



Annual recipe index

Recipes are listed under key ingredients and type of dish.

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Roasted Carrot and Mint Salad _____	53:110
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Baked Kale and Parmesan Chips _____	53:82
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Caciocavallo with Fresh Grapes _____	53:86
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Cauliflower Soup with Blue Cheese Toasts _____	54:101
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Goat's Cheese Toasts _____	56:81
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Iceberg Wedges with Blue Cheese Dressing _____	54:94
Mushroom, Silverbeet and Feta Frittata _____	53:109
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Parmesan Roasted Cabbage _____	55:109
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Pork Chops with Grape, Feta and Walnut Salad _____	53:109
Pork Cutlets with Parmesan Roasted Cabbage _____	55:109
Pork, Parmesan and Sage Saltimbocca _____	52:64
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Quinoa, Silverbeet and Two Cheese Tart _____	56:83
Raw Zucchini, Asparagus and Apple Salad with Shredded Mozzarella and Toasted Buckwheat _____	57:95
Ricotta and Orange Hotcakes _____	55:97
Roasted Carrot, Lentil and Haloumi Salad _____	57:98
Roasted Feta, Mixed Olives and Capsicums _____	53:81
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CHERIES – see stone fruit

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Buttermilk and Almond Crumbed Baked Chicken _____	53:67
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Chicken Livers with Marsala _____	53:70
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Chicken with Saffron, Fennel and Orange _____	53:75
Chicken, Pea and Chorizo Risotto _____	53:69
Chicken, Sage and Vermouth Skewers _____	53:72
Falafel Chicken Schnitzel with Tahini, Yoghurt and Garlic Sauce _____	55:113
Freekeh, Smoked Chicken and Artichoke Salad _____	56:78
Ginger and Coconut Chicken Spring Rolls _____	52:96
Mexican Chicken Soup _____	54:69
Moroccan Spice Roasted Chicken with Honey and Grapes _____	57:67
Mustard and Tarragon Roast Chicken _____	52:112
Pear Cider and Thyme Braised Chicken _____	55:71
Popcorn Chicken with Chipotle Mayo _____	57:88
Roast Chicken with Mustard and Rosemary Butter _____	53:75
Smoked Chicken, Mango and Avocado Salad _____	53:72
Spice-Roasted Chicken with Cucumber Salad _____	56:119
Tarragon and Dijon Mustard Chicken _____	56:70
Thai Chicken Drumsticks with Coriander Dipping Sauce _____	52:64
Twice-cooked Chicken Wings with Szechuan Caramel _____	57:38
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Chickpea Salad _____	52:107
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Crispy Bacon and Chickpea Crumbs _____	54:94
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Smoked Chilli Beans _____	55:113
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CHOCOLATE

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Chocolate and Spiced Pear Pudding _____	54:112
Chocolate Crème Patissiere _____	55:93
Chocolate Custard 'Palmier' Tarts _____	56:72
Coconut Ice – Raspberry, Vanilla and Chocolate _____	57:85
Dark Chocolate Cookies with Espresso Mascarpone Cream _____	55:89
Éclairs with Chocolate Crème Patissiere with Chocolate Ganache and Praline _____	55:93
Fig and Whisky Chocolate Truffles _____	55:86
Fudgy Chocolate Pots with Blueberries _____	52:112
Ginger & Almond Rocky Road _____	55:94
Hazelnut Chocolate Cake with Frangelico Ganache _____	55:86
Hazelnut, Chocolate and Raspberry Macaroon Torte _____	57:75
Salted Caramel & Peanut Butter Chocolate Tarts _____	55:89
Salted Caramel, Whiskey and Dark Chocolate Truffles _____	57:75
Semolina and Chocolate Pudding _____	56:81
Sherry Raisin Chocolate Brownie _____	55:86
Steamed Chocolate Pudding _____	55:91
Walnut and Chocolate Ganache Biscuits (GF) _____	53:104

CHORIZO – see sausages, chorizo and salami

CHRISTMAS

Apricot and Almond Amaretti (gf) _____	57:84
Apricot, Cointreau and Hazelnut Marshmallow _____	57:80
Asparagus and Leek Salad _____	57:70
Blackberry and Gin Cured Salmon _____	57:69
Boozy Fruits and Spiced Chocolate Christmas Cake _____	57:79
Butterflied Grilled Prawns with Miso and Coriander Dressing _____	57:73
Coconut Ice – Raspberry, Vanilla and Chocolate _____	57:85
Crushed Cucumber, Blackberry and	

