

**Rosa Tilocca**

Born in Calabria in Southern Italy Rosa Tilocca moved to Australia with her family when she was eleven. Rosa has always loved cooking and for several years she and her son Peter ran a very popular Italian restaurant in Huskisson on the South Coast.

Recently, Rosa and Peter opened an authentic Italian Restaurant in the Garanvale Woolshed, just on the edge of Braidwood. While Peter makes traditional Italian pizzas, Rosa produces the most delicious pasta dishes — all homemade with love. You can go there for a sit-down meal or purchase a take-away. Don't forget to try Rosa's traditional tiramisu.

Here 'Mama Rosa' is sharing a couple of her family's favourite recipes of traditional 'peasant food'. Bon Appetit!

**PEPRONATA (Calabrian Dish)**

2 onions peeled  
 2 - 3 capsicum (mixed colours)  
 1 large or 2 small eggplants  
 Slice all thinly lengthways  
 Stir-fry these in olive oil with some garlic. You can add fresh tomato but it's optional.  
 Meanwhile peel and slice 2-3 large potatoes cut into long strips (as per vegies). Shallow fry the potatoes in olive oil so they are crisp and joined together when you lift them. Drain and add to the stir-fried vegetables. Season with salt and pepper and sprinkle with fresh chopped basil. Enjoy!  
 This is a meal on its own and is ideal for vegans.



MOMA ROSA STIRS THE POT.

**SARDINIAN DISH (Gav's favourite)**

When fennel is growing wild (as it does in Braidwood) harvest the hearts of the plants. A big armful when cleaned and prepared makes a large bowlful. Clean, wash thoroughly then dice roughly into 2cm pieces. In a large saucepan of cold water, add the fennel and a handful of salt and bring to the boil. Cook until the fennel is half-cooked — al dente, then add to the pot a 500g packet of tempesta or risoni pasta or couscous. Finish cooking. Meanwhile in a fry pan with olive oil, stir-fry 2 chopped onions, 2 chopped garlic cloves and a thick piece of smoked pancetta that has been diced. Strain water from fennel/pasta and add the stir-fried veg/pancetta. Delicio!  
**Rosa's tips:** Use wild fennel in your minestrone to add extra flavour. Fennel is wonderful with fish dishes as well.

**The 'Gundillion Ladies'**

The Gundillion Ladies are most well-known for their famous, highly sought-after Christmas cakes and puddings. They use traditional old recipes that were handed down from their mothers and grandmothers. However, they also have regular monthly get-togethers for the residents of Gundillion, so they can meet up, foster friendships and enjoy some wonderful home-cooked meals. Here the Ladies share with BWD readers some of their favourite winter recipes.

**Marinated Leg of Lamb**

**Ingredients:** One leg of Lamb  
 Rosemary  
 2 to 3 onions thinly sliced  
 1 bay leaf  
 Few sprigs parsley  
 1 clove of garlic  
 Splash of Balsamic Vinegar  
 pinch salt and pepper  
 Bottle of red wine

**Preparation:** Place the leg of lamb in a large oven bag. Mix all the other ingredients together and pour over the leg of lamb.

Tie the top of the bag and place in a bowl and marinate in the refrigerator for 1 or 2 days during the day turn the bag over so that the leg of lamb marinates evenly.

To cook, take out of the bag and place in a roasting pan and roast at 175degrees basting occasionally with the marinade cook to your liking (18 minutes per 500g for medium cooked). A Jus or gravy can be made out of the left over marinated juices.

Serve on a bed of white beans mixed with chopped garlic parsley and olive oil and roast veggies.

**Krawarree Scones**

**Ingredients:** 4 cups self raising flour  
 300ml carton cream  
 milk to mix

**Method:** Preheat oven to 200°C. Stir cream into sifted flour, then keep adding milk until the mixture is of a soft consistency. Pat out mixture on a flour board or pastry sheet until it is approximately 3cm thick. Cut scones with a glass or scone cutter. Cook in hot oven for 8 to 10 minutes.

Serve with cream and jam.

**Chocolate and Hazelnut Roulade**

**Ingredients:** 200g block dark chocolate (70% cocoa solid) chopped  
 6 eggs – separated yolks in one bowl and whites in another



GUNDILLION HALL, SCENE OF MANY A GREAT FEAST.

175g caster sugar  
 2 tablespoons icing sugar  
 2 tablespoons of cocoa powder  
**Filling:** 200g roasted hazelnuts  
 250g (1 tub) mascarpone  
 200g jar Nutella

**Method:** Preheat oven to 180°C. Line a lightly greased swiss roll pan with baking paper and also lightly grease the paper. Melt chocolate in a heatproof bowl placed over a saucepan of simmering water. Leave to cool slightly.



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