

THE FISH TRAP

RECIPES INSPIRED BY CRAB FEST





THE FISH TRAP

Food has a magical way of bringing people together and that's exactly the intention The Fish Trap.

This book celebrates Mandurah's food culture and brings together a range of locally inspired recipes from our city's restaurants and chefs as well as some delicious dishes combining local produce from personalities a little further afield.

Mandurah, originally named Mandjoogoordap, (Mand-joo-goor-dap), meaning meeting place of the heart was the home of the Binjareb tribe. The abundance of fresh fish area supported communities from the South West when they visited the area for gatherings.

Mandurah has always had a strong connection to the beautiful waterways that it is built around and the local produce and in particular the local fresh seafood that the area is renowned for.

In the early days of European settlement Mandurah became home to commercial fisherman who operated canneries which serviced the local and overseas markets. Today if you ask anyone what their fondest memories of Mandurah are, crabbing will no doubt be mentioned. Mandurah is home to the Blue Manna Crab species and over the years the two have become synonymous.

We hope that you enjoy cooking these delicious, locally inspired recipes and leave with a taste (and fond memories!) of Mandurah.

The Fish Trap (Mungah): A wooden weir that was made of brush and sticks laced together into a 'barrier' stretching across the river bank, leaving only a small gap in the centre, where fish were forced into by the current. People stood on either side of the gap, tossing out hundreds of the fish that passed through.

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HOW TO CLEAN & PREPARE A BLUE MANNA CRAB

- 1 Ensure your crabs are dormant by putting them into the freezer for about 20 minutes.



- 2 Turn the crab over.



- 3 Pull the triangular flap down.



- 4 Pull the triangular flap away from the body of the crab.



- 5 Ensure that the triangular flap and attached underside of the crab are completely removed from the main body of the crab.



- 6 Remove the grey gills of the crab.



- 7 Scoop out the insides of the crab.



- 8 Once you have washed your crab under fresh water it is ready to use.



MORETON BAY BUGS & SNAPPER CEVICHE WITH CRISPY SKIN

THE BRIGHTON HOTEL

INGREDIENTS

- » 4 cherry tomatoes
- » 1 avocado, large & ripe (for garnish)
- » 1 mango, ripe (thinly sliced)
- » 1 red onion, small
- » 1 red chilli
- » 1 green chilli
- » The juice of 2 limes
- » 1 cup coriander leaves
- » 1 preserved lime or lemon rind
- » Pinch of salt and pepper
- » Olive oil & vinegar
- » 2 Moreton Bay Bugs (boiled for 20 seconds & diced)
- » 1 snapper fillet, sliced very thin (keep the skin for a crispy skin garnish)
- » 1 grapefruit (optional)

- 1 Slice avocado, mango, red and green chilli.
- 2 Dice red onion.
- 3 Cut the snapper into thin strips.
- 4 Boil the Moreton Bay bugs for 20 seconds and then dice.
- 5 Combine the lime juice, olive oil, vinegar, red chilli, red onion, salt, and pepper in a bowl. Whisk to blend well.
- 6 Add the snapper and toss to coat evenly.
- 7 Cover and refrigerate for at least 1 hour.
- 8 To serve, assemble the ingredients on a plate.

NOTE: Make sure you remove the blood cloth from the snapper.



CRAB COCKTAIL WITH FINGER LIME

STEPHANIE ALEXANDER

INGREDIENTS

- » 8 blue swimmer crabs (about 400 - 500g each) or 500g ready-picked cooked crab meat
- » 1 cup (large handful) very finely shredded salad leaves, preferably including some red and some green
- » Sea salt
- » Ice cubes
- » Extra virgin olive oil, for drizzling
- » Lemon juice, as needed
- » 1/2 cup (150g) homemade mayonnaise
- » 2 finger limes or a slim wedge of lime
- » Coriander micro shoots (optional) to serve
- » Carta di Musica to serve
- » Freshly ground black pepper

- 1 Prepare the blue manna crabs as per page 5.
- 2 Bring a large heavy-based saucepan of very well salted water to the boil.
- 3 Plunge the crabs, bring the water back to the boil and cook, allowing about 6 minutes for every 500g of whole crab.
- 4 Lift the crabs into a bath of iced water and leave to cool completely.
- 5 Lift the crabs out and transfer to a baking tray lined with a thick layer of paper towel to absorb any liquid. Refrigerate until you are ready to pick.
- 6 Cover a workbench with an unused, unscented plastic rubbish bag and set out a heavy mallet, a pair of kitchen scissors, a couple of bowls (one for the meat and one for the shell fragments) and a skewer.
- 7 Break off all the legs, then cut the body of each crab into quarters. Crack the large claws with a heavy mallet and pull the meat away from the tough membrane. Cut along the small legs with scissors, then break them in half and extract the meat. Using the skewer and your fingers, remove meat from each section of the body.
- 8 Place the crab meat in a paper towel-lined bowl in the refrigerator and clean down the area, washing the workbench very well.
- 9 Dress the shredded leaves sparingly with olive oil and lemon juice.
- 10 Select 8 pretty glasses and half-fill with shredded lettuce.
- 11 Mix the crab meat lightly with the mayonnaise and pile it evenly on top of the lettuce.
- 12 Squeeze some pearls from the finger lime on top of each cocktail, snip and scatter the coriander shoots over.

NOTE: Serve with Carta di Musica.





BELL-CAUGHT MANDURAH CRAB MEAT SALAD

THE BRIDGE GARDEN BAR & RESTAURANT

INGREDIENTS

- » 1 cup cooked crab meat
- » 1 cup bean shoots
- » 1 tbsp spring onion, cut diagonally
- » 1 tbsp garlic chives, cut 2cm long
- » 3 grape tomatoes, quartered
- » 1 red radish, sliced thinly
- » 1 tsp red chilli, deseeded & cut
- » 1 tsp mint leaves, cut thinly
- » 1 tsp coriander leaves
- » 1 tsp fried shallots for garnish

DRESSING

- » 1 whole lime, juiced
- » 1 tbsp palm sugar, crushed
- » 2 tbsp olive oil
- » 1 tsp finely diced red chilli
- » Pinch of salt to taste

To make dressing:

- 1 Whisk lime juice and palm sugar until dissolved, add in olive oil and season to taste.
- 2 Add diced chilli and set aside.

