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annual recipe index

ISSUES 28-33
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Recipes are listed under key ingredients and type of dish.

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Quick lamb and kumara curry.....	30:92
Red lentil, kumara and coconut soup.....	31:90
Roasted root vegetable mash.....	30:87
Root vegetable gratin.....	31:110
Sweet potato and spinach tortilla with feta yoghurt.....	33:99

LAMB

Baked Turkish lamb manti with minted yoghurt sauce.....	31:105
Braised lamb with olives.....	29:65
Lamb sausage and red wine ragu.....	32:95
Lamb shoulder chops with charred tomato relish.....	28:66
Navarin of spring lamb.....	32:95
Quick lamb and kumara curry.....	30:92
Roast breast of lamb on Spanish beans.....	31:69
Roasted loin of lamb with orange and cumin glazed carrots.....	33:116
Roman-style lamb cutlets.....	29:102
Spiced lamb pide pockets with mango chutney.....	28:97
Spicy lamb sausages with white bean hummus.....	32:114
Zucchini-wrapped lamb cutlets.....	33:86

LEEKs

Leek and goat's cheese tart with walnut pastry.....	32:98
Leek, cider and porcini pot roast chicken.....	30:62
Puy lentils with leeks.....	31:77
Saffron potatoes and leeks.....	32:82

LEMONGRASS

Braised shin of beef with lemongrass and coconut.....	31:74
Lemongrass and seafood soup.....	30:81
Lemongrass syrup.....	28:86

LEMONS

Beans and lemon.....	32:83
Blackberry and lemon loaf.....	28:89
Crab, lemon and crème fraîche tart.....	33:85
Lemon and Parmesan sauce.....	31:82
Lemon, yoghurt and poppy seed cake with blueberry sauce.....	32:100
Lemon yoghurt sauce.....	32:111
Lime and lemonade.....	31:80
Linguine with lemon, Parmesan and soft poached eggs.....	33:114
Preserved lemon aioli.....	33:79
Preserved lemon dressing.....	33:86
Roasted basil and lemon chicken with Jerusalem artichokes.....	31:106
Sicilian date, fig and lemon biscuits.....	29:93
Strawberry and lemon tart.....	33:73
White fish carpaccio with fried sage, capers and preserved lemon.....	29:78
Zesty rice salad with preserved lemon, artichokes and asparagus.....	32:76

LENTILs

Crispy eggs with bacon and lentils.....	30:101
Mushroom and lentil soup with Gorgonzola polenta croutons.....	30:59
Puy lentils with leeks.....	31:77
Red lentil, kumara and coconut soup.....	31:90

LETTUCE

Beef and beetroot salad with anchovy dressing.....	32:92
Great mixed raw salad.....	29:63
Green salad.....	32:119
Pear, avocado and mixed greens with pistachio and tarragon dressing.....	28:105

LIMES

Bagels with shaved pork, fennel and lime salad.....	28:60
Coconut and lime sambal.....	32:84

Herb roasted chicken with grilled limes.....	28:68
Honey, lime and basil dressing.....	28:76
Lime and lemonade.....	31:80
Lime and wasabi marinade.....	33:91
Lime dressing.....	33:112
Mint and lime sugar.....	28:86
Yoghurt, lime and honey panna cotta.....	30:68

MANGOS

Mango and pineapple salsa.....	28:70
Mango chutney.....	28:97
Mango salad.....	32:106
Mango tart with sweet red chilli syrup.....	28:92

MARINADES

Lime and wasabi marinade.....	33:91
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MASCARPONE

Limoncello and raspberry tiramisu.....	29:71
Mascarpone and vanilla bean semifreddo.....	29:93

**MAYONNAISE – SEE DRESSINGS AND
MAYONNAISE****MELONS**

Melon with lemongrass syrup.....	28:86
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MERINGUE

Strawberry and hazelnut meringues with crushed strawberry cream.....	33:69
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MINT

