



Riverland Inspired Recipes



Pan Seared Murray Cod with Spanish Salad

Ingredients

4 portions of Murray Cod (160-180g)

1 small chorizo

1 bunch asparagus

½ cup fresh peas

1 lemon

1 punnet cherry tomatoes

2 cloves of garlic

1 tablespoon of olive oil

25g butter

Salt and pepper to taste

Fresh basil and extra lemon to serve

Method

1. On a tray place the following in separate piles; thinly sliced chorizo, trimmed asparagus, pod peas, sliced garlic and halved lemon.
2. Rub ½ of the olive oil over the fish. Scatter Skin well with sea salt.
3. Heat and oven-proof cast iron pan on high heat. Once hot, place the fish skin side down in pan (if pan is not hot enough the fish will stick) and fry until crisp. Turn, and add butter, then place fish in oven with pan.
4. Cook in the oven until the fish feels firm to touch and starts to flake a little when pressed. Set aside to rest for a few minutes before serving.
5. While fish is cooking in oven, heat another pan on high. When hot add remaining oil and chorizo and fry for a few minutes. Then add garlic, and squeeze over lemon juice. Cook until tomato skin starts to split. Season to taste.



Riverland Inspired Recipes



Lamb and Winter Vegetable Stew

Ingredients

- 2 tablespoons vegetable oil
- 500 grams of Riverland lamb, cubed
- 2 cups of beef stock
- 1 cup of Riverland red wine (dry)
- 2 cloves of garlic, minced
- 1 tablespoon chopped fresh thyme
- ¼ teaspoon salt
- ¼ teaspoon black pepper
- 1 bay leaf
- 2 cups of peeled, seeded and sliced Riverland butternut pumpkin
- 1 cup peeled, sliced parsnips
- 1 cup peeled, chopped sweet potatoes
- 1 cup sliced celery
- 1 medium onion, thinly sliced
- ½ cup sour cream
- 3 tablespoons all-purpose flour

Method

1. Heat the oil in a large saucepan, and brown the lamb meat on all sides. Drain fat, and stir in the beef broth and wine. Season with garlic, thyme, salt, pepper and bay leaf. Bring the mixture to a boil. Reduce heat, cover and simmer for 20 minutes.
2. Mix in the squash, parsnips, sweet potatoes, celery and onion. Bring to a boil, then reduce heat and simmer for 30 minutes, or until the vegetables are tender.
3. In a small bowl, blend sour cream and flour. Gradually stir in ½ cup of the hot stew mixture.
4. Stir the sour cream mixture into the saucepan. Remove the bay leaf, and continue to cook and stir until thickened.



Riverland Inspired Recipes



Murray Cod, Pink Grapefruit and Coriander Hollandaise

Ingredients

Murray Cod filleted and skinned cut into 3cm dice

1 cup seasoned flour

¼ cup melted butter

Zest and juice of 1 pink grapefruit

3 egg yolks, at room temperature

175g unsalted melted butter

Salt and ground white pepper

1 tablespoon chopped fresh coriander

Method

1. Pre-heat oven to 180c. Rub the fish in the seasoned flour brush with the melted butter, place on a greased tray and cook until firm (7-8 minutes). Cover loosely with foil to rest.
2. Place a pot of water on the heat. Bring to simmer and turn down so there is no visible movement. Place the egg yolks, juice, zest of grapefruit in a stainless bowl. Place on the double boiler and whisk vigorously until ribbon stage is reached.
3. Gradually add the butter in a steady stream until all is incorporated.
4. Add the coriander and taste. Adjust seasoning if required.

Crisp Capers

2 cups of olive oil

1 tablespoon capers washed and drained

1. Pre heat oil and fry capers until crisp. Place the fish in an Asian spoon, top with some hollandaise and finish with crisp caper.



