

## Week Eleven:

This week we continue to see an abundance of autumn ingredients play a part in the creation of some beautiful dishes. Tiger nuts and chestnuts continue to be a favourite, with Barramundi, Custard Eggs and Artichokes making a grand entrance.

Over the weekend, Matt and Jo dried Barramundi fillets in the **Miele ESW 7020 Gourmet Warming Drawer**. So much more than a drawer for pre-heating crockery, this versatile appliance can also be used to keep food at the perfect serving temperature as well as a slow cooker. Matt and Jo used the warming drawer with their own twist by salting and dehydrating Barramundi fillets at a low temperature over 3 days. Once dried, they broke down the orange-coloured barramundi into flakes and made an XO sauce which will now replace the prawns and scallops found in previous dishes. Quite an ingenious approach to the drying process!



Matt and Jo tested a new recipe in the house this week with their roasted Artichoke and Chestnuts. The **Miele H 7860 BP Oven** delivered a perfect roast with the *TasteControl* function allowing food to stay moist and prevent overcooking which, results in less food wastage. Artichokes and Chestnuts are two common ingredients that are often paired together as they are complementary flavours. Both these ingredients can be blended after roasting into a rich and creamy soup for those cooler months. This can be cooked on the **Miele KM 7897 FL Full-Surface induction cooktop** on a low heat and simmer.

Matt and Jo's passion for dessert has not gone unnoticed in the Future Food House, and this week it wasn't any different. Tiger Nuts were back and featured in a new dish, Tiger Nut & Apple Tart. Baked in the **Miele H 7860 BP Oven**, using the Intensive Bake function which combines two separate processes simultaneously to save energy, removing the need to blind-bake the pastry at the base of the tart. So handy to have this efficient function available!



This week Jo shared a special video on her Instagram, which showed her using the **Miele DCG 7840 XL Combi Steam Oven**. This gave us an insight into how delicate her steamed custard eggs are to create. The steam oven has uses clever *DualSteam* technology which seals in flavour and nutrients fast while maintaining uniform temperature and humidity. With the use of *Automatic Menu Cooking*, Jo is able to fully prepare the custard eggs in one process without having to keep some ingredients warm. You can never go wrong with a custard egg, and guests thoroughly enjoyed this treat!

Adam James' warm welcome continued this week. Hosting dinner Wednesday night gave guests a special dining experience. Adam's fermentation obsession was demonstrated in an incredible Abalone Mushroom in a miso stock. The mushroom was slowly cooked in the **Miele ESW 7020 Gourmet Warming Drawer**. This process ensures all the flavours are infused over a longer period of time, reducing the chance of the mushroom drying out. Jo and Adam hosted a live stream on Wednesday evening where they talk all things #MissionToMars which you can access [here](#).

To experience some of the Miele products incorporated in the house and to gain a better understanding of their sustainable features