Pistachio Salad _____	57:69
Free-Form Fresh Strawberry Tarts _____	57:77
Hazelnut, Chocolate and Raspberry Macaroon Torte _____	57:75
Kohlrabi and Rocket Salad with Caper Dressing _____	57:70
Mixed Berry, Rosewater and Crushed Meringue Marshmallow _____	57:80
Moroccan Spice Roasted Chicken with Honey and Grapes _____	57:67
Pretzel and Popcorn Caramel Clusters _____	57:83
Salted Caramel, Whiskey and Dark Chocolate Truffles _____	57:75
Smoky Mustard and Pineapple Glazed Ham _____	57:67
Tomato, Fennel and Mozzarella Salad with Herb Dressing _____	57:70
Warm Roasted Potato and Shallots with Mustard Dressing _____	57:70

CIDER

Apple Cider and Leek Braised Pork Belly with Roasted Apples _____	55:81
Pear Cider and Thyme Braised Chicken _____	55:71
Pork Steaks with Apples, Cider and Mustard _____	54:63

CINNAMON

Apple Pie with Cinnamon Pastry _____	54:91
Lamb Shanks with Balsamic Vinegar, Orange and Cinnamon _____	55:64

COCONUT

Chocolate and Coffee Macaroon Tart (GF) _____	53:91
Churros with Rum and Coconut Caramel Sauce (GF) _____	54:77
Coconut and Lime Ice Cream with Raspberries and Mango _____	57:101
Coconut and Turmeric Rice _____	57:117
Coconut Caramel Sauce _____	54:77
Coconut Ice – Raspberry, Vanilla and Chocolate _____	57:85
Coconut Rice _____	54:111
Ginger and Coconut Chicken Spring Rolls _____	52:96
Hazelnut, Chocolate and Raspberry Macaroon Torte _____	57:75
Oaty, Coconut and Spice Crumble _____	55:104
Tandoori Lamb with Coconut Rice _____	54:111

COFFEE

Caramel and Coffee Cake with Mascarpone and Honeycomb _____	56:91
Chocolate and Coffee Macaroon Tart (GF) _____	53:91

COLD DESSERTS

Amaretti, Ginger and Brittle Toffee Semifreddo _____	53:91
Apricot and Vanilla Sorbet _____	52:82
Baked Brown Sugar and Baileys Caramel Custards _____	54:77
Brown Sugar Custard Tart _____	56:95

Fresh Peach and Orange Tiramisu _____	52:88
Fruit Tartlets _____	52:85
Fudgy Chocolate Pots with Blueberries ____	52:112
Hazelnut Chocolate Cake with Frangelico Ganache _____	55:86
Salted Caramel & Peanut Butter Chocolate Tarts _____	55:89
Sherry Raisin Chocolate Brownie _____	55:86
Strawberry and Meringue Fool _____	57:118
Toffee and Roasted Almond Semifreddo ____	52:82
Wine Jelly Jewels with Summer Fruits ____	52:82

COOKIES - see biscuits and cookies

CORIANDER

Black Peppercorn and Coriander Chicken with Hot and Sweet Dipping Sauce _____	55:97
Butterflied Grilled Prawns with Miso and Coriander Dressing _____	57:73
Coriander Dipping Sauce _____	52:64
Green Herb and Lemongrass Salsa Verde _	52:102
Lime and Coriander Dressing _____	52:77
Miso and Coriander Dressing _____	57:73
Pumpkin, Ginger and Coriander Soup _____	55:101
Raw Indian Spiced Cauliflower Salad with Coriander and Almonds _____	54:101
Thai Chicken Drumsticks with Coriander Dipping Sauce _____	52:64

COURGETTES - see zucchini

COUSCOUS

Cajun Fish with Orange and Black Olive Couscous _____	54:109
Mussels with Spiced Israeli Couscous _____	53:112

