

FLOOD RELIEF: ONE CLUB'S COMMUNITY LIFELINE

COONAMBLE BOWLING CLUB
COMES TO THE RESCUE



PERFECTION ON A PLATE
THE CHEF'S TABLE IS BACK!

THE HIDDEN MEANING OF EVERYTHING
HOW CAN WE SOLVE OUR SOCIAL ISSUES?

SECURITY'S RISKY BUSINESS
HOW PREPARED IS YOUR VENUE?

THE ART OF WORKPLACE AGREEMENT
INSIGHTS INTO ENTERPRISE BARGAINING

FEEL THE POWER
ROOTY HILL RSL &
TRI-GEN TECHNOLOGY

WHAT ARE YOUR
CUSTOMERS' PERCEPTIONS?

KNOW WHAT YOUR
MEMBERS THINK AND WANT

FOOD & BEVERAGE



ADD AN AVO TO YOUR CLUB MENUS

If Kermit the Frog thought being green wasn't easy, 2010 will prove him wrong with fresh Australian avocados conducting avocado masterclasses for club chefs. The avocado masterclasses have been developed to demonstrate to chefs the incredible versatility and wide consumer appeal of avocado.

Avocados present a unique model for foodservice. While they're loved by consumers, they're also under-utilised as menu items by chefs, invariably being limited to salads and garnishes. While most clubs have avocados somewhere on their menus in their cafés and bistros, there's now the opportunity to increase the variety of their usage across your club's foodservice outlets.

The inaugural avocado masterclass was held at the Canterbury League Club last month and played host to a selection of club executive chefs. The club's respected Executive Chef, Simon McNamara, and his kitchen team along with avocado aficionado and international chef Victor Pisapia (former owner/chef of Sydney's *Rattlesnake Grill* and six restaurants in the US) put on a cavalcade of avocado taste and texture experiences. Chefs were treated to avocado history, quirky facts, storage, ordering and handling pointers, and myth-buster information about what the Aztecs called the 'fertility fruit.'

Next came a taste-bud challenging sensory session including tasting Hass avocado, one with a sprinkle of sugar and another with salt, as well as a tasting of a quick pan-fried Hass segment (skin-on) with garlic and rocket, to open up a spectrum of flavour profile that avocados can exhibit. It set the pace for the flavour-matching to follow, with ensuing tasting dishes highlighting the uniqueness, differences, nuances and, above all, the potential for using avocados creatively in all courses of a meal. The mashed pea and avocado with mint and salt

was a clear winner for across-the-spectrum accompaniment for proteins. In this instance it was served as a bed for ocean salmon. The final touch was an avocado and macadamia nut praline ice cream that had tongues wagging and licking spoons.

"Working on this masterclass, it's been highly educational looking at different options for what you can do with avocados and how to incorporate them more into our dishes other than as a garnish," says Simon McNamara. "There are great opportunities to learn what to do with them through their various ripening stages; with slightly under ripe ones we did a tempura and avocado ice cream with macadamia praline and both worked really well."

"Traditionally avocados are used a lot in summer. What we've done is to look at a few different ideas with our team here at Canterbury...we've taken some recipe ideas and used creative license with them. We have quite different stages for our food from the bistro where we've been using them in salads, to the restaurant where they suit entrée and mains and even on our pizzas, but using a different cooking method (flash heat)."

Specially developed resources of recipes as well as information on seasons, handling, storing, purchasing, and myths and tips will be provided to those chefs attending the masterclasses for reference in their kitchens. And, it will be hosted by Victor Pasapin of VictorsFood, Australia's leading food company for interactive culinary experiences. So, if your club chefs are interested in attending an upcoming masterclass (or even hosting a session at your venue), please contact *Club Life's* Editor Olivier Björksäter-Bleylock via email objorksater@clubsns.com.au or telephone 02 9268 3037. ■

FOOD & BEVERAGE

AVOCADO ANYONE?

Here's a great avocado dish to consider serving up at your club - seared salmon fillet on avocado pea mash.

- 4 x 180g salmon fillet, boned
- 2 tbsp olive oil
- 400g green peas
- 1 tbsp chopped parsley
- 3-4 tbsp chopped mint
- 1 tbsp avocado oil
- 2 tbsp lemon Juice
- 2 avocados, halved, peeled and chopped
- Sea salt and pepper to taste

1. Make avocado chimichurri (see recipe below). Set aside.
2. Boil peas for three minutes and drain.
3. Add peas, avocado oil, lemon juice and one avocado to a bowl. Using a stick blender, make a rough purée. Fold in the remaining avocado and chopped herbs and season with salt and pepper. Taste for flavour, and add more mint if needed. Keep warm.
4. In a skillet, heat olive oil till smoking. Sear salmon, skin side down and till crispy, approximately two minutes on each side, or finish in 200°C oven. Serve on top of two tbsp of pea and avocado mash, with 20ml serve of avocado chimichurri on top.

Note: The salmon can also be barbecued or oven roasted. The mash makes approximately 620ml/15 x 40 ml serves. Serves four.

Avocado chimichurri

- 1 bunch coriander
- 1/2 cup rice or white wine vinegar
- 1 bunch flat leaf parsley, no stems
- 1 tbsp (2-3 cloves) garlic, chopped
- 1 tbsp oregano, fresh
- 1/4 cup lime juice
- 1 jalapeno chilli, roasted, deseeded
- 2 avocados, diced
- Salt and pepper to taste
- 1/3 cup water
- 1/4 cup olive oil

1. Roast the jalapeno chilli over an open flame till blackened, then place in a plastic bag to sweat for 5 minutes.
2. Slice the chilli in half, deseed and remove blackened skin.
3. In a blender, combine all the ingredients except the oil. While the blender is running, slowly add the oil to thicken. Add warm water if necessary to thin. Reserve for service.

Note: Makes approximately 28 x 20 ml serves

