

WHOLE LARDER LOVE

GROW GATHER HUNT COOK



BY ROHAN ANDERSON

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**WHOLE LARDER LOVE:
GROW GATHER HUNT COOK**

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THERE IS A CONNECTIVITY OF THIS LIFE OF OURS.

I LIKE THAT IT'S COMPLEX, THAT IT'S CONNECTED AND UNENDING, AND THAT ALL THINGS ARE LINKED BY SOME INVISIBLE THREAD. I LIKE THAT WE ARE FLAWED, THAT WE CAN SHINE, AND THAT WE MAKE MISTAKES. MAKING THIS BOOK WAS ALL OF THOSE THINGS AND MORE. IT'S BEEN QUITE AN ADVENTURE, AN EYE OPENING EXPERIENCE. UNTIL I SAT DOWN AND DOCUMENTED WHAT I WAS ACTUALLY DOING (IN REGARDS TO FOOD) I DIDN'T REALIZE HOW INTERCONNECTED MY SYSTEM WAS. LOOKING AT FOOD ON A LARGER SCALE IS AN INTIMIDATING TASK, BUT BREAKING IT DOWN INTO LITTLE SECTIONS MAKES THE IDEA OF IT ALL LESS DAUNTING. AND TAKING BACK A LITTLE BIT OF CONTROL OF WHERE YOUR FOOD IS PRODUCED MAKES LIFE TEND TOWARDS THE SIMPLE SIDE.

THAT'S THE IDEA ANYWAY. SIMPLE DOESN'T MEAN YOU DON'T PUT IN EFFORT OR THAT YOU JUST LAY BACK AND WATCH THINGS HAPPEN. SIMPLE CAN SOMETIMES MEAN MORE WORK, MORE PLANNING, AND EVEN MORE THOUGHT PUT INTO YOUR PHILOSOPHY OF LIFE. THE WORK COMES IN THE FORM OF GETTING SOIL UNDER YOUR FINGERNAILS, BLOOD ON YOUR SHIRT, AND BEADS OF SWEAT ON YOUR FOREHEAD COOKING OVER A HOT STOVE. THE PLANNING COMES IN THE FORM OF SEASONAL PREPARATIONS AND ANNUAL EVENTS THAT KEEP YOUR FOOD STORES IN CHECK AND YOUR VEGETABLE PATCH HAPPY AND PRODUCTIVE. AND FINALLY, BRINGING IT ALL TOGETHER, IS YOUR APPROACH TO LIFE IN GENERAL. MY PHILOSOPHY IS BASIC: NATURE RULES SUPREME. WE ARE ONLY LITTLE GEARS THAT MAKE THE BIGGER MACHINE DO ITS THING.

ALTHOUGH, FOOLS THAT WE ARE, AS A SPECIES WE OFTEN LIVE AS THOUGH WE ARE THE OPERATOR OF THE MACHINE.

A WARNING TO THOSE WHO ARE NOT REGULAR READERS OF MY BLOG: I HAVE ATTITUDE, I HAVE OPINIONS. TO BE ABLE TO POST THEM ON A WALL FOR PEOPLE TO READ IS A GREAT HONOR. TAKE THEM OR LEAVE THEM—THAT'S COOL WITH ME. I AM JUST GLAD TO BE ABLE TO OFFER SOME SORT OF ALTERNATIVE. IT'S NOT AN ALL-OR-NOTHING APPROACH. I'M FAR FROM PERFECT WHEN IT COMES TO FOOD. LIVING COMPLETELY ETHICALLY INVOLVES LIVING IN A CAVE, COLD, AND NO DOUBT RATHER NAKED. NOT MY CUP OF TEA REALLY. BUT TO BE ABLE TO MAKE SOME CHANGES IN OUR LIVES THAT CAN HAVE A POSITIVE IMPACT ON THE HEALTH OF OURSELVES AND OUR ENVIRONMENT IS A GOOD THING. THE MORE WE SIMPLIFY AND REDIRECT

OUR EFFORTS TO ACTIVITIES THAT BENEFIT US AND OUR COMMUNITIES THE MORE WE WILL HELP CHANGE THIS MESSED UP WORLD OF OURS, AND HOPEFULLY LEAVE BEHIND FOR OUR CHILDREN A PLANET STILL WILD AND BEAUTIFUL. THAT'S REALLY WHAT IT'S ALL ABOUT, ISN'T IT?

I HOPE YOU ENJOY THE RECIPES AS MUCH AS I DO EATING THEM! EXPERIMENT AS MUCH AS YOU LIKE. FOOD IS ONE BIG ADVENTURE. AND THIS IS BY NO MEANS EVERYTHING YOU NEED TO KNOW OR NECESSARILY THE ONLY WAY TO APPROACH LIFE, BUT IT'S WHAT WORKS FOR ME. I'M SHARING MY FOOD STORY. THIS IS A BOOK FULL OF THINGS THAT I'VE LEARNED ALONG THE WAY, TRICKS THAT I'VE DISCOVERED BY MAKING MANY A MISTAKE, AND TIPS THAT I'VE PICKED UP FROM FRIENDS AND ELDERS. IT'S A STARTING BLOCK. THE REST IS UP TO YOU.

—ROHAN



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There are two basic ways to view food. On the one hand, it's merely a necessity for our survival, a source of energy to fuel our bodies. On the other (more exciting) hand, food can be appreciated for the indulgent pleasures of taste and texture. For many years I'd been content with these two understandings of food. That is, until I started studying natural resource management. I learned a great deal about the management, or more accurately the mismanagement, of our precious resources and consequently the current unhealthy state of the natural world. I started asking myself where my food came from and what impact my consumption of said food had on the world around me. The current age of broad-acre food production is undeniably flawed. The way that food is produced, shipped, and consumed globally has a negative impact on the environment, on our personal health, on local economies and communities, on our spiritual well-being, and on the quality and flavor of the food itself.

The most obvious and worrisome effect of our current industrialized method of food production, and what first got me to reexamine my own habits, was direct environmental damage: loss of biodiversity, soil degradation, habitat loss, and the damage caused by use of chemicals and pesticides, bioengineering, etc. One flaw in this system that is often overlooked is the transportation of food. It's mindboggling. Our perpetually expanding cities and streamlined modern society seem to have discarded the common-sense concept of operating on a local level. Instead, everything is everywhere anytime all the time. And it's cheap—cheap in the sense of an over-the-counter price, but definitely not cheap in its production costs, financial and otherwise. In order for mega chain supermarkets to stock a variety of cheap goods and produce year-round, they have set up a system of transport and logistics that relies heavily on roads and trucking. Even Blind Freddy can see this system is adding to the ever-increasing problem of out of control carbon emissions. At my supermarket I can buy asparagus out of season from

Peru, apples from New Zealand, and tomatoes from Queensland in the middle of the coldest winter. Just think about the amount of gas guzzled to transport asparagus from Peru to Australia.

