

FIRESHOP GUIDE

Thank you for making a purchase at Fireshop this week. As always, your support enables us to maintain our relationships with each other as well as our incredible suppliers and producers. Through Fireshop we aim to give you a taste of Firedoor whilst, in the spirit of interaction, encouraging you to get out there and cook with fire yourselves.

If you have any questions, please feel free to contact us.

Have a wonderful weekend

Lennox and the Firedoor team

FATHER'S DAY BOX

Preparation time: 40 minutes

This week the box is all about DAD so we have designed the ultimate BBQ to give your father a special Sunday treat. If he's really into his BBQ then he can tune into the new series of Chef's Table on Netflix which showcases a variety of cooking styles and stories including our very own Firedoor.

So pour your old man his Poorman's Old Fashioned over ice, light the BBQ, and grill up a feast.

GRASS-FED RIB-EYE

(consume within 3-4 days)

This grass-fed beef comes from Coppertree Farm who source the highest quality retired dairy cows (Holstein) which are over 60 months in age. It is then dry aged for 80 days further intensifying its naturally sweet and nutty flavour.

Remove your steak from the fridge and allow to come to room temperature.

Light your fire, burning your wood or charcoal down to hot embers or light your BBQ. Alternatively, heat a heavy based frying pan to high medium-heat on the stove.

Ideally your grill should be approximately 10 cm (4 in) above the embers.

Hold the steak by the bone and brush the fat across the grill rack 3 or 4 times to season the grill.

Place the steak on the grill and immediately season well with good coarse sea salt, adjusting the height or heat of the grill or the embers as necessary to ensure that the steak is only being licked by flames.

Grill for 6 to 8 minutes, moving frequently to avoid bar marks but allowing the surface to caramelise to a rich mahogany.

Turn the steak and season again. Continue to grill for a further 6 to 8 minutes.

Remove the steak from the grill and place on a clean plate and allow to rest in a warm place for 8-10 minutes.

Refire the steak on the BBQ for 4-5 minutes each side. Allow to rest for a further 4-5 minutes before carving

Alternatively, pre-heat your oven to 170C before heating a large heavy based frying pan to medium-high heat on the stove.

Place the steak on the fat side/edge and allow to render for 1 minute. Add 20ml of olive oil and carefully lay the steak on its side and immediately season well with good coarse sea salt

Add a small knob of butter and pan-fry for 5 to 6 minutes caramelising to a rich mahogany.

Turn the steak and season again. Add another knob of butter and continue to pan fry for a further 5 to 6 minutes, basting frequently.

Remove the steak from the pan and place in the oven for approximately 8-10 minutes

Remove from the oven and allow to rest in a warm place for 8-10 minutes before carving

With a sharp knife, remove the meat from the bone and carve into 8 mm slices.

Finish with a sprinkle of salt and serve immediately

Ideal served with the chimmi-churri and/or the honey mustard

LAMB CUTLETS

Lamb cutlets or “meat lollipops” as my son calls them are always a family favourite. This pastured lamb comes from the pristine Goldfields region of Victoria and are ready for the BBQ.

Remove your lamb cutlets from the fridge, remove the packaging, and allow to come to room temperature.

Light your fire, burning your wood or charcoal down to hot embers or light your BBQ. Alternatively, heat a heavy based frying pan to high medium-heat on the stove.

Ideally your grill should be approximately 5 cm (2 in) above the embers.

Place the cutlets the grill and immediately season well with good coarse sea salt, adjusting the height or heat of the grill or the embers as necessary to ensure that the meat is only being licked by flames.

Grill for 3-4 minutes, moving frequently to avoid bar marks, but allowing the surface to caramelize

Turn the cutlets and season again. Continue to grill for a further 2 to 3 minutes.

Remove the cutlets from the grill and place on a clean plate and allow to rest in a warm place for 3- 4 minutes.

Ideal served with the chimmi-churri

FREE-RANGE PORK AND LEEK SAUSAGES

(consume within 2 days)

Cooking time: allow 10 minutes

These handmade sausages combine the finest free-range pork in Australia from Extraordinary Farm outside of Dubbo, together with sweet leeks. I would recommend charring some onions in a pan to add some sizzle to your sausage.

Remove your sausages from the fridge, remove the packaging, and allow to come to room temperature.

Light your fire or BBQ or preheat a frying pan.

Over hot embers or grill the sausages for 8 to 10 minutes until golden brown all over and the juices run clear.

Ideal served with the Bush tomato sauce and/or the Honey Mustard

ANDEAN GOLD POTATOES, GARLIC REFrito

These beautiful golden Andean sunrise potatoes are grown by Gary Kadwell in Crookwell and have a delicious nutty flavour and rich golden colour, which makes for the ultimate crispy roast potato.

Wash and lightly scrub potatoes and place in a large saucepan, add enough cold water to cover by 2.5cm, add 20g salt (2 tablespoons salt flakes) and bring to a boil.

Reduce heat and simmer for 15-20 minutes, until you can pierce potatoes with the point of small paring knife without any resistance.

Drain immediately, and leave for a few minutes to cool slightly, but while still warm, break the potatoes open to release the steam.

Heat a frying pan or a roasting tray over high heat, pour in ¼ cup of the oil and, when smoking, add potatoes and fry or roast for 8-10 minutes, until the bottoms are crisp and golden brown. Turn the potatoes and cook for a further 8-10 minutes, until the other side is golden brown.

When potatoes are golden and crisp, add the garlic refrito and continue to roast or fry for a further 1-2 minutes on a medium heat until the garlic caramelises.

Season with salt and serve immediately

SWEETCORN, SMOKED BUTTER

(consume within 2 days)

Sweetcorn is made for grilling; the sunny vegetable's natural sweetness is enhanced by grilling in the husks, which protect the corn while imbuing a rich smoky flavour.

Light your fire or BBQ.

Soak your corn in water for 10 minutes to ensure the husk does not ignite immediately. Place the corn directly on the burning embers or a hot grill, rotating until evenly blackened on the outside. Transfer to a clean tray and, allow to rest so that it steams in its husk.

Suspend the grill approximately 10 cm (4 in) above the embers. Removing the husk and filaments, grill the corn for 6 to 8 minutes until nutty and toasted.

Alternatively, (for stove top cooking) remove the husk and corn filaments and cook in boiling salted water for approximately 6-7 minutes until tender.

Remove the corn from the heat, trim the ends and halve each cob if desired. Whilst still warm melt over the smoked butter, rolling it to ensure that it soaks up all that buttery goodness. Season with a sprinkle of salt flakes, some cracked black pepper (if desired) and serve immediately whilst still steaming hot.

FIREDOOR X MESSINA ROCKY ROAD GELATO

This mind-blowing gelato from our friends at Messina combined milk-chocolate gelato, raspberry jelly, caramelised peanuts, marshmallow, and honeycomb to really sweeten your Dad up -if he wasn't sweet enough already.