To assemble:

- 1 Combine all remaining ingredients in a mixing bowl.
- 2 Drizzle dressing over the salad.
- 3 Season to taste.

SPINACH & CRAYFISH OMELETTE

CHEF DALE SNIFFEN

INGREDIENTS

- » 1/4 cup grated mozzarella cheese
- » 1/4 cup grated sharp cheddar cheese
- » 1/4 cup grated parmesan cheese
- » 1 handful spinach leaves, washed & dried
- » 150g cooked *crayfish meat, roughly chopped
- » 3 beaten eggs
- » Sea salt & pepper to season
- » 2 tbsp olive oil
- » 1/4 cup finely chopped chives

- 1 Slowly preheat a 26cm non stick sauté pan to medium heat.
- 2 Scatter the cheese over the base of the pan and cook/fry until golden brown.
- 3 Place the spinach and crayfish meat on one side of the rendered cheese.
- 4 Fold the cheese over and remove from the pan.
- 5 Briskly whisk egg, salt and pepper and oil for 10 seconds.
- 6 Pour the egg mixture in the pan followed by the crispy cheese spinach filling. Pop the lid on and cook for 15 seconds.
- 7 Fold the omelette over once to finish cooking for 30 seconds.
- 8 Cut the omelette into thirds sprinkle with chopped chives to serve.
- 9 Serve with a chilli lime hollandaise sauce on top.

*** NOTE:** Can substitute cooked crayfish with crab, marron or prawns.





CHILLED OYSTERS WITH ASIAN CRAB SALAD

THE OYSTER BAR

INGREDIENTS

- » 1/4 cup of lime juice
- » 1 tbsp fish sauce
- » 1 tbsp palm sugar
- » 1 tbsp mint, finely chopped
- » 2 tbsp coriander, finely chopped
- » 2 lime leaves, very finely shredded
- » 1 red chilli, seeds removed, very finely chopped
- » 1 container of crab meat (200-230g)

- 1 Mix together all ingredients, except crab.
- 2 Carefully fold in the crab meat.
- 3 Store in 2lt container in the fridge until required.
- 4 To serve, place a teaspoon of crab salad on top of natural oyster.

NOTE: Be sure not to pile crab meat on, it should sit level on the oyster.

FISH CAKES

CATCH 22 TAPAS & COCKTAIL LOUNGE

INGREDIENTS

- » 2cm fresh root ginger, peeled
- » 2 red chillies, seeds removed
- » 125g white crab meat
- » 125g barramundi, diced
- » 1 tbsp fresh coriander, roughly chopped
- » 2 spring onions, finely sliced
- » 2 eggs
- » 7-8 tbsp breadcrumbs
- » Plain flour for dusting
- » 25ml olive oil

- 1 Place ginger and chilli into food processor and pulse until finely chopped.
- 2 In a bowl combine the chilli and ginger with the crab meat, diced barramundi, coriander and spring onion.
- 3 Crack in 1 egg and 4 tablespoons of breadcrumbs and mix well.
- 4 Divide cake mixture into equal portions and mould into patties.
- 5 Place on a tray and chill in fridge for at least 20 minutes before cooking.
- 6 Preheat oven to 180C/Gas 4.
- 7 Beat the remaining egg in a small bowl with 1 tablespoon of water to make an egg wash.
- 8 Place some plain flour and remaining breadcrumbs in separate shallow dishes, coat cake in flour, dip into the egg and coat in breadcrumbs. Shake gently to remove excess crumbs. Repeat with remaining cakes.
- 9 Heat olive oil in frying pan and fry cakes 2-3 minutes on each side, until crisp and golden brown all over.
- 10 Transfer cakes to a baking tray and bake 5 -10 minutes until piping hot all the way through.
- 11 Serve with sweet chilli jam and a mixed leaf salad, lightly dressed with olive oil, salt and freshly ground black pepper.

NOTE: Cakes can be prepared the day before and left in the fridge overnight before cooking.



SAUTEED SOFT SHELL CRAB WITH GARLIC BUTTER

RICK STEIN

INGREDIENTS

- | | | |
|---|------------------------------------|------------------------------|
| » 8-12 soft shell crabs, cleaned | » 100g butter, at room temperature | » 1 tbsp black peppercorns |
| » 100g plain flour | » 3 garlic cloves, crushed | » 1 tbsp dried chilli flakes |
| » 1 tbsp shrimp boil seasoning (see below) or Old Bay Seasoning mix | » 1 tbsp lemon juice | » 3 dried bay leaves |
| » Salt & freshly ground black pepper | » 2 tbsp chopped parsley | » 1/2 tbsp celery seeds |
| » 3 tbsp clarified butter | » 2 tbsp yellow mustard seeds | » 1/2 tbsp coriander seeds |
| | | » 1/2 tbsp ground ginger |
| | | » 2 pieces of blade mace |
| | | » 4 tbsp salt |

FOR THE SHRIMP BOIL SEASONING

To make the shrimp boil seasoning:

- 1 Put everything except for the salt into a spice grinder and grind to a fine powder. Add the salt and blend for 2-3 seconds.
- 2 Sift the flour, shrimp boil seasoning, 1 teaspoon salt and some pepper on to a plate. Dredge the crabs well, then pat off the excess.

Cooking the crabs:

- 3 Heat the clarified butter in a large frying pan.
- 4 Fry the crabs in batches over a moderate heat for 2 minutes on each side, until lightly browned. Shake off any excess butter as you remove them from the pan onto warmed plates. Keep warm while you fry the rest.
- 5 Add the rest of the butter and the crushed garlic to the pan and allow it to sizzle for a few seconds. Add the lemon juice, then throw in the parsley and some seasoning.
- 6 Spoon the butter over the crabs and serve immediately.