This system of transportation, that effectively separates us from the source of our food, has negative effects that go beyond the environmental problems it causes. Our connection to our communities and to the reality of the natural world around us also suffers. A downside of the civilized world is that we have lost the ability to depend on ourselves for essentials of everyday life. In days past our society thrived on a local economy, one that would provide for the small local community. Even in big cities, all or most of the necessary goods and services were provided locally. Times have changed and now not only have primary producers such as the market gardener disappeared but so have many of our local services, like the butchers, bakers, and fruit and vegetable shops.

Let's think for a moment about the shirt on your back. A plethora of humans all doing a small part got that shirt to you. How many people played a part in its production and ultimate delivery? The designer, the fabric maker, the seamstress, the factory manager, the department store buyer, the wholesaler, the importer, the international sailors, the warehouse staff, the delivery driver, the department store receiving dock guys, the sales staff, and finally the register operator at least, and we probably missed some. The same can be said for much of the food we consume. Now, I'm not saying that we should close down all the restaurants, cafes, and diners, far from it. I'm just saying we should all think about where our food comes from, and about the processes involved in getting that meal to our plates. Consider this hypothetical: What if the current system fell apart? It's not improbable; many successful civilizations have crumbled at their peak. How would you get your food? I know some people who can't even handle raw meat anymore, how would they survive without having someone else around to do it for them? For many the thought of killing a chicken for meat is deplorable and barbaric, but they think nothing of buying a chicken burger for lunch.

And possibly, the worst thing of all for me: all this out-of-season, long-distance-transported, mega-farmed, and overly preserved food tastes like crap!

These complex issues surrounding food production had been weighing heavily on my mind, and the more I thought about it the more frustrated I became. In fact, I was angered that I existed at this moment in time, with so many challenges for us to overcome. But despite this seemingly dire outlook, I had a determination to do something about it. I was convinced that I still had options. I still had a choice, didn't I? Surely it all came down to choice! However, the more I looked into the situation the more it appeared that I had limited choice—that is if I continued to rely on supermarkets to be my main food provider. So, I started buying my food somewhere else. I started to shop at farmer's markets. At first this seemed like a great solution, but I began to see the downsides of this as well. Our local farmer's markets began with great intentions but they now seem to be catering to a more yuppie market, offering "gourmet" prepackaged items at exuberant prices. I just want the ability to buy fresh, seasonal vegetables grown locally! Is that too much to ask? Apparently so...

Local farming exists on some level, but I discovered that in our region most of the produce gets sent to the major cities for distribution, and sometimes is then sent back to our local retailers. What a system! For example, I discovered that our local potato growers mostly supply a national chip manufacturer or send their potatoes to the city markets, but for some odd reason they don't supply our local restaurants. Even more confounding, they don't supply our local green grocery stores, which end up purchasing their produce from the city wholesale market! I wore out a patch on my noggin from constantly scratching my head, desperately trying to figure out the logic of this predicament.

I realized something had to be done; I had to take action! It was clear that I was a "food victim" and it was time to take back control. I discovered it's possible when you grow your own fruit and vegetables, raise your own meat, and know what to eat from the wild. This is how I made the switch.



A TASTE OF SUMMER TABOULEH

DURING THE WARMER MONTHS THIS SALAD GETS A HAMMERING AT OUR PLACE. I JUST LOVE THE FACT THAT I CAN WALK OUT TO THE YARD, PICK A BUNCH OF PARSLEY, MINT, GRAB A LEMON, PLUCK A FEW TOMATOES, AND PULL OUT A SMALL ONION, AND VOILÁ! IT'S SUMMER IN A NUTSHELL! PICKED AND PLACED IN MY BASKET, READY TO MAKE A FRESH SALAD.

ORIGINATING IN LEBANON, THIS SALAD IS TRADITIONALLY HELD TOGETHER USING BULGUR WHEAT, WHICH IS EASY TO COOK, BUT SOMETIMES DIFFICULT TO FIND. SO, IF YOU CAN'T GET ACCESS TO BULGUR, THEN COUSCOUS IS AN ALTERNATIVE. IT SHOULD BE NOTED THAT TRADITIONALLY MORE PARSLEY THAN MINT IS USED, WITH PARSLEY DOMINATING FLAVOR-WISE, BUT PLAY AROUND WITH IT TO SUIT YOUR TASTES. ALSO OF NOTE IS THAT A TRADITIONAL TABOULEH WILL HAVE MORE PARSLEY THAN BULGUR OR COUSCOUS BUT WE'RE NOT IN LEBANON SO MAKE IT HOW YOU LIKE IT.

WHAT YOU NEED:

- 1 cup couscous
- 1 x small onion, diced
- 3 x tomatoes, finely chopped
- 2 x lemons, juice
- 1 cup parsley, finely chopped
- 1/2 cup mint, finely chopped
- 1 handful pine nuts
- 1/4 cup olive oil
- Salt
- Pepper

How To:

Prepare the couscous as per packet instructions. When done, allow to cool.