Beetroot and tomato salad with capers and mint.....	33:119
Garlic and herb butter.....	33:112
Herb and mustard sauce.....	33:116
Lemon yoghurt sauce.....	32:111
Mint and lime sugar.....	28:86
Mint dressing.....	28:79, 29:104
Preserved lemon dressing.....	33:86
Ricotta, pea and herb gnocchi with fresh tomato salsa and crispy pancetta.....	32:75
Spicy lamb sausages with white bean hummus.....	32:114
Zesty rice salad with preserved lemon, artichokes and asparagus.....	32:76
Zucchini, mint and goat's cheese pizzas.....	32:69

**MOZZARELLA – SEE BOCCONCINI AND
MOZZARELLA****MUSHROOMS**

Beef olives with cherry tomatoes.....	31:112
Braised market fish with mushrooms and bok choy.....	28:97
Hot and sour soup with mushrooms and tofu.....	31:86
Korean sesame grilled beef and mushrooms.....	28:66
Leek, cider and porcini pot roast chicken.....	30:62
Mu shu pork in Chinese pancakes.....	30:94
Mushroom and lentil soup with Gorgonzola polenta croutons.....	30:59
Mushroom arancini.....	29:69
Mushroom risotto.....	29:69
Pork scaloppini with mushrooms and Marsala.....	29:102
Stuffed mushrooms baked in silverbeet leaves.....	32:104

MUSSELS

Mussels and clams in a white wine and tarragon broth.....	32:92
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MUSTARD

Herb and mustard sauce.....	33:116
Mustard croutons.....	31:88
Mustard sauce.....	28:60, 32:92
Mustard seed dressing.....	28:81
Roasted mustard haloumi.....	32:71

NECTARINES

Honey roasted peaches [or nectarines].....	33:94
Roast stonefruit with ricotta and pistachios.....	28:86

NOODLES

Miso salmon with soba noodles.....	30:99
Prawn and pork cakes with noodles and broth.....	31:109
Stir-fried beef and asparagus.....	32:111

OLIVES

Baked goat's cheese with dry roasted olives.....	30:77
Braised lamb with olives.....	29:65
Caramelized red onion, black olive and herb bread.....	32:93
Cornichon and caper salsa.....	32:98
Flat bean and raw zucchini salad with mint dressing.....	29:104
Greek chicken with oregano and feta.....	30:94
Grilled new season potatoes with crispy onions, capers and olives.....	32:75
Orange and green olive salsa.....	31:80
Spicy lamb sausages with white bean hummus.....	32:114

ONIONS AND SHALLOTS

Apples and shallot sauce.....	30:107
Beef and caramelized shallot pies with cauliflower tops.....	30:64
Braised chicken with shallots, peas and apples.....	31:77
Caramelized onion, anchovy and goat's cheese tartlets.....	33:91
Caramelized onion gravy.....	31:69
Caramelized red onion, black olive and herb bread.....	32:93
Grilled new season potatoes with crispy onions, capers and olives.....	32:75
Red onion and pomegranate molasses relish.....	30:85
Roasted fish with potatoes and fennel.....	31:74

ORANGES

Baked witlof with orange and hazelnuts.....	31:82
Chickpea, fennel and artichoke salad with lemon and date dressing.....	33:86
Lemon and date dressing.....	33:86
Orange and cumin glazed carrots.....	33:116
Orange and date dressing.....	33:86
Orange and green olive salsa.....	31:80
Orange and saffron confit.....	31:84
Orange and semolina syrup cake with fresh orange and date salad.....	30:79
Orange, parsley and pine nut salad.....	29:99
Spinach, orange and hazelnut salad.....	28:95
Steamed candied orange puddings.....	31:100

PANCAKES AND HOTCAKES

Chinese pancakes.....	30:94
Cinnamon buttermilk hotcakes.....	30:70

PANCETTA

Fresh tomato salsa and crispy pancetta.....	32:75
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PAPAYA

Sticky rice and coconut puddings with papaya.....	28:90
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PARSLEY

