

## SHOPPING BASKET

Global ingredients we've used in our recipes this month.

### Frozen shredded coconut

Imported from India and Thailand, this is sold shredded, shaved, sweetened and unsweetened. Defrost it in the fridge and pat dry with paper towel before use.



### Mochi

From Japan, this glutinous rice is pounded into a purée, then shaped into cakes. It is served soft or left to harden, then toasted until puffed and golden.



### Pickled krachai

Less pungent than ginger or galangal, this long finger-like rhizome can be hard to find. The pickled version in jars is a convenient substitute.

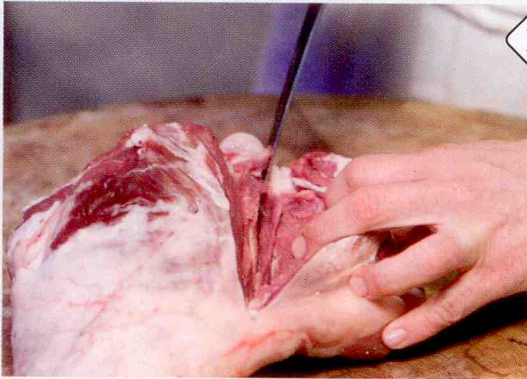


BUTCHER

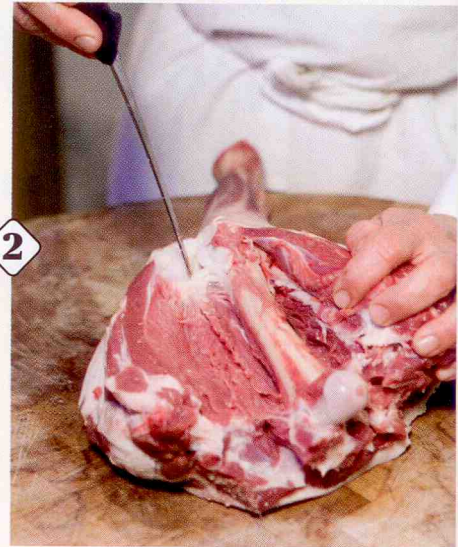
# SKILLS

CONSIDERING A LEG OF LAMB FOR YOUR FESTIVE TABLE? ANTHONY PUHARICH OF SYDNEY'S VICTOR CHURCHILL AND VIC'S MEATS SHARES HIS GUIDE TO DEBONING A LAMB LEG, SO YOU CAN TRY IT AT HOME.

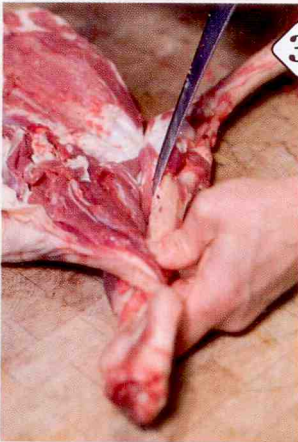
See page 82 for our authentic Lebanese spiced stuffing that's perfect for roast lamb.



**1** Using a sharp knife, make a vertical incision where you can see the bone at the wider, top end of the leg of lamb, so the bone is exposed.



**2** Using a scraping action with your knife, remove flesh from length of leg bone until you reach the leg joint.



**3** Slice through the joint and continue the scraping action to remove flesh from the bone.

**4** Cut around bottom of bone and then finish cutting through flesh to remove bone completely.



**5** Remove any remaining cartilage and press lightly to flatten.



**6** The deboned leg of lamb can now be flattened with a meat mallet and stuffed, rolled and roasted. Or, cut lamb into pieces, marinate, skewer and barbecue.