



MATT MORAN

Matt Moran has been at the forefront of the Australian food and dining scene for the last 30 years. He has won multiple awards for his celebrated restaurants, written many best-selling cookbooks and featured in some of Australia's favourite TV shows.

Matt is a true fourth generation farmer. With a rural upbringing on a classic Aussie dairy farm, his family still runs the property in the Central Tablelands of New South Wales, which supplies beef and lamb to his restaurants. He was the pioneer of 'paddock to plate' philosophy in Australia and believes in the importance of everyone understanding the origins of the food being served on their plate.

Matt is a co-owner and restaurateur of Aria Sydney, Barangaroo House, Chiswick Woollahra, Chophouse, North Bondi Fish, Opera Bar and River Bar and Kitchen.

BARBEQUED SOUTHERN ROCK LOBSTER, TARRAGON & MUSTARD BUTTER

INGREDIENTS

2 x 1kg Live Tasmanian Southern Rock Lobsters
200g salted butter, at room temperature
1 Bunch tarragon, leaves picked
2Tbs seeded mustard
1 lemon, zest

Foraged Green Salad –
Serves 4 as a side

red onion, peeled and finely sliced
100g purslane
10 nasturtium leaves
80g sea spray or sea blite
80g beach bananas
1 bunch red radish, thinly sliced
60ml olive oil
1 lemon, juice

Pickling liquid –
1 garlic clove, peeled and halved
1 small red chilli, split in half
250ml (¾ cup) white wine vinegar
100ml water
1 teaspoon caster sugar
1 teaspoon sea salt
½ teaspoon coarsely cracked black peppercorns

METHOD – LOBSTER

Pre Heat Barbeque or Grill on high heat.

To prepare the Tasmanian lobster, place the live lobster into a freezer for an hour, this will put the lobster to sleep.

Once the Tasmanian lobster is completely chilled remove from the freezer and using a sharp knife stab the lobster through the head and cut in half lengthwise through the shell. Place the lobsters onto a tray flesh side up.

For the butter, place the room temperature salted butter into a medium size mixing bowl, finely chop the tarragon leaves and place into the bowl. Add in the seeded mustard and lemon zest, season with salt and pepper to taste then mix well until all ingredients are combined. Remove the butter from the bowl and place into cling film or baking paper, roll into a log and using the edges of the cling film tighten the log to remove the air. Place the butter into the fridge or freezer until set.

Season the Tasmanian lobster halves with salt and pepper, cut the tarragon butter into 1 cm medallions and place 2 medallions on each half lobster.

Place the Tasmanian lobsters onto the pre heated barbeque or grill flesh side up and close the lid to keep the heat in. Cook for 8-10mins or until the flesh is just translucent in the centre and all the butter has melted and started to caramelise. Remove from grill and serve with lemon wedges. Serves 4.

METHOD – FORAGED GREEN SALAD

To make the pickling liquid, place all ingredients into a small saucepan and bring to a boil. Once at a boil add in the finely sliced red onion and remove from the stove. Allow the onions to cool in the liquid and drain the onion from the liquid (the pickling liquid can be kept and used again).

In a large mixing bowl, place the purslane, nasturtium, sea spray and beach banana then mix these ingredients together before adding in the thinly sliced red radishes. Season the salad to taste with salt and pepper, add in the olive oil and lemon juice and mix through. Place the salad onto a serving bowl and finish by scattering over the pickled onion slices. Serves 4 as a side.

For all recipes visit – www.trade.tasmanian.com.au

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Follow Matt on Instagram: @chefmattmoran

"Tasmania is home to some extraordinary seafood. I particularly love Tasmania's Southern Rock Lobsters - they're some of the best in the world. I love cooking them in tarragon and mustard butter." Matt.