Apple and cabbage coleslaw.....	33:117
Caper, anchovy and parsley butter.....	29:104
Chermoula paste.....	31:72
Garlic and herb butter.....	33:112
Green salad.....	32:119
Herb and mustard sauce.....	33:116
Herb paste.....	28:68
New potato and herb salad.....	33:80
Orange, parsley and pine nut salad.....	29:99
Pork, chorizo and herb terrine.....	32:98
Ricotta, pea and herb gnocchi with fresh tomato salsa and crispy pancetta.....	32:75

Spicy lamb sausages with white bean hummus.....	32:114
Zesty rice salad with preserved lemon, artichokes and asparagus	32:76

PARSNIPS

Honey glazed roasted root vegetables	30:70
Parsnip and pear mash.....	31:69
Roasted beetroot, parsnip and apple soup	31:86
Roasted carrot and parsnip soup	30:101
Roasted root vegetable mash	30:87
Root vegetable gratin	31:110
Smoked fish and parsnip cakes with horseradish and watercress cream	30:62

PASSIONFRUIT

Lime, Riesling and passionfruit curd cakes.....	33:89
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PASTA AND GNOCCHI – SEE ALSO NOODLES

Baked pasta with pumpkin and amaretti.....	29:66
Baked penne with sausages and spinach.....	29:100
Baked semolina gnocchi.....	32:93
Baked spaghetti with eggplant and bocconcini – Involtini	29:85
Fettuccine with fish, clams and tomatoes.....	32:117
Linguine with fresh tomatoes and artichokes.....	29:99
Linguine with lemon, Parmesan and soft poached eggs	33:114
Papardelle with walnut pesto and roasted pumpkin	30:59
Prawn, grapefruit and fregola salad.....	31:81
Ricotta and rocket gnocchi with lemon and Parmesan sauce.....	31:82
Ricotta, pea and herb gnocchi with fresh tomato salsa and crispy pancetta.....	32:75

PASTRIES

Date, rum and ricotta strudels.....	32:104
Fresh cherry and rhubarb turnovers.....	28:105
Hazelnut, chocolate and date baklava.....	30:87
Spicy pork empanadas.....	33:100

PEACHES

Baked ham with cranberries and glacé peaches	33:79
Honey roasted peaches	33:94
Roast stonefruit with ricotta and pistachios	28:86
Spiced peach chutney.....	33:110

PEANUTS

Honey roasted peanut, rum and caramel tiramisu	33:83
Stir-fried beef and asparagus	32:111

PEARS

Duck and cinnamon pear salad with crispy wontons	30:57
Ginger beer poached pears	30:83
Parsnip and pear mash.....	31:69
Pear, avocado and mixed greens with pistachio and tarragon dressing.....	28:105
Pears, blue cheese and walnuts in baking paper.....	32:108
Sautéed pears, prosciutto and blue cheese salad	29:78
Sticky pear and ginger pudding with toffee sauce.....	31:96

PEAS, DRIED

Beef and yellow split pea salad with pumpkin seed dressing.....	28:101
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PEAS, GREEN

Braised chicken with shallots, peas and apples.....	31:77
Fennel, pea and Parmesan risotto	32:119
Spring greens with roasted mustard haloumi	32:71
Spring vegetable and prawn fritters with a lemon yoghurt sauce.....	32:111

PIES

Beef and caramelized shallot pies with cauliflower tops.....	30:64
Thai chicken pies	30:99

PINE NUTS

Braised rabbit with spinach and pine nuts	29:86
Chicken with zucchini, basil, pine nuts and tomato jam.....	30:81
Orange, parsley and pine nut salad.....	29:99
Roasted pumpkin with brown butter, sage and pine nuts.....	29:66

PINEAPPLE

Grilled pineapple with butterscotch sauce	32:120
Grilled pineapple with mint and lime sugar.....	28:86
Mango and pineapple salsa	28:70

