



Discover Australian Marron



Marron, roasted walnut, avocado and Bartlett pear salad with a candied garlic verjuice dressing – Sophie Zalokar’s Kitchen

Ingredients: (Serves 4)

- 1 cup walnuts 6 cloves garlic
- Extra-virgin olive oil 4 × 300g live marron
- ¼ cup salt 400mL verjuice
- 80mL walnut oil 1 avocado, sliced
- 2 small Bartlett pears, thinly sliced
- 3 stalks celery, thinly sliced (optional)
- Freshly cracked black pepper
- 1 small bunch fresh dill, the tips plucked from the stalks
- 2 handfuls salad greens that include bitter varieties

Method:

1. Dry roast the walnuts in a 200 degree C oven for 20 minutes until just brown then transfer to a dry tea towel. Gather the corners of the tea towel together and rub the skins away from the walnuts. Transfer to a coarse sieve to separate the skins from the roasted walnut. Reserve to the side.
2. Blanche garlic cloves in boiling water before peeling.
3. Using a simmer mat, gently warm the garlic in enough extra virgin olive to just cover, until the cloves just start to turn a warm blond
4. colour. Leave to cool before removing the garlic and reserving the olive oil for another dish.
5. Place the live Marron in the freezer until the marron no longer move but are not yet frozen. Bring a large stockpot of
6. water to the boil and add the salt. Gently put the marron in the boiling water, cover immediately and cook for 3 minutes. Remove from the pot and plunge into iced water.
7. Twist & pull the head away from the tail. Using kitchen scissors cut up the middle of the inside of the tail and ease the flesh away from the shell. Pull back the flap from the top of the meat and gently remove the alimentary canal. Slice the marron meat in halves.
8. In a shallow pan, simmer the verjuice until reduced by half. Add the the marron halves to just warm. Then remove with a slotted spoon
9. reserving to the side. Whisk the garlic cloves and walnut oil into the warm verjuice.
10. Compile the salad by scattering the salad leaves on a platter, topped with the celery slices, marron halves, sliced avocado and pear. Drizzle over the dressing and garnish with the roasted walnuts, fresh dill tips and freshly cracked black pepper.