a simmer and season with salt and pepper to taste. Mix the sauce through well to combine all of the flavours together. Continue to simmer until thickened.

Place meatballs into the gravy in the pan and serve.

Jump online and buy yourself some drawers to put together.

INGREDIENTS

MEATBALLS

- 1/3 cup breadcrumbs
- 1/2 cup (125ml) milk
- 35 ml cream (OPTIONAL -- makes the meatballs more tender in the centre)
- 1 large egg
- 1 large clove garlic, grated or minced (OPTIONAL)
- 1/3 teaspoon salt
- 1/4 teaspoon EACH of black pepper and ground white pepper
- 1/4 teaspoon Grillkrydda OR all spice OR all purpose seasoning
- 1/2 of an onion, finely chopped
- 1 pound (500 g) ground beef (mince)
- 1/2 pound (250 g) ground pork (mince)
- 2 tablespoons fresh, finely chopped parsley
- 1 tablespoon butter
- 2 teaspoons olive oil

GRAVY SAUCE

- 1/3 cup butter
- 1/4 cup plain / all purpose flour
- 250 ml (1 cup) vegetable broth (or stock)
- 250 ml (1 cup) beef broth (or stock)
- 1 cup thickened (or heavy) cream*
- 2 teaspoons regular soy sauce
- 1 teaspoon dijon mustard
- Salt and pepper, to season



We're getting close to the end now folks.

As with New Zealand - the gut feeling here was to go for a fish & chips number. Then I remembered I had a lovely pie from Borough Market once and I thought THAT might be a good idea.

Then my mind exploded when I figured I could take the fish concept AND the pie concept and throw it together into a glorious fish / pie hybrid. Some might even called it a "Fish Pie".

We're on page 36. It can't all be gold.

DRINKS LIST

BEER

Easygoing II Saison Dupont

Adventurous II Anything by Cloudwater

WINE

There really are so few places that make good wine

OTHER

Gin II Hendrick's Gin with Fancy Tonic



FISH PIE

THE LOW DOWN

Hate gluten? Can't stomach lactose!??

Well then this dish is quite the arsehole and I apologise in advance.

THE RECIPE

Melt 75g butter cubes and garlic together in a saucepan over medium-low heat. Add the flour and increase heat to medium/high. Cook, stirring, for 2-3 minutes or until light brown and well combined. Add fish stock, whisking constantly, until smooth, then simmer for 5 minutes to thicken.

Place celeriac in a saucepan and cover with cold water. Bring to the boil, then reduce heat to medium-low and simmer for 25 minutes or until tender. Drain and return to pan over medium/low heat. Coarsely mash, then add 1/2 cup (125ml) cream and 50g butter cubes, and mash to a coarse puree. Season to taste.

Grease a 2.5L baking dish with extra butter. Place half the dill in a blender and whiz to finely chop. Add remaining 1/2 cup (125ml) cream and pulse until smooth and combined (do not overmix). Stir into fish stock mixture, season and set aside.

Heat 2 tbs oil in a frypan over medium heat and add leek and fennel. Cook, stirring occasionally, for 25 minutes or until softened. Transfer to a bowl and set aside to cool. Return pan to medium heat and heat remaining 2 tbs oil. Add fish and prawns, and cook, turning, for 2-3 minutes or until seared all over.

Preheat oven to 200°C. Add leek mixture to a clean bowl with fish mixture, dill cream, smoked trout and eggs. Stir to combine, then spread into prepared dish. Spoon celeriac mash over top and dot with remaining 35g butter cubes. Bake for 50 minutes or until golden (cover the top with foil if browning too quickly). Scatter with salt flakes and remaining dill, and serve with lemon wedges.

INGREDIENTS

- 160g unsalted butter, chopped, plus extra 1 tbs to grease
- 2 garlic cloves, crushed
- 1/2 cup (75g) plain flour
- 2 cups (500ml) hot fish stock
- 1 large (about 1.5kg) celeriac, peeled, cut into 3cm pieces
- 1 cup (250ml) pure (thin) cream
- 2 bunches dill, roughly chopped
- 1/3 cup (80ml) extra virgin olive oil
- 2 leeks, trimmed, cut into rounds
- 1 fennel, thinly sliced
- 300g firm skinless white fish (we used blue-eye trevalla), cut into 4cm pieces
- 300g peeled green prawns, halved
- 600g hot smoked trout, skin removed, flaked
- 6 hard-boiled eggs, halved
- Lemon wedges, to serve



USA



YOU BLOODY MADE IT.

We're at the arse end of the program, both in movies and food and drink and you've survived, hopefully without the dreaded Rona. So as a big bloody congratulations, treat yourself with a burger and some chippies.

DRINKS LIST

BEER

Easygoing || Sierra Nevada Pale

Adventurous || Anything by Jester King

WINE

Red || Atalon Cabernet Sauvignon

White || Stag's Leap Napa Valley Karia Chardonnay

OTHER

Woodford Reserve Double Oaked Kentucky
Straight Bourbon Whiskey. Yum.



BURGERS

THE LOW DOWN

The grill king himself Bobby Flay is the source of this recipe.

I grew up watching Bobby Flay on Iron Chef and he was forever making shit to grill over hot coals so who better to bring us home than the BBQ king himself.

THE RECIPE

Divide the meat into 4 equal portions (about 170g each). Form each portion loosely into a 3/4-inch-thick burger and make a deep depression in the centre with your thumb. Season both sides of each burger with salt and pepper.

Heat a gas grill to high or heat coals in a charcoal grill until they glow bright orange and ash over. Brush the burgers with the oil. Grill the burgers until golden brown and slightly charred on the first side, about 3 minutes. Flip over the burgers.

Cook beef burgers until golden brown and slightly charred on the second side, 4 minutes for medium rare (3 minutes if topping with cheese; see step 3) or until cooked to desired degree of doneness (I'm not sure this is a word Bobby but ok).

Add the cheese, if using, to the tops of the burgers during the last minute of cooking and top with a basting cover, close the grill cover, or tent the burgers with aluminium foil to melt the cheese.

Sandwich the hot burgers between the buns with whatever the hell you choose and serve immediately.

INGREDIENTS

- 650g ground chuck
- Kosher salt and freshly ground black pepper
- 1 1/2 tablespoons canola oil
- 4 slices cheese (optional)
- 4 hamburger buns, split; toasted, if desired



There's a lot of people to thank for helping me put this together.

Cail Young for his incredible beer knowledge. Simone Spicer & Myles Stack for their food and beverage expertise. The very funny and talented Rhys Watkins for his delicious recipes and for setting the tone of the food and beverage guide. And my partner in crime, Nicolette Minster for suggesting films, hunting recipes, and just generally keeping me from going insane in a very surreal time.

This started as me finding a way of keeping my mental health in check by combining two things I love doing most in the world, cooking and watching films. It spiralled out of control when I saw film festivals (my spiritual home) getting cancelled left, right and centre.

Film festivals are where I discovered how amazing films are outside of America and the UK and allowed me to transport to places and worlds i've never been to before. I hope in this time of self isolation it can help you do the same.

Eat well. Drink lots. Watch stories. Do that and you'll have a reasonable chance of not going completely fucking batty in the next 3-6 months.