Riverland Inspired Recipes



Riverland pumpkin and lamb curry

Ingredients

800g diced Riverland lamb

1 tablespoon coriander seeds

1 teaspoon cumin seeds

1 teaspoon fennel seeds

1 teaspoon ground turmeric

2 teaspoons black mustard seeds

1/4 cup (60ml) vegetable oil

800g Riverland butternut pumpkin, peeled, seeded, cut into 1.5cm cubes

2 large onions halved

thinly sliced 4 cloves garlic

finely chopped 4cm piece ginger peeled

finely grated 2 small red chillies seeded and chopped

10 fresh or dried curry leaves

1 cinnamon stick

Method

1. Place peppercorns, coriander, cumin and fennel seeds in a small frying pan and stir over low-medium heat until slightly darker and fragrant. Cool, then using a pestle and mortar, grind to a fine powder. Stir in turmeric and mustard seeds.
2. Heat oil in a large, saucepan over medium-high heat and cook lamb, turning until browned on all sides. Remove from pan.
3. Add onions to pan and cook, stirring occasionally, until golden. Add garlic, ginger and chillies and cook for 1 minute. Add spice mixture, curry leaves and cinnamon and cook, stirring, for 2 minutes.

4. Return lamb to pan. Add 3 cups water and 1 teaspoon salt and simmer gently over low heat for 30 minutes. Add pumpkin and simmer for a further 15 minutes or until pumpkin and meat are tender.



Riverland Inspired Recipes



Whole Riverland farmed Murray cod in white wine topped with Riverland selected citrus salad.

Ingredients

1 Riverland Farmed Murray Cod

Riverland Olive Oil of your choice

1 bottle of Riverland white wine of your choice (some for dish, some to accompany the finished product)

Salt and pepper

1 Riverland Orange

1 Riverland Lime

1 Riverland Lemon

1 Riverland Pink Grapefruit

2 spring onions

Handful of dill parsley and rocket (available from Riverland Aquaponics)

Handful of toasted Alomondco slivered almonds

Method

1. Splash the Cod with Riverland Olive Oil and Riverland wine, and then sprinkle with pepper and salt.
2. Place the cod in a large fry pan or on a flat plate BBQ (best if you have a lid so the steam helps the cooking process) Every now and then splash with more Riverland white wine and then pour some in the glass and sip.
3. Once cooked turn Cod over, more splashing of white wine – and more sipping required.
4. Segment or slice peeled orange, lime, lemon and pink. Chop spring onions, dill, parsley and rocket.



Riverland Inspired Recipes



Whole Riverland farmed Murray cod in white wine topped with Riverland selected citrus salad.

5. When cod is cooked, place on large plate or platter, top with spring onion, dill, parsley and rocket placing citrus segments or slices to get the best colour pattern. Sprinkle toasted almonds on top. Drizzle the entire dish with more Riverland olive oil.
6. Fill your glass with the remaining white wine and enjoy the fabulous fresh flavours the Riverland has to offer.



Riverland Inspired Recipes



Riverland Almond and Orange Chicken

Ingredients

2 tablespoons+ 1/2 cup of flour

2 eggs from Glenview Poultry

3/4 cup of ground Riverland almonds from Almondco

6 boneless skinless chicken breast halves

1/3 chopped onion

1+ 1/2 cups of milk

1/4 teaspoon chicken seasoning

1/3 cup of Riverland orange marmalade

1/4 cup of Riverland orange juice (Nippys is one of our favourites)

1/2 teaspoon grated Riverland orange peel

1 teaspoon of salt

1/4 teaspoon pepper

Hot cooked rice (optional)

Method

1. Place 1/2 cup flour, eggs and almonds in separate shallow bowls. Roll Chicken in flour, then dip in eggs and roll in the almonds. In a large frying pan, melt 2 tablespoons of butter and cook the chicken over a medium heat for 4- 5 minutes. Remove and keep warm.

2. In the same pan, saute the onion in the remaining butter until tender. In a small bowl combine the milk, chicken seasoning and remaining flour. Gradually stir the pan and bring to a boil. Cook and stir for another 2 minutes.



