



# GLOSSARY

## ALTERNATIVE PULSE PROTEINS

**Packed with protein and nutrients, pulses are elevated when paired with other delicious ingredients.**



Pigeon peas

### What are pulses?

Pulses are the edible seeds of plants in the legume family. The six major pulse groups grown in Australia are chickpea, faba/broad bean, field pea, lentil, lupin and mungbean. In addition, there are a number of smaller and/or niche market crops such as azuki bean, navy bean, cowpea, vetch and pigeon pea. Within these types there are often numerous varieties, many of which have particular characteristics that suit differing markets.

### Examples of pulses

**Pigeon peas** range from green to brownish in colour. However, when skinned and split, they are yellow in colour and known as Toor dal or Toovar dal. Pigeon peas have a pleasant, slightly sweet, nutty taste. They are commonly found dried or canned in most supermarkets, Latin and Indian markets or online specialty stores.

**Borlotti beans**, also known as cranberry beans, are popular in Italian cooking. Borlotti beans have a beige colour splashed with red streaks, which they lose during cooking. They have a creamy texture with a mild, nutty flavour. They are more commonly found dried or canned in most supermarkets or online specialty stores.



Borlotti beans

**Black beluga lentils** are small, shiny and black when cooked, resembling caviar. They have a mild, earthy flavour and soft texture. They are most commonly found dried in natural food stores, the health food section of some supermarkets or online specialty stores.

**Mungbeans** are very versatile and can be sprouted, cooked, or ground to make flour. In some countries, mungbeans are made into a paste, sweetened, and used as a filling in pastries, cakes, rice puddings, ice cream and lollipops.

**Chickpeas** can be cooked, boiled and mashed to make hummus. They can also be used in soups, curries, salads or within sweet dishes. They can also be toasted, puffed, baked or eaten raw.

**Lupins** are rich in protein and fibre and have been eaten for over 2000 years. They can be used whole, fresh or made into flour for bread, biscuits and pasta. They can also be used as a snack food and their sprouts have been used for salads, stir fries or pickling.

### Did you know?

The United Nations declared 2016 International Year of Pulses and over 30 countries, including Australia, have commenced preparations to recognise the importance of pulses in supporting better health, improved nutrition and sustainable food production.



Black beluga lentils



Sources:  
[http://www.naturaltherapypages.com.au/article/mung\\_beans#ixzz40TiRRK1j](http://www.naturaltherapypages.com.au/article/mung_beans#ixzz40TiRRK1j)  
<http://pulseaus.com.au/using-pulses/what-are-pulses>





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## BLENDS WITH BENEFITS

Flavourful herbs and spices add everyday versatility to good-for-you ingredients.

### Good-for-you ingredients

**Matcha** is a finely ground green tea powder used to add flavour, colour and nutritional benefits to foods. High in antioxidants and loaded with catechin, and the most potent and beneficial antioxidant, matcha is calming and can boost memory and concentration. It can also detoxify the system, increase energy levels and has substantial quantities of potassium, vitamins A & C, iron, protein and calcium. When pairing matcha with lemon peel and ginger, it can be used to flavour a variety of sweet and savoury foods, including chicken, seafood, smoothies and desserts.

**Flaxseed, or linseed**, comes from the flax plant, which is an annual herb. The seeds are rich in omega-3 fatty acids and fibre, and are commonly added to baked goods, smoothies, breakfast cereals and energy bars. They can be found in the health food section of supermarkets and at health food and online specialty stores.

**Chia seeds** come from a flowering plant in the mint family that is native to Mexico and Guatemala. The seeds are rich in vitamins and omega-3 fatty acids, and are commonly added to smoothies, breakfast cereals, yogurt, energy bars and baked goods. They can be found in the health food section of supermarkets and at health food and online specialty stores.

### Herb and spice matching

Below are some herbs and spices that traditionally have been paired with chia seeds, matcha and flaxseed but others are also worth investigating.

**Chia seed** Spices: chilli, garlic, cayenne pepper, cinnamon, cumin, ginger, turmeric, anise  
Herbs: parsley, basil, mint

**Matcha** Spices: ginger, cardamom, cinnamon, ginger, clove, vanilla, nutmeg, vanilla  
Herbs: coriander, mint, dill

**Flaxseeds** Spices: paprika, garlic, vanilla, cinnamon, chilli, cardamom, ginger, turmeric, anise  
Herbs: rosemary, oregano, fennel, sage, parsley



Sources:  
<http://www.naturallivingideas.com/10-amazing-benefits-of-matcha-green-tea/>



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## CULINARY INFUSED SIPS

Classic culinary techniques provide new tastes and inspiration in the creation of the latest beverages.



### Culinary techniques

**Pickling** is a technique that sees perishable food preserved in spiced vinegar with sugar and salt. This technique combines tart with spice for zesty results.

**Roasting** is a dry heat method of cooking food in an oven or BBQ and adds richness with a distinctive browned flavour.

**Bruleeing** is sprinkling food with sugar and placing it under a grill to caramelize the sugar, forming a hard brittle top. This decadent layer of caramel provides depth with a caramelised sugar note.

**Smoking** is the process of flavouring, cooking, or preserving food by exposing it to smoke from burning or smouldering material, most often wood.

### Fruit and herb/spice matching

Below are some herbs and spices that traditionally have been paired with different fruits but others are also worth investigating.



