

WINTER STYLE BOTHAM BLUE CHEESE HARVEST BOWL

Serves 4

Prep & Cooking Time - 1h30min

Suggested pairing - Fairview Broken Barrel White

Poke bowls, harvest bowls and smaller salad bowls packed with a punch are featured on most menus these days. A combination of grains, vegetables and protein all freshly served up with healthy dressings. Think of a creamy, full body blue cheese and a whole host of complimentary ingredients wrapped up in a delicious Winter style salad. We invited some of Botham Blue cheese's cooler climate friends including wine poached pears, pickled beetroot, toasted walnuts, roasted pumpkin and a zesty citrus dressing. Healthy quinoa and rye crispbread turns the dish into a substantial meal while also adding some lovely, crunchy texture!

For the rye crispbread

100g cream, whipping cream works best for this recipe

150g water

130g rye flour

160g strong bread flour

5g salt

7g instant action dried yeast

Sea salt

5 g Caraway seeds

In a small pot heat the cream and water together until warm to the touch. In a bowl mix the flours, salt and yeast. Add the cream mixture and mix to form a dough. Turn out the dough on to a lightly floured surface and knead for 4 minutes. Place in a bowl, cover with a cloth and leave in a warm spot for 30 minutes. Cut the dough in small pieces. On a floured surface roll each piece into the required shape, place on a baking tray and sprinkle with sea salt and caraway seeds. Bake at 190°C for 10-12min until light brown and crispy.

For the quinoa

1 cup red quinoa

1 cup white quinoa

Follow the cooking instructions on the packet and cook both red and white quinoa separately.

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For the pumpkin

250g pumpkin, cut into cubes

Place pumpkin into roasting tray with 50ml olive oil, salt & pepper. Roast in oven at 180°C for 20-25 min or until soft.

For the beetroot

4 small beetroots, peeled (Substitute for 2 large beetroots, peeled and cut into quarters)

50ml Balsamic vinegar

2 tbsp brown sugar

Place the beetroot, vinegar and sugar in a small pot and cover with water. On a high heat bring to the boil. Turn the heat down to medium and cook till soft. Keep checking the water level.

For the red wine poached pears

Fairview Shiraz 100ml

2 tbsp sugar

1 whole Star anise

1 Cinnamon stick

2 pears, peeled, halved and core scooped out

On a medium heat bring to a simmer the wine, sugar, spices and 200ml water. Place the pears in the liquid and cook gently for 15-20min or until soft. A slight resistance when pressed with a sharp knife is ideal.

For the white wine poached pears

Fairview Sauvignon Blanc 100ml

2 tbsp sugar

2 seeds cardamon

1 bay leave

2 pears, peeled, halved and core scooped out

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On a medium heat bring to a simmer the wine, sugar, spices and 200ml water. Place the pears in the liquid and cook gently for 15-20min or until soft. A slight resistance when pressed with a sharp knife is ideal.

For the walnuts

100g walnuts

Place on roasting tray and sprinkle with some salt. Bake at 180°C for 12-15min or until lightly browned and toasted.

For the citrus dressing

1 orange

1 grapefruit

10ml White wine vinegar

10ml Dijon mustard

10ml honey

10g chia seeds

2 tbsp Olive oil

4 tbsp sunflower oil

Salt

Pepper

Peel the orange, grapefruit with a knife, cut out the fruit segments of both and set aside. Reserve the juice. In a medium bowl whisk together the vinegar, mustard, honey and chia seeds. Slowly pour in the oils while whisking to allow the dressing to thicken. Add some of the citrus juice to achieve the required consistency. Season to taste.

To assemble mix some red and white quinoa, add some of the dressing and place on serving platter or individual bowls. Arrange with pumpkin, beetroot, citrus, toasted walnuts & poached pear slices. Place a good slice of the Botham blue cheese on top and serve with the cracker bread and some more dressing on the side.

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