

# Tasmania - South Coast

*From the summit of Mount Misery in South West Tasmania we overlooked the vast foam flecked expanse of the Great Southern Ocean stretching away to the shores of the Antarctic ... its horizon was buried in mist and dark swirling cloud ...*





#### INGREDIENTS:

##### CALAMARI

4 x small calamari, cleaned

##### SICILIAN CAPONATA

1 eggplant, diced  
1 red capsicum, diced  
1 yellow capsicum, diced  
1 red onion, finely chopped  
1 stick of celery, diced  
1 clove of garlic, finely chopped  
50g baby capers  
100g Sicilian green olives  
(pitted and chopped)  
200ml tomato sugo  
10 x basil leaves

##### RISOTTO MILANESE

400g cannaroli rice  
1 x medium brown onion, finely  
chopped  
0.5g saffron (soaked in 50ml  
boiling water)  
200ml dry white wine  
500ml fish stock  
20g unsalted butter  
100g grated parmesan  
olive oil

#### METHOD:

##### CALAMARI

1. Chargrill calamari on both sides including the tentacles
2. Remove from heat and allow to chill.

##### SICILIAN CAPONATA

1. Burn red and yellow capsicum over an open flame (gas hob) until totally charred. Place in a bowl and cover with cling film. Leave for around 30 minutes.
2. Sauté eggplant in a small amount of olive oil until golden brown. Place in a bowl.
3. Blanch celery in boiling water. Refresh and put on one side.
4. Sauté red onion and garlic in some olive oil until soft.
5. Peel skin off capsicum and dice the flesh.
6. Mix capsicum, eggplant, celery, onion and garlic together. Add tomato sugo and basil and stir.
7. Put caponata mix in an saucepan and heat for 5 minutes.

## BLUE EYE SEAFOOD RESTAURANT



### CHAR-GRILLED CALAMARI, SICILIAN CAPONATA, RISOTTO MILANESE



Situated across from the docks at Castray Esplanade, Blue Eye Seafood Restaurant is one of Hobart's most popular dining venues. It is a credit to Joff Jennings, Susie Knott and their great team, that like us, many of their customers come back time and time again to savour the fine food and wonderful atmosphere that this popular restaurant offers.



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##### RISOTTO MILANESE

1. Put fish stock in a saucepan and bring to a simmer
2. Sauté onion and garlic in a saucepan until soft and season.
3. Add rice and cook for around 3-4 minutes until translucent.
4. Add white wine and cook until absorbed.
5. Add saffron and water.
6. Add heated fish stock, one ladle at a time. Allow to absorb before adding each ladle.
7. Cook rice until al dente (still firm)
8. Add butter, a splash of olive oil and parmesan and stir. Add salt and pepper to taste.

##### TO SERVE

1. Place risotto in the middle of the bowl/plate.
2. Top with a spoonful of caponata.
3. Carve calamari into 5-7 pieces. Put on top of caponata with tentacles to the front.
4. Garnish with basil or other herbs like chervil or chives.
5. Toasted almonds make a nice addition.
6. Serve with wilted spinach or steamed broccolini.



There is nothing quite like a crayfish caught in the waters around Flinders Island. And the locals tell us it is best served cold with a squeeze of lemon. Another of The Flinders Wharf Restaurant's specialities is using ingredients available on the island, and Libby's Beetroot and Goat's Cheese Arancini is a great example of this.

#### INGREDIENTS:

200gm cooked Arborio rice or leftover risotto  
 100gm cooked red beetroot, finely diced  
 100gm sautéed beetroot leaves, finely chopped  
 75gm unsalted butter, small diced  
 100gm grated parmesan  
 75gm goat's cheese  
 1 zest lemon  
 ½ bunch chopped parsley  
 ½ bunch chopped dill  
 50ml olive oil  
 salt and pepper  
 saltbush for garnish

#### CRUMBING:

200gm panko breadcrumbs  
 3 whole eggs  
 200ml milk  
 plain flour

#### METHOD:

In a large pot or saucepan, add all ingredients (excepts herbs, lemon zest and olive oil). Heat until cheese and butter are melted and the mixture is coming together, stirring with a wooden spoon to make sure bottom is not sticking. Once incorporated, add chopped herbs, salt, pepper, olive oil and lemon to finish.

