

dinner at the farm

At a small farm in Malibu, guests enjoy a farm-to-table dinner in breathtaking scenery



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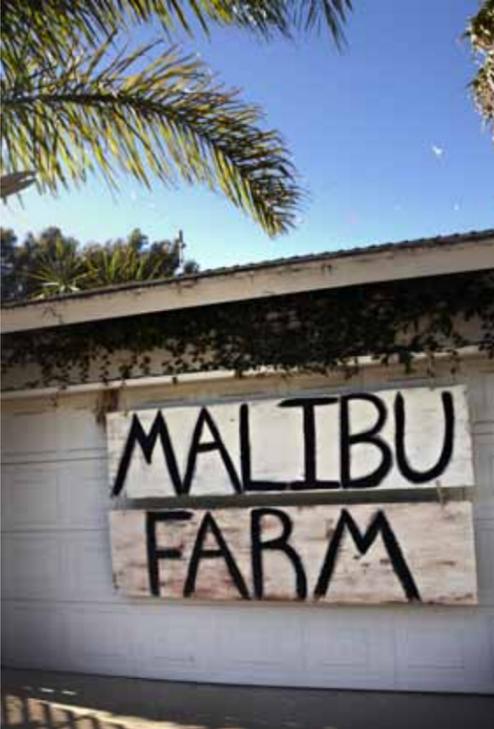




carrot and rocket salad



mustard chicken with fennel



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Like perfectly planted flowers, luxury houses pop up along the Malibu coastline. And there it is - Malibu Farm - a wildflower in the midst of the sea-side scenery.

Swedish-born Helene Henderson lives at the farm with her family, diligently taking care of her crops, animals and guests. Ten times a year she sets up a supper club in her backyard, where guests enjoy an extensive organic menu with wines and magical ambience.

Previously Helene ran a successful catering company in Hollywood, catering to Hollywood's A-listers. Then her clients gave her a good idea. "It all started with cooking classes," says Helene. "Then the cooking class participants - mostly women - suggested I throw a dinner where the husbands could attend and then it grew from there. In the beginning it was mostly friends, and now we have had guests from as far away as Arizona and San Diego."

The farm is serves freshly harvested produce, straight from the farm to table. "I am inspired by what I want to eat. I come from a catering and private chef background where all of my focus is on what the clients want to eat," she says.

At the farm there is an abundance of fruit and vegetables: rocket, beetroot,

carrots, chard, tomatoes, asparagus, herbs, raspberries, persimmons, grapes, figs, apricots, peaches, raw honey and eggs. All produce that the farm cannot provide, such as extra vegetables, wine, olive oil, meat, fish and dairy, is purchased from local organic farms. Some of these passionate suppliers are invited to display their artisan and organic products during the festivities.

"I want a visit here to be truly original, and introduce the guests to local products that they might not be familiar with," says Helene. "It makes the experience here more unique, while at the same time local, fresh ingredients taste better, and have not wasted fuel by travelling long distances."

The passion for food is rooted in her childhood. Helene's mother was a waitress in Sweden and at 12, Helene started to work at the same restaurant in weekends and during holidays. She was soon attracted to the kitchen. "I can't sing, I can't dance, I can't play ball - so the kitchen has been my professional home my entire life," says Helene.

Her food philosophy is simple. It's all about getting the best possible ingredients and having the confidence of doing as little as possible to alter them. "A little good oil, a sprinkle of salt and a dash of lemon is really all you need for a great meal. Doesn't really matter what it is, a fresh piece of fish, some baby potatoes, sliced ripe tomatoes, and a little rocket. Add oil, salt, lemon and you are having a

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tomato and mozzarella with red pepper pesto



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parmesan smashed potatoes



smoked eggplant dip



kale caesar salad



chunky farm hummus

carrot and rocket salad

1 bunch baby carrots, cut in half lengthways
 2 tablespoons extra virgin olive oil
 2 tablespoons honey or agave syrup
 sea salt and pepper
 1 lemon, cut in half
 1 bunch of wild rocket
basic lemon vinaigrette
 juice from 1 lemon
 1 grated garlic clove
 salt to taste
 3 tablespoons olive oil