PISTACHIOS

Cherry, pomegranate molasses and pistachio relish.....	33:74
Pistachio and tarragon dressing.....	28:105
Roast beetroot, fresh date and pistachio salad	28:79
Roast stonefruit with ricotta and pistachios	28:86
Salty caramel and chocolate Christmas crackers	33:108

PIZZAS AND FLATBREADS

Classic dough for pizzas or bread sticks	29:63
Grape and blue cheese schiacciata with honey	30:68
Pizza dough	32:69
Potato, rosemary and mozzarella pizza.....	29:63
Zucchini, mint and goat's cheese pizzas	32:69

PLUMS

Fresh plum and berry clafouti.....	33:120
Roasted plums and rhubarb	29:106
Roast stonefruit with ricotta and pistachios	28:86

POLENTA

Gorgonzola polenta croutons.....	30:59
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POMEGRANATE MOLASSES

Cherry, pomegranate molasses and pistachio relish	33:74
Date and pomegranate chutney	31:72
Red onion and pomegranate molasses relish	30:85
Spicy lamb sausages with white bean hummus	32:114

POPPY SEEDS

Lemon, yoghurt and poppy seed cake with blueberry sauce.....	32:100
Poppy and sesame seed oatcakes.....	33:109
Spicy and sweet poppy seed dressing	28:76

PORK

Bagels with shaved pork, fennel and lime salad.....	28:60
Braised pork shoulder with fennel and chorizo.....	30:77
Clay pot pork	32:114
Crisp roasted pork hocks with caramelized onion gravy	31:69
Crumbed pork schnitzel with spinach, orange and hazelnut salad.....	28:95
Mu shu pork in Chinese pancakes	30:94
Polenta crumbed pork schnitzel with apple and cabbage coleslaw	33:117
Pork, chorizo and herb terrine.....	32:98
Pork fillet with apples and shallot sauce.....	30:107
Pork scaloppini with mushrooms and Marsala.....	29:102
Prawn and pork cakes with noodles and broth	31:109
Sage roasted pork belly and apples	29:81

Spicy pork empanadas.....	33:100
Steamed pork spare ribs in lotus leaves.....	32:106
Twice-cooked pork belly with roasted capsicum and hazelnut sauce	28:70

POTATOES

Crisp baked potatoes with red capsicum.....	29:104
Grilled new season potatoes with crispy onions, capers and olives	32:75
Indian spiced potatoes and carrots	30:96
Jerusalem artichoke and potato soup with mustard croutons.....	31:88
Navarin of spring lamb.....	32:95
New potato and herb salad.....	33:80
Potato, broad bean and crispy bacon salad with mint dressing.....	28:79
Potato crusted silverbeet and feta tart.....	31:108
Potato, rosemary and mozzarella pizza.....	29:63
Potato rosti	33:93
Roasted fish with potatoes and fennel	31:74
Root vegetable gratin	31:110
Saffron potatoes and leeks	32:82
Smoked fish brandade	33:102

PRAWNS

Fritto misto.....	29:61
Prawn and chorizo kebabs with smoked paprika and hazelnut aioli.....	33:85
Prawn and pork cakes with noodles and broth.....	31:109
Prawn, grapefruit and fregola salad.....	31:81
Prawn rice paper parcels.....	33:99
Prawns and green beans in black bean and garlic sauce	30:92
Roasted fennel and prawns with chilli croutons	32:71
Scandinavian fish and prawn sandwiches with mustard sauce	28:60
Spring vegetable and prawn fritters with a lemon yoghurt sauce.....	32:111
Tikka prawns with mango and pineapple salsa.....	28:70

PRESERVES – SEE ALSO CHUTNEYS, PICKLES AND RELISHES

Cherry confit.....	33:71
Orange and saffron confit.....	31:84

PROSCIUTTO

Baked witlof with orange and hazelnuts.....	31:82
Sautéed pears, prosciutto and blue cheese salad.....	29:78