SOFT SHELL CRAB TACO

PENINSULA BAR & RESTAURANT

INGREDIENTS

- | | | |
|-------------------------------|--------------------------------|--------------------------------|
| » 2 soft shell crabs | » 1 carrot | » Salt |
| » 2 roti paratha | » 1/2 red onion, thinly sliced | » 1/2 tsp cracked black pepper |
| » 1 lime, juiced for dressing | » 150ml buttermilk | » 30ml sriracha |
| » 1/2 cup coriander | » 1/2 cup all purpose flour | » 40ml kewpie mayo |
| » 1/2 cup mint | » Canola oil | » Jasmine rice, to serve |
| » 1/2 daikon radish | » Olive oil | |

- 1 To clean the crabs:** Lift the shell on each side of the body and scrape out the frond-like gills. Snip off the eyes and mouth. Give the crabs a quick rinse then pat dry with a paper towel.
- 2 To prepare the salad:** Wash and pick the leaves of the mint and coriander then pat dry with paper towel. Peel the radish and carrot, then slice into long thin strips. Peel and slice the onion. Combine all into a bowl and dress with squeeze of lime juice and a tablespoon of olive oil when serving.
- 3 To prepare the roti paratha:** Prepare from frozen. Place the paratha into a preheated non-stick pan. Pan fry until golden brown on both sides. It will start to rise like puff pastry when cooked.
- 4** Pour deep-frying oil into a large wok or a wide, heavy based pan until it is around half full. Heat the oil over a medium/high flame until 180 degrees (you can test by sprinkling a little batter into the oil).
- 5** Combine the flour with a large pinch of salt and cracked pepper. Dip crabs into the buttermilk, coat in seasoned flour then fry the crab for 2 to 3 minutes, turning a few times until they are cooked and golden. Scoop the crabs out and drain on paper towel.
- 6 To serve:** Place paratha onto serving plates, top with crab, sriracha, kewpie and a small amount of salad. Serve immediately with more of the kewpie mayo and sriracha on the side.

MURPHY'S BEEF & GUINNESS BURGER

MURPHY'S IRISH PUB

INGREDIENTS

BEEF PATTY

- » 1kg premium beef mince
- » 1 large brown onion
- » 1 tbsp Worcestershire sauce
- » 2 tbsp tomato sauce
- » 2 tbsp barbecue sauce
- » 125ml Guinness Stout
- » 2 tbsp bread crumbs
- » 1 tbsp olive oil
- » 1 tbsp salt & pepper

GUINNESS KETCHUP (MAKES 500ML)

- » 500g fresh tomatoes
- » 60g red capsicum
- » 75g red onion
- » 1 clove garlic
- » 1 red chilli
- » 50ml white vinegar
- » 1/2 tsp salt
- » 570ml Guinness Stout

ADDITIONAL ITEMS

- » 1 medium spanish onion, sliced
- » 3 roma tomatoes, sliced
- » 6 bakery fresh burger buns
- » Bag of mesculin or salad leaves of your choice
- » 6 tbsp Hellmans Mayonnaise

To make the Guinness ketchup:

- 1 De-seed and roughly chop tomatoes, capsicum, chilli and onion.
- 2 Add all ingredients into a saucepot and bring to the boil then simmer until liquid has reduced by half and set aside to cool.
- 3 Once cooled, puree in a food processor. Store in the fridge for up to 5 days (this is great with your favourite steak too).

To make your burger patty:

- 1 Finely chop the brown onion and sauté until softened, then combine sautéed onion with remaining patty ingredients.

- 2 Divide into 6 and press into patty shapes the size of the buns.
- 3 Grill patties on a medium/high heat until cooked through.

To assemble your burger:

- 1 Lightly toast the burger buns on the grill & build your burger with a lashing of Guinness Ketchup, grilled beef and Guinness patty, finely sliced roma tomatoes, fresh Spanish onion, mesculin and mayonnaise.

NOTE: Murphy's serves their Beef & Guinness Burger crowned with a Guinness onion ring and served with shoestring fries and house made aioli. Perfect with a pint of Guinness.





ROTTO HERRING

ANNA GARE

INGREDIENTS

- » 3 tbsp olive oil, plus extra for drizzling
- » 10 herring, scaled, cleaned & filleted (skin on)
- » 3 tbsp lemon juice
- » Dash of olive oil
- » 1 long red chilli, thinly sliced
- » 1 large garlic clove, finely chopped
- » 1 tsp fennel seeds
- » 3 sevilano (queen) green olives, pitted & roughly chopped
- » 1 large handful of coriander (cilantro) leaves, finely chopped

WARM DRESSING

- » Zest of 1 orange
- » 3 tbsp orange juice

- 1 Mix all of the dressing ingredients together in a bowl, taste for balance of flavours and season with salt and pepper.
- 2 Heat the olive oil in a large frying pan. Lay the herring fillets, skin side down, in the pan and fry for a few minutes until they start to curl up and are almost cooked through.
- 3 Turn the herring over and immediately pour the dressing over the fish in the pan. Cook for a further minute, or until the fish flakes easily and is cooked through.
- 4 Serve in the pan at the table with an extra drizzle of olive oil. This dish is delicious with a simple green salad and some crusty bread.

NOTE: If you don't have a large enough frying pan, cook the fish in two batches. Fry the first batch, remove it from the pan and fry the second batch; then return the first batch to the pan with the second batch, pour the dressing over and cook for 1 minute, or until the fish flakes easily.

BLACK PEPPER CRAB

EMMA BLYTH

INGREDIENTS

- » 6 fresh crabs
- » 1/4 cup crushed black peppercorns
- » 1 red chilli, finely chopped if you are keen!
- » 4 spring onions, roughly chopped
- » 1 bunch coriander, finely chopped
- » 3 cloves garlic, finely chopped
- » 1 dessert spoon sesame oil
- » 1 dessert spoon soy sauce
- » 1 dessert spoon oyster sauce
- » 1 dessert spoon brown sugar
- » 1 teaspoon salt

- 1 Clean your crabs as per page 5.
- 2 Cut your crabs in half and trim all the legs off at the joints with scissors. Remove the claws and lightly crack the shell with a tenderiser – this allows infusion of flavours and makes them easier to eat.
- 3 In a hot wok, toss in the sesame oil, garlic, chilli, coriander roots (save the green leaves for adding the artistic touch when serving) and crushed peppercorns. Allow to brown but do not burn.
- 4 Add the soy and oyster sauce, brown sugar, salt and spring onion.
- 5 Throw in your crabs and claws and mix thoroughly. Cook for 8 to 10 minutes, tossing the crabs through the mixture every couple of minutes.
- 6 Serve with steamed rice and the fresh coriander leaves on top.