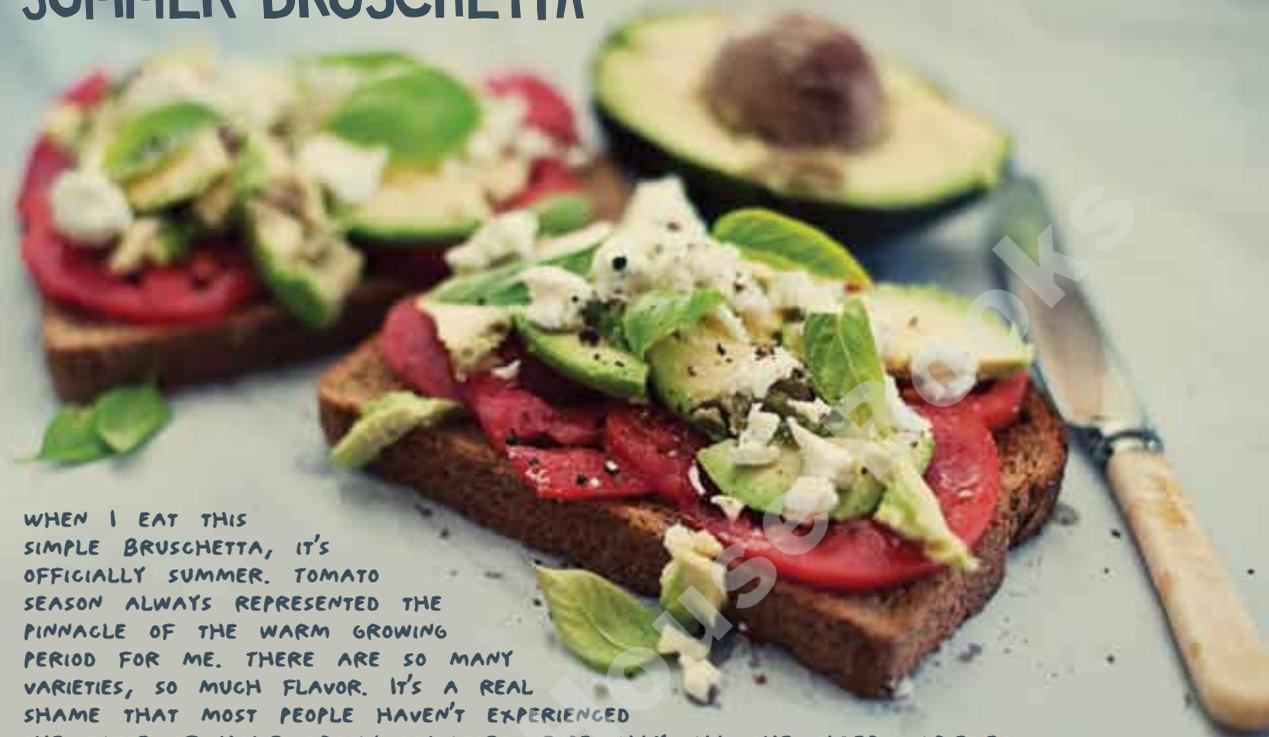
Heat a glug of olive oil in a frying pan, and panfry the pine nuts until they brown. Around 5 minutes will do. You just want to get some color into them, not burn them. When they're done, remove from heat and allow them to cool (just a few minutes).

In a large mixing bowl mix all the ingredients well.

Taste the salad, add the juice of another lemon if needed, and season.

Easy!

SUMMER BRUSCHETTA



WHEN I EAT THIS SIMPLE BRUSCHETTA, IT'S OFFICIALLY SUMMER. TOMATO SEASON ALWAYS REPRESENTED THE PINNACLE OF THE WARM GROWING PERIOD FOR ME. THERE ARE SO MANY VARIETIES, SO MUCH FLAVOR. IT'S A REAL SHAME THAT MOST PEOPLE HAVEN'T EXPERIENCED THE TASTE OF HOME GROWN TOMATOES, ESPECIALLY ALL THE OLDER VARIETIES.

IT'S TAKEN ME A FEW YEARS TO FIND THE VARIETIES THAT ARE BEST SUITED TO OUR CLIMATE, ONE OF THEM BEING ROUGE DE MARMANDE. EVER HEARD OF IT? WELL NETHER HAD I UNTIL ABOUT FIVE YEARS AGO WHEN A LOCAL POLISH GROWER INTRODUCED ME TO IT. HE SAID IT WAS THE BEST GROPPER AND FLAVOR PROVIDER IN HIS HUMBLE OPINION. IT'S BEEN ONE OF MY FAVORITE VARIETIES EVER SINCE. IF YOU'RE THINKING OF GROWING YOUR OWN TOMATOES I URGE YOU TO TRY. EVEN IF IT'S IN A POT ON AN APARTMENT BALCONY IN THE CITY, OR IN A SUBURBAN YARD, THE EXPERIENCE WILL ENRICH YOUR SUMMER DAYS.

IF YOU CAN SOURCE MEREDITH DAIRY MARINATED GOATS CHEESE FROM YOUR DELI, GRAB IT. IT'S DIVINE. IF NOT, THERE ARE PLENTY OF OPTIONS FOR GOAT'S FETA.

WHAT YOU NEED:

- Ciabatta bread, sliced
- Mixed tomatoes, mixed colors
- Ripe avocado
- 1 x clove garlic
- Meredith Dairy Marinated Goats Cheese
- Parmesan cheese
- Basil
- Olive oil
- Salt
- Pepper

HOW TO:

Slice the tomatoes and set aside in a bowl. Sprinkle with a little salt.

Toast the sliced ciabatta. When it's toasted and hot, rub the sliced garlic clove over each side.

Place the tomato on the bread, and place the goat's feta and a few slices of avocado on top.

Grate over some Parmesan, dress with olive oil, and garnish with some fresh basil leaves.

Season with cracked S&P.



THIS IS THE SIMPLEST OF PLEASURES. IT'S SO SIMPLE IT REALLY DOESN'T EVEN NEED TO BE IN A COOKBOOK, BUT I PROMISED MY KIDS THAT THEIR FAVORITE PANCAKE TOPPING WOULD END UP IN THE BOOK. FIRST, YOU'LL NEED TO GROW THE BLUEBERRIES, OR DO A SPOT OF URBAN FORAGING AND PICK THEM FROM PLANTS WHERE THEY WOULD NORMALLY FALL TO THE GROUND. CAN YOU BELIEVE THAT ACTUALLY HAPPENS? WHAT A WASTE! AND BY TAKING THEM FROM SOMEONE ELSE'S PLANT THEY ACTUALLY TASTE BETTER. GO AND IF YOU'RE A KILLJOY, THEN YOU CAN BUY THEM, BUT IT REALLY DEFEATS THE PURPOSE OF GETTING THE BEST OF THAT FRESH, JUST-PICKED-FROM-THE-BUSH TASTE. FIGURE.

GLAZED BLUEBERRIES

WHAT YOU NEED:

7 oz (200 g) blueberries
1 tbsp white sugar
Pinch of cinnamon (optional)

How to:

Heat a small saucepan, add the blueberries, the sugar, and if you're keen, the cinnamon.

Stir a little so the sugar coats the berries.

After 5 minutes the berries will be hot, the sugar and the juice will have combined to make it saucy. Pour over pancakes.

Watch children devour, looking at you like you're some sort of food magician.

LESSON TO BE LEARNT FROM TODAY:

BLUEBERRIES TASTE BEST
WHEN STOLEN.

A photograph of a dead gazelle lying on its back in a large, shallow metal pan. The pan is placed on a grassy field. The gazelle's body is the central focus, with its legs splayed out. The background shows more of the grassy field and a blurred object, possibly a blue bag or equipment. The overall scene is somber and suggests a hunting or poaching activity.

