

Recipes from Comfort Food Cabaret as part of the 2021 Adelaide Fringe

Comfort Food
CABARET



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These are the recipes that our audience enjoyed at Comfort Food Cabaret as part of the 2021 Adelaide Fringe!

These recipes have been created in conjunction with the Weber Grill Academy®. We thank the following people for their contributions:

- Adam Mizzi
- Jacinda Gregg
- Laura Romeo
- Loren Quinn
- Rhiannon Groutsch

We have predominantly used South Australian produce including:

- Nuts and Pepitas from Premium Choice
- Fruit and vegetables from Tony and Marks
 - Pomegranates stolen from neighbours overhanging trees.
- Free Range Poultry from Marino Meats and O'Connells Meats
- Icecream from Golden North
- All other produce from Gaganis.

If you have any questions please get in touch with us at info@comfortfoodcabaret.com

Please feel free to share your creations and tag us! @michellepearsonmusic – we would love to see what you create!

For more fantastic barbecue recipes please visit Weber.com

Barbecue Eggplant



Ingredients

This will feed 4 for entree.

EGGPLANT

- 2 eggplants
- 4 tablespoons of olive oil
- The juice of 1 lemon
- A generous pinch of salt and pepper
- Half a teaspoon of Sumac
- One whole clove of grated garlic

GARNISH

- Half a bunch of parsley
- Half a bunch of mint
- Juice and zest of 1 lemon
- 2 tablespoons of crumbled danish fetta
- 2 tablespoons of roasted pepitas (We use Premium Choice!)
- A generous pinch of salt and pepper
- A touch of pomegranate molasses

Recipe

- **Step 1** - Preheat barbecue for 10 minutes
- **Step 2** - Slice eggplant into several 1cm rounds
- **Step 3** - Mix olive oil, lemon juice, sumac, garlic, salt and pepper together to create a marinade.
- **Step 4** - Cover the eggplant in the marinade and place directly onto the grill.
- **Step 5** - Grill each side for 2 minutes or until cooked. Look for sear marks, eggplant should be soft.
- **Step 6** - Combine all garnish ingredients and add on top of eggplant.
- **Step 7** - Finish with a lick of pomegranate molasses to taste and serve!



Yoghurt Flatbread



Charcoal Chicken with a Zesty Red and Green Salad, Flatbread and Hommus



Ingredients

This will make 6 Flatbreads.

- 2 cups of plain flour, plus extra for dusting
- 3 teaspoons baking powder
- 1 teaspoon sea salt
- 1 cup Greek yoghurt (or plain yoghurt)
- Olive oil to brush on

Recipe

This recipe is available online at Weber.com

- **Step 1** - In a medium bowl, combine the flour, baking powder and salt. Create a well in the centre and add the yoghurt. Bring the mixture together into a soft dough. You may need add a little more flour or add a little water depending on the brand of flour. Knead the dough for approximately 5 minutes, until smooth. Cover the dough with plastic wrap and leave to rest for approximately 20 minutes while you prepare the barbecue.
- **Step 2** - Prepare the barbecue for direct cooking over high heat (260°C to 290°C) with a hotplate or the flatbreads can be cooked straight on the cooking grill.
- **Step 3** - Divide the dough into approximately 6 portions. Roll each portion into a circle, 3mm thick, dusting the bench with flour if needed. Once rolled out, you can place each flatbread onto a square of non-stick baking paper for easy manoeuvring.
- **Step 4** - Once the barbecue has preheated. Brush the top of one flatbread with the olive oil and place the flatbread onto the hotplate or straight onto the cooking grill, removing the baking paper once the flatbread is on the barbecue. Brush the other side of the flatbread with the olive oil. Close the lid and cook the flatbread over direct high heat for 1 to 2 minutes, or until golden.
- **Step 5** - Flip the bread and cook the other side for a further 1 to 2 minutes, or until golden on both sides and cooked through. Remove from the barbecue and place in a clean tea towel to keep warm. Continue cooking the remaining flatbreads. Cut into pieces and serve.

Zesty Red and Green Salad



Charcoal Chicken with a Zesty Red and Green Salad, Flatbread and Hommus

Ingredients

This serves 4 for a generous side salad.

- A bunch of mint
- A bunch of parsley
- 6 lebanese cucumbers
- 2 punnets of cherry tomatoes
- Zest of 1 lemon
- Juice of 2 lemons
- Olive oil to taste

Recipe

- **Step 1** - Chop lebanese cucumbers into desired size (we cut into small pieces).
- **Step 2** - Half and quarter cherry tomatoes.
- **Step 3** - Roughly chop parsley and mint. Add half a bunch of mint and half a bunch of parsley, then add more if desired.
- **Step 4** - Add zest of one lemon and mix through.
- **Step 5** - Add juice of lemons and dress with olive oil, salt and pepper to taste.