Preheat the oven to 200°C. Place the cut carrots on a baking tray and drizzle with olive oil, and season lightly with salt and pepper. Roast for about 20 minutes, or until lightly browned and soft. While the carrots are cooking, whisk together the vinaigrette ingredients in a jug. Remove carrots from the oven when soft, and drizzle over some honey or agave, and a good squeeze of lemon. Toss the cooked carrots with rocket and the vinaigrette.

mustard chicken with fennel

6 chicken breasts, skin on, seasoned with sea salt
 ¾ cup dijon mustard
 juice from 1 lemon
 2 tablespoons chopped rosemary
 2 tablespoons olive oil
fennel salad

2 fennel bulbs, trimmed and sliced thinly with a mandoline
 2 tablespoons whole grain mustard
 juice from 2 lemons
 3 tablespoons olive oil
 1 bunch of rocket

Toss chicken with the mustard, lemon juice, rosemary and olive oil in a large bowl. Cover and refrigerate overnight.

Toss the sliced fennel with the mustard, oil and lemon. Season to taste with sea salt. This can be done a day in advance.

Grill the chicken until cooked through. Slice each breast into 3 pieces. Toss the rocket with the marinated fennel and serve chicken with the fennel and rocket salad.

tomato and mozzarella with

red pepper pesto

3 ripe heirloom tomatoes
 2 large balls of burrata mozzarella
 handful basil or rocket leaves
red pepper pesto
 1 red pepper, roasted and peeled
 ¼ cup pinenuts or cashews
 2 tablespoons parmesan cheese
 1 clove garlic
 2 tablespoons parsley or basil
 splash of balsamic vinegar

Slice tomatoes and arrange on a serving dish. Tear mozzarella into bite-sized pieces and lay over tomatoes. In a food processor, blitz pesto ingredients until just incorporated, and the nuts are ground up. Season the tomatoes and mozzarella with a little sea salt and shake over some extra virgin olive oil. Drizzle the pesto over, and top off with basil or rocket leaves. Serves 4-6 as a side.

soy sea bass

4-6 fillets of blue eye trevalla or mullet (around 150-200g each)
soy marinade
 ½ cup honey
 1/3 cup soy sauce
 1 peeled clove garlic, crushed
 1 piece of ginger, about 3cm long
 ¼ cup rice vinegar
 1 teaspoon dried chilli flakes
 ½ cup coriander or parsley
 3 tablespoons canola oil
 optional, to serve: sliced pickled ginger, extra chopped herbs, lime wedges

Whisk together the marinade ingredients in a large bowl. Place the fish in the marinade, cover with cling wrap and place the bowl in the fridge. Allow to marinate for at least 30 minutes, up to 2 hours. Grill or saute the fillets, start skin side down, until it is nicely browned, then finish it off in the oven until cooked through. Serve with ginger, herbs and lime.

kale caesar salad

2 bunches black kale
 ½ head romain or ice berg lettuce, sliced thin
 salt
 2 tbsp olive oil
dressing
 2 tablespoons mayonaisse
 3 tablespoons grated parmesan cheese
 1 clove garlic, finely grated

juice from one lemon
 salt to taste

1 squirt of worchister sauce
 3 tablespoons of olive oil
 Cut leaves into pieces, season with salt, and olive oil. Give the kale a light massage until leaves are glossy.

Whisk together dressing ingredients and pour over the lettuce. Season with additional salt if needed. Garnish with croutons (optional).

smoked eggplant dip

1 large eggplant
 1/2 medium onion, chopped
 1 tablespoon mustard seeds
 1/2 cup canned chopped tomatoes, drained
 juice from 2 limes
 1 grated garlic clove
 handful chopped dill, coriander or parsley

Place the eggplant in a dry cast iron skillet, or on a barbecue over high heat, keeping covered. Turn the eggplant every few minutes, until it collapses. Regularly check for softness, it should take about 20 minutes.