PUMPKIN

Baked pasta with pumpkin and amaretti.....	29:66
Papardelle with walnut pesto and roasted pumpkin	30:59
Pumpkin couscous.....	31:72
Roasted buttercup pumpkins	31:86
Roasted pumpkin with brown butter, sage and pine nuts	29:66
Roasted root vegetable mash	30:87

PUMPKIN SEEDS

Pumpkin seed dressing	28:101
Roasted spring vegetables with fresh Parmesan, ricotta and almonds	32:75

QUINCES

Quince and goat's cheese balls with walnut crumb.....	33:100
Vanilla rice pudding with Shiraz poached quinces	31:94

QUINOA

Quinoa, sweet corn and edamame bean salad with honey, lime and basil dressing.....	28:76
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RABBIT

Braised rabbit with spinach and pine nuts	29:86
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RADISHES

- Autumnal coleslaw.....30:102
Prawn, grapefruit and fregola salad.....31:81

RHUBARB

- Fresh cherry and rhubarb turnovers.....28:105
Little rhubarb crumble cakes with
ginger custard.....31:94
Roasted plums and rhubarb.....29:106
Roasted strawberry and rhubarb compote.....33:73

RICE

- Fennel, pea and Parmesan risotto.....32:119
Mushroom arancini.....29:69
Mushroom risotto.....29:69
Rice pilaf.....30:105
Sticky rice and coconut puddings
with papaya.....28:90
Vanilla rice pudding with Shiraz
poached quinces.....31:94
Zesty rice salad with preserved lemon,
artichokes and asparagus.....32:76

RICOTTA

- Artichoke and ricotta salad with
tomato and rosemary vinaigrette.....28:83
Date, rum and ricotta strudels.....32:104
Ricotta and rocket gnocchi with lemon
and Parmesan sauce.....31:82
Ricotta, pea and herb gnocchi with fresh
tomato salsa and crispy pancetta.....32:75
Roast stonefruit with ricotta
and pistachios.....28:86
Roasted capsicum and vine tomato
bruschetta with ricotta.....29:83
Roasted spring vegetables with fresh
Parmesan, ricotta and almonds.....32:75

ROCKET

- Beef and beetroot salad with
anchovy dressing.....32:92
Green salad.....32:119
Linguine with lemon, Parmesan and
soft poached eggs.....33:114
Poached chicken, apple, rocket and
hazelnut salad.....32:87
Prawn, grapefruit and fregola salad.....31:81
Ricotta and rocket gnocchi with lemon
and Parmesan sauce.....31:82
Sautéed cauliflower and rocket salad.....30:105

ROSEMARY

- Apple and rosemary tarte tatin.....30:66
Baked semolina gnocchi.....32:93
Caramelized red onion, black olive
and herb bread.....32:93
Poached apricots with rosemary
and peppercorn syrup.....30:72
Pork, chorizo and herb terrine.....32:98
Potato, rosemary and mozzarella pizza.....29:63
Potato rosti.....33:93
Tomato and rosemary vinaigrette.....28:83

SAFFRON

- Orange and saffron confit.....31:84
Saffron potatoes and leeks.....32:82

SAGE

- Baked semolina gnocchi.....32:93
Roasted pumpkin with brown butter,
sage and pine nuts.....29:66
Roman-style lamb cutlets.....29:102
Sage roasted pork belly and apples.....29:81
White fish carpaccio with fried sage,
capers and preserved lemon.....29:78

SALADS, FRUIT

- Fresh orange and date salad.....30:79
Mango salad.....32:106

SALADS, MEAT AND FISH

- Beef and beetroot salad with
anchovy dressing.....32:92
Beef and yellow split pea salad with
pumpkin seed dressing.....28:101
Calamari, fennel and chickpea salad.....28:103
Duck and cinnamon pear salad with
crispy wontons.....30:57
Grilled chorizo and avocado salad.....32:117
Poached chicken, apple, rocket and
hazelnut salad.....32:87
Prawn, grapefruit and fregola salad.....31:81
Warm chicken liver salad on garlic croutons.....31:106
Watermelon, fennel and feta salad
with prawns.....28:76

