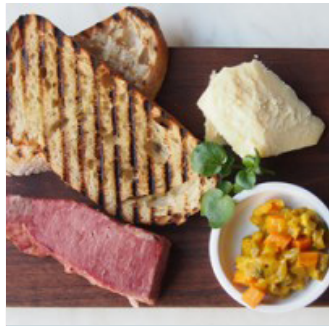


# Cape Grim Ploughman's Lunch, Corned Cape Grim Beef, Pickles, Cheddar



## Ingredients

- 120gm of your favourite cheddar (ours is Pyengana)
- 2 slices lightly grilled sourdough bread
- Corned Cape Grim brisket (ask your local butcher to pickle)
- Seeded Australian mustard (1 tablespoon per person)

## 1. TO COOK A PICKLED BRISKET INGREDIENTS

- 2 kg brisket (that your butcher has pickled)
- ½ cup malt vinegar
- ½ cup brown sugar
- 2 tablespoons pickling spices (bay, juniper, mustard, peppercorn and clove)
- 2 carrots (rough chop)
- 1 large brown onion (rough chop, skin removed)
- ¼ head celery (rough chop)

## METHOD

- Place all in large pot.
- Bring to a boil, turn down to simmer and cover.
- Cook for approximately 4 hours.
- Turn off heat and let to infuse a further hour in same liquor.

## 2. CURRIED CAULIFLOWER INGREDIENTS

- |  |                                  |
|--|----------------------------------|
| 1 head cauliflower- separated into florets | 500 ml water                     |
| 1 cup rice wine vinegar                    | 4 cloves garlic- crushed         |
| 1 cup apple cider vinegar                  | 1 knob fresh ginger – rough chop |
|  | 1 teaspoon curry powder          |
|  | 1 tablespoon raw sugar           |
|  | 1 teaspoon salt                  |

## METHOD

- Boil all ingredients except cauliflower.
- When liquor comes to boil , pour over cauliflower in a heat-proof dish.
- Let it come to room temperature- cover and refrigerate for at least a day prior to serving (gets better with age, up to 3 weeks).
- Bring back to room temperature when serving on plate and always use a clean spoon to get what you need out so as not to taint the remaining pickle in fridge.

## 3. SHERRY PICKLED BABY ONION

### INGREDIENTS

- 12 baby onions (golf ball or smaller in size)
- 2 cups sherry vinegar
- 2 cups water
- 100 g raw sugar
- 1 tablespoon seas salt
- 6 sprigs fresh thyme
- 2 bay leaves
- 1 teaspoon coriander seed
- 1 tablespoon whole peppercorns
- 1 whole green chilli-split length ways
- 1 teaspoon fennel seeds
- 4 cloves crushed garlic

### METHOD

Simmer the baby onions skin and all for approx 12 minutes, tip liquid off and discard and then remove skin when cool

Boil all ingredients except onions

When liquor comes to boil , pour over onions in a heatproof dish

Let it come to room temperature- cover and refrigerate for at least a day prior to serving ( gets better with age , up to 3 weeks)

Bring back to room temperature when serving on plate and always use a clean spoon to get what you need out so as not to taint the remaining pickle in fridge