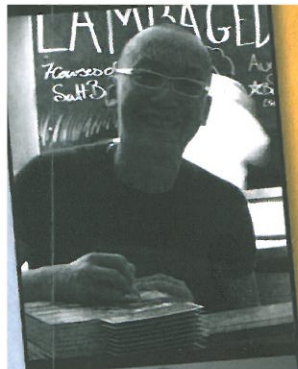


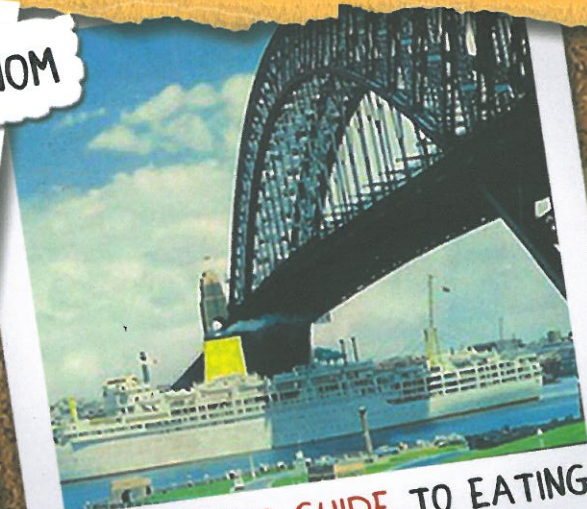
Gourmet Rabbit

THE BEST KNOWS NO BORDERS

Issue #2



NOM



SOUTH SYDNEY
RABBITOHS FOCUS
ON FOOD & FOOTY

AN INSIDERS GUIDE TO EATING
IN SYDNEY AND MELBOURNE

AMERICAN CUISINE,
YES, IT EXISTS! AND
IT'S DELICIOUS.."



ADRIANO ZUMBO'S
RECIPE FOR REGAL
SALMON MACARONS



rabbit in the bakery



Christmas pudding..an Australian (cough, via England, cough) tradition. One that this little Rabbit failed to grasp, until recently that is. I was invited to a 'Holiday Pies and Cakes" making class at the impeccable, Sydney-based artisan bakery, Brasserie Bread.

I arrived at the buzzing Botany bread Mecca on a stinking hot Saturday morning. The café, which doubles as the entrance to Brasserie Bread is something like the tip of the iceberg. The 50 square metre eatery specializes in simple, scrumptious sandwiches and pastries.

Open during the work week and downright pumping during lunches, this little café corner is all that most get to see of the delicious machine that is Brasserie Bread. I, on the other hand, was destined to experience the whole shebang.

Instructor Michael shuffled us into the 'training kitchen' where the Brasserie crew regularly hold kids classes, bread appreciation and cooking workshops. The silver kitchen island was already set up with bowls, scrapers, scales and whisks... oh, and champagne. Win.

Michael introduced himself ,as the new training manager at Brasserie Bread he wants to fervently promote the school and foster a new generation of artisan bakers. No more puffy

Today wasn't about the bread though, it was about the Christmas puddings and pies, Brasserie's version of these holiday noms sell out within a few weeks and you'd better place an order if you want any before Christmas.

First up, a glass of 'get to know you' champagne and a query of what Christmas meant to all of us. I thought back to sumptuous days of childhood indulgence and blue crab feasts in Maryland, perched on my grandad's knee. It was a special time of life.

Then it was time to get into it, making the pie filling required a basic mix of dried fruits, rehydrated in alcohol. Depending on the recipe, some fillings are left to stew for up to a year! This particular mix had been fermenting for a few weeks and smelled deliciously of raisins (er-sultanas) and rum.

Each participant was passed around the prerequisite spices - cinnamon, allspice, nutmeg and cardamom, and while we were offered suggestions on measurements it was left to us and our personal tastes to determine the final mixture.

Wreaking of cinnamon and nutmeg my fruit mince was covered and put away for later. Next came the pastry base, extremely light

After an hilarious stint at decorating gingerbread men, women and trees (or as mine eventuated, bakers, pastry chefs and palms) with naturally coloured icing sugars, we returned to our pastries.

Flour the workspace, roll out the pastry, cut a large hole, then a medium, then a tiny hole inside the medium one. I got a bit snippy with my pastry, much to the amusement of the crew, but I got there in the end.

We placed the large circles in the tins, scooped in the fruit mince mix and topped with the medium circle, fully formed with its little hole in the centre. The other option was to cut a star out of pastry and pop it on top, I wasn't feeling quite that dexterous.

The pies and puddings (basically a large fruit mince but with added flour and sugar to ensure it's viscosity and plunked in a big baking bowl) made their way to the oven and we made our way into the bakery. And..wow.

Remember how I said that the café was the tip of the iceberg? I wasn't kidding.. The Brasserie Bread production area spans two warehouses and employs several dozen people.

They provide bread for iconic Sydney



“I got a bit snippy with my pastry, much to the amusement of the crew, but I got there in the end”

of sourdough takes 3 days to create (see “Unearthing Sourdough”, pages 66-69 in Foraging for more about this phenomenon) it requires rather a lot of space to produce that much goodness.

The sourdough loaves are the signature piece and take up a large amount of space and care but equally intriguing are the garlic bread and the pastry section. Brasserie Bread’s garlic bread is not your standard garlic ‘flavoured’ bread - the cloves of garlic are actually roasted individually, then soaked, then popped into a layered flatbread, similar to a Turkish bread. Jared Ingersoll at Dank St Depot and

The Cotton Duck soaks it again and serves it in a pool of garlic olive oil.

It comes with rock salt and a tangy Australian olive oil at Warren Turnbull’s District Dining and at home I like to nibble the garlic cloves out of the sides then make avocado and salmon sandwiches on the remaining tender tears of bread. Mmm..

Brasserie Bread’s pastry section produce some of the most delicious eclairs, friands and tarts I’ve had. An offshoot of the larger bakery, you’ll find their pastries in many a café around Sydney. If you’re ever munching

into an almond croissant and find yourself thinking “that is insanely tasty” then ask where it’s from, possibly a Brasserie creation.

After the tour (where yes, we met the ‘starter’), we headed back into the training room for another glass of wine, bread and cheese matching and collection of our steaming, delicious puddings.

A delightful afternoon and a delectable Christmas creation, thank you to everyone at Brasserie Bread for this experience, I recommend it to anyone who can book in time to secure your spot!

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