SALADS, VEGETABLE

- Apple and cabbage coleslaw.....33:117
Artichoke and ricotta salad with tomato
and rosemary vinaigrette.....28:83
Autumnal coleslaw.....30:102
Baby carrot and date salad with
coriander dressing.....32:71
Beetroot and tomato salad with
capers and mint.....33:119
Borlotti bean and broad bean salad
with buffalo mozzarella.....29:81
Chickpea, fennel and artichoke salad
with lemon and date dressing.....33:86
Cucumber salad with spicy and sweet
poppy seed dressing.....28:76
Eggplant and zucchini salad with
coriander and yoghurt dressing.....33:117
Fennel and lime salad.....28:60
Flat bean and raw zucchini salad
with mint dressing.....29:104
Fresh vegetable salad.....28:103
Great mixed raw salad.....29:63
Green bean, edamame and avocado
salad with preserved lemon dressing.....33:86
Green salad.....32:119
Grilled zucchini, green bean and
sun-dried tomato salad.....28:79
New potato and herb salad.....33:80
Orange, parsley and pine nut salad.....29:99
Pear, avocado and mixed greens with
pistachio and tarragon dressing.....28:105
Potato, broad bean and crispy bacon
salad with mint dressing.....28:79
Quinoa, sweet corn and edamame salad
with honey, lime and basil dressing.....28:76
Roast beetroot, fresh date
and pistachio salad.....28:79
Sautéed cauliflower and rocket salad.....30:105
Sautéed pears, prosciutto
and blue cheese salad.....29:78
Spinach, orange and hazelnut salad.....28:95
Zesty rice salad with preserved lemon,
artichokes and asparagus.....32:76

SALAMI

- Picnic loaf.....28:63

SALMON

- Baked salmon with a smoked paprika and
rosemary glaze.....33:79
Family-style baked omelette with
zucchini and smoked salmon.....28:101
Indian spiced salmon and spinach burgers.....33:119
Miso salmon with soba noodles.....30:99
Stuffed salmon in vine leaves.....28:73
Warm salmon carpaccio.....32:92

**SANDWICHES – SEE BURGERS, FILLED
BREADS, SANDWICHES AND WRAPS****SAUCES, SALSAS AND DIPS**

- SEE ALSO BUTTERS, FLAVOURED;
DRESSINGS AND MAYONNAISE
Béchamel sauce.....29:66

- Caper sauce.....31:74
Caramelized onion gravy.....31:69
Coconut and lime sambal.....32:84
Cornichon and caper salsa.....32:98
Fresh tomato salsa and crispy pancetta.....32:75
Herb and mustard sauce.....33:116
Horseradish and watercress cream.....30:62
Hot sauce.....32:84
Lemon and Parmesan sauce.....31:82
Lemon yoghurt sauce.....32:111
Mango and pineapple salsa.....28:70
Minted yoghurt sauce.....31:105
Mustard sauce.....28:60, 32:92
Nuoc mam.....32:107
Orange and green olive salsa.....31:80
Red wine sauce.....30:85, 33:93
Roasted capsicum and hazelnut sauce.....28:70
Roasted tomato sauce.....28:97
Salsa rustica.....29:83
Salsa verde.....29:86
Spinach and yoghurt raita.....30:102
Tomato sauce.....29:85, 30:102, 31:112
Walnut pesto.....30:59

SAUCES, SWEET

- Blueberry sauce.....32:100
Butterscotch sauce.....32:120
Caramel sauce.....33:83
Crème anglaise.....33:107
Ginger custard.....31:94
Lemongrass syrup.....28:86
Sweet red chilli syrup.....28:92
Toffee sauce.....31:96

SAUSAGES – SEE ALSO CHORIZO

- Baked penne with sausages and spinach.....29:100
Clams with Chinese sausage
and spring onions.....30:90
Lamb sausage and red wine ragu.....32:95
Spicy lamb sausages with
white bean hummus.....32:114

