



Series 8, Episode 3

RENOVATE FOR PROFIT WITH CHERRIE BARBER

Please see separate factsheet for details.

TRAVEL WITH CHRIS BROWN

GIANT PANDAS

Chris heads Adelaide Zoo, the only place in Australia where you can get up close and personal with Giant Pandas. Wang Wang and Fu Ni moved from China as part of an international breeding program almost ten years ago. But when it comes to mating Pandas, not everything is black and white.

WEBLINKS

<https://www.adelaidezoo.com.au>



FOOD WITH MIGUEL MAESTRE

BRASSERIE BREAD SOURDOUGH STARTER

After learning the secrets of sourdough from Brasserie Bread's co-founder and head baker, Michael Klausen, Miguel prepares the ultimate club sandwich.

This recipe is also available at Brasserie Bread's website –

<http://www.brasseriebread.com.au/2016/11/sourdough-bread-recipe/>

A sourdough starter is where the magic of sourdough begins. You need to start making the start up to 5-6 days prior to making your bread.

Ingredients

100g unbleached flour

130 – 140mls of spring water at 26°C

4g (or one small teaspoon) of malt

Method

1. Mix ingredients together in a bowl and cover with cling-film. Place in a warm draft-free area for 24 to 36 hours.
2. After this time your starter should show faint signs of activity (such as aeration on the surface), taste sour, and be sharp in flavour. If this occurs your starter is ready for its first feed using a refreshment recipe.

1st Feed

Ingredients

100g unbleached flour



130 – 140mls of spring water at 26°C

4g (or one small teaspoon) of malt

Method

1. Add ingredients to your starter and stir well to combine. Leave covered in a bowl in a warm draft-free place for 8 – 12 hours.
2. During this period, you must observe the starter during fermentation. You're looking for definite signs of activity to confirm the starter is alive. After 12 hours, your starter should be fermenting, with visual signs of bubbles rising to the surface.

2nd Feed

Ingredients

100g unbleached flour

130 – 140mls of spring water at 26°C

4g (or one small teaspoon) of malt

Method

1. Remove and discard 50% of the starter in preparation for its second feed.
2. Add ingredients to your starter and stir well to combine. Leave covered in a bowl in a warm draft-free place for 4 – 6 hours.

3rd Feed

Ingredients

100g unbleached flour

130 – 140mls of spring water at 26°C



4g (or one small teaspoon) of malt

Method

1. Remove and discard 50% of the starter in preparation for its third feed.
2. Add ingredients to your starter and stir well to combine. Let the starter develop in a covered bowl in a cool environment for 8 – 12 hours.
3. By day three you should have the makings of the beginning of a healthy starter. For best results, the starter would require at least three further feeds. Remember to discard 50% of the starter with every feed.

Ready for baking

1. In a new bowl place 190 grams of your starter and set the remaining aside.
2. With the 190 grams starter, feed by doubling the recipe above and leave to develop for 8 – 12 hours. You can now use this starter to make your sourdough bread.
3. With the starter you have set aside, continue the feeding process to ensure you have sufficient starter to split for the next day's sourdough.



BRASSERIE BREAD SOURDOUGH BREAD

Prep time: 20 minutes plus 3 hours resting time and overnight proving

Cooking time: 40 – 45 minutes

Makes 1 loaf

Ingredients:

200 grams sourdough starter (see method above)

205 grams water

380 grams plain flour

10 grams salt

2 grams malt

Oil for greasing

Extra flour and semolina for dusting

Method

1. Sift flour into a large mixing bowl and add the starter, water and malt. Work the dough by hand on a clean bench for 8-10 minutes. Add the salt and continue to work the dough for 5-7 minutes to further develop the gluten. Check the gluten window of the dough for gluten structure, continue working the dough if required.
2. Rest in an oiled bowl, covered with cling wrap for 20 minutes at room temperature. Remove the dough from bowl and fold by bringing four opposite corners of the dough into the centre.



3. Return to the bowl, cover with cling wrap and allow the dough to activate for 2 hours at room temperature. Pre-shape the dough and allow to rest for 20-30 minutes at room temperature.
4. Final shape the dough, place in a well-floured banneton, cover with a clean cloth and allow to prove overnight in the fridge (14-16 hours). Remove the dough from the fridge and allow to prove at room temperature until the dough reaches an internal temperature of approximately 16°C.
5. Gently empty the dough onto a semolina-dusted peel or baking sheet, dust the loaf with flour, slash and bake (preferably on a hot stone) in the oven at 210°C for 40-45 minutes. Inject steam into the oven for approximately 5 seconds to develop the crust and assist in the initial rise of the bread. Remove from the oven and allow to cool.

MIGUEL'S SOURDOUGH CLUB SANDWICH

Prep time: 15 minutes

Cooking time: 25 minutes

Makes 2 sandwiches

Ingredients

4 slices of sourdough (even in size)

Paprika chicken

1 chicken thigh fillet

1 tsp smoked paprika

Salt and pepper



1 tsp olive oil

Pancetta

Olive oil

6 slices thinly sliced pancetta

Lemon mayonnaise

1 whole egg, cold from the fridge

100mL olive oil

100mL vegetable oil

½ tsp of lemon zest

1 pinch sea salt

Juice ¼ lemon

Savoury French toast

4 eggs

4 tbsp pouring cream

Salt and pepper

2 slices sourdough

Olive oil

To serve

4 slices Jarlsberg cheese

1 Roma tomato, thinly sliced



5-6 baby cos lettuce leaves, separated and washed

Method

1. Preheat oven to 200C.
2. In roasting tray season chicken fillet with smoked paprika, salt and pepper. Add olive oil and toss to coat.
3. Lay out the pancetta slices on a nonstick tray, drizzle with a splash of olive oil. Top with another tray of the same size, pressing the pancetta flat.
4. Put chicken and pancetta in preheated oven. Cook pancetta for 8-10 minutes until crispy. Cook chicken for 15-20 minutes until cooked through.
5. Meanwhile make the mayonnaise by adding the egg, oils and zest into a stick blender jug. Insert stick blender all the way to the bottom of the jug. Blend the mixture by slowly raising the stick blender up the jug until the mixture emulsifies to a thick mayonnaise consistency. Season with salt and lemon juice to taste. Stir to combine.
6. Once cooked, remove chicken and pancetta from the oven. Transfer onto a plate with paper towel to drain excess oil. Add the cooking juices from the chicken to the mayonnaise and stir to combine.
7. For the French Toast whisk two eggs, cream, salt and pepper together in a bowl until smooth. Dip each slice of bread to soak in the mixture. Turn to coat the other side.
8. Heat a splash of olive oil in a large frying pan over a medium heat. Fry the French Toast on each side until golden brown. Fry the remaining eggs until cooked to your liking. Remove from heat.
9. To construct the sandwiches spread two slice of sourdough generously with mayonnaise – these are the bases of your two sandwiches. Top with sliced tomato, lettuce, cheese and sliced chicken thigh.
10. Top each with a slice of French toast. Spread with mayonnaise, top with a fried egg, pancetta and drizzle with more mayonnaise before adding the final slice of bread.

Skewer each side of the sandwiches, slice sandwich in two using an electric knife.