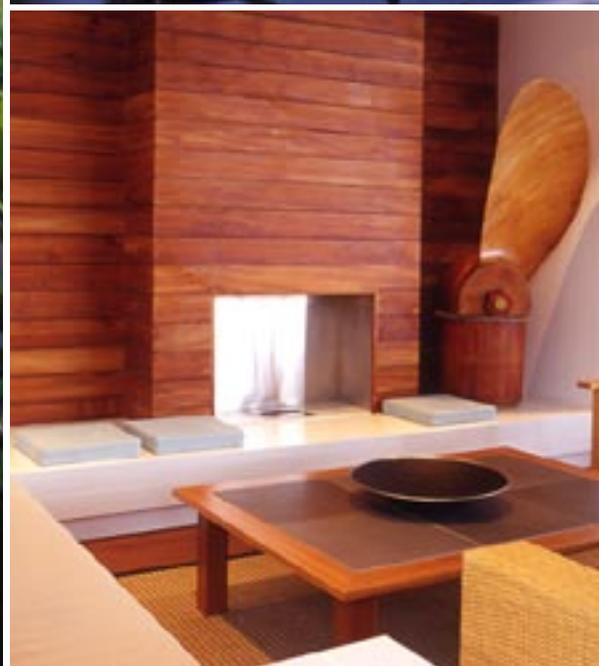


australian flavours.



Opposite page: view from the dining room at Capella Restaurant. This page: the Lodge's lush surrounds and modern interiors; the restaurant's head chef Tim Bourke (left) and chef Dan Fisher take a break.





blue heaven

Capella Lodge's restaurant makes the most of its spectacular Lord Howe Island setting, from the glittering ocean views to a modern menu that highlights the local catch.

RECIPES **TIM BOURKE**
PHOTOGRAPHY **CATHERINE SUTHERLAND**
FOOD PHOTOGRAPHY **STEVE BROWN**
STYLING **Yael GRINHAM**

Veal fillet with white anchovies
on potato puree



Preheat the oven to 180°C.

For puree, roast potatoes on a tray for 1 hour 10 minutes or until tender. Towards the end of cooking time, bring cream to boiling point on the stove, then remove from heat. Halve hot potatoes and carefully remove skins, using a tea towel to hold potato skin and push out flesh. Mash potato by passing through a ricer or fine sieve into a large saucepan. Fold in cream over low heat, then add butter, piece by piece, beating with a wooden spoon. Season to taste with sea salt and freshly ground white pepper, remove from heat and cover closely with a round of baking paper to keep warm.

Heat a large ovenproof frypan or chargrill pan over high heat. Rub veal with butter and season. Sear on all sides, then cook in the oven for 8 minutes for medium-rare, or until cooked to your liking. Transfer to a plate, cover loosely with foil and rest for 15 minutes.

Meanwhile, bring demiglace to the boil in a pan over medium heat, then strain into a jug. Place some puree and a veal fillet on each plate and drizzle with warm demiglace. Lay 3 anchovy fillets on each veal fillet, drizzle with porcini or olive oil and garnish with chervil.

* From selected delis and gourmet shops.

yamba king prawn ravioli with sauce vierge

Serves 4

12 king prawns, peeled, deveined,
roughly chopped
1/4 cup roughly chopped coriander
1 garlic clove, crushed
24 egg wonton wrappers*
Cornflour, to dust
Snipped chives, to garnish

Sauce vierge

6 small roma tomatoes, seeds removed,
finely chopped
3 eschalots, finely chopped
10 fennel and 10 coriander seeds, ground
in a mortar and pestle (optional)
1/4 cup (60ml) extra virgin olive oil
2 tbs white balsamic vinegar*
2 tbs finely chopped herbs (such as
chervil, parsley, chives, tarragon)

veal fillet with white anchovies on potato puree

Serves 6

At Capella, head chef Tim Bourke makes his own cep mushroom-infused oil. We've substituted porcini oil or extra virgin olive oil.

6 x 220g veal fillets
50g unsalted butter, softened
1 cup (250ml) veal demiglace (glace)*
12 white anchovy fillets*
Porcini oil* or extra virgin olive oil
and chervil sprigs, to serve

Potato puree

6 large desiree potatoes
300ml pure (thin) cream
100g chilled unsalted butter, chopped



australian flavours.

“Although we have to wait for deliveries of many supplies to the island, I enjoy having my own kitchen garden with herbs and vegetables,” says head chef Tim Bourke.



Yamba king prawn
ravioli with sauce vierge

australian flavours.



For sauce, combine ingredients in a bowl. Season with sea salt and white pepper.

Pulse prawns, coriander and garlic in a food processor to a coarse paste. Season with salt and white pepper. Lay down 12 wrappers on a surface lightly dusted with cornflour. Place a level tablespoon of mixture on each and brush borders with a little water. Top with remaining wrappers, press down sides to enclose filling, then cut into circles with a 7cm cutter. Cook ravioli in boiling salted water, in batches, for 3-4 minutes. Drain and divide among plates. Top with sauce and chives.

* Wrappers are from Asian food shops. White balsamic is from supermarkets.

flash-fried cuttlefish with sumac

Serves 4

In the restaurant, Tim serves this cuttlefish very thinly sliced on top of the braised pork belly (recipe follows).