CRAB & PRAWN LINGUINE

SALT BISTRO

INGREDIENTS

- | | | |
|---|---|----------------------------|
| » 10g shallots, diced | » 180g cooked linguine | » 10 fresh basil leaves |
| » 50g roasted red capsicums | » Pinch of parmesan and chopped parsley | » 2 sprigs of oregano |
| » 5g fresh red chilli, diced | » Olive oil and seasoning | » 6 cloves of garlic |
| » 5 large Exmouth tiger prawns, peeled, de-veined | | » 10 fresh basil leaves |
| » 80g blue manna crab meat | TOMATO BASIL SAUCE | » 6 roma tomatoes, skinned |
| » 20ml white wine | » 2 white onions, chopped | » 20g dark brown sugar |
| » 180ml of prepared tomato basil sauce | » 400g tin of Italian crushed tomatoes | » 250g tomato paste |
| | » 200ml red wine | » 200ml of vegetable stock |

To make the sauce*:

- 1 Heat the olive oil in a heavy skillet over medium flame, then add onion, garlic and oregano and cook for 5 minutes, stirring constantly.
- 2 Add red wine, tinned tomatoes and skinned Roma tomatoes, bring to the boil, then reduce heat and let simmer for 30 minutes.
- 3 Add tomato paste, brown sugar, vegetable stock and continue to simmer for a further 30 minutes.
- 4 Add fresh basil and use hand stick blender to liquidise the sauce.
- 5 Season to taste and put aside.

To make the crab and prawn linguine:

- 1 Place shallots and diced chilli into a hot pan and sauté on a medium heat.
- 2 Add the prawn and raw crab and continue to sauté for one minute on each side of prawns.
- 3 Deglaze pan with white wine, add roasted red capsicums, 180 grams of linguine, 180 ml of the tomato basil sauce.
- 4 Add a pinch of parmesan and chopped parsley, toss pasta and sauce to combine all ingredients.
- 5 Season to taste, garnish with parmesan and drizzle with olive oil.

* **NOTE:** This should make about 2 litres of sauce which can be frozen to be used again.

VEGAN EDIBLE GARDEN

FLICS KITCHEN

INGREDIENTS

SWEET POTATO & QUINOA FRITTERS

- » 1 cup white quinoa
- » 1 cup red quinoa
- » 1kg sweet potato, peeled and grated
- » 1 red onion, finely chopped
- » 6 cloves of garlic, peeled and finely sliced
- » 1 tbsp cumin seeds
- » 1 tbsp smoked paprika
- » 1 tsp ground cinnamon
- » 1 tsp turmeric

- » 1 tsp ground coriander seed
- » 200g plain flour

EDIBLE GARDEN

- » 1 bunch of kale, pick leaves and wash.
- » 1/2 bunch yellow baby carrots
- » 1/2 bunch purple baby carrots
- » 1/2 bunch baby carrots
- » 3 baby gold beetroot, peeled and quartered
- » 3 baby candy stripe beetroot, peeled
- » 1 bunch asparagus, woody ends removed
- » 50g green beans, halved
- » 6 each mixed heirloom radishes
- » 1 punnet of oyster mushrooms
- » 100g cauliflower florets, blanched
- » 1 punnet shiso micro cress
- » 1 punnet edible flowers
- » 45ml truffle oil
- » Salt and pepper to taste

Sweet potato and quinoa fritters:

- 1 Boil quinoa till just tender.
- 2 In a separate pan, fry onion, garlic and spices on a low heat until soft.
- 3 Place all ingredients into a bowl and mix well.
- 4 Add small amount of flour to bind mixture and season to taste.
- 5 Roll mixture into balls and set aside.

Edible garden:

- 1 Blanch baby carrots, asparagus, green beans, gold beetroots and kale until tender.
- 2 Finely slice candy stripe beetroot, heirloom radishes.
- 3 Pick micro cress.
- 4 Pan fry oyster mushrooms, cauliflower florets and sweet potato fritters.
- 5 Season all vegetables and assemble on plate and dress with truffle oil.
- 6 Pick and place edible flowers on top with micro herbs.



INDONESIAN CHILLI CRAB

WARUNG ADE INDONESIAN RESTAURANT

INGREDIENTS

- » 1 blue manna crab
- » 2 red capsicums
- » 150g red chillies
- » 1 shallot, cut finely
- » 7 cloves garlic, diced
- » Fresh basil
- » Fresh coriander
- » 100ml water
- » 30ml oyster sauce
- » 1 whole egg
- » 6 lime leaves

- 1 Boil the red capsicum and red chillies in water for 10 minutes. Strain the water then blend in food processor.
- 2 Stir fry shallots and garlic with the red capsicum and chillies mixture.
- 3 Add 100ml water, oyster sauce, basil, coriander and raw crab.
- 4 Cook for 7 minutes.
- 5 Add the egg and stir into the sauce.
- 6 Serve with Jasmine rice.







RED EMPEROR, GNOCCHI, CONFIT TOMATOES & ASPARAGUS

HADLEIGH TROY

INGREDIENTS

- » 6 portions Red Emperor
- » 600g royal blue potatoes
- » 1 egg yolk
- » 50g parmesan
- » 50g flour
- » 6 tomatoes
- » Pinch salt
- » Pinch sugar
- » 6 sprigs thyme
- » 1 bunch asparagus

- 1 Preheat oven to 180 degrees C.
- 2 Pan fry Red Emperor in hot oil for 2 to 3 minutes each side.
- 3 Place potatoes on rock salt and bake for 35 minutes.
- 4 Once cooked pass through drum sieve.
- 5 Add egg, parmesan and flour and combine thoroughly.
- 6 Roll out into small pillows and cook in boiling water.
- 7 Reduce oven temperature to 120 degrees.
- 8 Blanch the whole tomatoes, then peel, quarter and remove the seeds.
- 9 Add salt, sugar and thyme.
- 10 Cook in oven for 1.5 hours.
- 11 Serve with steamed asparagus spears.