FROM THE WILD: HUNTED

ONE NIGHT I WAS BORED AS HELL AND WAS WATCHING SOME QUESTIONABLE TELEVISION. BUT I'M GLAD I WAS, BECAUSE I SAW THIS BLOKE ANDRE, ON A COOKING SHOW OF ALL THINGS, COOK A MEAL JUST LIKE THIS AND FIGURED THAT THE APPROACH TO THIS MEAL CAN BE APPLIED TO MANY SMALL GAME BIRDS: DUCK, RAIL, PIGEON, DODO.

COOKING SMALL GAME BIRDS IN THIS FASHION, WITH A RAGU SAUCE COMPRISED OF MEAT FROM SAID BIRD, WILL GIVE YOUR GUESTS THE JOY OF EATING THE BIRD WITHOUT THE HASSLE OF PICKING AT A TINY CARCASS. INSTEAD YOU GET TO DO ALL THE HARD WORK!

QUAIL RAGU WITH POLLENATA

WHAT YOU NEED:

4 x quail (wild shot if possible)	3 cups (750 ml) passata (see page 212)
4 x slices jamón	1/2 cup red wine
Polenta	Fresh thyme, chopped
2 x onions, finely diced	1 x red chili, diced, seeds in
2 x carrots, finely diced	Chili powder
5 x garlic cloves	Olive oil
3.5 oz (100 g) butter	Salt
1 cup Parmesan, grated	Pepper

How to:

Preheat your oven to 350 F (180 C).

After plucking and cleaning the bird, prepare the quail by carefully slicing the legs off the body with as much of the meat intact as possible.

Wrap each leg in the jamón. In a hot frying pan sear the legs but don't cook them for long, just give them some color.

Wrap the legs in aluminum foil, include the garlic cloves, and place in the oven for 10 minutes. When finished, open the foil and allow to cool. Set aside the quail legs and then start to remove all the meat from the birds.

In the same pan the legs were seared in, heat some olive oil and add the carrots and onions. When you have some color to them, add the passata, the roasted garlic cloves (from the aluminum packets with the legs), red wine, a sprinkle of chili powder, diced chili, thyme, and the remaining quail meat (not the legs). Let this simmer on a low heat for 15 minutes. Taste and season if required.

Cooking polenta is like cooking risotto; it takes a little love, but it's a great base that marries well with rich flavors. Bring 1 quart (1 liter) of water to boil and add 1 cup of polenta. Stir consistently for 10-15 minutes until the consistency is no longer grainy. Add your butter and Parmesan and stir for another five minutes.

Serve in bowls, with extra shaved Parmesan, olive oil, and the quail legs on top of the polenta and ragù.

A TRUE FRIEND
LEAVES YOU WITH
MEAT FOR
YOUR FREEZER,

EVEN IF IT WAS JUST
BECAUSE HE HAD PITY
FOR YOUR BAD NIGHT.



A hunter in camouflage gear is holding a large bird, possibly a quail or similar game bird, in his hands. He is also holding a shotgun. The background is a natural, outdoor setting.

UNLIKE ITS FARMED COUNTERPART, GAME IS FAIRLY LEAN, SO IT NEEDS A LITTLE ATTENTION WHEN COOKING. IT'S NOTHING TO BE INTIMIDATED BY, JUST A LITTLE EXTRA TLC. THERE ARE A FEW HERBS THAT ANY QUALITY HUNTER SHOULD HAVE GROWING IN THEIR LITTLE PATCH, NOTABLY SAGE, ROSEMARY, AND THYME. FRESH HERBS ARE MUCH STRONGER IN FLAVOR COMPARED TO THE DRIED VERSION, SO EVEN IF YOU ONLY HAVE A WINDOW BALCONY I URGE YOU TO GROW THESE HERBS IN POTS. THIS ISN'T REALLY A RECIPE PER SE, IT'S MORE A METHOD, AS MANY RECIPES CALL FOR ROASTED MEAT. BUTTER IS A REAL HELP WHEN ROASTING WILD BIRDS, AND GETS PLENTY OF USE IN THIS METHOD.

ROASTING WILD BIRDS

WHAT YOU NEED:

1 x bird (dressed and plucked, skin on)
3.5 oz (100 g) butter
1 handful fresh sage, chopped
1 handful fresh thyme
1 sprig rosemary
Olive oil
Salt
Pepper

How To:

In a bowl, mix butter with the chopped sage and thyme. Use a spoon or your fingers.

Place the bird in a baking dish, belly down. Gently peel the skin away (but not off) the back end of the bird, and then stuff in a few knobs of butter. Apply butter in this method to the neck end too, so that the topside of the bird has butter under its skin. This will help keep the bird moist during the roast.

Place the rosemary and the herbed butter mix into the rear cavity.

Using baking string, tie up the legs and back end to reduce any open holes.

Dress the bird in some olive oil, crack over some salt and pepper, and cover with aluminum foil.

Depending on your oven, roast the bird at around 350 F (180 C) for half an hour.

Feel free to check the bird as you're cooking it, as there is nothing worse than drying out a perfectly good bird and wasting good meat. I pierce the breast with a skewer and if red juice comes out it still needs some cooking time, if it's clearer then it's ready. You can also take the bird out of the oven and let it rest, it will still cook for a while especially if you leave it covered in the aluminum.



LEATHER LACE-UP BOOTS

FEET: YOU KNOW, THE THINGS THAT TAKE YOU EVERYWHERE. THEY CARRY US THROUGH OUR WHOLE LIVES, SO THEY SHOULD BE ADORNED WITH SOMETHING PRACTICAL AND FIT FOR THAT PURPOSE. I'M YET TO FIND ANYTHING THAT BEATS AMERICAN-MADE HUNTING/WORK BOOTS. THE CRAFTSMANSHIP, PRACTICALITY, AND DURABILITY ARE UNDENIABLY SUPERIOR TO ANYTHING ELSE I'VE SEEN. IF YOU TREAT THEM WITH RESPECT, THEY'LL LAST FOREVER. POLISH THEM WITH A LEATHER RUB LIKE DUBBIN OR HONEY WAX. DO THIS EVERY FEW MONTHS TO SOFTEN THE LEATHER AND IMPROVE WATERPROOFING. THESE BOOTS ARE SUITED TO WINTER HUNTING AND HIKING AND IN THE SUMMER THEY'LL KEEP YOUR FEET DRY AND GIVE YOU SOME SNAKE PROTECTION. GET SOMETHING ALONG THE LINES OF AN L.L. BEAN BOOT OR A RED WING LACE-UP. REMEMBER, A PAIR OF HANDMADE LEATHER BOOTS THAT ARE LOOKED AFTER WILL LAST YOU A GOOD MANY YEARS. THEY'RE USUALLY BUILT TO LAST.