CREAM, SOUR CREAM

Amaretti, Ginger and Brittle Toffee Semifreddo _____	53:91
Baked Brown Sugar and Baileys Caramel Custards _____	54:77
Balsamic Strawberries and Cream Sponge _____	56:95
Chocolate Crème Patissiere _____	55:93
Chocolate Ganache _____	53:104
Dark Chocolate Cookies with Espresso Mascarpone Cream _____	55:89
Free-Form Fresh Strawberry Tarts _____	57:77
Fruit Tartlets _____	52:85
Rhubarb Ice Cream with Roast Rhubarb ____	56:113
Toffee and Roasted Almond Semifreddo ____	52:82
Twice Baked Cauliflower Soufflé _____	54:104
Whiskey and Honey Cream _____	55:78

CUCUMBER

Crushed Cucumber, Blackberry and Pistachio Salad _____	57:69
Cucumber Salad _____	56:119
Spice-Roasted Chicken with Cucumber Salad _____	56:119

DATES

Mixed Salad Plate _____	52:110
Roasted Almond and Apricot Panforte ____	53:96

DESSERTS - see cold desserts, warm desserts

DRESSINGS AND MAYONNAISES

Apple Aioli _____	52:64
Basil Dressing _____	52:92
Black Olive and Preserved Lemon Dressing _____	52:61
Blue Cheese Dressing _____	54:94
Caesar Dressing _____	57:97
Caper and Basil Dressing _____	52:73
Caper and Herb Vinaigrette _____	56:64
Caper Dressing _____	57:70
Chipotle Mayo _____	57:88
Crème Fraîche Dressing _____	53:61
Green Peppercorn and Horseradish Hollandaise _____	54:63
Herb Dressing _____	57:70
Hoisin and Sesame Dressing _____	57:102
Lime and Coriander Dressing _____	52:77
Miso and Coriander Dressing _____	57:73
Mojo Picon _____	56:123
Mustard Dressing _____	57:70
Orange Dressing _____	52:73
Parmesan and Herb Dressing _____	54:59
Smoked Paprika Aioli _____	54:99
Smoked Paprika Dressing _____	53:64
Smoked Paprika Mayo _____	52:95
Soy and Sesame Dressing _____	52:77
Spring Onion, Wasabi and Ginger Dressing _____	54:59
Wasabi Vinaigrette _____	52:77

DRINKS

Flavoured Vodkas _____	57:85
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DUCK

Duck Fat Potato and Onion Galette _____	56:67
Duck Sliders with Asian Slaw _____	57:92
Red Wine and Pomegranate Molasses Braised Duck _____	55:68
Spiced Duck Breast with Hazelnuts _____	56:67

EGGPLANT

Eggplant 'Croutons' _____	53:61
Eggplant and Tomato Salad _____	53:109
Lamb Steaks with Eggplant and Chickpea Salad _____	52:107
Roasted Eggplant with Tamarind and Lime _____	57:105
Steak Bruschetta with Eggplant and Tomato Salad _____	53:109

EGGS

Asparagus, Avocado and Poached Egg Tartines _____	57:115
Baghdad Eggs _____	55:101
Baked Potatoes with Smoked Chilli Beans and Poached Eggs _____	55:113
Italian Sausage, Broccoli and Pea Frittata _____	57:113
Spicy Fried Grains with Eggs and Soy ____	56:77
White Bean and Tuna Hummus with Soft Eggs _____	56:119
Will's Devil Salad _____	56:113

FENNEL

Chicken with Saffron, Fennel and Orange ____	53:75
Fennel and Horseradish Coleslaw _____	54:88
Fennel Rub _____	56:70
Fennel-Seared Tuna _____	56:70
Fettuccine with Fennel, Peas and Basil ____	56:121
Oven Roasted Tomato and Fennel Jam ____	53:60
Shaved Raw Salad _____	53:102
Tomato, Fennel and Mozzarella Salad with Herb Dressing _____	57:70
White Bean, Witlof and Fennel Salad _____	56:70

FETA

Bacon-Wrapped Chicken with Feta and Tarragon _____	53:70
Grape, Feta and Walnut Salad _____	53:109
Mushroom, Silverbeet and Feta Frittata _	53:109
Pork Chops with Grape, Feta and Walnut Salad _____	53:109
Roasted Feta, Mixed Olives and Capsicums _	53:81
Tomato, Basil and Feta Rolls _____	53:102
Turkish Bread Crostini with Whipped Feta and Broad Beans _____	56:107
Whipped Feta Crostini _____	56:107
Whipped Ricotta and Feta with Honey and Walnuts _____	57:105

