



THE FACT SHEET

FOOD WITH MIGUEL MAESTRE



SALMON MILKING

While we all know you milk a cow, goat, and even sheep – the concept of milking fish seems a little ridiculous! However, at boutique aquaculture farm on the base of the Rubicon River, Yarra Valley Caviar, that's exactly what a small-dedicated team do annually. For the entire month of May, thousands of Atlantic salmon are individually hand-milked for caviar, and the 2012 season saw a record harvest, with more than 50,000 salmon milked resulting in 14 tonne of the culinary delicacy. Miguel visits the farm to try his hand at this unique practice.

YARRA VALLEY CAVIAR

Yarra Valley Caviar is one of the only fresh water aquaculture farms in the world to take a completely natural approach to rearing, and milking, its Atlantic Salmon - refusing to use any antibiotics or chemicals.

Salmon meat was originally the farm's primary product, but during the Black Saturday Fires 13 tonne of the fish were wiped out so now caviar has become their main product. Due to the high quality of the product Yarra Valley Caviar has been able to survive.

To complete this unique process, the farmers start by crowding the fish down into a net. The salmon are then taken from the net and naturally anaesthetised in a clove





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oil. The eggs are then hand massaged from each fish. This year over 50,000 salmon were individually hand milked for their eggs.

They have received a bunch of awards for their boutique products. At the 2011 Delicious awards their caviar was awarded a gold medal and the caviar and salmon also scooped top awards at the 2011 Sydney Royal Fine Food Show, where they took out silver and bronze.

PRODUCTS

Yarra Valley Caviar

Yarra Valley Caviar is the only aquaculture farm in Australia to gently hand-milk its salmon for roe. The fish are given an entirely natural anaesthetic, gently hand milked and returned to their natural environment. The eggs are drained of fluid and packed immediately, with no additives or preservatives.

Sizes available:

- 50g, 100g, 300g glass jars
- 500g and 1kg plastic jars

Fresh caviar has up to a 10 week shelf life

Frozen caviar has up to a three week shelf life once thawed

Miguel used Yarra Valley Caviar's Virgin Caviar in his recipe.

Yarra Valley Salmon

Yarra Valley Caviar's Atlantic Salmon spend their life swimming in long earthen ponds which are fed by waterfalls creating a strong current for the fish to swim. With plenty of room to move this produces a leaner texture, superior body tone and significantly lower fat content.

Products available:

Fresh

- 300 – 400g 'baby plate size' whole fish
- Fillets of fresh atlantic salmon

Hot Smoked

- 300 – 400g 'smoked plate size' whole fish (a traditional hot-smoked method using mountain ash creating a moist and delicately flavoured product ideal for hors d'oeuvres, salads, risottos and pastas)

Poached

- Gently poached whole Atlantic Salmon with lemon and herbs, vacuum sealed and ready to serve (can be used hot or cold)





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CONTACT DETAILS

Yarra Valley Caviar
399 Rubicon Road
Thornton
VIC 3712

Telephone: 03 57732596
Fax: 03 57732477
Email: info@yarravalleycaviar.com.au

RECIPE

RICOTTA & BUTTERMILK HOTCAKES WITH CRISPY SWEET POTATO

1 1/3 cups Ricotta
3/4 cup buttermilk
4 Eggs separated
1 cup Plain Flour
1 teaspoon Baking powder
1 Pinch of Salt and white pepper
50 g salted Butter

Sauce

4 egg yolks
chives
chervil
rock salt
lemon zest

- Place ricotta and milk in a mixing bowl and mix to combine.
- Sift the flour, baking powder and salt into a bowl.
- Add to the ricotta mixture and mix until just combined.
- Place egg whites in a clean dry bowl and beat until stiff peaks form. Save egg yolks in shell for the sauce.
- Fold egg whites through batter in two batches, with a plastic spatula
- Lightly grease a large non-stick frying pan with a small portion of the butter and drop 2 tablespoons of batter per hotcake into the pan (don't cook more





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- than 3 per batch).
- Cook over a low to medium heat for 2 minutes, or until hotcakes have golden undersides.
- Turn hotcakes and cook on the other side
- Transfer to a plate and with a small ring cutter make a pocket same size of a egg yolk fill it up with salmon roe to give egg yolk effect

Sauce

Add saved shells with egg yolks to pan using rock salt to keep them upright in the pan. Slightly warm. Pour over cooked pancakes. Garnish with finely chopped chives, fresh chervil and lemon zest.

WEBLINKS

Yarra Valley Caviar and Salmon

<http://yarravalleysalmon.com.au/>