GEAR

A DECENT POCKET KNIFE/ LEATHERMAN/MULTI-TOOL:

DON'T SKIMP ON THIS. STICK WITH THE CLASSICS, AND PLEASE DON'T BE CONVINCED TO BUY ONE OF THOSE MASSIVE LEATHERMANS WITH FORTY TOOLS IN ONE. THE BASIC ONE WILL DO ALMOST ANYTHING YOU NEED, FROM SKINNING A RABBIT TO CUTTING FRESH SAGE.

JACKET:

UNLESS YOU LIVE IN THE TROPICS YOU WILL GET ALL FOUR SEASONS. THE AMOUNT OF TIMES A DECENT JACKET HAS SAVED MY SANITY OUT IN THE BUSH OR THE GARDEN IS RECORD BREAKING. REALLY I SHOULD JUST GIVE UP AND GO INSIDE BUT THERE ARE THINGS THAT NEED TO BE DONE, AND A DECENT LINED JACKET (WITH AN ELEMENT OF WATERPROOFING) IS PRICELESS.



THE BLOOD BAG

THIS IS A HESSIAN BAG THAT I'VE LINED WITH PLASTIC TO STOP BLOOD FROM GETTING EVERYWHERE. IT'S THE BAG I SLING OVER MY SHOULDER WHEN I'M HUNTING SMALL FURRED GAME. IT'S A MUST AND I ALWAYS CARRY IT IN THE JEEP.



WHAT YOU NEED:

4 x trout fillets
Soft burger buns
Cucumber
Rocket
Fresh dill
Soft provolone cheese, sliced

Aioli Sauce:

3 x egg yolks
2 x cloves garlic, diced
2/3 cup light olive oil
1 tsp lime juice
1.5 tsp Dijon mustard
Salt
Pepper

How to:

Put the eggs yolks, mustard, and lime juice in a mixing bowl and use an electric beater to mix. Slowly add the olive oil a little at a time until it begins to thicken. Don't rush when adding the olive oil: less is more.

Still mixing on a slow setting, add the diced garlic.

Season with salt and pepper.

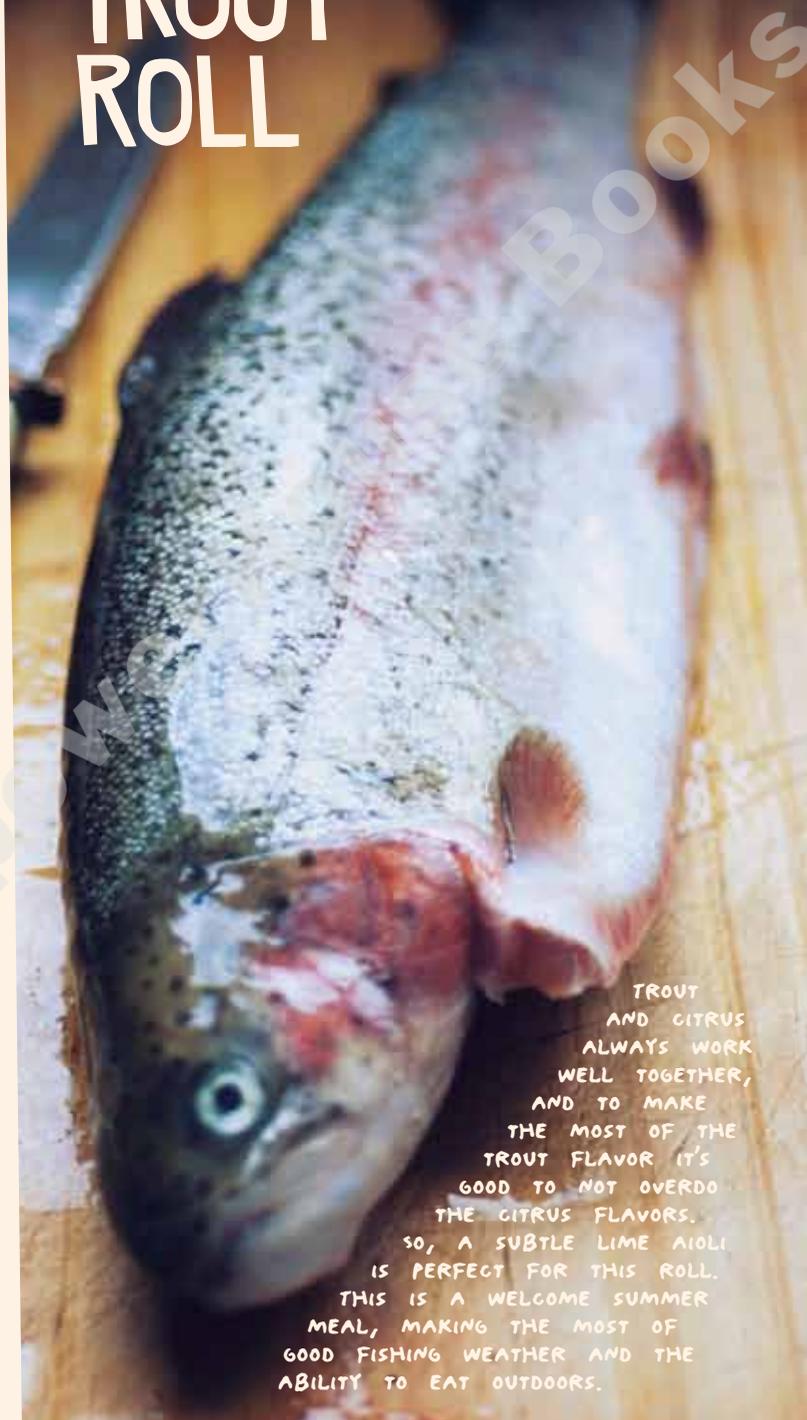
Refrigerate the aioli.

Pan fry/BBQ the trout fillets (use a bit of olive oil).

Spread the aioli on the base of the bun. Lay on the cooked trout, cheese, a slice or two of cucumber, and finally, a few rocket leaves.

Season with salt and pepper.

