

## Seasonal cook



Photo: Quinlan Jones

# Fridge magnets

Make the most of leftovers, writes STEVE MANFREDI.

Christmas is fast approaching. Many households will have a roast bird of some kind with roast vegetables for Christmas lunch, as well as the inevitable leftovers. With a little planning, the enormous amount of work put into one meal can pay off for days to come.

Here's how to do it. Tear off all the remaining meat from the carcass (I'm using chicken but it can be turkey) and put it in a covered container in the fridge. Ditto with the vegetables. Place the remaining chicken bones in a large pot, fill to about 5 centimetres from the top with cold water and add a couple of chopped celery sticks, a peeled and quartered onion and a chopped carrot. Throw in a handful of parsley stalks and bring to the boil, lowering immediately to a simmer. Keep it bubbling gently for 3 hours. Strain the stock, cool and refrigerate.

There are several ways to proceed from here.

For lunch, roughly chop up the leftover chicken and roast vegetables, toss with some grated cheddar, gnyere or parmesan and fill some jaffles before toasting. Serve cut in triangles with a salad. The featured salad can be made with just about any leftover meat – turkey, pork, ham or lamb.

A risotto, using the chicken stock, is a quick and easy meal for up to six people. Make simply with the addition of saffron and finished with the chopped roast vegetables, most of the preparation is already done.

It's really simple for a competent cook to put together delicious dishes with great ingredients but the mark of a really good cook is how cunningly the leftovers are used.

smanfredi@smh.com.au  
twitter.com/manfredistefano

## LEFTOVER CHICKEN, ROAST VEGETABLE AND MACADAMIA SALAD

**100g macadamia nuts, shelled**  
**1-2 cups leftover roast chicken meat**  
Leftover chicken skin, crisped in hot oil  
**2 cups leftover roast vegetables**  
**1 bunch rocket leaves, well washed and dried**  
**3 tbs extra virgin olive oil**  
**2 tbs red wine vinegar**  
**Salt and pepper**

Toast macadamia nuts in a pan on medium heat without oil. Move them around constantly until lightly coloured. Set aside to cool, then roughly chop. Shred or slice chicken meat and skin into bite-sized pieces and place in a large bowl. Cut roast vegetables into smaller pieces if need be and add to bowl with chopped rocket and cooled nuts. Dress with oil and vinegar, season with salt, toss and arrange in serving plates. Finish with a few turns of cracked pepper.  
**Serves 4 as a quick lunch with crusty bread (pictured)**  
Wine Verdelho or Albarinho

## SAFFRON RISOTTO WITH LEFTOVER ROAST VEGETABLES

**2L hot chicken stock**  
**50g salted butter, plus**  
**200g salted butter**  
**1 onion, finely chopped**  
**850g risotto rice such as carnaroli or arborio**  
**100ml dry white wine**  
**Pinch saffron threads**  
**1 cup leftover roast vegetables, chopped into 1cm cubes**  
**Salt**  
**80g parmesan, finely grated**

Place chicken stock in a pot and bring to boil. In a large, wide pan heat 50g butter, add the onions and lightly fry until transparent – do not let them colour. Add rice and stir until grains become transparent. De-glace with wine, allowing wine to completely evaporate. Add a couple of ladles of boiling stock then saffron and simmer until liquid is almost entirely incorporated. Keep adding stock a little at a time until almost cooked (about 20 minutes). Add chopped vegetables and stir in with a few pinches of salt. Remove from heat, add remaining butter and parmesan, stirring vigorously until creamy. Rest for 3-4 minutes with lid on before serving.

**Serves 4-6 as a substantial first course**  
Wine Tempranillo

## Full bottle

### CELLARING

**KOORYONG FERROUS PINOT NOIR 2009, \$62**

There are three single vineyard pinots in the Kooyong stable, all quite different despite the close proximity of each site and the fact they are made the same way. Meres is charming. The structured Haven needs the most cellaring. And Ferrous? It's an extraordinary wine. Also structured and on the fuller side of medium bodied, it has precise, almost grainy tannins and builds on the palate. Ideally it needs cellaring, although it opens up superbly. It's fragrant and spicy, with plenty of tanga acidity.



### TRYING

**HAHNDORF HILL WINERY BLUEBLOOD BLAUFRANKISCH 2009, \$35**



Hats off to Hahndorf Hill in the Adelaide Hills. It has a penchant for growing and making excellent Austrian varieties, including this red, blaufrankisch. What's the Aussie '09 like? Utterly delicious. It's incredibly fragrant and floral, with vibrant, spicy fruit. It's also on the lighter side of medium bodied and quite delicate yet satisfying with its silky, pinot noir-esque tannins. Hard to track down but worth ordering through hahndorfhillwinery.com.au.

### CELEBRATING

**HOUSE OF ARRAS BRUT ELITE CUVEE A01, \$60**

The House of Arras has built up a portfolio of exemplary aged wines. The key to great sparkling, chief winemaker Ed Carr says, is allowing it to age on lees. Brut elite is the non-vintage. It's incredibly fresh, almost delicate on the nose, yet has real presence and complexity on the palate with its fresh and candied citrus notes, spice adding with warm spice spray with the savouriness, creamy mousse and a backbone of bright acidity. A classy, celebratory drink.

Jane Faulkner