White Bean Hommus

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Charcoal Chicken with a Zesty Red and Green
Salad, Flatbread and Hommus

The Ingredients

This simple and easy recipe will make generous servings for 6 people as a dip.

- 1 can of white beans
- 4 cloves of garlic
- Zest and juice of 1 lemon
- 30ml of olive oil
- Salt and pepper to taste

Recipe

- **Step 1** - Either in a kitchen mix or thermomix blend all ingredients into a rough paste. If you do not have a blender/kitchen mix - use a mortar and pestle. The texture will be rougher but still delicious!
- **Step 2** - Add more olive oil to reach desired consistency.



Charcoal Chicken



Charcoal Chicken with a Zesty Red and Green Salad, Flatbread and Hommus

Ingredients

This will make 4 generous servings.

- 6 large chicken thighs
- Olive oil to coat
- Juice of 1 lemon
- Salt/pepper to taste

Recipe

- **Step 1** - Preheat your charcoal barbecue for 30 minutes.
- **Step 2** - Marinate your chicken with olive oil, salt and pepper.
- **Step 3** - Place chicken thighs over direct heat.
- **Step 4** - Turn after 3 minutes. *Use an iGrill or meat thermometer to ensure chicken has reached 74 degrees and is at a safe eating temperature.
- **Step 5** - Remove and roughly chop into small pieces.
- **Step 6** - Finish with lemon juice and serve with flatbread, white bean hummus and salad.

Middle Eastern Barbecue Cauliflower



Ingredients

This will serve 4 people as a side.

- 1 head of cauliflower
- Juice of 1 lemon
- Salt, pepper, sumac and garlic powder to taste.
- Olive oil to taste.

Recipe

This recipe is available online at Weber.com

- **Step 1** - Prepare your barbecue for indirect cooking over medium heat (190° to 230°C).
- **Step 2** - Wash the cauliflower. Remove any unwanted leaves and, cut into florettes
- **Step 3** - Put all florettes in a bowl with lemon, salt, pepper, sumac, garlic powder and olive oil to marinade.
- **Step 4** - Place cauliflower on the barbecue and grill for 3-5 minutes
- **Step 5** - Serve with side salad, white bean hummus and flat bread.

Apple Pie Icecream Sundae

Ingredients

This will make 2 litres worth of icecream which can be kept in the freezer up until use by date of icecream. The nut crumble can be kept in an airtight container and used for up to 3 months.

- 2 litre tub of vanilla ice cream. We use Golden North Gluten Free ice cream! Use dairy free icecream for a delicious vegan alternative.
- 5 apples per 2 litre tub of ice cream
- Nut mix (All of our nuts used are Premium Choice!)
 - Macadamias
 - Walnuts
 - Pecans
 - Almonds
- Cinnamon
- Brown Sugar

Recipe

Apples

- **Step 1** - Prepare the apples by peeling, coring, and chopping into chunky pieces, then place in a grill-proof pan. Sprinkle the caster sugar and cinnamon (if using) over the apples and mix together.
- **Step 2** - Set up your barbecue for indirect cooking and preheat for 10 minutes.
- **Step 3** - Place the pan with the apple crumble on the trivet and turn the burner control knob(s) to the roast/bake setting. Close the lid and cook until golden, 30 to 40 minutes.
- **Step 4** - Let apples cool. Once cool, roughly break the apples with a fork. When done, mix the apples into the softened vanilla icecream.
- **Step 5** - Refreeze and serve with nut crumble and optional caramel sauce.

Nut Crumble

This recipe is available online at Weber.com

- **Step 1** - Soak the wood chips in water for at least 30 minutes.
- **Step 2** - Prepare the grill for indirect cooking over low heat (250° to 350°F).
- **Step 3** - Pour the nuts into a large disposable foil pan. and spread evenly.
- **Step 4** - Drain and add the wood chips to the smoker box of a gas grill, following manufacturer's instructions, and close the lid. When the wood begins to smoke, place the pan of nuts over indirect low heat, close the lid, and cook until the nuts are toasted and have a nice smoky flavor, 20-30 minutes, shaking the pan with tongs to prevent the nuts from burning. Wearing insulated barbecue mitts, remove the pan from the grill and let the nuts cool completely in the pan.
- **Step 5** - The nuts will become crispier and smokier as they cool. Once cool, roughly crush to desired consistency with a mortar and pestle.