FIGS

Caramelized Figs, Prosciutto and Burrata _	53:81
Fig and Whisky Chocolate Truffles _____	55:86

FISH - see also salmon, seafood, tuna

Barbecued Soy and Ginger Salmon _____	52:57
Blackberry and Gin Cured Salmon _____	57:69
Cajun Fish with Orange and Black Olive Couscous _____	54:109
Develled Fish with Potato Salad _____	56:121
Fennel-Seared Tuna _____	56:70
Hot Smoked Salmon, White Bean and Horseradish _____	57:105
Mackerel on Sourdough Toasts with Pine Nut Gremolata _____	53:83
Market Fish with Crushed Potatoes, Peas and Mint _____	52:110
Market Fish with Olive and Herb Salsa ____	53:109
Monkfish Saltimbocca _____	57:91

Portuguese Seafood Soup with Saffron Potatoes _____	54:74
Smoked Fish Rillettes _____	56:64
Tamarind and Ginger Spiced Fish with Fresh Apple and Herb Chutney _____	55:99
Thai Green Curry Salmon 'Burgers' _____	57:115
Thai Salmon Cakes with Spicy Capsicum and Cracked Wheat Salad _____	52:107
Tray-Baked Provençal Fish and Potatoes _____	55:114
Tray-Baked Seafood with White Beans and Capsicum _____	57:113
White Bean and Tuna Hummus with Soft Eggs _____	56:119

GINGER

Amaretti, Ginger and Brittle Toffee Semifreddo _____	53:91
Barbecued Soy and Ginger Salmon _____	52:57
Ginger & Almond Rocky Road _____	55:94
Ginger and Coconut Chicken Spring Rolls _____	52:96
Ginger rice _____	55:64
Pumpkin, Ginger and Coriander Soup _____	55:101
Rump Steak with Spring Onion, Wasabi and Ginger Dressing _____	54:59
Spring Onion, Wasabi and Ginger Dressing _____	54:59
Tamarind and Ginger Spiced Fish with Fresh Apple and Herb Chutney _____	55:99
Walnut and Ginger Cake with Fresh Bananas and Caramel Glaze (GF) _____	54:79

GRAPES

Caciocavallo with Fresh Grapes _____	53:86
Grape, Feta and Walnut Salad _____	53:109
Moroccan Spice Roasted Chicken with Honey and Grapes _____	57:67
Pork Chops with Grape, Feta and Walnut Salad _____	53:109

HAM - see *bacon, ham, prosciutto and pancetta*

HAZELNUTS - see *nuts*

HOISIN SAUCE

Buckwheat Noodle and Roasted Tomato Salad with Hoisin and Sesame Dressing _____	57:102
Hoisin Lamb Skewers _____	57:117
Hoisin and Sesame Dressing _____	57:102

HONEY

Gocce Blue Cheese with Honey Roasted Pears _____	53:86
Moroccan Spice Roasted Chicken with Honey and Grapes _____	57:67
Parmigiano-Reggiano, Honey and Walnuts _____	53:86
Spice-Infused Honey _____	55:97
Whipped Ricotta and Feta with Honey and Walnuts _____	57:105
Whiskey and Honey Cream _____	55:78

HORSERADISH

Fennel and Horseradish Coleslaw _____	54:88
Green Peppercorn and Horseradish Hollandaise _____	54:63
Hot Smoked Salmon, White Bean and Horseradish _____	57:105

ICE CREAMS AND GRANITAS

Apricot and Vanilla Sorbet _____	52:82
Basil, Wasabi and Lime Granita _____	57:88
Coconut and Lime Ice Cream with Raspberries and Mango _____	57:101
Fresh Oysters with Granita _____	57:88
Rhubarb Ice Cream with Roast Rhubarb _____	56:113
Virgin Bloody Mary Granita _____	57:88

JAMS, PICKLES, RELISHES AND PRESERVES

Chunky Sweetcorn and Red Capsicum Relish _____	52:61
Oven Roasted Tomato and Fennel Jam _____	53:60
Roasted Capsicum and Smoked Paprika Relish _____	52:101
Tomato and Chilli Relish _____	52:92

KEBABS AND SKEWERS

Chicken, Sage and Vermouth Skewers _____	53:72
Hoisin Lamb Skewers _____	57:117
Pork Skewers with Mojo Picon _____	56:123

