

# Taste of the Mediterranean

Respect for seasonal produce and the robust flavours of the Mediterranean stand Damien Naughton, head chef at Olio Mediterranean Brasserie, in good stead as he reinvents some old favourites.

## Entrée

Crispy pork salad, seared scallops, ruby grapefruit, witlof, radicchio and sherry vinaigrette



Pork and scallops are a classic salad combination used in a multitude of cuisines across the world. The Olio version is a great spring salad that uses seasonal ingredients combined with the meatiness of pork hock and the subtle softness of scallops. I love how the tangy dressing cuts straight through the meat and contrasts with the tart, distinctive flavour of the grapefruit; the richness of the meat is complemented by the bitterness of the radicchio and rocket leaves.

This is a simple salad recipe at face value, however it actually involves quite a bit of forethought and planning. The pork hock is braised in chicken stock with a bouquet garni for two to three hours until it's tender. After it's cooled down, we slowly remove the meat from the bone and cut into small pieces.

This is a perfectly balanced dish that combines different flavours and textures. It is also a healthier and lighter option for an entrée.

## Main course

Mediterranean seafood stew with fish, prawns, scallops, mussels, octopus, tomato, fennel, saffron and grilled sourdough



This stew is Olio's signature recipe and is a great dish to ward off cool weather. The concept for this comes from the French-inspired bisque but the Olio version takes a fresher, more Mediterranean approach. We have added other elements of seafood to the dish – fish, octopus, prawns, mussels and scallops – for more variety to enjoy. Our other point of difference is the roasted tomato sauce where we've added chilli and Spanish saffron for a hint of spice and sweetness.

We start off by combining all the ingredients for the tomato sauce and placing it in the oven for at least an hour. Once it's tender we pass it through a mouli to achieve a great texture. Each of the varieties of seafood is cooked separately and has a different cooking time. I like using blue eye trevalla or jewfish fillet and mussels from South Australia which are all superb quality. We then add the seafood ingredients one by one and serve it with grilled sourdough to mop up all the sauce.

I like this because it is simple and comforting, with well balanced flavours.

## Dessert

Pear and rhubarb crumble with homemade vanilla bean ice cream



Pear and rhubarb is another classic dessert combination. This dish is not rocket science to make but it is certainly enjoyed by all who try it. Our point of difference here is the creamy homemade vanilla ice cream and the crumble topping, made from oats and brown sugar.

We start by making the vanilla ice cream in which we combine crème sugar, vanilla pods, and egg yolks in the churner. Next, we cook the pear, vanilla bean, sugar and water for about half an hour and add the rhubarb until its cooked. The key here is not to overcook the fruits and turn them into mush. The mixture is then poured into a mould, sprinkled with crumble topping and placed in the oven for about 10 to 15 minutes until it's cooked and some of the syrup oozes out. 📺