

OUT entertaining

from farm to table

*A new book from The Farm at Byron
Bay celebrates wholesome food to share.*



FENNEL,
RADICCHIO,
CAPER & PINE
NUT SALAD

“One of the most rewarding ways to connect is through the growing and sharing of food”

EMMA & TOM LANE, AUTHORS



SPRING FENNEL, RADICCHIO, CAPER AND PINE NUT SALAD

SERVES 8

PREPARATION TIME 15 minutes

- 2 large fennel bulbs, finely sliced
- 1 celery heart with leaves, finely sliced
- 15g (½ cup) flat-leaf (Italian) parsley, finely sliced
- 15g (¼ cup) dill, chopped
- 1 head of radicchio, torn into small pieces
- 100g baby capers, rinsed and squeezed dry
- 80g (½ cup) pine nuts, toasted
- 100g good-quality parmesan cheese, shaved
- edible flowers, to garnish (optional)

DRESSING

- 2 teaspoons dijon mustard
- juice of 1 lemon
- 1 tablespoon apple-cider vinegar
- 1 teaspoon pomegranate molasses
- 1 garlic clove, crushed
- 100ml extra-virgin olive oil

1. Place all the sliced ingredients in a large salad bowl with the chopped herbs and torn radicchio. Season with salt and pepper. Mix well and arrange on a platter.
2. Creatively top with capers, pine nuts and parmesan.
3. To make the dressing, put all the ingredients in a jar and shake until emulsified. Season with salt and pepper, then evenly pour over salad and serve. For an extra special look, garnish with edible flowers.

HERBAL VINEGAR

PREPARATION TIME 5 minutes (plus infusing time)

COOKING TIME 5 minutes

- 500ml cider vinegar or wine vinegar
- 1-2 handfuls of freshly picked herbs, such as basil, chervil, dill, fennel, garlic, lemon balm, marjoram, mint, thyme, rosemary, winter savoury or tarragon

1. Gently warm the vinegar over low-medium heat.
2. Bruise your freshly picked herbs in a mortar and pestle, or use a large heavy bowl and the end of a rolling pin.
3. Add the bruised herbs to a clean jar. Don't pack them in - keep them loose.
4. Pour over enough warmed vinegar to fill the jar. Seal with an acid-proof lid.
5. Set the jar on a sunny windowsill for around 2 weeks, gently shaking each day.
6. After two weeks, strain the vinegar through a fine sieve into an attractive bottle and store in the fridge. Compost the herbs. Use the vinegar for salad dressings and as a sauce for steamed vegetables.



This is an edited extract from *The Farm Community* by Tom and Emma Lane (pictured top right), published by Hardie Grant Books, \$39.99

* the joy of the simple life

Something wonderful happens when you work in a community of people pulled together by a common goal. One of the strongest and most rewarding ways to connect is through the growing and sharing of food. Real food. Thousands of years ago our ancestors knew this; however, with the advent of

machinery and a decline in organic farming practices in the twentieth century, we began to forget about the importance of growing food communally. The emphasis became about mass production rather than quality, with machinery replacing humans, and synthetic

fertilisers, pesticides and genetic modification replacing traditional practices. *The Farm Community* is about how real change can happen when people work as a community, following organic farming principles. It's about the joy of simple living, and you can taste the difference in every bite. **10**