Riverland Inspired Recipes



3. Remove the pan from the heat, stir in the orange marmalade, orange juice, orange peel and salt and pepper. Pour over the chicken.
4. Serve with the rice, and your favourite Riverland wine. We suggest this weeks Riverland Wine - Salena Estate Bianco D' Alessano



Riverland Inspired Recipes



Riverland Green Tomato Tart

Ingredients

- 12 pickled green tomato halves
- 1 roasted Riverland red capsicum, cut into fine strips
- Riverland Kalamata olive cheeks
- Riverland Kolophon capers
- 180 g butter
- 360g plain flour
- 3 tablespoons cold water
- Salt to taste
- 1 bunch of Riverland basil leaves ripped
- 60ml of Riverland olive oil
- Murray River pink salt
- 2-3 tablespoons of lemon juice

Method

Makes 12

1. Process flour, butter and salt until butter just combined. Add water and process for a few seconds. Remove from processor and knead lightly.
2. Leave to rest for 30 minutes
3. Brush mini muffin tray with olive oil. Roll pastry out and cut to fit in muffin tray. Brush the inside of the tart and blind bake for 15 minutes.
4. Remove beans or rice and finish cooking the pastry until golden brown.
5. To make vinaigrette, blanch basil leaves, drain, refresh and squeeze out excess water and place in food processor.
6. Blend the oil and salt and pour into a jar. Add lemon juice.
7. Mix all the tart ingredients together, and place in tart shell. Drizzle with vinaigrette.



Riverland Inspired Recipes



Riverland Panforte

Ingredients

- 125g of Almondco Almonds
- 125g of Riverland cumquats
- 60g dried Riverland apricots
- 60g dried Riverland pears
- 60g Riverland quandong
- 2/3 cup plain flour
- 2 tbsp cocoa
- 1 tsp cinnamon
- 60g Callabaut chocolate
- 1/3 cup of sugar
- ¼ cup cumquat glaze
- ¼ cup of Riverland honey

Method

1. Preheat your oven to 140c and grease a 20cm spring form tin.
2. Combine all dry ingredients.
3. Mix the honey, cumquat glaze and sugar in a pan and dissolve on a low heat, bring to the boil and reduce heat.
4. Gently melt the chocolate, then mix the honey/cumquat mixture and chocolate into the dry ingredients. Combine thoroughly
5. Spread mix quickly into the prepared spring form tin, and bake for 35 minutes.
6. Cool in tin
7. Serve with a glass of your Favourite Riverland red, or after dinner drink.



Riverland Inspired Recipes



Beef with Creamy Chilli Sauce and Riverland Chargrilled Vegetables

Ingredients

- ½ cup freshly squeezed Riverland lime juice
- ½ cup freshly squeezed Riverland orange juice
- 1 teaspoon ground cumin
- ½ teaspoon of ground chillies
- 2 garlic cloves, crushed
- 600g beef rump steak, trimmed of excess fat
- 1.25kg Riverland grown sweet potato, cut into 1cm-thick strips
- 1 large green capsicum, cut into strips
- 1 yellow capsicum, cut into strips
- 1 red capsicum, cut into strips
- 2 brown onions cut into wedges
- Olive oil cooking spray
- Ground black pepper

Creamy chilli sauce

- 1 large green capsicum
- 1 teaspoon of Riverland olive oil
- 1 small brown onion
- 1 garlic clove crushed
- 1 small fresh red chilli, de-seeded, finely chopped
- 70g low-fat natural yoghurt
- 75g light sour cream
- 1 tablespoon chopped fresh coriander



