



Island alfresco

Make the most of Kangaroo Island's famous produce with these recipes from KI Source's Kate Sumner

photography PRITI BATISH

Kangaroo Island lobster salad with Asian flavours

Preparation time: 1hr
Serves 4

1kg fresh Kangaroo Island lobster, pre-cooked
2 cloves garlic
4 coriander roots, roughly chopped
4 green and yellow chillies
1 tsp sea salt
4 tbsp caster sugar
3 tbsp tamarind water
3 tbsp fish sauce
3 long green shallots, 2cm lengths
½ cup mint leaves
½ cup Thai basil leaves
½ red onion, finely sliced
¼ cup roasted peanuts, roughly chopped
2 red chillies, finely sliced

To make the dressing, pound the garlic and coriander root together in a mortar and pestle. Add the chillies, salt and sugar and continue pounding to a fine paste. Add the tamarind and the fish sauce.

Pull the tail from the lobster shell and pull apart into chunks. Put the lobster, spring onions, herbs, peanuts and chillies in a bowl and mix well.

To serve, add the dressing, toss together and serve with some edible flowers and lobster claws.



Slow-cooked South Rock lamb with sticky fig and spices

Preparation time: 40 min
Cooking time: 5hrs
Serves 8

1.5kg shoulder of south rock lamb
250ml red wine
250ml water
250ml stock
2 carrots, 1 onion, 1 stick of celery - roughly chopped
2 cloves of garlic
2 tbsp Kangaroo Island Source harissa powder
100ml The KI Figgery sticky fig syrup

Preheat oven to 160°C. Place roughly chopped vegetables and garlic into a roasting tray. Place lamb shoulder on top and add the red wine, water and stock.

Make a paste with the harissa and fig syrup and rub over the lamb, then season with salt and pepper. Cover lamb with foil and place into oven. Turn the heat down to 120°C and slow roast for 5 hours. Check after 4 hours as ovens vary.

The lamb should fall from the bone when done. Serve with quinoa tabouli and KI Source chilli coriander chutney.

Kangaroo Island honey crème brulee

Preparation time: 40 min
Cooking time: 40 mins
Makes 12

200ml milk
1200ml cream
12 eggs
60g sugar
85ml Kangaroo Island honey
Half a vanilla bean

Cream egg yolks, sugar and honey together. Add cream and milk in a small saucepan, slit vanilla bean and put into the pot, bring mixture up to a very low simmer to infuse flavours. Slowly whisk this mix into the egg yolks and sugar.

Pour into ramekins. Place in a preheated water bath and bake at 140°C for 35-40min until custard is formed. Chill well for at least 3 hours.

To brulee, sprinkle sugar onto brulee and caramelize with a blow torch or under a very hot grill.

