



CLASSIC STUFFED CAPSICUM

Serves - 5 people
Stuffing Ingredients

- 100g Carrot, diced in 1cm cubes
- 100g Pumpkin, diced
- 100g Red onion, diced
- 100g Dried figs, soaked and diced
- 150g Tomato (seeds removed)
- 250g Jasmine rice (half cooked)
- 1 Bay leaf
- 2.5g Ground cumin
- 2.5g Ground coriander
- 2.5g Sweet paprika
- 1g Five spice
- 100ml Water
- 15g Parsley, chopped
- 15ml Extra virgin olive oil
- 15g Garlic, chopped
- Salt & Pepper to taste

Method

1. Sweat onion, carrot and garlic then add the other vegetables
2. When vegetables are cooked halfway through, add water, rice and spices
3. Keep stirring
4. When mixture is completely cooked through add herbs, olive oil and salt & pepper to taste
5. Set aside

Capsicum Ingredients

- 5 capsicums
- 1lt tomato juice
- 1lt water
- 3 garlic cloves
- 1 bay leaf

Method

1. Add water, tomato juice, garlic and bay leaf in a pot and bring to the boil
2. Cut off top and bottom of capsicum and remove the seeds
3. Add capsicum and braise for 5 minutes
4. Remove capsicums from pot & fill with stuffing
5. Roast in preheated oven at 180°c for 3-4 min

Serve the stuffed capsicum with a rich bolognese style tomato sauce

Visit butchersgrill.com.au for the sauce recipe

Recipe by: Vishal Thakur, Head Chef at Butchers Grill, Waterfront City Docklands
www.butchersgrill.com.au Ph: 9640 0696



MECCA BAH A MECCA FOR GOOD FOOD BAH NONE

Reviewed By Darren Binstock

Mecca Bah on NewQuay Promenade is a popular, relaxed and top spot to get together with good friends or colleagues to enjoy some mouth wateringly good Moroccan and Middle Eastern Cuisine. The atmosphere is vibrant, light and full of zest, just like the food. The panoramic views are sensational across Victoria Harbour and the city.

We thoroughly enjoyed a varied selection of mezze dishes including the spicy Turkish lamb Kofte with yoghurt and mint sauce, sucuk sausages on an absolutely

delicious spicy chickpea salad, satisfying Moroccan potato cakes with cumin and coriander, haloumi because one cannot go past fried cheese soaked in lemon, and chickpea battered mussels which I do declare were the best I have ever tasted.

We followed on with a generous main serving of char grilled calamari with minted cous cous which did not disappoint, unlike being too full to order dessert!



The atmosphere, staff and fabulous food under the direction of Chef Justin Cortellino are all perfectly blended. The staff are friendly and attentive. There is no pretention at Mecca Bah just good food, good service and a great location.

Open 11am - 11pm 7 days a week

55a NewQuay Promenade, Docklands.

Ph: 9642 1300, www.meccabah.com.au



Ph 9329 6868
14, 427 Docklands Drive,
Waterfront City Docklands

CHEF'S HINTS



By Joseph Benoit Alquier,
Head Chef at Steakhouse
www.steakhouse.net.au
Ph 9640 0808

Photo of Joseph by Kai Brethouwer

Cooking Steak at Home

Start with a little oil all over the meat, season both sides. Test the doneness of the meat by the way it looks and the resistance it gives when squeezed. The firmer the meat, the more cooked it is. For a thin steak, cook each side for 4 - 5 minutes and let it rest for 5 minutes (this gives you medium cooked). It is very important to let the steak rest as the meat relaxes and increases tenderness.

Rip Into Herbs

It is better to rip herbs up with your hands instead of slicing them; ripping them tends to bruise the herb which releases more flavour. For salads though, it is best to finely slice your herbs, this is what the French call "chiffonade".



Celebrate at Saganaki with a Free Birthday Cake

Celebrate your birthday at Saganaki and they'll provide the cake.

The cake is decorated with a personalised chocolate plaque, so it does need to be arranged in advance. Available to groups of 8 or more that order min 2 courses each. To find out more visit the specials page at www.saganaki.com.au.



Saganaki
62 NewQuay
Promenade,
Docklands,
Ph 9606 0008

www.saganaki.com.au



'DEDICATION' BY THE AUSTRALIAN STRING QUARTET

The Australian String Quartet are delighted to have 2008 Sydney International Piano Competition Winner, Konstantin Shamray join them. The concert begins with Australian composer Gordon Kerry's work titled Variations, flowing onto Brahms' dramatic and passionate String Quartet in C minor and Schumann's virtuosic Piano Quintet.

