



Welcome to Mirrabooka Fresh, a global market hall precinct designed to enliven all five senses. A space to meet and experience some of each other's food and culture in a warm and welcoming environment.

Each fortnight our qualified chef will take you on a journey around the world with super quick street food inspired recipes, that are replicable at home.

THIS WEEK WE DISCOVER...

Gourmet Canapes

All ingredients are freshly sourced and available from The Square Mirrabooka Fresh retailers
**John's Fresh Fish Mart, Mirrabooka Bakery, Mirrabooka Fresh,
Shaheen Store, The Meat Giants**

Egg Crepe Roll filled with Smoked Salmon & Creme Fraiche

INGREDIENTS

4 eggs	Salt and pepper	250g smoked salmon	Caviar
1 tbsp cream	Small pot creme fraiche	Chopped chives	

METHOD

- 1 Beat eggs and cream, then lightly season.
- 2 Heat a nonstick frying pan with a little spray oil and cook the egg mixture like a pancake, nice and thin, flip once and remove. Repeat with remaining mixture.
- 3 Lay crepes out on a bench, smear with some creme fraiche, place some smoked salmon on the lower two thirds of the crepe, sprinkle with fresh chives, roll up tightly and wrap the sausage shape in some cling wrap. Chill for 30mins.
- 4 Unroll carefully, cut off the ends and cut into 2cm wide pieces.

Set out on a platter and garnish with caviar.

THE SQUARE
MIRRABOOKA
FRESH



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thesquaremirrabooka.com.au

Arancini Balls

INGREDIENTS

2 tbsp olive oil	1.2ltr chicken or vegetable stock, hot
15g unsalted butter	150g parmesan, finely grated
1 onion, finely chopped	1 lemon, finely zested
1 large garlic clove, crushed	150g ball mozzarella, chopped into 18 small pieces
350g risotto rice	Vegetable oil, for deep-frying
150ml dry white wine	

For the coating

150g plain flour
3 large eggs, lightly beaten
150g fine dried breadcrumbs

METHOD

- 1 Heat the oil and butter in a saucepan until foamy. Add onion and a pinch of salt and fry gently until softened. Add garlic and cook for another minute. Stir in the rice and cook for a further minute, then pour in the wine. Bring to the boil and cook until the liquid has reduced by half. Pour in half the stock and simmer, stirring continuously, until most of the liquid has absorbed.
- 2 Add the remaining stock a ladleful at a time as the rice absorbs the liquid, stirring, until the rice is cooked through (this should take approx. 20-25mins). Stir in the parmesan, lemon and season to taste.
- 3 Spread the risotto out on a lipped tray and leave to cool to room temperature.
- 4 Scoop the cooled risotto into 18 equal portions. Flatten a risotto ball in your hand and put a piece of mozzarella in the centre, then enclose the cheese in the rice and roll into a ball. Repeat with the remaining risotto balls.
- 5 Put the flour, eggs and breadcrumbs into three separate shallow bowls. Dip each prepared risotto ball into the flour, followed by the eggs and finally, the breadcrumbs. Transfer to a tray and set aside.
- 6 Half-fill a large, heavy-based saucepan with vegetable oil and heat over medium-low until it reads 170°C on a cooking thermometer. Lower the risotto balls into the oil in batches and cook for 8-10mins, or until golden brown and melted in the centre.

Enjoy the arancini warm, served with a basic tomato sauce for dipping.

Pea & Mint Fritters

INGREDIENTS

1 ½ tbsp olive oil	40g plain flour
2 spring onions, finely chopped	1 egg, beaten
175g frozen baby peas	Salt and pepper
4 tbsp chopped fresh mint	Sour cream

METHOD

- 1 Heat ½ tbsp oil in a frying pan, add spring onions and fry on low heat until tender. Set aside.
- 2 Place peas in a sieve in the sink and pour boiling water over them to thaw. Drain thoroughly, then crush well with a fork or potato masher. Stir in the spring onions, mint, flour and egg. Season with salt and pepper.
- 3 Heat remaining oil in the frying pan over medium heat. Add heaped tablespoons of the pea mix, spacing a little apart, and fry for 1-2mins per side until firm.
- 4 Transfer to a serving platter, cool slightly and top with a little sour cream and toppings of your choice.

Optional: Serve with cooked quail eggs (halved), sliced crispy chorizo and shredded mint leaves.