LAMB

Aromatic Braised Shoulder of Lamb _____	55:71
Butterflied Lamb with Mint Guacamole _____	52:57
Farro, Broad Bean and Lamb Salad _____	56:83
Hoisin Lamb Skewers _____	57:117
Lamb Cutlets with Sicilian Salsa, Broccoli and Borlotti Beans _____	56:119
Lamb Leg Steaks with Peas, Bacon and Leeks _____	54:65
Lamb Rump with Roasted Carrot and Mint Salad _____	53:110
Lamb Shanks with Balsamic Vinegar, Orange and Cinnamon _____	55:64
Lamb Steak Bruschetta with Mediterranean Salsa _____	54:60
Lamb Steaks with Eggplant and Chickpea Salad _____	52:107
Lamb Steaks with Roasted Capsicum Piri Piri Salsa _____	54:65
Moroccan Lamb Shank and Barley Soup _____	54:69
Quick Lamb Kofta Curry _____	55:109
Spice-Crusted Lamb Rack with Spinach and Baby Beet Salad _____	56:107
Tandoori Lamb with Coconut Rice _____	54:111

LEEKS

Apple Cider and Leek Braised Pork Belly with Roasted Apples _____	55:81
Asparagus and Leek Salad _____	57:70
Lamb Leg Steaks with Peas,	

Bacon and Leeks _____	54:65
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LEMONGRASS

Green Herb and Lemongrass Salsa Verde _____	52:102
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LEMONS

Black Olive and Preserved Lemon Dressing _____	52:61
Butterflied Chicken with Black Olive and Preserved Lemon Dressing _____	52:61
Cherry, Lemon and Ricotta Bombolini _____	52:85
Chicken Braised in Milk, Lemon and Sage _____	53:69
Crostoli _____	53:95
Fruit Tartlets _____	52:85
Lemon Beans _____	56:107
Lemon Cake _____	56:102
Lemon Curd Friends (GF) _____	56:98
Parsley, Lemon and Garlic Salsa _____	53:81
Rose Water Meringue and Lemon Shortbread Swirls _____	56:92
Salt Grilled Prawns with Parsley, Lemon and Garlic Salsa _____	53:81
Strawberry and Lemon Tart _____	56:109

LENTILS

Baghdad Eggs _____	55:101
Quick Lamb Kofta Curry _____	55:109
Raw Beetroot, Red Cabbage and Lentil Salad _____	56:119
Roasted Carrot, Lentil and Haloumi Salad _____	57:98
Rump Steak with Raw Beetroot, Red Cabbage and Lentil Salad _____	56:119
Spiced Red Lentils _____	55:71

LIMES

Basil, Wasabi and Lime Granita _____	57:88
Black Rice, Kaffir Lime Leaf and Prawn Salad _____	56:84
Coconut and Lime Ice Cream with Raspberries and Mango _____	57:101
Lime and Coriander Dressing _____	52:77
Roasted Eggplant with Tamarind and Lime _____	57:105

MANGO AND PAPAYA

Coconut and Lime Ice Cream with Raspberries and Mango _____	57:101
Fruit Tartlets _____	52:85
Smoked Chicken, Mango and Avocado Salad _____	53:72
Tandoori Prawns _____	52:58
Wine Jelly Jewels with Summer Fruits _____	52:82

MERINGUES AND PAVLOVA

Mixed Berry, Rosewater and Crushed Meringue Marshmallow _____	57:80
Rose Water Meringue and Lemon Shortbread Swirls _____	56:92
Strawberry and Meringue Fool _____	57:118

MILK

Buttermilk and Almond Crumbed Baked Chicken _____	53:67
Chicken Braised in Milk, Lemon and Sage _____	53:69
Crispy Skinned Milk-Braised Pork Belly _____	55:73

MINT

Butterflied Lamb with Mint Guacamole _____	52:57
Cauliflower, Kale and Mint Tabbouleh _____	57:98
Fresh Minty Pea Soup with Crispy Prosciutto _____	56:111
Green Herb and Lemongrass Salsa Verde _____	52:102
Lamb Rump with Roasted Carrot and Mint Salad _____	53:110
Market Fish with Crushed Potatoes, Peas and Mint _____	52:110
Minted Pea and Rocket Soup _____	54:71
Moroccan Chickpea, Beetroot and Mint Burgers _____	52:95

