

recipes

roast chook

ingredients

whole chook
whole onion
bay leaf
tomato chutney
barossa verjuice

method

insert onion & bay leaf into chicken cavity
smear chutney all over the chicken
place in oven bag
pour in verjuice

cook in 250° oven for 30 mins, then reduce
heat to 200° and cook for a further 30mins –
dependant on size of chicken

serve with roasted vegetables

poached fruit

ingredients

whole quinces or pears or apples
barossa verjuice

method

place fruit in saucepan.
cover fruit with equal amount of water and
verjuice
reduce the fluid by simmering on a low to
moderate heat for approx 30mins, or until
fruit is softened
add brown sugar to sweeten to taste

serve with double cream

light vinaigrette

ingredients

100ml olive oil
100ml barossa verjuice
salt & pepper

method

place all ingredients together in a jar
shake like mad!

serve with salads

baked salmon

ingredients

whole salmon
30g butter
1 tblsp olive oil
1 tblsp tarragon – finely chopped
1 tblsp parsley – finely chopped
barossa verjuice
salt & pepper

method

place salmon in foil
add knob of butter & olive oil
add tarragon & parsley
add splash of verjuice
salt & pepper to taste

wrap in foil & bake - cooking time depends on
size of salmon

roast root vegetables

ingredients

4 x whole carrots or parsnips
olive oil
barossa verjuice

method

place veg in roasting pan with a splash of
olive oil
roast veg for 15 mins at 250°
remove pan from oven
turn veg over and splash them with verjuice
return veg to oven and cook for a further
10-15 mins at 200°

serves 4

roasted carrot dip

follow recipe as above

ingredients

40ml verjuice
1 tblsp sour cream
1 tsp fennel seeds
salt & pepper

method

puree veg
add verjuice, sour cream, fennel seeds
salt & pepper to taste
stir until combined

serve with crackers