

FEE AND ME'S CITRUS
THEME: ORANGE BRULEE,
LEMON ICE-CREAM WEDGES
AND KAFFIR LIME TART
[merchandise credits p30].



Fare exchange

Recipes you've asked for from chefs around Australia.

FEE AND ME Citrus Theme: orange brûlée, lemon ice-cream wedges and kaffir lime tart

BOOKPLATE Baked goldband snapper on sweet potato dhal with yoghurt, mint and coriander

KINGSLEYS STEAK & CRABHOUSE Singapore chilli mud crab

THE BOOK KITCHEN Duck club on hazelnut and raisin bread

"Visiting Launceston, we dined at Fee and Me in Charles Street, where we had the most wonderful food ever. The highlight was a dessert called the Citrus Theme. Could you please ask chef Fiona Hoskin to share her recipe?"

Fiona Darroch, Toowoomba, Qld

CITRUS THEME: ORANGE BRULEE, LEMON ICE-CREAM WEDGES AND KAFFIR LIME TART

This dessert has been a perennial favourite over the years. The original idea was inspired by a three-part dessert served in the 80s at Jenny Ferguson's Sydney restaurant, You and Me. Fee and Me has since created variations on the theme.

Serves 10

Orange brûlée

- 1½ cups fresh orange juice
- ¾ cup milk
- 260 ml pouring cream
- 75 gm [½ cup] caster sugar, plus extra, for dusting
- 9 egg yolks

Kaffir lime tarts

- 1 leaf of gelatine [5gm titanium strength]
- Finely grated rind and juice of 1 large kaffir lime, plus 1 kaffir lime, sliced into wafer-thin rounds
- 3 kaffir lime leaves, thinly sliced
- 40 gm caster sugar
- 50 gm mascarpone
- 10 tiny short-crust tart cases [see note]

Lemon ice-cream wedges

- 4 lemons, unblemished
- 1 cup milk
- 100 gm caster sugar
- 40 gm liquid glucose
- 6 egg yolks
- 1 cup pouring cream

1 Simmer orange juice in a small saucepan over low heat for 5 minutes or until reduced by two-thirds. Combine milk and cream in a saucepan and bring to the boil, then immediately remove from heat and stir in sugar until dissolved. Whisk yolks in a large bowl, and gradually add hot milk, whisking continuously. Add orange juice, then strain mixture through a fine sieve and pour mixture into ten ½-cup-capacity ramekins. Place in a deep roasting pan and pour in enough boiling water to come halfway up sides of ramekins.

2 Bake at 125C for 25 minutes or until centre of custards just wobble slightly when gently shaken. Remove ramekins from water bath and cool to room temperature, then refrigerate for several hours or overnight until set. To serve brûlée, dust with a little extra sugar and, using a blow torch or placing under a hot grill, brown sugar until caramelised.



BOOKPLATE'S BAKED GOLDBAND SNAPPER ON SWEET POTATO DHAL WITH YOGHURT, MINT AND CORIANDER [recipe p29]

3 For kaffir lime tarts, soak gelatine in cold water until soft, and squeeze out excess liquid. Place rind, leaves and sugar in a small saucepan with 100ml water and bring to the boil, then remove from heat and stir in gelatine, and cool to room temperature. Spread a little mascarpone over bases of tart cases and top with lime slices. Add lime juice to gelatine mixture, then strain through a fine sieve placed over a jug. Pour mixture into tart cases, cover and refrigerate for 30 minutes or until set.

4 For lemon ice-cream wedges, halve lemons lengthways, and carefully juice, then, using a teaspoon, scoop out remaining pulp from lemon and reserve. Place lemon halves on an oven tray and freeze. Combine milk, sugar, glucose and egg yolks in a heavy-based pan, cook over medium heat, stirring continuously, until mixture reaches

82C on a sugar thermometer, then maintain temperature for 15 seconds and immediately place saucepan in a large bowl of ice and whisk continuously until mixture cools to 50C. Stir in cream, then add lemon juice and pulp. Strain mixture through a fine sieve placed over a bowl, pressing down on solids, then cover and refrigerate until chilled. Freeze mixture in an ice-cream machine according to the manufacturer's instructions. Spoon mixture into frozen lemon halves and return to freezer. Makes about 1 litre. The remaining ice-cream will keep in a sealed container in the freezer for up to 3 months.

5 To serve, cut lemon ice-cream halves into wedges and serve with a kaffir lime tart and orange brûlée.

Note: tiny short-crust pastry cases are available from selected delicatessens and providores. ➔