

off the fence.

Al Brown's Dishing Up Australia

10 x 30'

EPISODIC BREAKDOWN

1. South Australia - Barossa

Adelaide throws up delicious street food with its food trucks and inner city market – with over 200 stalls of fresh fruit, vegetables, meat. Al then heads to the Barossa – where the food and wine are as rich and intense as the land. After visiting The Barossa Cheese Company, Rockford Wines and the SchuAm piggery, Al's final dish is a pork roulade, layered with cold cuts from a local German butchery, and served with a coleslaw of fresh apple, cabbage and caraway seeds.

2. Tasmania – Hobart/Bruny Island

Al tries fresh wasabi at a market, and meets one of his chef heroes, before a sharp encounter with a man who forges knives in his backyard. Then on to Bruny Island for a smorgasbord of seafood delights, from oysters on the beach, to blue mussels in the estuaries. Al ends his journey lighting a fire on the rocks and wrapping crayfish in fresh kelp before cooking it in the hot coals.

3. Darwin and the Northern Territory

Al tries raw kangaroo, fishes for barramundi and gets up close and personal with crocodiles. The journey begins at the markets in Darwin where he discovers a craze for Asian-influenced street food. A quest for the famous local fish, Barramundi, is next, before Al tries some rare kangaroo. Then it's up to the Katherine region to stop at Cicada Lodge, to meet Australia's finest indigenous chef, who prepares a croc tail. For his final dish, Al puts barramundi to the test. Sliced raw, sashimi style, it's simple and delicious.

4. Queensland and Sunshine Coast

Brisbane blows Al away when he goes to the Courthouse market, and tries pineapple that explodes in his mouth with fresh sweetness. From back-alley bars to classy restaurants, Al discovers Brisbane's vibrant night life. On to the coast, for a feast of fresh prawns. The final stop is with Trevor, who makes buffalo haloumi cheese, which Al makes into a dish with a blue crab and a Moreton Bay bug salad with fresh coriander, chilli, lemongrass and a touch of that sweet pineapple.

5. Kangaroo Island, South Australia

Al stops in to McLaren Vale, which looks just like Tuscany and has the vineyards to prove it. Then on to Kangaroo Island, where he meets Dave Clifford, beekeeper to the last known pure strain of Italian Liguarian honeybees. With honey, local sheep's milk cheese, local olive oil and the best gin he's ever tasted, Al takes a picnic to the Remarkable Rocks, a stunning natural monument. Then, for his final dish he serves up a fresh squid salad with a roasted red capsicum vinaigrette, squid ink croutons and local lambs chorizo.

6. Melbourne and Mildura

Al is in the small town of Mildura, a tiny town with a large Italian community. Al tries a honey and chocolate flavoured beer, before heading out to find Buddha limes – after all, Mildura is known as the citrus capital of Australia. He's sent packing with a box of citrus that could cure 100 common colds! Al's final dish is a slow cooked goat, covered in Mediterranean spices, served with grilled fennel, tomato and red onion and homemade fresh tabouleh over grilled aubergine.

7. Cairns and Tropical North Queensland

Al busts out his Hawaiian shirt to visit Rusty's market, an institution since the 1970's, with more tropical fruit than he's ever clapped eyes on. It's also known for coffee, and after sampling a drop, Al drives to find the oldest coffee plantation in Australia. The tropics are the ideal location for a cocktail so Al creates his take on a passion fruit mojito. Fresh vanilla beans and cinnamon join Al's collection of finds for a final coffee custard, with caramelized lady finger bananas and a dark rum and vanilla syrup.

8. Sydney & Jervis Bay

Al's on a mission to find the best seafood he can. Starting in Sydney, Al heads to the Rocks Market for a taste of the street – finding chocolate strawberries and chilli corn on the cob. The other side of Sydney dining experiences is oysters at a five star restaurant – the breakfast of champions. Inspired, Al heads out to meet oyster farmer Steve Filetti, who helps him create a pan fried black fish with a fresh tomato sauce with capers and sweet chilli peppers.

9. Melbourne Victoria and The Grampians

Al hooks up with old friend Adam D'Sylva, the King of Asian fusion food, and who cooks the freshest beef you can imagine: grilled on the butchers block! On to The Grampians – a three hour drive out of Melbourne but well worth it, when Al finds the largest kitchen garden he's has ever seen. Al cooks his final dish on top of the Rocky Mountains at The Grampians National park. It's middle-eastern inspired: Mt Zero olives and chickpeas, sheep's milk yoghurt and stunning pasture fed beef.

10. Western Australia Broome and the Kimberley Coast

Al starts his journey at the local markets, tasting the town's famous spicy Asian cuisine. Then Lizzie at the Kool Spot café makes him her pearl meat dish, before Al goes mud crabbing in the mangroves. Al's final cook up of the series is soft tortillas with fish rubbed in local spices and a fresh mud crab filling.

