

Our Page 3 Chef

Bernard McCarthy:
Owner and Chef at Salix Restaurant
for 2.5 years



MPGourmet caught up with Bernard & discovered the following:

WHERE DID YOU SPEND YOUR FORMATIVE YEARS COOKING?

In Melbourne, owning with Dure Dara eq Cafebar, ongoing.
Having worked in some of Melbourne's finer and funky restaurants such as Fannys, Tansys, Hairy Canary and Madame Joe Joes, also working in Shanghai, China and Perth.

WHAT IS YOUR PHILOSOPHY ON FOOD?

It should be tasty, fresh and not over-worked and true to its cultural heritage.

WHAT IS YOUR FAVOURITE FOOD?

On warmer days anything on the beach that doesn't include sand while watching my girls swimming.

On colder days sticky, slow cooked dishes like cassoulet or a daube.

WHAT ARE YOU LOOKING FORWARD TO?

Seeing my family again after a very busy Summer at the restaurant. A Winter holiday in Queensland, a successful long lunch at the vineyard on March 16th, Autumn delights, mushrooms by the road side and in the paddocks, local quinces, olive and grape harvest.

INTERESTS AND HOBBIES?

Having a say about the way we can nurture a growing region and feeling a part of a rich, vibrant yet well established community, seeing my children grow up in a safe place, with as little junk food and commercialism as possible.

Sitting on the couch drinking good wine and watching any sport.

DO YOU HAVE A FAVOURITE WINE?

Old world rieslings such as Dr Loosen Trimbath Hugel.

WHAT IS THE BEST THING ABOUT WORKING AT AND OWNING SALIX?

Seeing my family 5 nights a week, especially dinner time – simply called a marriage saver, very rare for a restaurant owner operator.

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Lunch daily, dinner Friday and
Saturday night

Sweet and Sour White Adriatic Figs

To serve as part of a tasting plate.

Slices of fresh ripe white figs
Mascarpone mixed with lemon zest and
freshly ground black pepper
Slices of basil
Orange vincotta
EV olive oil
Dukkah

Method:

Layer fig slices and basil onto a platter, dot with mascarpone mix, drizzle with vincotto and EV olive oil and sprinkle with a hazelnut dukkah

