



Old Man Saltbush and Mountain Pepperberry Seafood with Lemon Myrtle Aioli

Serves: 4

TASTE OF NAIDOC FACT

To acknowledge and celebrate NAIDOC Week, we have created a delicious seafood recipe that incorporates the

native ingredients Lemon Myrtle, Old Man Saltbush and Mountain Pepperberry.

Lemon Myrtle grows in the wetter coastal areas of New South Wales and southern Queensland. The leaves have a delightful lemon aroma and flavour. Indigenous Australians have traditionally used Lemon Myrtle as a flavouring in cooking and as a medicinal plant to help with digestive issues and headaches.

Old Man Saltbush primarily grows in the semi-arid and arid regions of Australia. The plant's fresh leaves when dried and ground can be used as a salt substitute. Indigenous Australians have traditionally used Old Man Saltbush as a flavouring in cooking and as a medicinal plant to help heal skin abrasions.

Mountain Pepperberry is mainly found in the cold high country of southern New South Wales, Victoria and Tasmania. Though used primarily as a cooking spice in braised dishes, it can be milled and used in the same way as conventional pepper. Indigenous Australians have traditionally used Mountain Pepperberry for flavouring in cooking and as a medicinal plant for pain relief.

INGREDIENTS

- 60gm Garlic Bulb
- 365gm Whole Egg Mayonnaise
- 5 ¼ tsp Lemon Juice
- 2 ¾ tsp Ground Lemon Myrtle Powder
- To Taste - Sea Salt
- 300gm Rice Flour
- 6 tsp Old Man Saltbush
- 6 tsp Ground Mountain Pepperberry
- 5 tsp Sea Salt
- 12 Green Prawns - remove the head and peel, leave the tail on and devein.
- 600gm White Fish Fillet - skinless - cut into 20 equal pieces.
- 300gm Calamari Rings
- 2 Shallots - green stem only, finely slice widthways.
- 1 1/2 Red Bullet/Birdseye Chilli - remove the stem (discard), finely slice widthways.



METHOD

1. Pre-heat an oven to a moderate temperature - 160°C and a deep fryer to a moderate temperature - 160°C .
2. Prick the garlic bulb 4 times with a fork, place on a roasting tray and place into the oven for 50-60 minutes, or until the bulb has softened. Remove, and allow to cool. Slice off ½ cm from the garlic bulb's base, squeeze out the garlic puree and mash it to a smooth paste with a fork. Set to one side.
3. In a mixing bowl, add the garlic puree, mayonnaise, lemon juice and lemon myrtle powder, then mix to combine. Season to taste with the first quantity of sea salt, set to one side to allow the aioli's flavours to further develop.
4. In another mixing bowl, add the rice flour, Old Man Saltbush, Mountain Pepperberry and the second quantity of sea salt, then mix to combine.
5. Add the prawns to the rice flour mixture and toss until evenly coated; remove, shaking off any excess mixture. Repeat the process with the fish pieces and calamari rings.
6. In batches, carefully add the prawns to the deep fryer. Fry for 2 minutes or until the prawns are cooked through, crispy and a light golden colour. Remove, drain well and place onto a paper towel to absorb any excess oil - keep warm. Repeat the process with the fish pieces and calamari rings.
7. Place the seafood in a mixing bowl, add ¾'s of both of the shallot and chilli and gently toss until combined.

TO SERVE

On a serving board or platter, stack the Old Man Saltbush and Mountain Pepperberry tossed seafood and garnish with the remainder of the shallots and red chilli. Place the lemon myrtle aioli in a serving bowl with a serving spoon next to the seafood, then serve immediately.
