

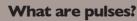






GLOSSARY ALTERNATIVE PULSE PROTEINS

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



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.

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 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.



Sources: http://www.naturaltherapypages.com.au/article/mung_beans#ixzz40TiRRK1j http://pulseaus.com.au/using-oulses/what-are-oulses



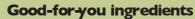






GLOSSARY BLENDS WITH BENEFITS

Flavourful herbs and spices add everyday versatility to 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/



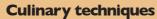






GLOSSARY CULINARY INFUSED SIPS

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



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 caramelise 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.

Apples Spices: allspice, anise, cardamom, ginger, nutmeg

Herbs: coriander, mint, rosemary

Apricots Spices: black pepper, ginger, cardamom, vanilla

Herbs: basil, mint

Bananas Spices: allspice, cinnamon, ginger, nutmeg

Herbs: coriander, parsley

Berries Spices: cinnamon, chilli, ginger, cardamom

Herbs: basil, mint

Coconuts Spices: allspice, cumin, black pepper, vanilla

Herbs: parsley, basil

Mangoes Spices: black pepper, vanilla, cinnamon

Herbs: coriander, parsley Spices: cardamom, ginger

Herbs: coriander, mint, parsley

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Herbs: mint, basil

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Peaches Spices: allspice, cinnamon, cloves, ginger, nutmeg, vanilla, chilli, star anise

Spices: allspice, cinnamon, cloves, nutmeg, vanilla,

Herbs: basil, mint, thyme

Pears Spices: allspice, cloves, star anise, cinnamon, ginger

Herbs: coriander, thyme

Pineapple Spices: cardamom, cinnamon

Herbs: mint, parsley, coriander, basil, rosemary

Plums Spices: allspice, cinnamon, cloves, star anise, ginger, chilli,

Herbs: basil, mint

Sources: https://en.wikipedia.org/wiki/Smoking_(cooking)

Melons

Oranges











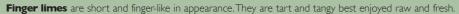
GLOSSARY ANCESTRAL FLAVOURS

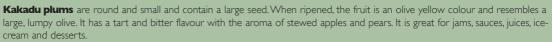
Modern dishes reconnect with native ingredients to celebrate food that tastes real, pure and satisfying.

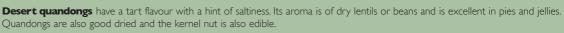


Native foods

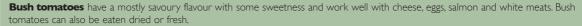
Bush tucker, also called bushfood, is any food native to Australia and used as sustenance by the original inhabitants, the Aboriginal Australians, but it can also describe any native fauna/flora used for culinary and/or medicinal purposes. Below are a few examples of native foods but the range available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







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



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 added to soups, frittatas or vegetable patties and quinoa flour can be used for baking gluten-free cakes, muffins, cookies, pancakes and breads.



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.



Newton, J. The Oldest Foods On Earth, A History of Australian Native Foods, Australia, 2016.

http://foodwatch.com.au/blog/super-foods/item/ancient-grains.html http://www.bodyandsoul.com.au/nutrition/nutrition+tips/what+is+quinoar,10553