Flatten out the mixture on a tray to cool down. Once cool enough to handle, mould into 45gm balls. Place in fridge to harden the mix.

Mix eggs and milk together for crumbing. Place arancini in flour then egg mix, then panko breadcrumbs, repeat once more.

Fry the arancini in a pot with enough vegetable oil to cover arancini at 180°C until golden brown.

Garnish with fried saltbush or fried parsley. Best served hot with aioli or spicy hummus.

## THE FLINDERS WHARF RESTAURANT



### LIBBY'S BEETROOT AND GOAT'S CHEESE ARANCINI



crayfish simply served with just lemon



Jo Youl from On Island Time and The Flinders Wharf Restaurant tells us living on Flinders Island is like living in a nature based prison of fun. A wildly diverse community that largely embellish the outdoors. It is friendly, vibrant and safe. No large fast food outlets, no traffic lights and no Winnebagos are a few highlights and if you want you can be alone. Alternatively you can always find a local to share the homegrown whiskey or crayfish or more.

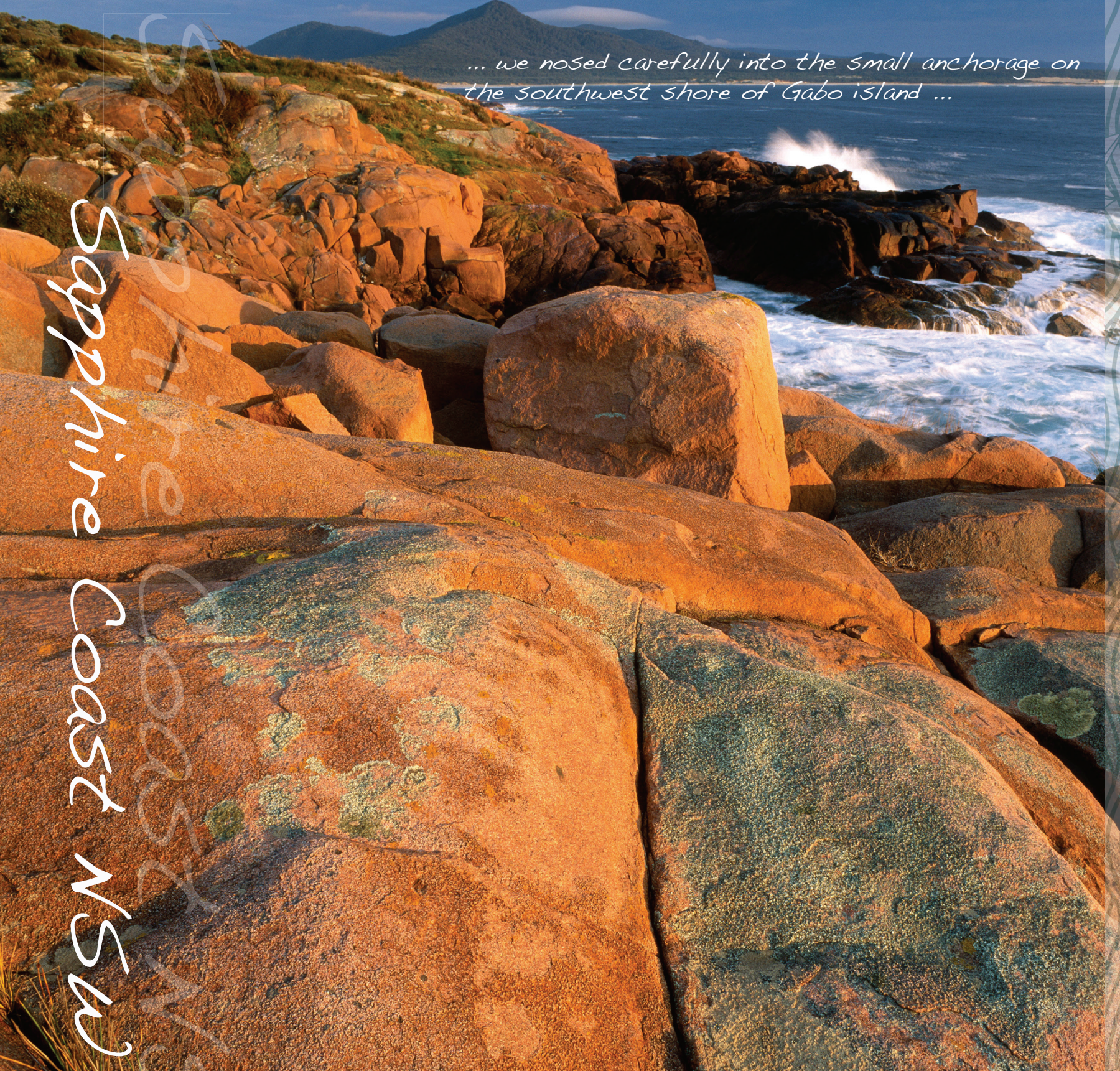


You can be battered by howling westerlies or bask in glorious still days when the centre of a latitude 40 high locks over eastern Bass strait and then get one of the stupendously beautiful beaches to yourself or view most of them from one of the many peaks that you can hike around the place. Some visitors say it's a step back in time but really Flinders Island could be the future!



# Sapphire Coast NSW

... we nosed carefully into the small anchorage on the southwest shore of Gabo island ...



... there was good protection from the north and east and a fine view back along the rocky foreshore to the coast around Mallacoota ... in the late night we had crossed the 1770's track of Captain James Cook's *Endeavour*. The first European recorded

sighting of the East Coast of mainland Australia was made at dawn on Thursday 20 April 1770 by Lieutenant Zachary Hicks, the second-in-command, who unfortunately died on the way home and was buried at sea ... he was only thirty-one years old ...



