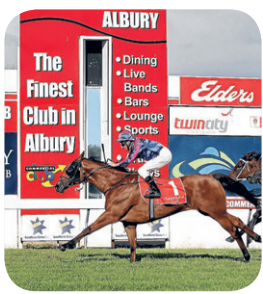


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TODAY'S LIFESTYLE MAGAZINE

fresh

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MANU'S KITCHEN RULES

BY SUE WALLACE

THERE's a pile of mismatched diced onion in front of me, the oil in my frying pan is turning black and my stuffed fillet of pork is definitely lopsided.

Flustered?

I admit I am — and perhaps a tad out of my depth.

How do you keep up with a celebrity chef, who's charming, good looking and has an appealing French accent to boot.

It's not every day you get to do a cooking masterclass with the oh-so-debonair Manu Feidel.

In less time than you can say *My Kitchen Rules*, he's come to my rescue.

He ditches my efforts, shows me how to re-dice another onion, fixes my lopsided fillet and whisks away the burnt oil and replaces it.

It's all done in a flash and we move on to the next step.

"You make it look easy," I tell Feidel, who is sharing his skills at a small masterclass at Wodonga TAFE.

"It's taken me 25 years to learn, so you aren't doing too badly," he jokes.

Today we are cooking two dishes — Filet Mignon de Porc aux Pommes et Sauge and Cotes de Porc Dijonnaise.

You have to admit some of the romance is lost in translation, pork stuffed with apple and sage and pork cutlets with creamy mustard sauce, just doesn't have the same ring.

Feidel is the ambassador for Murray Valley Pork and is on a whistlestop tour visiting Rivalea's Corowa farm where it's produced and has dropped into Wodonga TAFE to take a class and encourage apprentices to take up cooking.

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Picture: TARA GOONAN

HOME GROWN with Sue Wallace

Manu's pork and apples rule

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He says he gets lots of offers to endorse products but only does so if he's passionate about its quality and consistency.

Feidel is particular about his pork and it's a bugbear of his that home cooks often overcook it.

"You don't have to kill it twice," he jokes.

Before long the class is humming and along I am slicing and dicing with the best of them.

"See, it's not that hard," says

Feidel, who considered a career in the circus before becoming an apprentice chef at the age of 15.

The pork fillet is stuffed with apple and sage, seasoned, then browned in a frypan.

"Leave it to caramelise, but don't burn it," he says, as the oil starts to smoke and splatter.

But this time I rescue it in time, hoping no fire alarms will be set off.

"People have been serving apple with pork for as long as they have been eating them — here I replace the more traditional apple sauce with a lovely apple stuffing," he says.

"I love cooking with pork file mignon as it is not only the most succulent cut of pork but also the quickest to cook."

The fillets are then whisked into the oven and Feidel tells us the importance of resting meat.

"If you don't they will be tough ... you need to rest it for half the cooking time and then reheat."

Next we are working on the pork cutlets with creamy mustard sauce.

"The mustard flavour here is mellow because its Dijon — make sure you use English, American or that stuff called French style — they are not the same

and some commercial mustards are just plain bad," he says.

The sauce takes some time to achieve the correct consistency and I am dipping my spoon in every few seconds so it doesn't overcook.

"A little more cooking time," Feidel says as he checks over his protégés for the morning.

"Sauce is important, remember that."

All MKR fans are familiar with Feidel's regular question to competitors — where's the sauce?

This time there's plenty.

The pork cutlets are fresh off in the oven and we slice Jerusalem artichokes that are deep-fried for a short time.

"Now we wait," says Feidel.

As we wait, I learn that he's in training to trek the Kokoda Track for his charity CanTeen, he lost 8kg on *Dancing With the Stars* and gains a few kilos during the MKR series.

"I love my life and I am a passionate about cooking," he says.

We take our seats in the dining room at Wodonga TAFE and our meal is served — Feidel toasts us all with a loud "bon appetit".

