



Handmade tortellini with crispy courgette and bisque sauce

By Shannon Bennett

1 hour, 30 minutes

2 hours, 30 minutes

6

Serves

INGREDIENTS

pasta

225g "00" flour
25g fine semolina
4g cooking salt
2 whole eggs
2 egg yolks
1 tablespoon olive oil

Bisque

16 prawn heads
70ml olive oil
1 carrot, washed
1 onion, roughly chopped
3 garlic cloves
1 stick celery, washed, roughly chopped
1 tablespoon tomato paste
200ml brandy
50ml orange juice
2 litres fish stock
1 pinch saffron
1 star anise
5 white peppercorns

Filling

16 medium sized tiger prawns
80g white fish fillets
2 egg whites
1 teaspoon cognac
2 teaspoons chives, chopped
2 teaspoon apple vinegar
Fine salt and pepper to taste

Fried Zucchini

2 large zucchini
1 litre sunflower oil for frying
½ cup rice flour
Murray River Sea Salt to taste

METHOD

Pasta

1. Mix the flour, semolina and salt together.
2. In a large bowl, beat the eggs and olive oil together and slowly add in the flour whilst mixing to form dough. Knead by hand for 10 minutes or alternatively, knead with a dough hook fixed to an electric stand mixer.
3. Wrap the dough in plastic wrap and chill for 20 minutes.

Bisque

1. Peel and devein the prawns and set the flesh aside in the refrigerator for the filling.
2. Place the prawn heads in a blender or food processor and blitz for 3 seconds to slightly crush.
3. Heat a large pan on high heat, Induction setting 8. Add the oil and the prawn heads, carrots onion, garlic and celery. Cook for 7-10 minutes, or until most of the juice from the prawn heads has evaporated.
4. Add tomato paste and continue to cook on medium heat, Induction setting 6 for 5 minutes.
5. Add the brandy and orange juice. Stir well to take up all the brown from the base of the pan. Cook for a further 10 minutes.
6. Add the fish stock, saffron, star anise and peppercorns. Bring to the boil and reduce heat to a simmer, Induction setting 5-6 and cook for 1½ hours.
7. Strain through a very fine sieve and discard solids. Return bisque to a clean pan and cook on medium heat, Induction setting 5-6 until reduced by $\frac{2}{3}$. Set aside until required.

Filling

1. Check the fish fillets for bones and remove if necessary.
2. Combine all filling ingredients in the bowl of a food processor and pulse to a paste, making sure not to over work the mousse mixture.
3. Roll the pasta as thin as possible and cut 18 x 10cm rounds using a plain pastry cutter.
4. Place 13g of the mousse mixture onto one side of each circle of pasta rounds. Brush edge with a little water.
5. Fold the circles in half, encasing the mousse mixture. Press the edges together making sure you expel as much air as possible around the mousse. Dab a little water on one corner of each pasta half-moon then draw the two corners together to form a rounded bonnet-shape.
6. Place in single layers on baking paper and refrigerate, covered with plastic wrap until serving.

Crispy Zucchini

1. Wash and dry the zucchini. Trim the top and bottom of each and discard.
2. Using a mandolin with a spaghetti blade fitted, slice the zucchini lengthways. Make sure to only slice the green part. The remaining zucchini can be used in a salad or ratouille.
3. Heat the oil in a medium sized pan on medium heat, Induction setting 6, to 160°C.
4. Dust the zucchini spaghetti with rice flour and shake off the excess.
5. Deep fry for a few minutes until golden and crispy. Drain on paper towel. Keep at room temperature for serving.

To Serve

1. Place the pasta in a single layer in a large solid steam tray, cover with boiling water and steam at 100°C for 5 minutes.
2. Pick the dill and flowers ready for garnish.
3. Melt the butter and add to the bisque, using a stick blender, froth the sauce before serving.
4. Place 3 tortellini on 6 warmed pasta plates. Garnish with dill, violet flowers and drizzle on the frothed bisque. Top with Crispy zucchini and serve immediately.