SUMMER TROUT ROLL



TROUT AND CITRUS ALWAYS WORK WELL TOGETHER, AND TO MAKE THE MOST OF THE TROUT FLAVOR IT'S GOOD TO NOT OVERDO THE CITRUS FLAVORS. SO, A SUBTLE LIME AIOLI IS PERFECT FOR THIS ROLL. THIS IS A WELCOME SUMMER MEAL, MAKING THE MOST OF GOOD FISHING WEATHER AND THE ABILITY TO EAT OUTDOORS.

WHAT YOU NEED:

1 lb (400-500 g) lox/salmon
1 lb (500 g) casarecce pasta
1 bunch fresh asparagus
1 tbsp dill, finely chopped
1 x lemon
1 cup pecorino, grated
3 oz (100 ml) pouring cream
Garlic
Olive oil
Salt
Pepper

How to:

Smoke the fish as per your smoker's instructions.

When the fish is smoked and cooked completely, remove the meat and discard the skin and bones. Set aside in a bowl.

Cook the pasta in salted boiling water.

Halfway through cooking the pasta, blanch the asparagus in boiling water for 5 minutes. Drain and set aside.

When the pasta is al dente, drain and return to the pot it was cooked in.

Add the grated cheese, cream, chopped dill, and the smoked fish.

Grate half the lemon rind into the pasta and squeeze the juice out of the lemon. Mix well.

Serve with a portion of the blanched asparagus on top for each serve.

Dress with olive oil and some thin slices of pecorino and garnish with some chopped dill.



LOX/SALMON + ASPARAGUS CASARECCE

ONE OF THE JOYS IN LIFE IS DEVOURING SMOKED FISH, ESPECIALLY THOSE OF THE SALMONOID VARIETY. IF YOU'RE HANDY WITH THE ROD AND HAVE THE CHANCE TO GET OUT ON THE WATER IN SEASON, THEN TREAT YOURSELF WITH THIS LITTLE BEAUTY.

THERE ARE PLENTY OF SMOKERS OUT THERE... A BAD HABIT, YOU KNOW. YOU CAN GET A READYMADE HOT SMOKER STARTING AT AROUND \$30, OR YOU CAN MAKE ONE YOURSELF (GOOGLE WILL TEACH YOU). IN ANY CASE THEY ALL WORK DIFFERENTLY, BUT ALL PRODUCE SOMETHING SMOKED AND DELICIOUS. GET TO KNOW YOUR SMOKER'S ABILITIES AND LIMITATIONS. IF YOU DON'T FISH YOURSELF THEN BUY YOUR FISH AS LOCALLY AS POSSIBLY AND FROM SOMEPLACE REPUTABLE.

COAL-BAKED BREAM

AFTER A FULL DAY OF FISHING, THERE'S NO BETTER WAY TO REWARD YOURSELF THAN BY SITTING AROUND A CAMPFIRE WITH EXCELLENT COMPANY AND A COLD FROTHY IN HAND. IT COULD BE OUT IN THE BUSH, IN A CABIN, OR ON THE SAND. THERE'S A PRIMEVAL SENSE OF CAPABILITY, OF BEING ABLE TO HUNT YOUR FOOD AND COOK IT SIMPLY. BEFORE YOU'VE HAD TOO MANY COLDIES AND START TO SING SEAS SHANTIES AND TELL GHOST STORIES, TAKE THE TIME TO COOK SOME OF YOUR CATCH AND GET INTIMATE WITH THE FLAVOR OF THE WATERS. WHETHER YOU'VE BEEN WORKING THE ESTUARY OR THE SALTY STUFF,

THE FISH SPECIES YOU CATCH WILL HAVE A UNIQUE TASTE THAT IS OFTEN DISGUISED BY BATTER OR HEAVY CONDIMENTS. A SIMPLE COOK/STEAM IN SOME WINE WILL KEEP IT SIMPLE, ALLOWING YOU TO APPRECIATE THE BASIC FLAVOR OF YOUR FISHY FOE.

AT THE HEIGHT OF SUMMER I LIKE TO FISH THE ESTUARY WATERS AND TARGET THE SWEET TASTING BREAM, WHICH COOK UP BEAUTIFULLY WITH THIS SIMPLE TREATMENT. BUT YOU CAN COOK ANY FISH THIS WAY AS LONG AS YOU HAVE ENOUGH ALUMINUM FOIL.

WHAT YOU NEED:

Patience and skill to catch the damn fish (a fishing rod also helps)
1 x whole bream (or other fish: snapper, mullet, flathead, etc.)
Lemon
Knob of butter
White wine
1 small bunch of dill
Cracked salt
Cracked pepper
Aluminum foil

How To:

Light a fire. The temperature of the coals is important, so have the fire going for a while and set aside a bed of coals just on the outskirts of the main fire.

Gut and scale the fish then rinse under cold water. Place it on a sheet of foil.

Chop up the dill and slice the lemon.

Spread some butter on the outside of both sides of the fish and pop some in the cavity.

Place dill and lemon in the cavity, and if you have some remaining, place on the outside of the fish.

Drizzle a few tablespoons of white wine on and around the fish, this will help it steam.

Season with salt and pepper.

Fold in all the sides of the foil to create a sealed package. Place it on the bed of coals while placing some coals on top of the fish envelope.

Because there is no temperature gauge on a campfire, it's impossible to say how long to let it cook for. It's normally around 10 minutes.

Serve with jacket potatoes also wrapped in foil and placed on the coals 20 minutes prior to cooking the fish.



INVESTING IN A CAST IRON CAMP POT WAS A WISE MOVE. FOR ONLY \$50 I HAVE A COOKING POT THAT WILL LAST MY LIFETIME AND WILL BE SOMETHING I CAN PASS DOWN, JUST LIKE THE CAST IRON FRYING PAN THAT MY GRANDFATHER BOUGHT FOR MY MUM AND THAT I NOW USE EVERY WEEK. CAST IRON COOKWARE WORKS SO WELL BECAUSE IT RETAINS THE HEAT EVENLY AND CAN WITHSTAND A GOOD OLD BEATING. COOKING IN A CAMP POT (SOMETIMES REFERRED TO AS A DUTCH OVEN) IS AN OLD TRADITION, AND THERE IS A GOOD REASON FOR THIS—ITS SIMPLICITY. THERE ARE TWO WAYS TO COOK USING ONE OF THESE POTS: WITH DIRECT FLAME OR IN A BED OF COALS. I PREFER THE LATTER. SLOW COOKING CHEAPER CUTS OF MEAT LIKE A LAMB SHOULDER RESULTS IN SOFT, TENDER MEAT WORTHY OF ANY HIGH PRICED RESTAURANT. THE KEY IS THE FLAVOR YOU CHOOSE TO ACCOMPANY YOUR MEAT. WITH LAMB, THE BEST MATCHED ROASTING FLAVORS ARE ROSEMARY, THYME, GARLIC, AND WINE.

