



On my plate

Australien ist, was das Essen betrifft, eine wirklich multikulturelle Nation. Mit ihrem griechischen und tschechischen Hintergrund liebt es die Familie von **VASSIL MALANDRIS**, sich mit ihren traditionellen Gerichten gemeinsam an den Tisch zu setzen. medium

My father is Greek, and my mother is Czech, but I think of myself as Australian. After all, I was born here. That's not to say I have separated from my European roots, however, and together with my family, I like to make that connection over a meal.

When I was young, family dinners were the main opportunity to talk, laugh and share. We'd discuss everything from politics to pop music; and while we talked, we ate great food that reflected our multicultural background. It also included the best local and seasonal produce.

Mum would serve roast beef with mushrooms and dumplings. Dad would barbecue octopus and cook fresh spinach and rice with garlic and vinegar. For dessert, we'd have ice cream and watermelon, mangoes or cherries.

Now I have my own family: my wife, Sascha, whose family originally came from Germany, and a three-and-a-half-year-old boy called Kai. So we have expanded our repertoire to include German dishes such as Spätzle (handmade noodles) and Mohnkuchen (poppy-seed cake).

Each week, we spend around A\$ 150 (€95) on groceries. We try to buy everything in one shopping trip, but sometimes have to get extra milk and bread at a local petrol station. During our main weekly trip, we usually select a couple of organic meats, such as chicken breast or beefsteak, and some fish for another two meals. Snapper, hake, King George whiting, barramundi and seafood like scallops or squid are regular favourites. We spend the rest on fruit juice, cheese, butter and yogurt, non-perishables and seasonal fruit and vegetables.

Sometimes at weekends I'll get up very early in the morning to join my father at one of the Adelaide fish markets. Boats of all shapes and sizes are tied up along the harbour, selling the catches of the day. Prices are so good that the stock usually runs out by about nine o'clock. If I'm feeling too lazy to prepare and

Mediterranean flavour: pine nuts

fillet a fish, another market has rows and rows of local and imported fish and seafood. On the whole, I'm not a fan of imported fish. We have so many delicious varieties — why bother buying a catfish from the Mekong Delta?

Across the road at the bottle shop, I'll buy local beer and an organic red or white wine. I'm a big fan of home industries. The local beer is called Cooper's, and the wine comes from one of the four main regions in South Australia, such as the Barossa Valley.

My cousin Terry Markou has a vineyard on the Adelaide Plains, and his organic wine is just starting to take off in overseas markets. It's called Wild Fox and is named after his home village on the Aegean island of Chios. He has cut out preservatives and uses machines to do the weeding instead of applying chemicals. The process is checked and certified by the organization Australian Certified Organic. If I were ever to give up journalism and look for a new career, I'd choose Terry as my role model.

For now, I'll just eat the table grapes growing in my back garden. They're a small, delicious variety without pips, called sultana grapes. We also have a few fruit trees, like apple and peach, but it's always a battle to get to the ripe fruit before the native Australian birds do. The rainbow lorikeets are the worst; they're beautiful to look at, but have enormous appetites.

At weekends, we'll often go to a cafe on the beach for brunch. It's only a ten-minute drive away and nice to get those sea breezes as we eat our scrambled eggs or pancakes. We ate out a lot more before our son was born. These days, we'll visit a restaurant only once or twice a month. We love Japanese, Italian and Vietnamese cuisine. Adelaide has for many years had a fantastic range of restaurants. It doesn't have to cost too much, either. A little Asian restaurant will often charge only around A\$ 10 (€6) per person for main meals — sometimes less.

For me, though, nothing is better than a family get-together for a delicious meal. Recently, my brother Michael celebrated his name day. It's an important event in the Greek calendar, and close family and friends come over for a feast. After an entrée of fresh oysters and prawns, we'll often have a lamb on the spit, marinated with oil and

Fotos: Vassil Malandris (1); Elke Stohl/Diagentur.com (1); Stockfood (2); iStockphoto (5)

Warm roast chicken and couscous salad

SERVES 4

INGREDIENTS

- 1 chicken
- 500 g couscous
- 250 g cherry tomatoes
- 200 g basil pesto
- 80 g pine nuts
- 1 stick celery
- 50 g yellow capsicum
- 1–2 limes
- 100 g black olives
- 100 g feta cheese

METHOD

- Roast the chicken as you would usually do. If you want to add a special flavour, use a ready-made combination of Moroccan spices — this dish is based on a Moroccan recipe.
- Chop the olives and cherry tomatoes and put them into a large salad bowl.
- Grate the celery and capsicum and add them to the mix.
- Lightly roast your pine nuts in the oven or quickly in a pan until they're golden brown.
- Boil 1 litre of water in a pot with a tablespoon of butter or olive oil. Remove from heat and add 500 g couscous. Stir with a fork until light. Allow to cool for a couple of minutes.
- Mix the couscous and pine nuts with the other ingredients and stir. Add pesto slowly while stirring. Break the feta into small pieces and add, together with salt and pepper.
- Finally, squeeze lime juice over the salad.
- Serve with the warm roast chicken.



Not just for special occasions: warm roast chicken and couscous is not difficult to prepare

garlic and prepared by one of my uncles. Or we might have warm chicken and couscous salad (see recipe).

These occasions are precious. We still have our talks around the table and tend to the children. It's an experience that I'll always come back to.



The best of times: the Malandris family enjoys dinner together

capsicum	['kæpsɪkəm]	Paprikaschote
catfish	['kætɪfɪʃ]	Gemeiner Seewolf
cuisine	[kwi:'zi:n]	Küche, Essen
dumpling	['dʌmplɪŋ]	Knödel
feast	[fi:st]	Festessen
garlic	['gɑ:lɪk]	Knoblauch
grate sth.	[greɪt]	etw. raspeln
hake	[heɪk]	Seehecht
ingredient	[ɪn'grɪ:diənt]	Zutat
lime	[laɪm]	Limette
non-perishables	[,nɒn'pɛrɪʃəbəlz]	haltbare Lebensmittel
organic	[ɔ:'gæɪnɪk]	Bio-
peach	[pi:tʃ]	Pfirsich
pine nut	['paɪn nʌt]	Pinienkern
pip	[pɪp]	Kern

prawn	[prɔ:n]	Garnele
precious	['preʃəs]	wertvoll, kostbar
preservatives	['pri:zɜ:vətɪvz]	Konservierungsstoffe
produce	['prɒdju:s]	landwirtschaftliche Produkte
rainbow lorikeet	['lɔ:rɪki:t]	Rotnackenlori, Allfarblori
scallop	['skɒləp]	Jakobsmuschel
spit	[spɪt]	(Brat)Spieß
squid	[skwɪd]	Tintenfisch
stock	[stɒk]	Vorrat
table grapes	['teɪbəl greɪps]	Trauben
take off	[,teɪk 'ɒf]	erfolgreich sein
tend to sb.	['tend tə]	sich um jmdn. kümmern
vinegar	['vɪnɪgə]	Essig
vineyard	['vɪnjəd]	Weinberg
weeding	['wi:dɪŋ]	Unkrautjäten
whiting	['waɪtɪŋ]	Weißfisch