MISO

Butterflied Grilled Prawns with Miso and Coriander Dressing _____	57:73
Edamame Bean, Wasabi and White Miso _____	57:107
Miso and Coriander Dressing _____	57:73
Miso and Sake Glazed Sweetcorn _____	52:58
Miso Glaze _____	52:58

MOZZERELLA, BOCCONCINI - see also cheeses

'Baked' Caprese Salad _____	53:61
Artichoke, Salami and Ricotta Lasagna _____	53:102
Caramelized Figs, Prosciutto and Burrata _____	53:81
Raw Zucchini, Asparagus and Apple Salad with Shredded Mozzarella and Toasted Buckwheat _____	57:95
Scotch Fillet Steaks with Mozzarella and Avocado Salad _____	57:117

MUSHROOMS

Braised Chicken with Mushrooms and Marsala _____	55:67
Mushroom Toad in the Hole _____	54:111
Mushroom, Silverbeet and Feta Frittata _____	53:109
Porterhouse Steaks with Mushroom and Blue Cheese Crust _____	54:66
Steak with Soy and Wasabi Braised Mushrooms _____	55:111
Wasabi Braised Mushrooms _____	55:111

MUSTARD

Ball Park Mustard Barbecue Sauce _____	52:101
Mustard and Rosemary Butter _____	53:75
Mustard and Tarragon Roast Chicken _____	52:112
Mustard Dressing _____	57:70
Pork Steaks with Apples, Cider and Mustard _____	54:63
Potato and Mustard Mash _____	55:82
Roast Chicken with Mustard and Rosemary Butter _____	53:75

Smoky Mustard and Pineapple Glazed Ham _____	57:67
Tarragon and Dijon Mustard Chicken _____	56:70
Warm Roasted Potato and Shallots with Mustard Dressing _____	57:70

NECTARINES - see stone fruit no matches in search

NIBBLES, SMALL BITES AND ANTIPASTI

Baked Kale and Parmesan Chips _____	53:82
Beetroot Chips _____	53:82
Caciocavallo with Fresh Grapes _____	53:86
Cacioricotta with Muscatels _____	53:86
Caramelized Figs, Prosciutto and Burrata _____	53:81
Cauliflower Croquettes _____	54:99
Crispy Italian Green Beans _____	53:83
Duck Sliders with Asian Slaw _____	57:92
Fresh Oysters with Granita _____	57:88
Ginger and Coconut Chicken Spring Rolls _____	52:96
Goat's Cheese Tarts _____	57:91
Goat's Cheese Toasts _____	56:81
Gocce Blue Cheese with Honey Roasted Pears _____	53:86
Mackerel on Sourdough Toasts with Pine Nut Gremolata _____	53:83
Monkfish Saltimbocca _____	57:91
Parmigiano-Reggiano, Honey and Walnuts _____	53:86
Popcorn Chicken with Chipotle Mayo _____	57:88
Roasted Feta, Mixed Olives and Capsicums _____	53:81
Salt Grilled Prawns with Parsley, Lemon and Garlic Salsa _____	53:81
Stuffed Green Olive 'Burgers' _____	57:92

NOODLES

Buckwheat Noodle and Roasted Tomato Salad with Hoisin and Sesame Dressing _____	57:102
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NUTS - CASHEWS, PISTACHIOS HAZELNUTS; see also almonds, peanuts, walnuts

Apricot, Cointreau and Hazelnut Marshmallow _____	57:80
Crushed Cucumber, Blackberry and Pistachio Salad _____	57:69
Hazelnut and Spice Shortbread _____	55:103
Hazelnut Chocolate Cake with Frangelico Ganache _____	55:86
Hazelnut, Chocolate and Raspberry Macaroon Torte _____	57:75
Pork Stir-Fry with Oyster Sauce, Tomatoes and Cashew Nuts _____	52:108
Roasted Hazelnut and Caramel Slice _____	56:98
Spiced Duck Breast with Hazelnuts _____	56:67

OATS, ROLLED

Oaty, Coconut and Spice Crumble _____	55:104
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OLIVES

Black Olive and Preserved Lemon Dressing _____	52:61
Butterflied Chicken with Black Olive and Preserved Lemon Dressing _____	52:61
Cajun Fish with Orange and Black Olive Couscous _____	54:109
Chorizo Sausage and Green Olive Chimichurri Rolls _____	52:92
Green Olive Chimichurri _____	52:92
Green Olive, Beef and Cherry Tomato Pasta _____	52:109
Market Fish with Olive and Herb Salsa _____	53:109
Olive and Herb Salsa _____	53:109
Roasted Feta, Mixed Olives and Capsicums _____	53:81
Stuffed Green Olive 'Burgers' _____	57:92

