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2015



THE NEW KIDS ON THE BLOCK *with*
**Emma McCaskill
& Scott Huggins**
Scampi, tomato and buckwheat

Prep time 25 mins, cook 15 mins (plus cooling, chilling)
Serves 4 as an entrée

- 160 gm buckwheat
- 2½ tsp dried wakame
- 75 gm softened butter
- 15 gm Vegemite
- 120 gm mixed heirloom tomatoes, such as black Russian, oxheart and tigerella, cut into 1cm dice
- 100 gm scampi meat (from about 8 x 50gm scampi), chopped into 1cm pieces
- 20 small warrigal green leaves (see note)
- 8 red elk leaves (see note)

1 Line a tray with a tea towel and set aside. Cook buckwheat in a saucepan of boiling salted water until al dente (7 minutes). Drain through a fine chinois or sieve (don't rinse), shaking off excess water, and spread evenly over prepared tray to drain and cool (5 minutes), then refrigerate to chill (15-20 minutes).

2 Rehydrate wakame in a bowl with 2 tbsp boiling water for 1 minute, then drain, squeezing out excess water, and finely chop into 3mm-4mm pieces. Set aside.

3 Whisk butter and Vegemite in a bowl until smooth, then melt in a small saucepan over medium heat. Add buckwheat, wakame and tomato and stir until heated through (about 1 minute). Add 60ml water and continue stirring until mixture is emulsified. Add scampi, reduce heat to medium-low and cook until water has evaporated, scampi is pearlescent and butter is a pale yellow-white colour (1-2 minutes; the mixture should feel bound and resemble a risotto). Season to taste; don't use too much salt - the Vegemite butter is already a little salty. Divide among serving bowls, garnish with warrigal greens and red elk and serve.

NOTES

Small warrigal greens and red elk leaves can be ordered from select greengrocers.

MY NOTES

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