THE KEY TO A GOOD, SLOW COOK ON A CAMPFIRE IS CONSISTENT HEAT FROM THE COALS; THIS IS ACHIEVED BY BUILDING A WELL-STOCKED CAMPFIRE, THUS CREATING A GOOD SUPPLY OF HOT COALS. GET THE FIRE ROARING FOR A GOOD HALF HOUR, AND THEN PLACE THE POT INTO A SMALL PIT NEXT TO THE MAIN FIRE. THE PIT BECOMES YOUR LITTLE OVEN, AND BEING NEXT TO THE FIRE ITSELF, IT'S EASY TO SHOVEL FRESH COALS ONTO THE POT DURING WHILE IT IS COOKING.

THIS METHOD REALLY EMBRACES YOUR INNER PRIMITIVE MAN/WOMEN. BUT ONCE YOU'VE TASTED MEAT COOKED THIS WAY YOU WILL LONG FOR COLD WINTER AFTERNOONS IN THE BUSH, COOKING CHEAP CUTS OF MEAT IN YOUR POT.

CAMP-COOKED LAMB SHOULDER

HOW TO:

With a sharp knife make stab insertions all over the shoulder, and insert garlic cloves (from one garlic bulb) and sprigs of rosemary.

Drizzle a good portion of olive oil (around 2 tbsp) in the pot making sure the base is well covered so the roast will not stick.

Rub olive oil onto the roast and sprinkle to cover with dried thyme, cracked black pepper, and sea salt. Place the roast in the pot with the wine and water and the skinned cloves of your second garlic bulb.

Your cooking pit should be wider than your pot by at least 6 inches to allow for placement of fresh coals during the cooking process.

Place a thick bed of coals at the base of the pit then place the pot on top.

Shovel more hot coals around the base of the pot and some on top of the lid. Keep fuelling the main fire with more wood to ensure a steady flow of hot coals for the pot.

After about 40 minutes, carefully remove the lid and check the liquid level. There should be liquid in the pot, about halfway up the meat, maybe less. If required, add more water. The key is that it's not bone-dry, as the meat will spoil and be as tough as a dead dingo's donga. While the lid is off, add all of your vegetables.

Return the lid and shovel fresh coals around the pot.

This is not a fine art and every fire is different, so keep an eye on the pot, removing the lid as you go to peek inside and check the progress. You don't need to cover the entire pot with hot coals, as this will make the pot too hot. The best way to cook the shoulder is slow and at a consistent temperature. The slower the better...more time to drink a glass or two of the Pinot brought to the fire!

Normally the roast will be cooked in around 2 hours, depending on the heat of the coals. To test if the meat is cooked place a skewer deep in the thick part of the meat, if red juice pours out then continue cooking, if it's relatively clear then the meat needs to be removed from the pot, wrapped in aluminum foil and rested for 10 minutes. Also remove the vegetables and cover.

Leave the remaining juices in the pot and return it to the fire with the lid off. Add the cornflour and stir and reduce to make gravy. Pour this over the meat and veggies.

Serve with a nice glass of Pinot Noir—that is, if there's any remaining!



WHAT YOU NEED:

- 1 x lamb shoulder (on the bone is fine)
- Carrots, chopped
- Potatoes, chopped
- Pumpkin, chopped
- 3 cups red wine
- 3 cups water
- 2 x whole garlic bulbs
- 1 large bunch rosemary sprigs
- 1 x tbsp dried thyme
- Cornflour
- Olive oil
- Salt
- Pepper

PORK RACK ROAST

OKAY, SO NOT EVERYONE WILL BE ABLE TO GET THEIR HANDS ON WILD PEAR, BUT IT'S SUPER FUN WHEN YOU LOCATE A TREE THAT'S JUST LADEN WITH PEARS READY FOR THE TAKING. BEING FREE AND WILD THEY JUST TASTE TEN TIMES BETTER THEN STORE BOUGHT. PURELY A PSYCHOLOGICAL DIFFERENCE YOU SAY? YES, YOU'RE PROBABLY CORRECT.

I SOURCE MOST OF MY PORK FROM THIS LOVELY COUPLE THAT FARM THEIR PIGS WITH THE UTMOST INTEGRITY. THEY HAVE SUCH A GREAT PROCESS, THE PIGS ARE HAPPY, I'M HAPPY. PORK IS ONE OF THE MOST EXCITING MEATS TO ROAST. I MEAN COME ON, WHO DOESN'T LOVE CRACKLING? WELL THE VEGANS AND VEGETARIANS. OH, THEN THERE ARE THE VARIOUS RELIGIONS. WELL I GUESS THEY HAVE NO IDEA WHAT THEY'RE MISSING OUT ON! MORE FOR US, EH?

IF THE PORK IS GOOD QUALITY I DON'T LIKE TO DO ANYTHING TO IT APART FROM SALT FOR THE CRACKLING. NO FLAVORING WHILE ROASTING IS REQUIRED. IT SHOULD BE PERFECT JUST THE WAY IT IS.

WHAT YOU NEED:

- 1 x pork rack roast with crackling
- Pears (if wild they might be small, so maybe 2 per serving)
- Mixed garden veg (carrots, potatoes, shallots; whatever is ready and good for roasting)
- 1 cup water
- 2 tbsp brown sugar
- 1 tbsp cinnamon
- 3 tbsp honey
- Cooking salt

How To:

Peel the pears and set in a high-wall baking dish (as the pears will be cooking in hot liquid).

In a saucepan mix the honey, cinnamon, and water, and hold over a flame just enough to melt the honey so you can stir the ingredients. Pour the mix over the pears, and then sprinkle the sugar on top.

Using a very sharp knife cut slits in the crackling and rub with cooking salt.

Roast for 25 minutes on the highest heat your oven will go. Mine tops off at roughly 480 F (250 C). This is important in getting that perfect crackling.

Bake the pears at the same time as the pork (in a separate baking dish).

In another baking dish, toss the garden veg with some chopped herbs, maybe thyme or rosemary, drizzle with olive oil and place in the oven for the last 10 minutes at the high temp.

After the first 25 minutes, reduce heat and roast for another 20 minutes at 340 F (170 C). Take this opportunity to spoon the liquid mix over the pears and return to the oven to finish baking.

When the pork is done, remove and rest while the veg and pears continue to bake until the veg is perfectly roasted (feel free to remove a carrot or two for an official test).