ONIONS, SPRING ONIONS, SHALLOTS

Duck Fat Potato and Onion Galette _____	56:67
Rump Steak with Spring Onion, Wasabi and Ginger Dressing _____	54:59
Spring Onion, Wasabi and Ginger Dressing _____	54:59
Warm Roasted Potato and Shallots with Mustard Dressing _____	57:70

ORANGES

Cajun Fish with Orange and Black Olive Couscous _____	54:109
Chicken with Saffron, Fennel and Orange _____	53:75
Crostoli _____	53:95
Fresh Peach and Orange Tiramisu _____	52:88
Lamb Shanks with Balsamic Vinegar, Orange and Cinnamon _____	55:64
Orange and Golden Syrup Upside Down Puddings _____	53:114
Orange Dressing _____	52:73
Ricotta and Orange Hotcakes _____	55:97
Sticky Glazed Orange Loaves _____	56:92

PANCETTA - see bacon, ham, prosciutto and pancetta

PANKO CRUMBS

Cauliflower Croquettes _____	54:99
Crispy Italian Green Beans _____	53:83
Ham Croquettes _____	57:95
Popcorn Chicken with Chipotle Mayo _____	57:88

PAPAYA - see mango and papaya

PARMESAN - see also cheeses

Baked Kale and Parmesan Chips _____	53:82
Chicken with Parmesan, Wine and Rosemary _____	57:115
Crispy Italian Green Beans _____	53:83
Parmesan and Herb Dressing _____	54:59
Parmesan Roasted Cabbage _____	55:109
Pork Cutlets with Parmesan Roasted Cabbage _____	55:109
Pork, Parmesan and Sage Saltimbocca _____	52:64

T-Bone Steaks with Parmesan and Herb Dressing _____ 54:59

PARSLEY

Parsley, Lemon and Garlic Salsa _____ 53:81

Salt Grilled Prawns with Parsley, Lemon and Garlic Salsa _____ 53:81

PASSIONFRUIT

Passionfruit Shortbread _____ 56:91

PASTA, POLENTA AND GRAINS

Amaranth, Red Quinoa and Pumpkin Salad _____ 56:78

Artichoke, Salami and Ricotta Lasagna ____ 53:102

Buckwheat Noodle and Roasted Tomato Salad with Hoisin and Sesame Dressing ____ 57:102

Cajun Fish with Orange and Black Olive Couscous _____ 54:109

Cauliflower, Kale and Mint Tabbouleh _____ 57:98

Chicken, Pea and Chorizo Risotto _____ 53:69

Farro, Broad Bean and Lamb Salad _____ 56:83

Fettuccine with Fennel, Peas and Basil ____ 56:121

Freekeh, Smoked Chicken and Artichoke Salad _____ 56:78

Green Bean and Buckwheat Salad _____ 56:81

Green Olive, Beef and Cherry Tomato Pasta _____ 52:109

Moroccan Lamb Shank and Barley Soup ____ 54:69

Mussels with Spiced Israeli Couscous _____ 53:112

Polenta _____ 53:70

Puttanesca Pasta _____ 53:60

Quinoa, Silverbeet and Two Cheese Tart ____ 56:83

Raspberry and Polenta Cake (GF) _____ 53:95

Raw Zucchini, Asparagus and Apple Salad with Shredded Mozzarella and Toasted Buckwheat _____ 57:95

Rosemary, Caraway Seed and Cracked Wheat Rolls _____ 56:78

Savoury Granola Clusters _____ 57:98

Semolina and Chocolate Pudding _____ 56:81

Smoked Ham Hock, Barley and Vegetable Soup _____ 55:78

Soft Polenta _____ 55:68

Spiced Israeli Couscous _____ 53:112

Spicy Fried Grains with Eggs and Soy _____ 56:77

Thai Salmon Cakes with Spicy Capsicum and Cracked Wheat Salad _____ 52:107

PASTRY AND DOUGH

Apple Pie with Cinnamon Pastry _____ 54:91

Brown Sugar Custard Tart _____ 56:95

Caramel, Pear and Raisin Swirls _____ 54:81

Cheddar and Chive Scones _____ 56:111

Cherry, Lemon and Ricotta Bombolini ____ 52:85

Chickpea, Cumin and Rosemary Flatbread (GF) _____ 56:69

Chocolate Custard 'Palmier' Tarts _____ 56:72

Churros with Rum and Coconut Caramel Sauce (GF) _____ 54:77

Crostoli _____ 53:95

Éclairs with Chocolate Crème Patissiere with Chocolate Ganache and Praline _____ 55:93