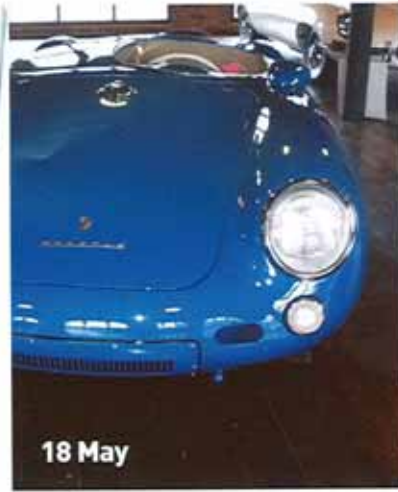
When: Thursday 7th May
Where: Melbourne Recital Hall - Cnr Southbank Boulevard and Sturt Street, Southbank
Tickets: General \$60.10 / Concession \$46.10 / Student \$21.50
Web: melbournerecital.com.au



BUDDHA DAY & MULTICULTURAL FESTIVAL

Buddha's Day and Multicultural Festival is a unique annual event which celebrates Melbourne's diverse multicultural society. The Festival commemorates the birth of the Buddha, one of the most significant days of the Buddhist calendar incorporating the traditions of Buddhist ceremonies including 'Bathing of the Buddha' and daily Dharma ceremonies. The Wishing Bell, traditional incense offerings and a vegetarian culinary tour of Asia along River Terrace.

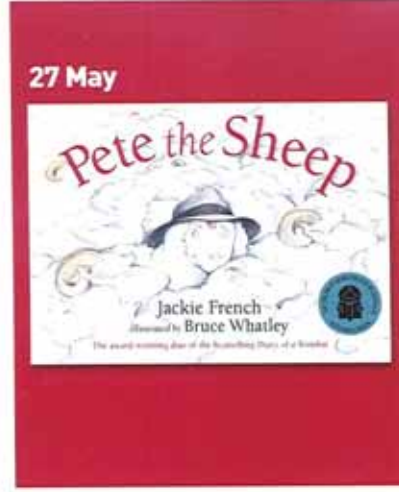
When: 16 & 17 May from 10:00am - 5:00pm
Where: Throughout Federation Square Complex
Web: www.buddhaday.org.au



THE FOX CLASSIC CAR COLLECTION

The Fox Classic Car Collection has up to 50 vehicles on display, featuring the largest collection of Mercedes Benz in the southern hemisphere and classic vehicles owned by Elvis Presley, Pablo Picasso and James Dean. Marvel at performance vehicles featuring Ferrari, Jaguar and Porsche.

When: 18 May 10am - 2pm
 Otherwise Open every Tuesday February to November
Where: Cnr Collins St and Batman's Hill Dve, Docklands
Cost: \$10 & \$8 door entries assist charities - Visitor Parking Available
Web: www.foxcollection.org.au



2009 NATIONAL SIMULTANEOUS STORYTIME

Take part in the 2009 National Simultaneous Storytime organised through the Australian Library and Information Association to promote the value of reading and literacy and books while promoting an Australian writer and publisher. This is a great opportunity for families to get together and have fun reading. The selected book for 2009 is 'Pete the Sheep' by Jackie French. Storytime held at 11am each Monday at the Hub for children aged 2-5 to encourage a love of reading.

When: Wednesday 27 May at 11am
Where: Anywhere or your local Library
Web: To register visit: www.alia.org.au



Cruises

Brunch Cruise
 Buffet, drinks, entertainment
 9.45am-11.45am. \$59pp

Lunch Cruise
 12:45-3.30pm. \$88pp
 Buffet, dessert, entertainment
 Departs: Waterfront City
 Ph 9285 0000
www.rivers.net.au

Docklands

BlueFire Churrascaria Grill
www.bluefiregrill.com.au
 Ph 9670 8008

Fish Seafood Grill
www.fishrestaurant.com.au
 Ph 9640 0686

For more options visit
docklandsmelbourne.com.au

Surrounds

Butchers Grill
 Mediterranean cuisine
www.butchersgrill.com.au
 Bourke St CBD. Ph 9639 1222

Windows on the Bay
 Beachfront location
www.windowsonthebay.net.au
 Mordialloc. Ph 9580 2899

Mother's Day

SUN 10th MAY

Spoil MUM with a sensational lunch by the water, or enjoy a special brunch cruise with live entertainment. Kids under 12 FREE Cond. apply