**SEAFOOD – SEE ALSO CALAMARI AND
SQUID; FISH; MUSSELS; PRAWNS**

- Clams with Chinese sausage
and spring onions.....30:90
Crab, lemon and crème fraîche tart.....33:85
Fettuccine with fish, clams and tomatoes.....32:117
Lemongrass and seafood soup.....30:81
Mussels and clams in a white wine
and tarragon broth.....32:92
Oyster po' boys.....28:59
Stuffed clams.....29:78

SEMOLINA

- Baked semolina gnocchi.....32:93
Orange and semolina syrup cake
with fresh orange and date salad.....30:79

SESAME SEEDS

- Nougat sesame biscuits.....33:94
Poppy and sesame seed oatcakes.....33:109
Spiced sesame and honey torrone.....29:88

SHALLOTS – SEE ONIONS AND SHALLOTS**SILVERBEET**

- Chickpea, fennel and artichoke salad
with lemon and date dressing.....33:86
Potato crusted silverbeet and feta tart.....31:108
Stuffed mushrooms baked
in silverbeet leaves.....32:104
Wilted greens with fried chick peas.....29:104

SMALL FOOD

- Baked goat's cheese with
dry roasted olives.....30:77
Caramelized onion, anchovy and
goat's cheese tartlets.....33:91
Chick pea panelle.....29:74

Chicken liver pâté with red onion and pomegranate molasses relish	30:85
Crispy five spice chicken nibbles with hot sauce	32:84
Eggplant stemperata	29:74
Grape and blue cheese schiacciata with honey	30:68
Mushroom arancini	29:69
Pears, blue cheese and walnuts in baking paper	32:108
Pork, chorizo and herb terrine	32:98
Prawn and chorizo kebabs with smoked paprika and hazelnut aioli	33:85
Prawn rice paper parcels	33:99
Quince and goat's cheese balls with walnut crumb	33:100
Smoked fish brandade	33:102
Spicy pork empanadas	33:100
Sweet potato and spinach tortilla with feta yoghurt	33:99

SOUPS

Cauliflower, watercress and blue cheese soup	31:90
Hot and sour soup with mushrooms and tofu	31:86
Jerusalem artichoke and potato soup with mustard croutons	31:88
Lemongrass and seafood soup	30:81
Mushroom and lentil soup with Gorgonzola polenta croutons	30:59
Pearl barley and vegetable soup	31:88
Roasted carrot and parsnip soup	30:101
Roasted tomato and basil soup with Parmesan croutons	29:61

SPINACH

Baked penne with sausages and spinach	29:100
Braised rabbit with spinach and pine nuts	29:86
Duck and cinnamon pear salad with crispy wontons	30:57
Green salad	32:119
Indian spiced salmon and spinach burgers	33:119
Linguine with lemon, Parmesan and soft poached eggs	33:114
Spinach and yoghurt raita	30:102
Spinach, orange and hazelnut salad	28:95
Sweet potato and spinach tortilla with feta yoghurt	33:99
Wilted greens with fried chick peas	29:104

SQUID – SEE CALAMARI AND SQUID

STIR-FRIES

Clams with Chinese sausage and spring onions	30:90
Greek chicken with oregano and feta	30:94
Indian spiced potatoes and carrots	30:96
Method of stir-frying	30:90
Mu shu pork in Chinese pancakes	30:94
Prawns and green beans in black bean and garlic sauce	30:92
Quick lamb and kumara curry	30:92
Stir-fried beef and asparagus	32:111

TAMARILLOS

Roasted tamarillo fool	31:102
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TARRAGON

Market fish with white wine, grapes and tarragon	31:105
Mussels and clams in a white wine and tarragon broth	32:92
Pistachio and tarragon dressing	28:105

TARTS, SAVOURY

Caramelized onion, anchovy and goat's cheese tartlets	33:91
Crab, lemon and crème fraîche tart	33:85

Leek and goat's cheese tart with walnut pastry	32:98
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TARTS, SWEET