Riverland Inspired Recipes



Method

1. Put the Riverland lime juice, Riverland orange juice, cumin, ground chillies and garlic in a small bowl. Stir to combine. Put the beef in a shallow glass or ceramic dish. Pour citrus marinade over and coat beef. Cover the bowl and refrigerate for 6 hours to marinate.
2. Next, start the creamy chilli sauce: Preheat the oven to 220°C (fan forced) and line a baking tray with foil. Place all the capsicum on the tray. Bake for 20-25 minutes or until the skin is charred. Wrap up in the foil and set aside for 10 minutes or until cool enough to handle. Remove and discard the skin, stem and seeds.
3. Heat the oil in a non-stick pan over medium heat. Add the onion and garlic. Cook, uncovered, keep stirring for 6-7 minutes or until onion softens. Set aside for 5 minutes to cool. Put onion mixture, capsicum, chilli, yoghurt and sour cream into a blender. Process until smooth and transfer to a bowl, cover and refrigerate until ready to serve.
4. Preheat the grill plate (or barbecue plate if it's not too cold outside), and then spray the sweet potato, capsicum strips and onion with the cooking spray. Place sweet potato and onion on barbecue plate and cook, turning often for approximately 10 minutes. Add capsicum to barbecue plate with sweet potato and onion. Cook for 10 minutes or until all the vegetables are tender. Season with pepper and set aside on a plate.
5. Remove the beef from the marinade, shaking off the excess. Put beef on grill plate and cook for 3-4 minutes each side, or cooked to your liking.
6. Transfer to a plate and let beef rest for 5 minutes. Plate up and serve with the chargrilled vegetables, with the creamy chilli sauce spooned over the top. Yum!
7. Enjoy with a glass of your favourite Riverland wine!



Riverland Inspired Recipes

Riverland Roast Chicken with Citrus

Ingredients

- 1 whole chicken from your local Riverland butcher
- 3 teaspoons of salt
- 1 teaspoon of freshly ground black pepper
- 2 whole Riverland orange cut into quarters
- 2 whole Riverland lemon cut into quarters
- 6 cloves of garlic, minced
- 4 fresh thyme sprigs
- 1 tablespoon chopped fresh thyme leaves
- 2 fresh rosemary sprigs
- 2 cups of chicken stock
- 4 tablespoon unsalted butter
- 2 tablespoons flour, or as needed

Method

1. Preheat the oven 190 degrees.
2. Pat the chicken dry inside and out. Season the inside of the chicken 2 tablespoons of the salt and the pepper.
3. Place as many of the orange and lemon quarters, garlic cloves and herb sprigs in the cavity as will fit. Cross the chicken legs one over the other and tie them together with kitchen string to hold the contents inside.
4. Tuck the wings underneath the chicken as if it was putting its arms behind its head. Then squeeze a lemon quarter over the chicken and rub the juice into the skin, then sprinkle the chicken with the remaining 1 teaspoon salt.



Riverland Inspired Recipes



5. Place the chicken, breast side up, in a roasting pan. Toss any remaining orange and lemon quarters, garlic and herb sprigs in the pan. Roast until the chicken juices run clear when a thigh is pierced with a fork (generally around 1 ½ to 2 hours, depending on the size of the chicken). Then transfer the chicken to a cutting board and cover loosely with aluminium foil, and let rest for 10 minutes.
6. While the chicken rests, pour 1 cup of stock into the roasting pan and stir to scrape up any browned pieces from the bottom. Strain the pan juices through a fine-mesh sieve into a saucepan and place over a low heat. Add the butter and the remaining 3 cups of stock and swirl the pan gently until the butter melts. Sprinkle 1 tablespoon of the flour over the liquid and whisk until it dissolves and thickens (3-5 minutes). If you would like the sauce a little thicker you can sprinkle the remaining 2 tablespoons of flour or more as needed and whisk again.
7. Squeeze the juice from the orange and lemon quarters into the pan and cook, stirring until the juices have thickened a little more and are glossy. The pan sauce should be thicker than gravy and just lightly coat the back of a spoon.
8. Stir in the chopped thyme, taste and adjust seasoning. (The remaining sauce can be used spooned over rice or potatoes)
9. Carve the chicken and serve with the warm juice on the side. Pair with your favourite glass of Riverland Wine.



