



Trade secret

Simpatico's gnocchi with braised lamb

I recently went to Simpatico at Paddington for dinner and would dearly love to get my hands on their lamb and gnocchi recipe. It was absolutely delicious.
PS, Annerley

Gnocchi ingredients
500g waxy potatoes
150g 00 flour
1 egg

Method
Roast potatoes in the oven until cooked. Peel skins and mash the potato. Add salt, pepper and the egg and lightly mix. Add the flour and lightly knead to form a dough. Divide the dough into 4 or 5 manageable pieces and roll into tubes. Then cut into 2cm long pieces. To cook place into boiling water and when the gnocchi rises to the top, it is cooked. Place in iced water and refrigerate.

Braised lamb ingredients
2 lamb shanks
1 carrot
1 onion
½ stick of celery
500ml white wine

500ml orange juice
500g tomato puree
rosemary, thyme and a bay leaf.

Method
Preheat oven to 160C. Peel and cut vegetables into 1cm pieces. Seal the lamb shanks until they are golden. Add vegetables and allow to colour. Add wine and orange juice and reduce the liquid by half. Add the tomato and enough water so that the lamb is covered and then braise in the oven for 3-4 hours at 160C until the meat falls off the bone. Remove the lamb and allow to cool. Strain the sauce and reduce until it's a nice thick consistency. Pick the lamb meat off the bones and add to the sauce.

To finish
Cherry tomatoes, parsley, shallots and parmesan cheese

Method
Add some chopped cherry tomatoes to the sauce. Add the gnocchi and warm through. Finish off with some chopped shallots and parsley. Grate parmesan over the top to taste.

Send your request for recipes to Trade Secret, The Courier-Mail, GPO Box 130, Brisbane 4001 or email donnelyf@qnp.newstid.com.au

Memories of mum live on

Jules Clancy's cookbook is straight from the heart and will have you in tears, writes **Fiona Donnelly**

A BOX of tissues isn't usually an essential accessory when flicking through a cookbook but keep one handy when you pick up Jules Clancy's *and the love is free*.

The book celebrates home cooking and the recipes of Clancy's stay-at-home mum who died from breast cancer.

Subtitled *mum - a life with recipes*, it's dedicated "to mums everywhere - always treasure the time you have together".

"I still cry when I read it," says Clancy when I ask her if people comment about her book's ability to jerk tears (never a good look in a busy office).

"I started writing it for my family but when I was going through the recipes I felt so lucky to have had a mum who'd shared her love of food with us that I wanted to give others a chance to learn and enjoy it too," she says.

This is Clancy's first venture into publishing and the recipes are wholesome and straight forward. There's everything from shortbread biscuits to caramel slices and a delicious slow roast leg of lamb. She also took all her own pictures and did the styling - something she's used to handling because of her popular online blog thestonesoup.com.au.

Clancy says working on the project was a joy: "I really loved it. Sometimes it felt like mum was in the kitchen with me."

"There were lots of things that I hadn't had since I was small and they brought back memories."

Her mother had a little spiral bound notebook in which she wrote her recipes but Clancy discovered there were other dishes her sisters had taken and made their own. "It was nice to chat to them about it," she says.

"Sarah had baked lots of biscuits and mum's Christmas cake. She was bit younger too, so Mum had cooked her dishes like the Moorish Chicken recipe and she'd loved that."

Clancy's own favourite from the book is a recipe for her mother's Tuna Mornay.

"It's really comforting if you're feeling down," she says.

The Lamingtons are also special because of the memories of making them together.

"I went to boarding school and she used to make the cakes before I went back and

I'd roll them in the coconut," Clancy says.

"They remind me of times hanging out together."

After leaving school, Clancy ended up studying food science at university but then opted for a stint in the wine industry.

She worked in several Australian regions and then in Europe and also the US.

"I spent five years in the industry and then I realised it was really hard work and the best part of wine is drinking it!" she laughs.

Toiling in artisan wineries was romantic and outdoorsy but also involved lots of heavy lifting of barrels and hoses.

For the past 2½ years she's been at Arnotts Biscuits, designing chocolate biscuits and working in product development.

"Arnotts is a really great organisation to work for and we're making some of Australia's best loved brands," she says.

But Clancy says, when she graduated, she didn't really have a clear vision of what she would do with her degree.

"I didn't think about food factories or jobs developing new products. I didn't realise how much fun it was," she says.

Every day is different.

"Last week, I was in Adelaide for the first production run of a new Tim Tam, so it was 7am-7pm checking the quality and talking to the guys on the line."

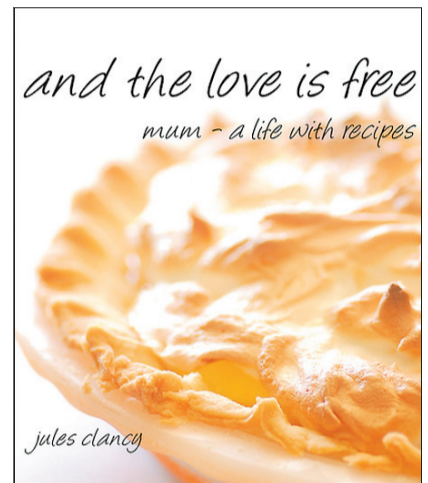
And yes she does get to sample as part of her job. "I have had to eat a lot of Tim Tams in this job," Clancy says.

"One day, when we were evaluating samples recently, I tasted over 20 biscuits in the one session - but only a nibble on the corner of each."

Has it put her off chocolate?

"If anything, I have become more of a chocaholic since I started working on Tim Tams!" Clancy laughs.

Jules Clancy's book, rrp \$29.95, is available online at www.thestonesoup.com



TIME TREASURED: Blogger Jules Clancy is the author of cookbook *and the love is free - mum, a life with recipes*.

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