JASMINE PAD THAI

JASMINE THAI RESTAURANT

INGREDIENTS

- | | | |
|-------------------------|-----------------------------|-----------------------|
| » 200g Pad Thai noodles | » 15g bean sprouts | » 230g onion, diced |
| » 100g Pad Thai sauce | » 15g spring onion, chopped | » 4g raw sugar |
| » 1 egg | » 30ml vegetable oil | » 150g tamarind paste |
| » 30g onion, chopped | PAD THAI SAUCE | » 180ml soy sauce |
| » 75g prawns | » 500ml tomato sauce | » 200ml oyster sauce |
| » 25g peanuts, crushed | | » 370ml vegetable oil |

To make the sauce:

- 1 Combine tomato sauce, raw sugar, tamarind paste, soy sauce and oyster sauce in a pot and bring to the boil, stirring frequently.
 - 2 Simmer for 3 - 4 hours, stirring regularly.
 - 3 Shallow fry diced onion until browned and add to sauce.
 - 4 Simmer for a further 20 minutes.
 - 5 Turn off the heat and allow cool down.
- 2 Heat 1 teaspoon oil in a wok over high heat until just smoking.
 - 3 Stir fry the prawns and onion for 3 minutes or until cooked through.
 - 4 Add the noodles and stir fry until they are soft.
 - 5 Add the egg and cook for 2-3 minutes.

To make the noodles:

- 1 Prepare the noodles following packet directions, ensuring they are well drained.
- 2 Add spring onion, bean sprouts, crushed peanuts and serve with fresh lemon on the side.



MANDURAH CRAB · MAX'S BLACK CHILLI · DESERT LIME · SEA CELERY

FERVOR

INGREDIENTS

- » 4 blue swimmer crabs
- » 250g heavy cream
- » 1 tbsp of Max's Black Chilli Paste
- » 50g desert lime, finger lime or meyer lemon
- » 1 tsp white vinegar
- » 1 tbsp apple cider vinegar
- » 100g butter
- » 1 bunch of sea celery or parsley
- » White wine
- » 60ml milk

- 1 Start with the sour cream a day or two before. Mix the milk and vinegar and let stand for 10 minutes. Add the cream, mix well and place in air tight jar. Leave at room temperature for 24 hours.
- 2 Cut desert limes in half and place in a bowl with a dash of olive oil and pinch of salt. Mix well. Heat a heavy cast iron pan up until just before smoking point and throw in limes, char until crust forms and black char marks are visible. Set aside to cool.
- 3 Place butter into a pot and stir constantly over medium to high heat (5-10 minutes). Once butter starts to foam up, stir for a further 1 minute then remove from heat and set aside. The butter should have nut-brown specks through it.
- 4 Prepare the crab as per page 5.
- 5 Place crabs in steamer basket over boiling water and cover. Steam for 5-7 minutes until shells turn orange and crab is cooked.

- 6 Extract crab from shell and put aside.
- 7 Pre heat a heavy cast iron pan and add crab pieces, cook for 30 seconds then add 50ml of white wine, cook for 30 seconds then add vinegar, cook for 30 seconds, then add chilli paste then cook for 30 seconds or until chilli paste starts to caramelize.
- 8 Wash, pick, dry and shallow fry sea celery. Place on paper towel to drain and sprinkle sea celery with sea salt.
- 9 **To serve:** Place 1 tablespoon of sour cream on the plate. Cut crab into 4 pieces and place on top of sour cream, scatter charred desert limes and drizzle brown butter over the top. Garnish with crispy sea celery.

NOTE: Try infusing the sour cream with different flavours - we take half the cream, heat it to 90 C and add native lemongrass to sit overnight. The next morning you can strain the cream and start the sour cream process.



CRAB 3 WAYS WITH BUTTER POACHED PRAWNS

FLICS KITCHEN

INGREDIENTS

CRAB REMOULADE

- » 400g cooked crab meat
- » 1 baby fennel bulb, very finely sliced
- » 1/2 cup of good quality mayonnaise
- » 2 tbsp crème fraîche
- » 2ml fresh lemon juice
- » 1 tbsp chopped dill

- » 1 tbsp chopped basil

CRAB GEL

- » 400ml good quality crab stock
- » 2 1/2 leaves of gelatine, soaked in cold water

BUTTER POACHED PRAWNS

- » 8 prawn cutlets, tail removed and deveined
- » 200ml melted butter

- » 1 bay leaf
- » 1 clove of garlic, halved
- » 1 punnet of mixed heirloom cherry tomatoes, quartered
- » 3 each watermelon radish peeled and finely sliced
- » 3 each black radish, finely sliced
- » 1 lebanese cucumber
- » Selection of micro herbs and edible flowers

- 1 Remove all nice pieces of claw meat for presentation.
- 2 Mix rest of crab meat with mayonnaise, crème fraîche, dill, fennel and lemon juice together in a bowl and season to taste.
- 3 Bring crab stock to the boil, squeeze excess water from gelatine and add to the stock. Remove from heat and mix until gelatine is dissolved then strain.
- 4 Pour onto lined baking trays in thin sheets and allow to set in fridge.
- 5 Place butter into pot with bay leaf and garlic. On a very low heat allow to infuse for 5 minutes, add the prawns and gently poach in the butter for 5 minutes or under just cooked. Remove from butter, lightly season and drain off excess butter.

- 6 Finely slice cucumber and roll into cylinders.

To assemble:

- 1 Neatly assemble prawns, heirloom cherry tomatoes, radishes, rolled cucumber and the picked crab claw meat in a line off centre on the plate and finish with picked micro herbs and edible flowers.
- 2 Very carefully cut sheets of the crab gel into 8cm x 10cm pieces.
- 3 Make sure crab mix is moist but not too wet and place just off centre of crab gel sheet and roll.
- 4 Very carefully move cylinder onto plate and finish with micro herbs and flower petals.