Riverland Inspired Recipes



Thai Riverland Pumpkin Soup

Ingredients

- 1 medium butternut pumpkin, peeled & cut into roughly 4cm pieces
- 1 onion, finely diced
- 2 cloves of garlic, crushed
- 2cm knob of ginger, grated
- 1 tsp ground nutmeg
- 1 tsp ground cumin
- 1 tsp ground coriander
- 1tsp sambal oelek
- 1 tsp salt
- 1 tsp white pepper
- 1 litre chicken or vegetable stock
- 400 ml coconut milk
- 2 Tbsp oil (olive, rice bran, vegetable, peanut, canola)

Method

1. Drizzle pumpkin pieces with 1 Tbsp of oil and sprinkle with cinnamon and salt. Roast in the oven for about 30 mins or until soft and mushy.
2. Heat 1 Tbsp of oil in a saucepan on a medium heat, add the onion, garlic and ginger and cook, stirring occasionally until the onion is soft and translucent, making sure not to burn the garlic.
3. Add the cumin, coriander, pepper and sambal oelek and cook, stirring for a couple of minutes until the spices are nice and fragrant.
4. Add the pumpkin and stock, cook for 5 minutes to combine the flavours and then stir in the coconut milk. Cook for a further 5 minutes before pureeing the soup. Check for consistency and seasoning. If needed thin it down some more with milk and add extra salt to taste.
5. Delicious served with some crusty bread, a dollop of natural yoghurt and a sprinkle of cracked black pepper.



Riverland Inspired Recipes



Aged Riverland Porterhouse, With Crisp Pepper Leaf Bread, Red-Onion Jam, Oven-Dried Tomatoes, Rocket and Aioli

Ingredients

200g Riverland Porterhouse Steak

Pepper Leaf Bread

3 Cups of plain flour

1 ½ teaspoon instant yeast

2 teaspoons salt

1 tablespoon Riverland olive oil

1 ½ cups of lukewarm water

2 teaspoons pepper leaf

Caramelised Onion

2 red onions, finely sliced

3 teaspoons olive oil

20 g butter

1 tablespoon brown sugar

2 sprigs thyme leaves

Oven-Dried Tomatoes

1 kg Riverland roma Tomatoes

Riverland Olive Oil

Seasoning

Thyme Leaves

Aioli

3 whole Riverland eggs

1 tablespoon vinegar

2 teaspoons mustard



Riverland Inspired Recipes



1 clove garlic

Handful of parsley leaves

500ml vegetable oil

Seasoning

Rocket to serve

Method

1. To make the bread, combine the ingredients except the water and mix thoroughly. Add the water and stir to combine. Tip into a greased bowl, cover and allow prove to double. Place a little flour on a bench, cut into three and shape into a log.
2. Place in a cold oven and turn to 240c. Cook for 35 minutes and test if cooked. Allow to cool.
3. For caramelised onions, sweat onions in oil and butter, add brown sugar and thyme leaves. Place in the oven and cook until golden brown.
4. For the tomatoes, cut the eye out of each tomato and cut in half. Drizzle the oil over the top, season and top with thyme. Place in a moderate oven and cook until dried.
5. To make the aioli, blend the eggs with vinegar, mustard, garlic and parsley, slowly add oil until thickened, taste and adjust seasoning.
6. Cook the steak to your requirements and allow to rest in a warm spot. Toast a slice of bread, top with rocket, warmed tomatoes, 2 halves, a small amount of caramelised onion and then top with the steak and a drizzle of aioli.
7. Serve with your favourite glass of Riverland red wine.