<b>Apples</b>	Spices: allspice, anise, cardamom, ginger, nutmeg Herbs: coriander, mint, rosemary
<b>Apricots</b>	Spices: black pepper, ginger, cardamom, vanilla Herbs: basil, mint
<b>Bananas</b>	Spices: allspice, cinnamon, ginger, nutmeg Herbs: coriander, parsley
<b>Berries</b>	Spices: cinnamon, chilli, ginger, cardamom Herbs: basil, mint
<b>Coconuts</b>	Spices: allspice, cumin, black pepper, vanilla Herbs: parsley, basil
<b>Mangoes</b>	Spices: black pepper, vanilla, cinnamon Herbs: coriander, parsley
<b>Melons</b>	Spices: cardamom, ginger Herbs: coriander, mint, parsley
<b>Oranges</b>	Spices: allspice, cinnamon, cloves, nutmeg, vanilla, Herbs: mint, basil
<b>Peaches</b>	Spices: allspice, cinnamon, cloves, ginger, nutmeg, vanilla, chilli, star anise Herbs: basil, mint, thyme
<b>Pears</b>	Spices: allspice, cloves, star anise, cinnamon, ginger Herbs: coriander, thyme
<b>Pineapple</b>	Spices: cardamom, cinnamon Herbs: mint, parsley, coriander, basil, rosemary
<b>Plums</b>	Spices: allspice, cinnamon, cloves, star anise, ginger, chilli, Herbs: basil, mint



Sources:  
[https://en.wikipedia.org/wiki/Smoking\\_\(cooking\)](https://en.wikipedia.org/wiki/Smoking_(cooking))





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## ANCESTRAL FLAVOURS

Modern dishes reconnect with native ingredients to celebrate food that tastes real, pure and satisfying.



### Native foods

Bush tucker, also called bushfood, is any food native to Australia and used as sustenance by the original inhabitants, the Aboriginal Australians, but it can also describe any native fauna/flora used for culinary and/or medicinal purposes. Below are a few examples of native foods but the range available is quite extensive.

**Finger limes** are short and finger-like in appearance. They are tart and tangy best enjoyed raw and fresh.

**Kakadu plums** are round and small and contain a large seed. When ripened, the fruit is an olive yellow colour and resembles a large, lumpy olive. It has a tart and bitter flavour with the aroma of stewed apples and pears. It is great for jams, sauces, juices, ice-cream and desserts.

**Desert quandongs** have a tart flavour with a hint of saltiness. Its aroma is of dry lentils or beans and is excellent in pies and jellies. Quandongs are also good dried and the kernel nut is also edible.

**Lemon myrtle** has a creamy lemon and lime aroma, the flavour is like lemon candy and complements fish, chicken, ice-cream or sorbet.

**Bush tomatoes** have a mostly savoury flavour with some sweetness and work well with cheese, eggs, salmon and white meats. Bush tomatoes can also be eaten dried or fresh.

**Mountain pepper** has a flavour between pepper and chilli, and the heat is intense and lingers. Mountain pepper can be used as a conventional pepper for preparing savouries, soups, vinaigrettes, pasta and meat.

**Macadamia nuts** have a subtle, buttery flavour and velvety-soft crunch make them very versatile. They can be eaten raw from the shell or dry roasted. They work well with many different flavours in sweet or savoury dishes such as cakes, desserts, ice cream, salads, roasts and casseroles.

### Ancient grains

For many years archaeologists reported finding the remains of grains and grain stores in ancient sites. However, the term ancient grain doesn't mean just a 4,000 year old grain seed. It refers to the ancient types of grains that have only recently been 'discovered' by the West. These heritage grains are now being grown all over the world and include quinoa, chia, amaranth, millet, wild rice and ancient forms of wheat such as spelt, farro (also known as emmer).

**Amaranth** is an ancient seed from South America, rich in protein, fibre and vitamins, with an earthy, nutty flavour and crunchy texture. It can be found in natural foods stores, the health food section of the supermarket or online specialty stores.

**Farro** is one of the oldest grains in the world and needs to be soaked and then cooked. Cooking produces a firm and chewy texture with an earthy, nutty taste. It can be a staple to any meal but more importantly the level of flavour gives depth to root vegetables and a nutty note with steamed greens. It is sometimes referred to as spelt and may be used like barley.

**Quinoa** has a subtle nutty flavour with a fluffy, creamy and slightly crunchy texture. It can be used in a similar way to rice, tossed through a salad, or served hot with a stir-fry, stew or casserole. It can be added to soups, frittatas or vegetable patties and quinoa flour can be used for baking gluten-free cakes, muffins, cookies, pancakes and breads.

### Ancient herbs

**Thyme** adds warmth and a bold aroma to meat, stews, chicken, game and stocks. Thyme is also used in vinaigrettes or in almost any marinade for chicken or fish and also delicious in desserts like poached pears and lemon puddings.

**Peppermint** is versatile and has a clean, fresh, aromatic flavour with a cool aftertaste. It is loved in both savoury and sweet dishes, as a marinade for lamb, mixed through salads, or also great with fruits and chocolate cakes and desserts.

**Parsley** is one of the most popular and versatile herbs and can be used to add a subtle seasoning to just about any dish.

**Rosemary** is prized for its sweet, pinewood like aroma and bittersweet, lemony flavour. Ideal in stews, roasts, baked vegetables, barbeque's and salads.

**Lavender** has a camphor-like flavour and is similar to rosemary with an edge of lingering bitterness.

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