

TARANAKI

like no other



SACHIE'S KITCHEN

NEW ZEALAND LAMB "SANDO"

Ingredients:

8 slices of bread, ideally a fresh loaf cut into 1.5cm thickness

400-450g quality New Zealand lamb loin

2 cups breadcrumbs

5 kawakawa leaves, dehydrated

1/2-1 cup flour

1-2 eggs

Salt

Oil for deep frying

4 tbsp Japanese mayonnaise, plus extra to spread on bread

240g kimchi (store-bought, or home-made recipe below)

80g purple cabbage, shredded

Serves: 4

Method:

STEP 1: Slice lamb loin and lightly season with salt (400-450g of loin should give you approximately 10 slices).

STEP 2: Crush the kawakawa leaves with your hands and mix with breadcrumbs on a tray or in a large bowl.

STEP 3: Whisk the egg in a shallow bowl.

STEP 4: To crumb the lamb: First coat the lamb in flour, shaking off any excess. Dip it into the egg next (make sure the lamb is fully covered in egg) and dredge it through the breadcrumb mixture. Place on a plate and repeat with the rest of the lamb.

STEP 5: Half fill a pot with oil and heat to 180°C (356°F) (make sure not to overfill the pot, oil should be under the half line, otherwise it will overflow). Once the oil is hot enough, place crumbed lamb 2-3 pieces at a time into the pot and deep fry for 2 minutes. They should be golden brown and nice and crunchy! Drain excess oil with kitchen paper and set aside. Repeat to deep fry all of the lamb.

STEP 6: Squeeze kimchi in your hand and remove any excess liquid, chop it finely and mix with Japanese mayonnaise in a bowl.

STEP 7: To assemble, first spread a thin layer of mayonnaise on one side of the bread - this will prevent the bread from getting soggy. Place shredded cabbage, kimchi mayo and deep-fried lamb on the bread and cover with another slice. Press lightly with your hands and slice them into half to serve.

NB. If you don't have a dehydrator, you can dry kawakawa in the oven at 180°C (356°F) for 20 minutes.

Store in an airtight container.

taranaki.co.nz

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Ingredients for Home-made Kimchi:

1 whole (approx 1.4kg) won bok (chinese cabbage), washed and cut into or quarters

120g coarse salt

100g carrots, julienned

80g garlic chives, cut into 2cm long

KIMCHI PASTE:

2 cups water

4 tbsp glutinous rice flour

8 tbsp brown sugar

4 cloves garlic

1 tsp grated ginger

1/2 brown onion, coarsely cut

6 tsp salted shrimp

4 tbsp fish sauce

4 tbsp Lee Kum Kee Premium Soy Sauce

1 cup chilli powder (ideally Korean chilli powder)

Pair of food grade gloves

Kimchi Method:

STEP 1: Rub coarse salt between each of the won bok leaves and leave in a large bowl for 2 hours.

STEP 2: When the cabbage is softened, rinse it with cold water, squeeze and put it aside.

STEP 3: To make Kimchi paste, first mix glutinous rice flour in cold water, then cook on low - medium heat until the liquid thickens to make a porridge. Add brown sugar and mix well to dissolve. Set aside to cool.

STEP 4: Combine the garlic, ginger, onion, and shrimp in a bowl and blitz using a hand blender to make a wet paste.

STEP 5: Into the wet paste, add the porridge, fish sauce, soy sauce and chilli powder and mix well. Add carrots and chives and combine well.

STEP 6: Using gloves, rub the Kimchi paste between each of the won bok leaves and fold in half before placing it in a container. Make sure all the won bok is covered with kimchi paste. Repeat this with the rest of the won bok.

STEP 7: You can eat fresh kimchi or keep it in the refrigerator and let it ferment for 2-10 days.