Riverland Inspired Recipes



Riverland Avocado, Ginger and Roasted Almonds with Pasta & Fresh Coriander

Ingredients- Serves 2

The juice of 1 Riverland Lemon

2 large Riverland avocados, peeled and cut into pieces

2 teaspoons of finely chopped ginger (you can add extra to taste in winter)

100ml extra virgin olive oil

½ cup of flaked Riverland almonds (we suggest Almondco almonds)

500g of fresh tagliatelle (or your favourite fresh pasta)

1 cup coriander leaves

Sea salt flakes & freshly ground black pepper

Method

1. Bring a large saucepan of water to the boil and preheat the oven to 200c
2. Squeeze the lemon juice over the cut avocado, then mix the ginger with 1 tablespoon of the olive oil.
3. Roast the flaked almonds on a baking tray for 5 minutes or until golden brown.
4. Meanwhile, cook the pasta in boiling water for 3-4 minutes, then drain. Immediately toss the hot pasta with the ginger and olive oil mixture, allowing it to spread amongst the pasta.
5. Quickly toss the hot almonds, remaining olive oil, avocado and coriander.
6. Squeeze a little more lemon juice to taste, then season with salt and pepper to serve.



Riverland Inspired Recipes



Riverland Vegetable Soup

Ingredients

- 1 tablespoon Riverland olive oil
- 1/2 large Riverland onion, chopped
- 2 celery stalks, chopped
- 2 carrots, sliced
- 2 cups mixed, chopped Riverland vegetables (try cauliflower, pumpkin, zucchini, green beans)
- 1 teaspoon salt
- 1 teaspoon thyme
- 1 teaspoon oregano
- 1 bay leaf
- 8 cups water and 3 cubes of vegetable stock
- 1 400 gram can tomatoes

Method

1. Heat oil in a large soup or stock pot. Add onion, carrots and celery. Heat, stirring, for 3-4 minutes, until onions are soft. Add the rest of the vegetables and heat for just another minute or two.
2. Add salt, thyme and oregano, stirring to coat the vegetables well.
3. Add bay leaf, water or vegetable broth and bring to a simmer. If using bouillon cubes, add and stir to make sure they dissolve.
4. Add tomatoes, stir, and allow soup to simmer until all the vegetables are cooked, about 8-12 minutes. Adjust seasonings to taste.
5. Remove the bay leaf and serve your homemade vegetable soup some crusty Riverland bread and your favourite glass of Riverland wine.



Riverland Inspired Recipes



Riverland Lemon & Honey Chicken Salad

Ingredients

- Finely grated zest and juice of 1 Riverland lemon, plus 1 tablespoon lemon juice, extra
- 2 tablespoons Riverland honey
- 1/4 cup (60ml) Riverland extra virgin olive oil
- 1 cup mint leaves, half the leaves finely chopped
- 4 x 200g chicken breast fillets, each sliced into thirds
- 200g podded (from 1kg unpodded) fresh broad beans
- 1/2 (200g) garlic ciabatta loaf (see notes), halved lengthways, torn into small pieces
- Large handful of Riverland baby spinach
- 400g can chickpeas, rinsed, drained
- 125g Riverland cherry tomatoes, halved
- 1/2 Riverland cucumber, finely chopped
- 1/4 cup flat-leaf parsley leaves, chopped
- 2 teaspoons wholegrain mustard

We suggest sourcing your fruit and vegetables from the Riverland Farmers Market open every Saturday morning in Berri.

Method

1. Preheat grill to medium-high. Then, combine lemon zest and juice, honey, 1 1/2 tablespoons oil and chopped mint in a large bowl. Season with sea salt and freshly ground black pepper. Add chicken, stir to coat, then place in the refrigerator for 10 minutes to marinate.
2. Meanwhile, blanch broad beans in boiling water for 1-2 minutes. Drain and refresh under cold running water. Remove tough outer skins. Set aside.
3. Place ciabatta on a baking tray and grill for 4-5 minutes until golden and crisp.



Riverland Inspired Recipes



4. Preheat a chargrill pan to high. Cook chicken for 2-3 minutes each side until caramelised and cooked through.
5. Toss broad beans, ciabatta, mache, chickpeas, tomatoes, cucumber, parsley and whole mint leaves in a large bowl.
6. Whisk together mustard and remaining 2 tablespoons oil and 1 tablespoon lemon juice. Season. Divide the salad among plates, pour over dressing and top with chicken to serve.