Canola oil, to deep-fry
12 cuttlefish or small squid,
cleaned, opened out (ask your fishmonger to do this)
1 cup (150g) cornflour
1 tbs sumac*
Herb salad and lemon wedges,
to serve

Half-fill a saucepan or deep-fryer with oil and heat to 180°C. If you don't have a deep-fryer thermometer, test a cube of bread – it will turn golden in 30 seconds when the oil is hot enough.

With a sharp knife, lightly score the inside surface of cuttlefish or squid with crisscross lines – just enough to mark the flesh. Cut each into 4 triangular strips. Combine cornflour, 1 tablespoon table salt and 1/2 teaspoon white pepper in a bowl. Add cuttlefish or squid and toss to coat. Shake to remove excess flour, then deep-fry, in batches, for 20 seconds or until opaque. Remove with a slotted spoon and drain on paper towel.

Sprinkle with sumac and sea salt. Serve immediately with salad and lemon.
* Sumac is a lemony spice available from selected supermarkets and Middle Eastern food shops.

braised pork belly with sauce soubise

Serves 4

1.5L (6 cups) veal stock* or chicken stock
2 onions, sliced
6 garlic cloves, smashed with a knife
1 bunch lemon thyme
100g-piece pancetta, cut into thick batons
1kg-piece boneless pork belly
Chopped flat-leaf parsley, to serve

Sauce soubise

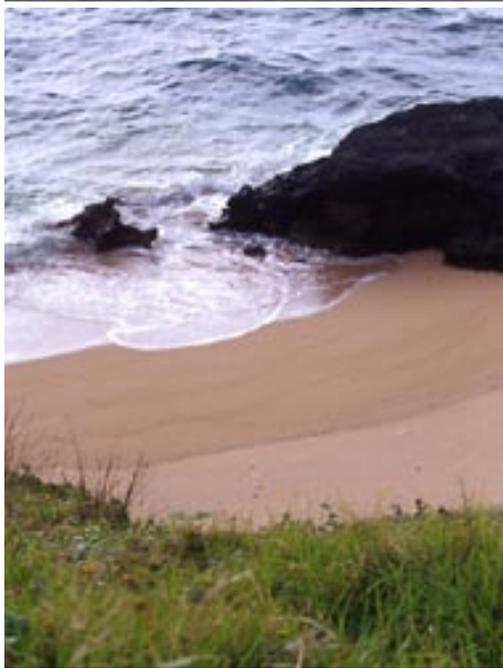
50g unsalted butter
4 onions, thinly sliced
400ml pure (thin) cream



Flash-fried cuttlefish with sumac



Braised pork belly
with sauce soubise



australian flavours.



La Bûche d’Affinois with walnut & date bread and roasted quince

occasionally. Add cream and simmer, uncovered, for 5-8 minutes until cream is reduced by two-thirds. Cool slightly, then blend until smooth. Season with sea salt and white pepper, then reheat gently.

Cut pork into 8 pieces, and serve 2 per person with reduced braising liquid, pancetta and sauce. Sprinkle with parsley.
* From delis and gourmet food shops.

la bûche d’affinois with walnut & date bread and roasted quince

Serves 8

2 quinces*, peeled, cored, quartered
Finely grated zest and juice of 1 lemon
3 cups (750ml) apple juice
1/4 cup (55g) caster sugar
2 vanilla beans, split, seeds scraped
650g-piece La Bûche d’Affinois*, or other triple-cream, white-mould cheese

Walnut & date bread

20g unsalted butter
1/3 firmly packed cup (65g) brown sugar
400g fresh dates*, pitted, roughly chopped
2 cups (300g) self-raising flour
1 egg, lightly beaten
1 tbs walnut oil*
125g walnuts, roughly chopped

Preheat oven to 140°C. Combine quince, zest, juices, sugar and vanilla pods and seeds in a large baking dish. Cover tightly with foil and roast for 3 1/2 hours or until crimson and tender. Cool in syrup, halve and refrigerate until needed.

For bread, preheat oven to 160°C. Grease a 5cm-deep, 11cm x 21cm loaf pan. Place butter, sugar and dates in a bowl. Pour over 150ml boiling water. Cool slightly. Fold in flour, egg, oil and nuts. Spoon into pan, smooth top and bake for 45 minutes or until a skewer inserted in centre comes out clean. Cool in pan.

Serve cheese slices with quince drizzled in syrup and thin slices of bread.
* Quinces and fresh dates are from selected greengrocers. La Bûche d’Affinois and walnut oil are from selected delis and gourmet food shops. **d.**
Capella Lodge, Lagoon Rd, Lord Howe Island, NSW, www.lordhowe.com.



Preheat oven to 160°C and line a small baking dish (to fit pork) with baking paper.

Bring stock, onion, garlic, thyme and pancetta to the boil in a pan, then simmer over low heat for 20 minutes.

Place pork in dish, skin-side down, and pour over liquid. Cover with foil and cook for 3 1/2 hours or until tender – remove a small piece with a fork to test. Remove pork to a tray and cover loosely with foil. Strain liquid through a fine sieve into a pan, reserving some pancetta. Bring to boil, then cook over medium-high heat for 5-10 minutes until reduced by two-thirds.

For sauce, melt butter in a large heavy-based pan over medium heat. Cook onion, stirring, for 10 minutes or until beginning to soften but not colour. Cover and cook over low heat for 50 minutes, stirring