



Series 8, Episode 32

MAKING OF THE MELBOURNE CUP WITH BARRY DU BOIS



As the Melbourne Cup is held aloft each year, the eyes of the nation and the world are on it.

For those involved in creating the cup; from the miners to the spinner who shapes it, there's a lot of pressure; the end result needing to be accurate to within one tenth of a millimetre.

THE LIVING ROOM FACT SHEET

MT CARLTON MINE



Gold for the cup is sourced from the Mt Carlton mine, about 150km southeast of Townsville in north Queensland, and more than \$50,000 worth is pressed into a sheet for the metal spinner in Sydney to turn into the iconic cup.

The Mt Carlton mine is owned by Evolution Mining and has been operating since 2012.

To extract the gold, rocks are taken from the open pit mine to a crusher, which breaks the rocks down into smaller pieces, and then to a processing plant, where the rocks are ground into a fine powder.

That powder goes into a gravity circuit, which separates the gold and other metals from the rock dust before being melted down and made into doré bars to be sent to a refinery.

THE LIVING ROOM FACT SHEET

Before any mine is established experts conduct a study to determine the environmental status of the land, a two-year process that includes plant and animal surveys, soil and water quality assessments and groundwater modelling.

This information is used to map out specific conditions that the mine operation must meet to keep its operating permits, with those conditions being continuously monitored.



There is a plan in place for the mine's closure to ensure the environment is managed with integrity, and once it closes it is rehabilitated. Often mines are converted into cattle grazing land, however Mt Carlton will be filled with water.

The traditional owners of the land on which Mt Carlton is located are the Birriah people, who are consulted before work begins.



TRAVEL WITH CHRIS BROWN

Buzzy Horse

Chris meets Macy, a 16-year-old thoroughbred with an interesting issue.

For the last ten years the Hunter Valley mare has put up with a high pitch ringing noise coming from her ear.

Owner John Rutter first noticed it when he was grooming her and while it doesn't seem to bother her, the audible noise has left vets baffled. On a quiet day it's quite easy to hear the ringing when you stand beside her.

Can Dr. Chris succeed where so many vets have failed before? What is the diagnosis?



FOOD WITH MIGUEL MAESTRE

Melbourne Cup Canapés

CHICKEN FINGER SANDWICHES

Recipe by Miguel Maestre

Serves 8

Ingredients

½ bbq chicken, bones removed

½ cup flaked almonds, toasted

1 small stick celery, peeled and chopped

2/3 cup Japanese kewpie mayonnaise

1 lemon, zested

½ bunch chives

1 handful parsley, chopped

1 handful mint, chopped

Salt and pepper, to taste

1 x loaf sliced sandwich bread

Steps

1. Shred the chicken 1cm pieces. The delicious roasted skin can be chopped as well, depending on your preference.
2. Put the chicken in a mixing bowl and add the toasted almonds, celery, lemon zest and mayonnaise. Stir to combine. Adjust the seasoning with salt and pepper if necessary.
3. Fill your sandwiches evenly with mixture, about 1cm thick. Remove the crusts then divide into three even-sized fingers. An electric carving knife is perfect for this task!



DUCK SAN CHOY BOW

Recipe by Miguel Maestre

Serves 6

Ingredients

1 iceberg lettuce, crisp and fresh
Splash sesame oil
1 long red chilli, thinly sliced
1 garlic clove, finely grated
Small knob ginger, finely grated
2 Peking-flavoured cooked duck breasts, thinly sliced
Splash of light soy sauce
Splash of hoisin sauce
200g sliced water chestnuts, roughly chopped
Garnish
1 long red chilli, julienned and soaked in iced water
Handful crushed roasted cashews
1/2 lime, juiced, plus extra lime cheeks to serve
Coriander leaves, to garnish
Handful bean sprouts, to garnish
Micro herbs, to garnish

Steps

1. Cut the cheeks from the lettuce and place in a bowl of iced water to crisp up for 5-10 mins, and then pat dry with paper towel.
2. In a very hot large pan or wok, sauté with oil, chilli, garlic and ginger for a minute or until caramelised.
3. Add duck and stirfry to warm through; add soy, hoisin and water chestnuts,



4. Serve into lettuce cups. Top with fresh coriander, cashews lime juice and bean sprouts. Sprinkle with micro herbs.

LEMON MERINGUE TARTS

Recipe by Miguel Maestre

Makes 24

24 mini sweet pastry cases (4.5cm diameter)

Lemon filling

1 cup water

½ cup lemon juice

½ cup caster sugar

3 tbs cornflour

3 egg yolks

40g butter, diced

1 tsp finely grated lemon zest

Italian meringue

1 cup caster sugar

¼ cup water

3 egg whites

Steps

1. For the lemon filling, combine water, lemon juice, sugar and cornflour in a medium saucepan, stir to combine. Bring to the boil, stirring constantly, or until mixture is very thick. Remove from heat. Whisk in butter, yolks and lemon zest. Pour into a jug to cool.
2. For the Italian meringue. Put the egg whites in the bowl of a stand mixer.
3. Put the sugar and water into a medium saucepan and stir over medium heat until sugar dissolves. Bring to the boil, without stirring and boil for 5 mins or until mixture reaches 120C. Stand for 1 min.

THE LIVING ROOM FACT SHEET

4. Just before the syrup is ready, whisk the egg whites on high until firm peaks form. With the motor running on high speed, gradually pour the hot sugar syrup in a thin steady stream until combined. Continue to whisk for 5-10 mins or until meringue has cooled to room temperature.
5. Spoon meringue into a piping bag fitted with a star nozzle.
6. Spoon lemon filling among pastry cases and smooth tops. Pipe meringue over the surface of tarts to cover. Use a blow torch to lightly caramelize the meringue.

WEBLINKS

For further information on the materials and products used for this Recipe, click on the links below.

ENGLAND
MASON CASH
EST. 1800

www.masoncash.co.uk

Cuisinart
www.cuisinart.com.au

果良信
GLOBAL
www.globalknives.com.au