Serve up the pork and veg. When you serve the pears I like to drizzle some of the pear roasting juice over them.

A mouthful of pork and slice of the pear...unbelievable!

WITH HONEY-ROASTED WILD PEAR + GARDEN VEG

I'VE ALWAYS
SAID THAT
IT'S A
PRIVILEGE
FOR US TO
EAT MEAT,
AND IF YOU
HONESTLY
CAN'T
BRING
YOURSELF TO
"ACQUIRE"
YOUR OWN
MEAT,
THEN YOU
SHOULDN'T
EAT IT.



I'VE
HUNTED
+ FISHED:
NO PROBLEMS.
BUT
DISPATCHING
A BIRD
TAKES
GUTS.
IT'S NOT
FOR THE
FAINT-
HEARTED.

I KNOW. IT SOUNDS EXCESSIVE WRAPPING ONE MEAT WITH ANOTHER, BUT HECK THESE ANIMALS GAVE US THEIR LIVES, THE LEAST WE CAN DO IS TREAT THEM WITH RESPECT BY MAKING THEM AS DELICIOUS AS POSSIBLE! WE CURE OUR OWN JAMÓN EVERY YEAR (SEE PAGE 216) AND IT'S A GREAT TREAT. IT IS SO FULL OF FLAVOR THAT IT TURNS THE EXCITEMENT LEVEL OF THIS DISH ALL THE WAY UP TO 11. SO WHEN I GET THE PHONE CALL FROM SOMEONE OFFERING ME THEIR CHOOKS TO DISPATCH I WILL OFTEN HAVE THIS DISH IN MIND. IF YOU'RE NOT SURE HOW TO CUT OUT THE THIGH FROM A COMPLETE BIRD THERE ARE INSTRUCTIONAL VIDEOS ONLINE... ALONGSIDE SOME OTHER PRETTY WEIRD SHIT, LET'S BE HONEST.

THE SIDE SALAD ISN'T ALL ROASTED BUT IT SOUNDS GOOD THAT WAY. WITH THE CAPSICUM AND EGGPLANT I TEND TO COOK A FEW AT A TIME, THEN USE WHAT I NEED FOR THIS DISH AND STORE THE REST IN THE FRIDGE FOR ANOTHER TIME.

JAMÓN-WRAPPED CHICKEN WITH ROASTED SUMMER VEG SALAD

HOW TO:

THE CHICKEN:

Mix the pesto and ricotta in a bowl.

Spoon some of the cheese/pesto mix on the inside of the thigh, then wrap and roll up the thigh fillet with a slice of jamón. You can use a wooden skewer to hold it all together or just lay them closely together on the baking tray. Feel free to use more than one slice of jamón per fillet. Drizzle with olive oil.

Bake for 25 minutes at 400 F (200 C).

THE ROAST SALAD:

Bake the capsicum at 400 F (200 C) until the skin starts to blacken. Don't panic, this is what we want to happen.

When it's done, remove and place in a plastic bag to cool. Seal well.

At the same time you bake the capsicum, bake the cherry tomatoes (sliced in half) with a good drizzle of magic olive oil for 25 minutes.

Slice the eggplant lengthwise and grill on a hot griddle pan with a dash of oil on each slice. This takes a while, so it's nice to have a cold glass of wine close-by to keep you company. When all the slices are nicely grilled set aside to cool.

Mix the cooked veg in a bowl, add the red wine vinegar, the regular feta, and also the parsley, but not the marinated goats' feta just yet. Season to taste with salt and pepper.

Dish up the chicken along with the roast veg. Garnish each plate with a few spoonfuls of the goats' feta and finish off with a sprinkle of pine nuts.

WHAT YOU NEED:

The Chicken:

6 x chicken thighs
6 x slices of jamón thinly sliced
(you can sub prosciutto)
9 oz (250 g) ricotta
3 tbsp pesto (see page 208)

The Salad:

1 x eggplant
1 x large, red capsicum
Cherry tomatoes
1.75 oz (50 g) feta
Marinated goats' feta (garnish)
2 x tbsp red wine vinegar
1 x tbsp parsley, finely chopped
Pine nuts
Olive oil
Salt
Pepper





NEAR THE END OF SUMMER, I OFTEN TELL MYSELF I MUST PLANT LESS ZUCCHINI NEXT YEAR, BUT WHEN THE TIME COMES I ALWAYS SEEM TO PLANT MORE. ZUCCHINI IS A WONDERFUL VEGETABLE TO GROW, AS IT DOESN'T REQUIRE MUCH WORK, THE SEEDS ARE EASY TO RAISE, AND THE ZUCCHINI ITSELF TASTES GREAT IN SO MANY FORMS. YOU CAN EVEN EAT THE FLOWERS STUFFED AND FRIED IN BATTER. WHEN YOU HAVE A GLUT OF THIS LOVELY VEGETABLE, OR JUST WANT SOMETHING TO TOP YOUR HOT DOG, BURGER, OR TOASTED SANDWICH THEN THIS IS PERFECT. A GOOD MIX OF SWEET, SOUR, AND HEAT.

THESE MEASUREMENTS ARE A BASE. IF YOU HAVE DOUBLE THE AMOUNT OF ZUCCHINI THEN DOUBLE THE AMOUNT OF EVERYTHING. SAVVY?

WHAT YOU NEED:

- 6 cups zucchini, chopped (any variety, hopefully home grown)
- 2 x onions
- 3 x fresh chilies
- 1/2 x green capsicum
- 1/2 x red capsicum
- 1/2 x yellow capsicum
- 1.5 cups sugar
- 2 cups vinegar
- 2 tbsp salt
- 1 tbsp paprika
- 2 tsp mustard seed
- 1 tsp turmeric
- 1 tsp ground cumin
- Olive oil

How To:

Chop the vegetables (somewhere between rough and fine).

Place the veggies (except for the chili) in a large mixing bowl and cover with salt. Mix well and let it sit overnight.

In the morning, drain the liquid that has formed from the bowl. Don't drink it.

Heat olive oil in a large saucepan, add the drained vegetables and cook stirring often for at least 10 minutes. This process will soften the veg.

When the veg is cooked through, add the sugar, vinegar, spices, and finely chopped chili. Stir well and simmer for 30 minutes.

Decant in to sterilized jars and label "See, I Can Make Relish."

HOT ZUCCHINI RELISH

This PDF is NOT the entire book

**WHOLE LARDER LOVE:
GROW GATHER HUNT COOK**

By Rohan Anderson

Published by



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