CRAB & CAMEMBERT QUICHE

JEAN PIERRE SANCHE MANDURAH

INGREDIENTS

- » 6 pastry shells
- » 3 eggs
- » 170g crab meat
- » 125g camembert, sliced
- » 12 asparagus spears, trimmed and halved
- » 250ml cream
- » 2 lemons, rind grated

- 1 Preheat oven to 190 degrees C.
- 2 In pastry shells place crab followed by cheese and the asparagus.
- 3 Whisk eggs, cream and lemon rind together and pour this over the filling.
- 4 Bake for 30-35 minutes or until set.
- 5 Garnish with fresh spinach and pickled ginger.

PAELLA MIXTA

FOOD & CO

INGREDIENTS

- » 2 red capsicums, chopped
- » 10 saffron threads, crushed
- » 1/2 tsp dried rosemary
- » 1/2 tbsp fresh thyme
- » Salt and pepper to taste
- » 3 tbsp olive oil
- » 1 onion, finely chopped
- » 2 garlic cloves, crushed
- » 2/3 cup of tomato passata
- » 1 chorizo sausage, sliced
- » 300g chicken breast or thigh fillets, diced
- » 200g squid, diced
- » 300g calasparra or bomba rice
- » 750ml chicken stock
- » 3 tsp Spanish smoked paprika (important to use a good Spanish paprika)
- » 4 large green prawns
- » 2 blue swimmer crabs
- » 8 mussels
- » 1/2 cup frozen peas
- » 1/3 cup flat-leaf parsley, chopped
- » Lemon wedges and sliced chilli to serve

- 1 Clean crabs as per page 5.
- 2 Heat the oil in a large paella pan (or frying pan) over medium heat. Add the onion, garlic and capsicum and cook till soft.
- 3 Add the chicken and chorizo. Cook until the oil starts to release from the sausage.
- 4 Add the passata, rosemary and thyme. Cook for 1 minute.
- 5 Add squid and rice then stir.
- 6 Add the stock, paprika, crushed saffron, peas and stir for the last time. Bring to the boil.
- 7 When the stock boils and the grains begin to swell, lay the prawns and crab on top and cook over medium heat for about 5 minutes.
- 8 Push the mussels into the rice and cook until their shells open. If you think it is cooking too quickly to open the mussels then cover with aluminium foil for 5 mins to steam the seafood on the top.
- 9 Scatter parsley and cook for another 5 minutes over low heat.
- 10 Serve with lemon wedges and optional chillies to taste.



PANNED RED EMPEROR FILLET WITH SUMMER SALAD, CHERRY TOMATOES & MANGO SALSA

RED MANNA WATERFRONT RESTAURANT

INGREDIENTS

- | | | |
|---------------------------|----------------------------------|----------------------|
| » 800g Red Emperor fillet | » 1 punnet grape cherry tomatoes | » 1 mango |
| » 100ml olive oil | » 1/2 bunch chives | » 1 lemon |
| » 300g mesclun | » 1/2 bunch coriander | » Pinch curry powder |
| » 1 red onion | | |

For salsa*:

- 1 Slice grape tomatoes in half, dice red onions and mango. Deseed and dice cucumber then finely chop coriander and chives.
- 2 Mix together then season with sea salt and lemon juice.
- 3 Add a pinch of turmeric and olive oil to your required taste - a little strong is ok because once you eat the salsa with fish and lettuce, the flavour will be toned down.

To cook fish:

- 1 Heat olive oil in pan, flour fish lightly and shake off excess flour. Place fish in hot pan flesh side down first as this will be the presentation side. Most fish fillets are very delicate and they will only take 2- 3 minutes to cook on each side.

To serve:

- 1 Lightly dress the mesclun with dressing and place in the centre of the plate. Put the cooked fish on top of the lettuce, spoon the salsa over the top of the fish.

** NOTE: This salsa also goes well with grilled chicken breast. You can also use different dressings to change the flavour of your salsa.*



BEER INFUSED, THINLY-SLICED BBQ BEEF WITH FRESH TOMATO, AVOCADO & AIOLI ON A TOASTED SESAME BUN

THORNY DEVIL BREWERY

INGREDIENTS

- » 1kg beef rump steak, cut into thin slices with a very sharp knife, as thin as you can
- » 1 tbsp extra virgin olive oil
- » 2 tbsp sea salt
- » 1 tomato, diced
- » 1 avocado, sliced
- » Aioli
- » Sesame seed bun
- » 1 Thorny Devil beer of your choice

- 1 Pop the top off a cold bottle of Thorny Devil beer of your liking, such as Thorny Devil Dark Ale, Pale Ale or Blonde Ale and enjoy (but save some for cooking!).
- 2 Season the beef strips with salt.
- 3 Preheat a barbecue grill or chargrill on high. Oil the grill or coat the beef strips in oil. Cook beef for 3 minutes on either side or until cooked to your liking. Just before cooked, splash the beef with Thorny Devil beer.
- 4 Transfer to a plate and rest for a few minutes.

- 5 Spread the lid of the sesame seed bun with aioli.
- 6 Add the cooked beef strips to the bun and top with diced tomato and avocado slices.
- 7 Enjoy with any remaining Thorny Devil beer!

NOTES: As an option you can toast the sesame seed bun over the hot grill.

For more intense flavour, marinate the beef in beer overnight in the fridge and experiment with different beers to create new flavours.