Apple and rosemary tarte tatin	30:66
Honey nut tart	30:74
Mango tart with sweet red chilli syrup	28:92
Strawberry and lemon tart	33:73

TOFU

Hot and sour soup with mushrooms and tofu	31:86
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TOMATOES

Asparagus with mozzarella and roasted tomatoes	33:80
Beans and lemon	32:83
Beef olives with cherry tomatoes	31:112
Beetroot and tomato salad with capers and mint	33:119
Chicken cacciatore	29:100
Fettuccine with fish, clams and tomatoes	32:117
Fresh tomato salsa and crispy pancetta	32:75
Greek chicken with oregano and feta	30:94
Grilled zucchini, green bean and sun-dried tomato salad	28:79
Lamb sausage and red wine ragu	32:95
Linguine with fresh tomatoes and artichokes	29:99
Mixed tomato and black bean salad with mustard seed dressing	28:81
Potato crusted silverbeet and feta tart	31:108
Roasted capsicum and vine tomato bruschetta with ricotta	29:83
Roasted tomato and basil soup with Parmesan croutons	29:61
Roasted tomato and goat's cheese bruschetta	28:63
Roasted tomato sauce	28:97
Sicilian fish couscous	29:85
Slow-cooked green beans and tomato	29:66
Spanish beans	31:69
Tomato and rosemary vinaigrette	28:83
Tomato jam	30:81
Tomato relish	28:66
Tomato sauce	29:85, 30:102, 31:112

TUNA

Tuna, avocado and white bean sandwiches	28:59
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TURNIPS

Honey glazed roasted root vegetables	30:70
Navarin of spring lamb	32:95
Roasted spring vegetables with fresh Parmesan, ricotta and almonds	32:75

VEGETABLES – SEE ALSO NAMES OF INDIVIDUAL VEGETABLES

Honey glazed roasted root vegetables	30:70
Pearl barley and vegetable soup	31:88
Roasted root vegetable mash	30:87
Roasted spring vegetables with fresh Parmesan, ricotta and almonds	32:75
Root vegetable gratin	31:110
Spring greens with roasted mustard haloumi	32:71
Spring vegetable and prawn fritters with a lemon yoghurt sauce	32:111

WALNUTS

Chicken, walnut and watercress sandwiches	32:82
Pears, blue cheese and walnuts in baking paper	32:108
Quince and goat's cheese balls with walnut crumb	33:100
Walnut pastry	32:98
Walnut pesto	30:59

WATERCRESS

Cauliflower, watercress and blue cheese soup	31:90
Chicken, walnut and watercress sandwiches	32:82
Horseradish and watercress cream	30:62

WATERMELON

Watermelon, fennel and feta salad with prawns	28:76
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WITLOF

Baked witlof with orange and hazelnuts	31:82
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YOGHURT

Coriander and yoghurt dressing	33:117
Frozen blueberry yoghurt	28:89
Lemon yoghurt sauce	32:111
Lime, Riesling and passionfruit curd cakes	33:89
Minted yoghurt sauce	31:105
Roasted tamarillo fool	31:102
Spiced lamb pide pockets with mango chutney	28:97
Spinach and yoghurt raita	30:102
Yoghurt, lime and honey panna cotta	30:68

ZUCCHINI

Chicken with zucchini, basil, pine nuts and tomato jam	30:81
Eggplant and zucchini salad with coriander and yoghurt dressing	33:117
Family-style baked omelette with zucchini and smoked salmon	28:101
Feta yoghurt	33:99
Flat bean and raw zucchini salad with mint dressing	29:104
Fresh vegetable salad	28:103
Fritto misto	29:61
Grilled zucchini, green bean and sun-dried tomato salad	28:79
Picnic loaf	28:63
Spring vegetable and prawn fritters with a lemon yoghurt sauce	32:111
Zucchini, mint and goat's cheese pizzas	32:69
Zucchini-wrapped lamb cutlets	33:86