

JUST DESSERTS

A FINE DINING GASTRONOMIC JOURNEY BEGINS
IN THE KITCHEN AND ENDS WITH A DECADENT DESSERT.

The stakes are high for up and coming chef Lachlan Colwill. Having recently won his first Jeunes Commis (Young Chefs) Competition as part of the Australian chapter of La Chaîne des Rôtisseurs, he will soon be jetting off to the 'Big Apple' to represent Australia in the international competition. As the epicurean equivalent of *Masterchef*, this trip will almost certainly mark the beginning of his dream, to build a career as a chef on an international level, eventually running his own fine dining establishment in Australia.

The Chaîne des Rôtisseurs is an international gastronomic society founded in Paris in 1950. It is devoted to promoting fine dining and preserving the camaraderie and pleasures of the table. Boasting over 25,000 members in over 70 countries, the Chaîne brings together members worldwide who appreciate and share a mutual interest in cuisine, wine and fine dining. Established in Switzerland in 1977, the Jeunes Commis Competition promotes future young chefs by giving them the opportunity to develop and demonstrate their skills. The competition itself is surrounded by intrigue, as each young chef is given an identical



mystery basket which includes ingredients they must use to execute a 3-course menu in four hours, the first 30 minutes being devoted to menu writing. Dishes prepared by the contestants are judged on taste, presentation and originality.

Colwill's career as a chef and passion for the industry began in 2004 when he was offered an apprenticeship at 1918 Bar & Grill in the Barossa Valley. Prior to this, as a young child he was always involved with the culinary side of things at home and was fortunate enough to inherit his parent's flair for cooking. When asked about his winning dish, Colwill attributes his triumph to his dessert of salted chocolate mousse, blood orange curd, candied pine nuts and strawberry concase, "I knew the flavour balance and textures would all work well together for this dish. I gave myself a good amount of time to concentrate on the methods and plating of the dish," he says.

Colwill affirms that being crowned the 2009 Junior Chef for the Australian chapter of La Chaine has not only been the highlight of his career, but it has inspired him significantly. "Winning this opens a lot of opportunities within my career and shows me my goals can be reached. It is good to be able to show your skills and be recognised for it by your peers, this is a great inspiration." Chef Graeme Shapiro is Vice Consieller Culinaire for the La Chaine des Rotisseurs Western Australian Committee and is in charge of running the Jeune Commis Rotisseurs competition. He maintains that it was Colwill's "kitchen manner as well as his techniques and presentation," that won him the title. "I have no doubt that he is the correct candidate to represent Australia in New York in September," Chef Shapiro said.

RECIPE

SALTED DARK CHOCOLATE MOUSSE, BLOOD ORANGE & STAR ANISE CURD WITH CANDIED PINENUTS AND STRAWBERRY CONCASE.

SALTED DARK CHOCOLATE MOUSSE

4 egg yolks
100g caster sugar
300g dark chocolate
350ml cream (whipped to medium peak)

METHOD

Place chocolate in a bowl and melt over a double boiler. Place egg yolks and sugar in a mixing bowl and whisk until pale in colour. Remove the melted

chocolate from the double boiler and let cool to room temperature. Place egg mixture over the double boiler and continue to whisk until mixture becomes light and fluffy in texture. Add melted chocolate to egg mixture until fully incorporated then gently fold in whipped cream. Place in a sealed container and refrigerate.

BLOOD ORANGE & STAR ANISE CURD

2 blood oranges
4 star anise
80g caster sugar
2 whole eggs and 2 egg yolks
120g unsalted butter

METHOD

Juice and zest oranges and combine in a medium sized saucepan. Add sugar, star anise and eggs and place over a low heat. Continue to whisk mixture over heat until it slightly starts to thicken. Remove saucepan from heat and whisk in the butter 20g at a time until fully incorporated. Strain the mixture and refrigerate until cool.

CANDIED PINE NUTS

200g pine nuts
100g pure icing sugar

METHOD

Lay pine nuts on a baking tray lined with baking paper. Sieve icing sugar over the pine nuts until you achieve an even coating. Place the tray in an oven heated to 200°C and bake until the sugar lightly caramelises on the pine nuts. Remove tray from the oven and leave to cool. When cool place pine nuts in an airtight container until ready to serve.

STRAWBERRY CONCASE

6 fresh strawberries (washed and dried)

METHOD

Dice strawberries into even 4mm cubes and reserve the perfectly cut squares for garnishing.