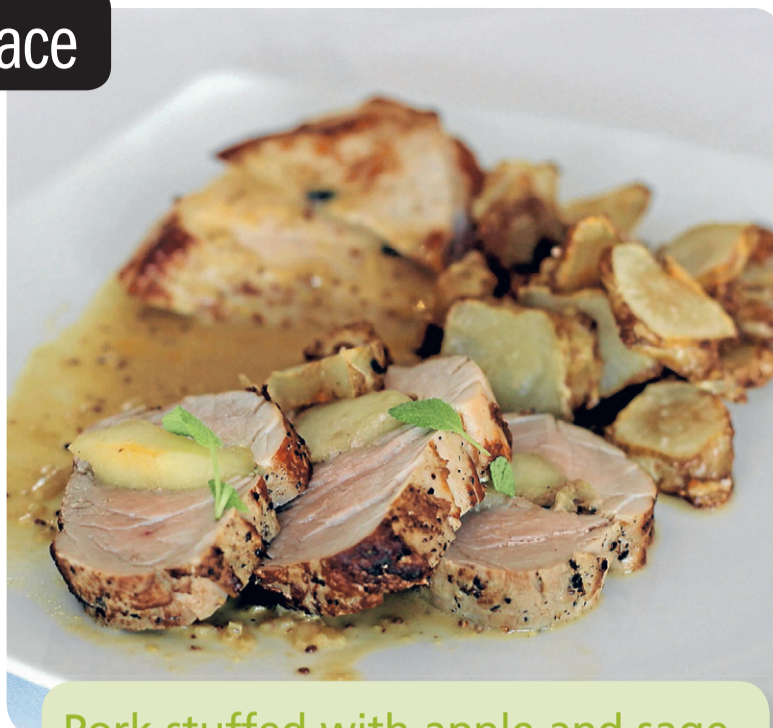
"You are all good cooks and I would eat at your house any time," he says.

I then ask that question that everyone wants to know — who wins *My Kitchen Rules*?

"As in the past it's the ones who are the quietest and who work hard and get things done that win," he confides almost in a whisper.

"Sue ... I could tell you who wins but as they say in the movies I would have to kill you."

And just for the record you are welcome for dinner any time Manu Feidel — just give me plenty of notice.



Pork stuffed with apple and sage

Ingredients:

1 x 400g piece pork file mignon

Olive oil, for cooking

1 granny smith apple, peeled, cored and cut into 6 wedges

Sea salt and freshly ground black pepper

20g unsalted butter

5 sage leaves

Vegetable oil, for deep-frying

500g Jerusalem artichokes, skin on and thinly sliced

Flat-leaf parsley or thyme leaves, to serve

Method:

Preheat the oven to 200°C. Use a sharp knife to make a hole through the centre of the pork, ready for the stuffing. Set aside.

Heat a little olive oil in an ovenproof frying pan over high heat. Add the apple and season well with salt and pepper.

Cook for 2-3 minutes, turning until golden all over, then add the butter and sage.

Fry for 1 minute or until the apple wedges are tender but

firm and still hold their shape; take care not to overcook.

Drain on paper towel to remove excess oil and butter.

Remove the pan from the heat and wipe clean with paper towel. Roll the sage leaves around the apple and insert into the centre of the pork.

Heat a little more olive oil in the cleaned pan over high heat and cook the pork for 2-3 minutes on each side or until golden.

Transfer to the oven and roast for 7 minutes. Set aside to rest.

Meanwhile, heat the vegetable oil for deep-frying in a large heavy-based saucepan over high heat until it registers 190°C on a sugar/deep-fry thermometer.

Fry the artichoke slices for 1-2 minutes or until golden. Drain on paper towel and scatter with parsley or thyme.

Cut the pork on the diagonal into 2-3cm thick slices, then spoon over any pan juices.

Serve with the artichokes to the side.

Serves two



● Manu Feidel gives *Border Mail* journalist Sue Wallace a few tips on how not to overcook pork cutlets. Picture: TARA GOONAN

ON THE PLATE

WITH SUE WALLACE

Browns toast Patricia

THERE will be celebrations this weekend to mark the 10th release of Brown Brothers' flagship range, Patricia, named in honour of the late Patricia Brown.

Patricia's Lunch event kicks off tomorrow with the re-opening of the family cellar, followed by a five-course lunch designed by head chef Douglas Elder.

Each course will be perfectly matched to the wines of the 10th release of the Patricia range, as well as some from the past decade.

There will be an acoustic performance by Tom Kline.

The cost is \$115 for Epicurean Club members and \$130 for non-members. Bookings are essential and can be made by phone on 1800 032 248.

On Sunday the family cellar will be open to the public as part of a winery tour.

Patricia's Table at the Epicurean Centre will offer an a-la-carte menu with specially designed dishes matched to the new release Patricia wines.

Once the site of Patricia's vegetable garden, the Epicurean Centre menu features local produce based dishes inspired by her love of food.

Bookings for Sunday lunch and family cellar tour are recommended.

Mrs Brown was the matriarch of the Brown family and worked in the wine business for more than 60 years.

In recognition of her passion and dedication to her family and hard work, the flag range of six Brown Brothers wines was named in her honour.

Wine and food lovers can also head to Rutherglen for its second weekend of Tastes of Rutherglen gourmet food and wine event.

Described as the ultimate food and wine party, 20 participating wineries will celebrate 25 years of the event over two weekends.

Meet the winemakers and discover the passion of North East Victoria's local producers.

Perfectly matched food and wine combinations will be offered at the wineries prepared by the region's best chefs.

Call 1300 787 929 or visit winemakers.com.au