MANDURAH MULLET WITH BLUE SWIMMER CRAB, TOMATO & CHICK PEA STEW

THE STAGE DOOR WATERFRONT RESTAURANT

INGREDIENTS

- | | | |
|--------------------------------------|------------------------------------|------------------------------------|
| » 4 Mandurah mullet fillets | » 2 roasted red capsicum | » 1 pinch of saffron |
| » 200g cooked blue swimmer crab meat | » 440g tin chick peas | » 1 pinch of sweet paprika |
| » 2 brown onions | » 1 chopped tomato | » Fresh parsley & chives to finish |
| » 2 garlic cloves | » 1 red chilli, chopped & seedless | » Fresh lemon juice |

- 1 Sauté onions and garlic in a pot then add paprika and saffron.
- 2 Add chilli, crushed tomatoes and simmer for 15 minutes to cook out the tomatoes.
- 3 Add washed chick peas and simmer for another 5 minutes.
- 4 Fold in chopped roasted capsicum, crab meat & herbs. Do not over heat as this will break up crab meat.
- 5 Sear mullet fillets, skin side down, for 3 minutes and then flesh side down for 1 minute to finish.
- 6 Finish with a squeeze of lemon over the top & serve with warm crusty bread.

NOTE: You may add chorizo into the stew should you wish to add another layer of texture and flavour.

MANDURAH MULLOWAY WITH GOOSEBERRY RELISH

NINO'S FISH BAR

INGREDIENTS

- » 1 tbsp pink peppercorns
- » 1 heaped tsp yellow mustard seeds
- » 1 tbsp chopped fresh tarragon
- » 350g fresh gooseberries
- » 3 tbsp brown sugar
- » 3 tbsp white wine vinegar
- » 1/2 lemon, zested
- » 4 mulloway fillets
- » Samphire or asparagus

To make the relish:

- 1 Heat olive oil in a small saucepan.
- 2 Finely chop the shallots and sweat gently in the oil for 10 minutes until well softened but not coloured.
- 3 Rinse the gooseberries and carefully remove any brown tops and tails.
- 4 Add the pink peppercorns, mustard seeds and fresh tarragon to the shallot pan then stir over heat for 1 minute.
- 5 Add the gooseberries and stir well. Add sugar, vinegar, lemon zest and a pinch of salt. Stir again and bring to a simmer. Leave to bubble for 15-20 minutes, stirring every so often.

To cook the mulloway:

- 1 Check each fillet for bones and remove any you find with a pair of tweezers.
- 2 Score the skin of the fillets diagonally three times being careful not to cut through the flesh.
- 3 Rub a little oil, salt and pepper onto both sides and place on a foil-lined grill tray, skin side up.
- 4 Grill at a high setting for 5 minutes until the skin has turned golden and slightly crisp and the flesh is opaque. There's no need to cook the fillets on the flesh side too, they're so thin that the grill will cook them through.
- 5 Serve with the gooseberry relish and some steamed samphire or asparagus.



CHINESE-STYLE STEAMED RED EMPEROR WITH SHISO SOY, GINGER & SHALLOTS

MATT SINCLAIR

INGREDIENTS

- » 2 fillets Red Emperor, skin-off
- » 1 green shallot, finely sliced
- » 1 inch of ginger, julienned
- » 1 tsp chilli oil
- » 3 tbsp Shiso soy
- » 2 tbsp Shaoxing wine
- » 1 tsp sesame oil
- » 1 tsp caster sugar

- 1 Place a large bamboo steamer over a slightly larger water filled saucepan. Bring to steam over a medium-high heat.
- 2 Lightly whisk together Shiso, Shaoxing wine, sesame oil and caster sugar in a small bowl until sugar is dissolved.
- 3 Place fish fillets on a lipped plate and add to bamboo steamer. Scatter over shallots and ginger, then pour over soy dressing. Cover and steam for approximately 6-8 minutes, or until fish is slightly firm to touch.
- 4 **To serve:** Drizzle with chilli oil then serve immediately with steamed rice and stir-fried greens.

NOTE: Shiso soy can be found at any good Asian grocer. It has a unique citrus quality as regular soy sauce will not substitute well



CRAB CROQUETTES, HERB CRÈME FRAICHE & SPICED AVOCADO

FLICS KITCHEN

INGREDIENTS

CRAB CROQUETTES

- » 300g cooked crab meat
- » 400g cooked, flaked white fish i.e. snapper
- » 1 cup of good quality mayonnaise
- » 2 cups of breadcrumbs
- » 2 tbsp seeded mustard
- » 30g dill, chopped
- » 30g basil, chopped
- » 2 eschallots, finely diced

HERB CRÈME FRAICHE

- » 300g crème fraiche
- » 30g dill, chopped
- » 30g basil, chopped
- » 30g tarragon, chopped
- » 1 tsp seeded mustard
- » Squeeze of lemon juice
- » Salt and pepper to taste

SPICED AVOCADO

- » 2 avocados, skins removed, finely diced

- » 4 tomatoes, seeds removed, finely diced
- » 2 tbsp red onion, finely diced
- » 30ml lemon juice
- » 1 long red chilli, seeds removed, finely diced
- » 2 tbsp basil, chopped
- » 50ml extra virgin olive oil
- » 30ml sweet chilli sauce
- » Salt and pepper to taste

To make the croquettes:

- 1 Place all ingredients into a bowl and mix well. If mix is a bit wet, add more breadcrumb.
- 2 Season with salt and pepper to taste.
- 3 Roll mix into cylinder shapes.
- 4 Crumb with flour, egg wash and breadcrumbs.
- 5 Shallow fry croquettes until golden brown, then take out and strain excess oil.

Herb Crème Fraiche:

- 1 Place all ingredients into a bowl and mix well.

Spiced Avocado:

- 1 Place all ingredients into a bowl and mix well. Check the seasoning.



SALTED CARAMEL PROFITEROLES

FRISKY DEER INTERIORS + CAFE

SALTED CARAMEL

- » 400g caster sugar
- » 260ml thickened cream
- » 8g sea salt flakes

CHOUX PASTRY

- » 200ml full cream milk
- » 90g butter
- » 1 tsp salt
- » 1 tsp sugar
- » 120g plain flour, sifted
- » 3 large eggs

SALTED CARAMEL CREME PATISSIERE

- » 500ml full cream milk
- » 100g caster sugar
- » 1 scraped vanilla pod
- » 4 egg yolks
- » 65g cornflour
- » Salted caramel
- » 200g good quality dark chocolate
- » 100g pecans, roughly chopped
- » 10g sea salt flakes

To make salted caramel:

- 1 Place 200g caster sugar in a heavy bottomed saucepan, making sure it is evenly spread on base of pan. Place on high heat on stove.
- 2 Meanwhile, place cream in another saucepan and put on stove over medium heat. Remove from heat when cream simmers.
- 3 When sugar is caramelized, stir using silicon spatula until all lumps are cooked out.
- 4 Add another 100g of sugar, stir until new sugar is dissolved and caramelized. Repeat with remaining 100g of sugar and turn heat to low.
- 5 Add hot cream to sugar slowly, whisking continuously. Be very careful during this stage, there will be a lot of very hot steam. Allow to cool until needed, stirring occasionally.