Gabo Island lighthouse



Fishing boats at Eden



Entrance to Twofold Bay



Wharf at Eden



Oceania in Bass Strait



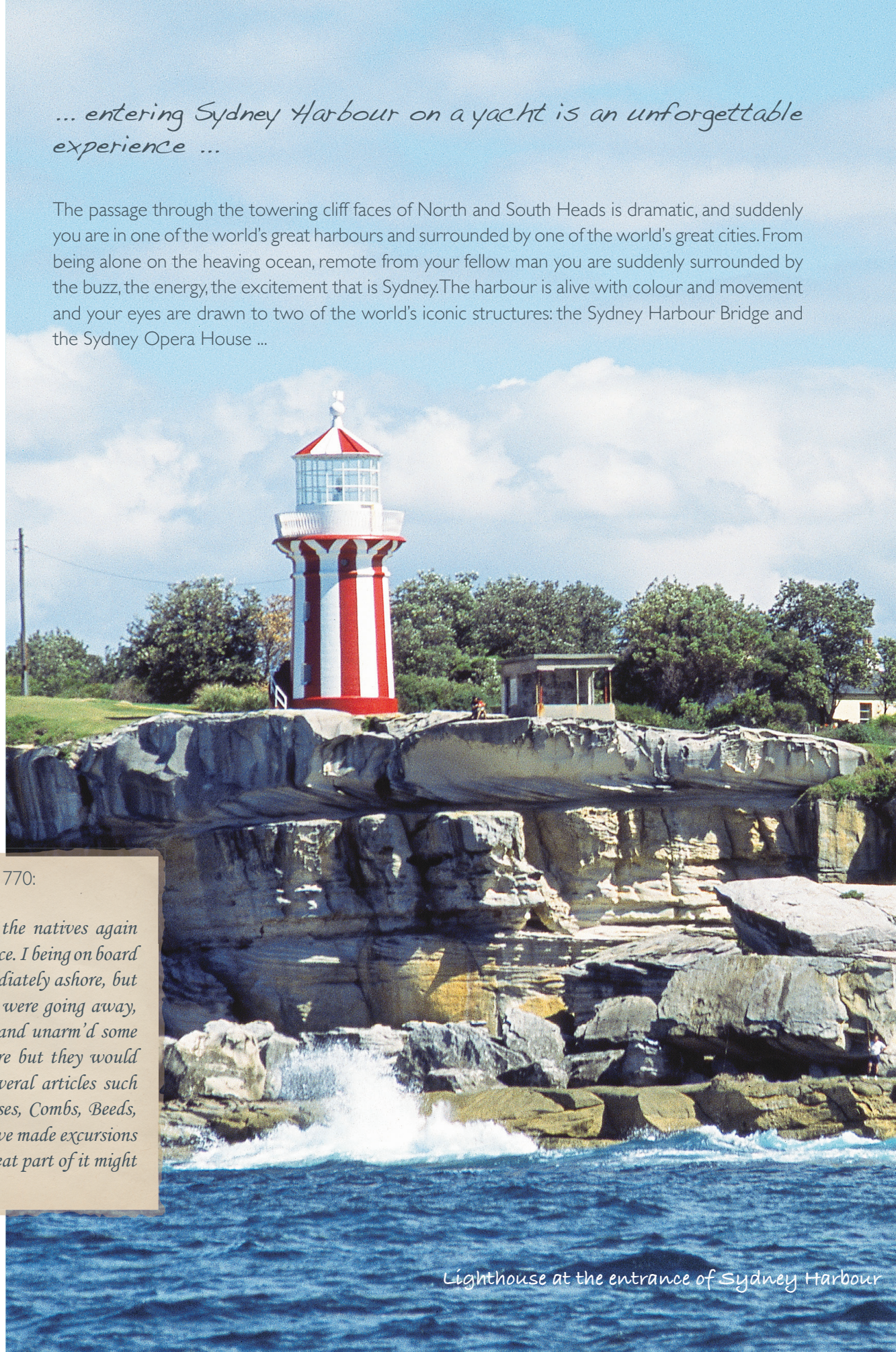
Oceania in Bass Strait



# Sydney

*... entering Sydney Harbour on a yacht is an unforgettable experience ...*

The passage through the towering cliff faces of North and South Heads is dramatic, and suddenly you are in one of the world's great harbours and surrounded by one of the world's great cities. From being alone on the heaving ocean, remote from your fellow man you are suddenly surrounded by the buzz, the energy, the excitement that is Sydney. The harbour is alive with colour and movement and your eyes are drawn to two of the world's iconic structures: the Sydney Harbour Bridge and the Sydney Opera House ...



Lighthouse at the entrance of Sydney Harbour

Cook's Journal | May 1770:

*'... In the PM ten of the natives again visited the watering place. I being on board at this time went immediately ashore, but before I got there they were going away, I follow'd them alone and unarm'd some distance along the shore but they would not stop ... we left several articles such as Cloth, Looking glasses, Combs, Beeds, Nails etc ... after thus we made excursions into the country ... a great part of it might be cultivated ...'*