While you wait for the eggplant is to collapse, heat some olive oil in a pan, adding the chopped onion. Saute the onion until translucent, then add mustard seeds and canned tomatoes, and season with sea salt. Put the eggplant (including skin) and the onion/tomato mix into a food processor and blend until smooth. Transfer to a bowl and stir in lime juice, garlic, and chopped herbs. Taste and adjust seasoning as needed.

parmesan smashed potatoes

800g pound of fingerling potatoes
 225g salted butter, or to taste
 1/2 cup parmesan cheese, or to taste
 salt and pepper and rosemary
Roasted garlic
 6 cloves of garlic
 olive oil, to cover

Preheat oven to 180C. Roast garlic by cooking them in the olive oil, over lowest possible heat until soft and brown, for about 20 minutes.
 Boil potatoes in salted water, peel. Place in a oven proof container. Smash them with the roasted garlic, oil and butter. Season liberally with salt and pepper, add some fresh rosemary, and



soy sea bass



fig balsamic steaks



Name: Helene Henderson
Resides: On a farm in Malibu
Family: Husband John and three children
Occupation: Running Malibu Farm with organic farming and animals, arranging dinners at the farm, parties, events and cooking classes.
Career: Owned and managed Lavender Farms Catering in Los Angeles. Cooked for Hollywood celebrities such as Kiefer Sutherland, Madonna, Barbara Streisand and Seal. Author of the cookbook The Swedish Table.



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meringue with berries



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shower with grated parmesan. Now you can either bake this in a 400 degree oven until browned and crispy, or you can put the container on the BBQ.

fig balsamic steaks

6 thick skirt steaks or hangar steak
¾ cup fig balsamic vinegar (or use regular balsamic)
½ cup olive oil
2 sprigs rosemary, leaves picked
3 cloves crushed garlic
3 red onions, sliced

Season steaks with sea salt. Toss with balsamic, olive oil, rosemary and garlic in a bowl, cover and refrigerate overnight.

When you are ready to cook the steak, remove steaks from fridge and allow to come to room temperature. Heat a grill pan with some olive oil, and place the steak in the heated pan. Cook on one side until the blood comes through, then turn and cook for one minute. You may need to do them in batches.

Remove to a warm plate, cover with foil and allow to rest for at least 5 minutes before slicing into thin slices (the steak should still be pink in the middle). While the steak is cooking, heat another pan with some olive oil and saute the onions until clear and soft, seasoning with sea salt and a splash of balsamic vinegar.

chunky farm hummus

3 tablespoons toasted sesame seeds
2 tablespoons olive oil
1 teaspoon sesame oil
2 tablespoons water
1 teaspoon salt
1 can garbanzo beans, rinsed and drained
juice from 1 lemon
1 clove garlic, grated
optional: 1 cooked jalapeno pepper
sea salt and pepper

Blend sesame seeds, two tablespoons of olive oil, sesame oil, water and salt. If you

have a high-speed blender, this would be preferable. Whirling in a standard blender works too, but it's going to be chunkier, and not perfectly blended. Once the sesame seeds have been ground up then add the beans, lemon juice, garlic, jalapeno and blend some more. If too thick, thin with additional water and/or olive oil. Season with additional salt, pepper, and lemon juice, if necessary. Optional: Garnish with additional olive oil, paprika and green herb of choice.

meringue with berries

3 eggs, whites separated
¾ cup of sugar
sliced almonds
2 cups whipped cream, very lightly seasoned with salt
2 cups of mixed berries

Heat the oven to 190C. Whisk the egg-whites until stiff. Add sugar, one tablespoon at a time. Spread the meringue on a greased silicone tray or parchment paper. Scatter almonds on top. Bake in oven for 15-20 minutes or until the meringue is just done. While the meringue is baking, whip the cream and prep the berries.

Gently flip the meringue on to a sheet of parchment paper, remove silicone liner and, once the meringue is a little cool, spread whipped cream in a medium layer to cover ¾ of the meringue. Scatter the fresh berries over the cream, then using the paper, gently roll up. Wait too long and your meringue will be too stiff to roll, move too fast and your cream will melt. Chill until ready to serve.