

Domain REVIEW

PEOPLE & PROPERTY OF MELBOURNE

OCTOBER 23-29, 2019



KATHY LETTE
'WHAT I DO IS
FEMINISM LIGHT'

VINCENT
FANTAUZZO
STORIES BEHIND
THE PORTRAITS

CORRIE PERKIN
A LOVING WORD
ABOUT BOOKSHOPS

**CHEFS'
SECRETS**

CATCH THEM IN ACTION



Chef lessons
**Culinary
genius**

Melbourne's best chefs share tips to take home cooking from ho-hum to oh-yum.

ANDREAS PAPADAKIS

COVER STORY

Melbourne is blessed with talented chefs, but cooking at home is vastly different to cooking in a restaurant. We rallied five experts to provide tips, bust myths and help you take your home cooking to the next level.

PASTA

Andreas Papadakis
HEAD CHEF AND CO-OWNER OF
TIPO 00 & OSTERIA

While Andreas Papadakis appreciates the tradition of pasta making, he's not a purist and limits himself to 20-minute recipes when cooking for the family.

"I never make fresh pasta at home because there are some traditionally bronze-extruded pastas that you can get in Australia that are just amazing. My favourite is called Gentile ... it takes 17 minutes to cook and it's only semolina and water, no eggs or flour."

Spaghetti al burro is his go-to dish: nothing more than pasta, butter, cooking water and cheese.

"In the past flatmates or partners would be like, 'What are you eating, spaghetti and cheese? That sounds horrible!' and then they would taste it," Papadakis says.

At home, he suggests pimping spaghetti with a little garlic, chilli, anchovy, broccolini, panko bread crumbs and olive oil to impress.

If making pasta from scratch, the secret is dry dough. "When you think your pasta dough is too dry, it's probably not dry enough," Papadakis says. "You have to keep working it. It will be a massive pain in the arse to put it in the pasta roller, but when it goes through a couple of times, it works perfectly."

KRISTOFFER PAULSEN

Words **SOFIA LEVIN**



YOSUKE HATANAKA

JULIAN KINGMA



KATE REID

SUSHI

Yosuke Hatanaka

BRAND CULINARY CHEF AT SAKE RESTAURANT & BAR

The art of sushi runs in Yosuke Hatanaka's DNA. Both his father and brother are sushi chefs, while he oversees all six Sake restaurants in the Rockpool Dining Group.

But you don't have to be a sushi master to make sushi. "It's a very technical thing to master, but it's an easy thing to get into," he says.

Quality fish is important and you'll need wasabi, pickled ginger, rice vinegar seasoning and soy sauce.

Japanese short grain rice makes a huge difference, while more expensive nori (seaweed) sheets are thicker and easier to work with.

Use a rice cooker for an even finish, a sharp knife and bamboo sushi-rolling mat lined with cling film to avoid sticking.

Prepare ahead but don't use cold rice, which becomes hard instead of warm and fluffy. Fish should be body temperature to better taste the flavour, but the greatest sushi sin is to mix wasabi and soy.

"You have to treat wasabi like mustard – take a little bit with your chopstick. No mixing and dunking, that's just wrong," Hatanaka says.

BURGERS

Greg Pappas

CO-OWNER OF ANDREW'S HAMBURGERS

Andrew's Hamburgers (below) turns 80 years old in November. Greg Pappas started working there under his uncle when he was 12, so he knows a thing or two about burgers.

"It has to start with the basic, core ingredients, which are, of course, a great pattie and a great roll," Pappas says. "Your pattie can't be too lean because it will become too dry, but it can't be too fatty because it will be too greasy, so you have to find the happy medium."

Get the butcher to specify the fat percentage. Around 15 per cent is the sweet spot.

Cook it on a very hot plate, "but not too hot or the meat will burn". As for buns, Pappas recommends using old-school white hamburger buns.



JOSH ROBSTONE

PHO

Jerry Mai

OWNER AND CHEF OF ANNAM & PHO NOM

Vietnamese people are surprised to find out Jerry Mai doesn't use MSG in her pho. Others have admitted they prefer it to their mother's.

As for Mai, she judges pho on the broth's depth of flavour. She says we have better produce than Vietnam, but if there's one thing home cooks and professionals need aside from quality ingredients to make decent pho, it's time.

"A lot of broth is quick-finished with MSG. Instead of taking a long time using a large amount of bones, it's cooked over a short time and the umami comes from MSG," says Mai, whose restaurants cook their broth overnight on a low heat.

Mai suggests using beef marrow bones and avoiding others with too much blood in them, like neck and back bones, which cloud the broth. Marrow bones from a western butcher are around \$9 per kilogram, so visit an Asian butcher for pho bones at around \$1.50 per kilogram.

To keep stock clear, Mai blanches the bones to rid them of impurities, throwing out the water and starting the stock afresh.

PASTRY

Kate Reid

DIRECTOR AND FOUNDER OF LUNE CROISSANTERIE

Croissant queen Kate Reid doesn't recommend making croissants at home. "There's a reason why everyone in Paris just goes to the boulangerie," she says. "If you want to do it properly, you have to allocate three days on and off to make them."

For those who want to put in the time, it's important to pick the right butter. Look for one that's pale in colour without watery pockets, as water creates gaps in lamination.

If you'd rather buy your croissant, look for those with a straight edge. In France, classic boulangers are allowed to shape their croissants in a straight line only when they're made with pure butter.

"I also look for a good golden colour," Reid adds. "You see a lot of anaemic-looking croissants out there and that's usually a sign they've been par-baked or frozen and finished off in the bakery."

In terms of input versus enjoyment, Reid thinks the best return on baking time is the humble scone. "Scones for me are the most underrated baked good ... that gratification that you can get within one or two hours from setting out to eating, that's something so special that baking gives us." ●



JERRY MAI'S PHO