## METHOD:

Boil squid (50gm) cleaned and cut into rings for approximately 1 hour. In a deep serving dish heat ¼ cup of Spanish olive oil, add 1 tomato, peeled, seeded and chopped, 2 tablespoons tomato paste, ½ brown onion, chopped, 1 clove garlic, finely chopped, 2-3 bay leaves, stir well and add 50gm green prawns, shelled, 500gm green mud crab cut into 3 pieces, squid, 3-4 mussels, 200gm of white fish cut in pieces. Stir all again, then add ¼ cup water, ¾ cup of dry white wine, ½ teaspoon paprika, salt and pepper and stir. Cook slowly for ten minutes after the ingredients have come to the boil. Serve in the pot you cooked it in with a dish of hot fluffy rice sprinkled with saffron or lightly dusted with paprika and finely chopped parsley.

DOYLES WATSONS BAY



## PAELLA



Still on the original site from 1885, Doyle's is one of the most popular seafood restaurants in Australia and famous worldwide. With Oceania anchored in the bay out front, we often rowed in and sat amongst the seagulls on the beach, or around the white-clothed tables, enjoying what this renowned establishment is so famous for, while delighting in the spectacular views across Sydney Harbour. As well as the Paella we also shared Doyle's delicious seafood platter as pictured. Ferries come and go to the jetty out front, bringing a happy gaggle of tourists and diners.