NOTE: Salted Caramel can be prepared in advance, and kept in fridge for up to a week.

To make salted caramel creme patissiere:

- 1 Place 250ml milk, the seeds from vanilla bean and 50g sugar in a sauce pan on high heat. Bring to boil.

- 2 Whisk 4 egg yolks and remaining 50g sugar. Add cornflour then 250ml milk.
- 3 Pour hot milk over yolks and mix together well. Pour mix back into saucepan and cook on high heat until thick, whisking continuously.
- 4 Add salted caramel and whisk until incorporated.
- 5 Transfer to bowl, cover with cling wrap and refrigerate until cold, preferably overnight.

To make choux pastry:

- 1 Place milk, sugar, salt and butter in large saucepan and bring to boil and remove from heat.
- 2 Add plain flour and mix with wooden spoon. Return to heat and cook while stirring until paste no longer sticks to sides of the pan.
- 3 Remove from heat and allow to cool for 5 minutes.
- 4 Add eggs one at a time, stirring until each one is completely incorporated before adding the next.
- 5 Put into bowl and cover with cling wrap, refrigerate for an hour.
- 6 Preheat oven to 190 degrees.

- 7 Put into piping bag with a no.10 piping nozzle, pipe 20-cent sized balls onto baking paper lined baking tray. This mix will make approximately 20-25 profiteroles.
- 8 Brush with egg wash and cook in preheated oven for 25 minutes, reduce heat to 150 degrees and cook for a further 10 minutes or until choux is dry.
- 9 Cool completely on wire rack.

To assemble:

- 1 Fill piping bag fitted with a no. 6 piping nozzle with crème patissiere.
- 2 Poke holes in bottom of profiteroles with a chopstick, fill with crème patissiere.
- 3 Cook dark chocolate in microwave in 20 second increments until melted.
- 4 Dip filled profiteroles in melted chocolate, sprinkle with a pinch of salt and chopped pecans.
- 5 Refrigerate until needed.



PISTACHIO PRALINE

DECADENT C'S

INGREDIENTS

PISTACHIO GANACHE

- » 230g heavy cream
- » 20g glucose
- » 460g milk chocolate (min 38% cocoa butter)
- » 60g pistachio paste

- » 20g unsalted butter, softened
- » 1 cup roasted pistachio kernels

RASPBERRY GELÉE

- » 240g raspberry puree

- » 25g A1 sugar
- » 8g yellow pectin (powder or ribbon)
- » 250g A1 sugar
- » 30g glucose
- » 3g citric acid

To make pistachio ganache:

- 1 Boil cream and glucose.
- 2 Add pistachio paste and mix to combine.
- 3 Pour over chocolate and let stand 2 minutes.
- 4 Mix until chocolate is fully melted.
- 5 At 32 degrees slowly incorporate soft butter (you might need a sugar thermometer for this).
- 6 Fold in warm roasted pistachio kernels.
- 7 Pour into greased slab or frame.
- 8 Chill until firm.

To make raspberry gelée:

- 1 Boil the raspberry puree with 250 grams sugar.
- 2 Mix pectin with 25 grams sugar.
- 3 Add glucose and pectin/sugar to the boiling raspberry mix.
- 4 Bring to 105 degrees and then add citric acid.
- 5 Set aside and allow to cool to 32 degrees.

To assemble:

- 1 Spread Raspberry Gelée over pistachio ganache allow to set 24hrs.
- 2 Cut into 1.5 x 3cm bars and enrobe in your choice of couverture chocolate.
- 3 Decorate with half the pistachio.

DEATH BY CHOCOLATE

RED MANNA WATERFRONT RESTAURANT

WHITE CHOCOLATE MOUSSE

- » 500g white chocolate
- » 500ml whipped cream
- » 75ml clear alcohol
- » 2.5 gelatine leaves
- » 400g cream

DARK CHOCOLATE MOUSSE

- » 800g dark chocolate
- » 900g whipped cream
- » 30ml Kahlua
- » 15ml cherry brandy
- » 8 egg yolks
- » 50g sugar

CHOCOLATE BRULEES

- » 600ml double cream
- » 1/2 vanilla pod
- » 2 tbsp sugar
- » 6 egg yolks
- » 80g dark chocolate

To make white chocolate mousse:

- 1 Boil cream, add chocolate and turn off.
- 2 Soak gelatine, mix together with chocolate and cream mixture then leave to cool.
- 3 Once cooked, add alcohol and mix with whipped cream.

To make dark chocolate mousse:

- 1 Melt chocolate over hot water.
- 2 Whip cream to soft peak (be careful not to over whip), then add egg yolk, liqueurs and sugar to make a sabayon (mix over hot water to form ribbon consistency, be careful not to cook the eggs).
- 3 Fold the cream and egg mix, then add to chocolate and fold through.
- 4 Mousse can set in either a tray or serving bowls.

To make chocolate brulees:

- 1 Heat cream and vanilla bean to boiling point then turn off, add chocolate and leave to cool.
- 2 Beat eggs and sugar then mix with the cooked cream/chocolate mix and return to stove while constantly stirring. Do not allow to boil.
- 3 Test texture on back of a spoon and pour into moulds to refrigerate overnight.
- 4 Sprinkle sugar evenly over the top of a heat proof mould. Using a blow torch, caramelize the sugar.
- 5 If you do not have a torch you can place under a pre heated grill (be very careful when removing as they will be hot).





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MANDURAH
CRAB FEST



CITY OF
MANDURAH