

LONG FLAT DESTINATIONS

*Long Flat Destinations Barossa Valley Shiraz accompanied by
Grilled Mettwurst with Parmesan Mash and Creamed Spinach*

Let your palate guide you through the regional wine specialties upon which Australia has built its international reputation. To make your journey even more pleasurable we would like to share our specially created recipes that marry each wine with local produce.

Ingredients

Mash

1 kg potatoes, peeled and chopped
½ cup parmesan cheese, finely grated
½ cup milk
50gm butter

Spinach

1 tbsp olive oil
250gm spinach
1 cup cream
25gm toasted pine nuts
Juice of ½ a lemon
1 tsp sugar
Pinch of freshly grated nutmeg
Salt and pepper

4 Mettwurst sausages, par boiled

Method

Place the potatoes in a large saucepan of salted cold water; bring to the boil and cook for 15-20 minutes or until the potatoes are tender. Drain the water; add cheese, milk and butter and mash until smooth and creamy. Cover and keep warm. For the spinach, heat oil in a heavy fry pan and add spinach, cook until the spinach has wilted. Add cream, pine nuts, lemon juice and seasonings simmering until the cream has thickened. Grill the sausages on a low heat and serve with warm mash and spinach.

Serves 4



LONG FLAT DESTINATIONS

*Long Flat Destinations Barossa Valley Shiraz accompanied by
Pheasant with Quince and Balsamic Glaze*

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Ingredients

Pheasant

1kg pheasant cut in half along breast and back bones
2 tbsp olive oil to brown
2 medium apples, sliced thickly
100gm bacon, middle rashers
2 cups water

Glaze

250gm quince paste
2 tbsp balsamic vinegar
3 tbsp water

Method

Heat the oil in a heavy fry pan and brown the pheasant halves well. Arrange the sliced apples on a baking rack and place the browned pheasant halves, breast side up, on top of the apples. In a heavy saucepan add the glaze ingredients and simmer on low until the paste has melted. Brush the pheasant with glaze, cover the halves with bacon strips and brush once more with glaze. Pour water into the baking pan under the pheasant and cover tightly with greased foil. Bake in an 180°C oven for 1 ½ hours, uncover and continue to cook for a further 30 minutes or until the pheasant is tender and the bacon is golden brown. Serve with remaining warm quince glaze.

Serves 2

Chef's Tip: If you would like to try this recipe with chicken breast, reduce the cooking time by half.