#### INGREDIENTS:

##### SALMON

1 side salmon, pin boned, skin on  
250g sea salt  
200g caster sugar  
40ml good gin, we use The Botanist  
1 tablespoon smashed juniper berries  
½ cup chopped dill  
1 orange, zested  
tinned beetroot

#### METHOD:

Combine all ingredients into bowl.  
Lay salmon flesh side up on a long sheet of cling-wrap and cover in the curing mix.  
Wrap the salmon tightly in glad wrap several times.  
Put in the refrigerator overnight, on a tray to catch any liquid, and leave for around 12-16 hours.

Wash off liquid and curing mix thoroughly, and pull skin off fish.

Place in baking tray. Pour liquid from tin over fish. In a food processor purée the beetroot and then pour the purée over the fish. Rub beetroot purée with hands to cover both sides of fish. Make sure you wear gloves! Put back in fridge for another 4-6 hours. Wash off and slice into desired portion sizes.

#### PICKLED CUCUMBER AND FENNEL

##### INGREDIENTS:

1-2 fennel bulbs depending on size  
4 Lebanese cucumbers  
500ml white vinegar  
150g caster sugar  
500ml water

#### METHOD:

Cut cucumber in half and remove seeds with a spoon. Take outer layer of fennel off and slice both fennel and cucumber into fine slices. Leave to pickle overnight.

## PEATS BITE



## BEETROOT CURED SALMON GRAVLAX



Reminding us of the Mediterranean, where we often anchored out front of small restaurants and tavernas and dinged in, Peats Bite at Sunny Corner is a gem in the Hawkesbury River. Here in this tranquil spot, our family have often spent a few hours in another world whilst enjoying the glorious views, delicious food and laid-back ambience.

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#### AVOCADO MOUSSE

##### INGREDIENTS:

2 ripe avocados  
30ml lemon juice  
pinch salt  
2 tablespoons olive oil

#### METHOD:

Blend avocados in blender with lemon juice, pouring olive oil in slowly. Salt to taste.

#### TO SERVE:

We sear the Gravlax very slightly on one side before serving. A smear of avocado and a small pile of the pickled fennel & cucumber. We serve with a finger-lime and local honey vinaigrette, however you can accompany with so many flavours.





... daylight found us well out to sea, below a dull grey sky with small patches of storm cloud to the east and inland behind the coast near Ettalong. During the morning, the sky cleared somewhat and with a fresh Southerly building, we were soon surging along under reefed sails and keeping an eye

on the occasional squalls that blew up from behind. By early afternoon the grey prominences of Yacaaba and Tomare Heads, marking the entrance to Port Stephens, began to peep over the horizon ...

NSW Central Coast

Nobby's lighthouse built in 1858, entrance to Newcastle Harbour



## Byron Bay



### INGREDIENTS:

50g diced yellowfin tuna  
20g diced pickled celery  
20g burghul  
1 tbsp mint leaves  
chiffonade  
2 tbsp parsley chiffonade  
1 tsp diced red onion  
Finish with fish eggs and  
sumac

For the dressing, whisk  
together:  
100g blitzed capers  
15g dijon mustard  
40g paprika flakes  
60ml sherry vinegar  
200ml canola oil

### METHOD:

Mix everything together and top with fish eggs and sumac.



## BARRIO BYRON BAY



## TUNA KIBBEH

Barrio in Spanish means neighbourhood eatery and bar. This is exactly what Daniel and his welcoming team at Barrio have accomplished by making this venue a home away from home in Byron Bay. It is a great fun place in a relaxed environment opening to a peaceful courtyard – ideal to enjoy their tasty plates designed for sharing and other delicious items on the menu – all while listening to terrific music.







Approaching the Gold Coast

South East Qld Coast



Surfer's Paradise from the Broadwater



*... you can eat great food in expensive milieus, great food at the old open-air yacht club, or great food in a tin shed on piles over the water ...*

...Port Douglas still retains much of the charm of earlier times when it was a 'working' port servicing the gold fields, the sugar industry, as well as being home to a fishing fleet. More lately it has become a major tourist hub, carrying tourists from all over the world to the Great Barrier Reef. It has fine pubs where you can rub shoulders with drinkers from the ends of the earth – still including plenty of genuine North Queenslanders.