Fruit Tartlets _____ 52:85

Knish _____ 54:91

Quinoa, Silverbeet and Two Cheese Tart ____ 56:83

Tomato, Basil and Feta Rolls _____ 53:102

PEANUTS - see also nuts

Peanut and Sesame Crumble _____ 54:74

Salted Caramel & Peanut Butter Chocolate Tarts _____ 55:89

PEAS, SNOWPEAS

Chicken, Pea and Chorizo Risotto _____ 53:69

Fettuccine with Fennel, Peas and Basil ____ 56:121

Fresh Minty Pea Soup with Crispy Prosciutto _____ 56:111

Italian Sausage, Broccoli and Pea Frittata _ 57:113

Lamb Leg Steaks with Peas, Bacon and Leeks _____ 54:65

Market Fish with Crushed Potatoes, Peas and Mint _____ 52:110

Minted Pea and Rocket Soup _____ 54:71

PEACHES - see stone fruit

PEARS

Caramel, Pear and Raisin Swirls _____ 54:81

Chocolate and Spiced Pear Pudding _____ 54:112

Gocce Blue Cheese with Honey Roasted Pears _____ 53:86

Pear Cider and Thyme Braised Chicken ____ 55:71

PICKLES, RELISHES AND PRESERVES - see jams, pickles, relishes and preserves

PIES - see also tarts, savoury and tarts, sweet

Beef and Guinness Pies _____ 55:82

PINEAPPLE

Smoky Mustard and Pineapple Glazed Ham _____ 57:67

PINE NUTS

Cauliflower Pizza Crust with Prosciutto, Buffalo Mozzarella, Pine Nuts & Basil (GF) _ 54:99

Green Bean and Potato Salad with Capers, Basil and Pine Nuts _____ 52:73

Mackerel on Sourdough Toasts with Pine Nut Gremolata _____ 53:83

Pine Nut Gremolata _____ 53:83

PISTACHIOS - see nuts

PIZZA

Cauliflower Pizza Crust with Prosciutto, Buffalo Mozzarella, Pine Nuts & Basil (GF) _ 54:99

Cauliflower Pizza Crust (GF) _____ 54:99

POLENTA - see pasta, polenta and grains

PORK

Apple Cider and Leek Braised Pork Belly with Roasted Apples _____ 55:81

Crispy Skinned Milk-Braised Pork Belly ____ 55:73

Kofta with Tahini Sauce and Tomato Salsa _ 52:61

Pork Chops with Grape, Feta and Walnut Salad _____ 53:109

Pork Cutlets with Parmesan Roasted Cabbage _____ 55:109

Pork Skewers with Mojo Picon _____ 56:123

Pork Steaks with Apples, Cider and Mustard _____ 54:63

Pork Stir-Fry with Oyster Sauce, Tomatoes and Cashew Nuts _____ 52:108

Pork, Parmesan and Sage Saltimbocca ____ 52:64

Roast Pork Fillet with Pumpkin Mash and Apple Salad _____ 54:112

Roast Pork with Mixed Capsicums and Borlotti Beans _____ 53:100

Soy and Chinese 5 Spice Pork on Bok Choy _____ 54:60

POTATOES

Baked Potatoes _____ 54:107

Baked Potatoes with Smoked Chilli Beans and Poached Eggs _____ 55:113

Crispy Baked Potato Skins _____ 54:60

Crispy Potatoes _____ 56:123

Devilled Fish with Potato Salad _____ 56:121

Duck Fat Potato and Onion Galette _____ 56:67

Green Bean and Potato Salad with Capers, Basil and Pine Nuts _____ 52:73

Ham Croquettes _____ 57:95

Market Fish with Crushed Potatoes, Peas and Mint _____ 52:110

Portuguese Seafood Soup with Saffron Potatoes _____ 54:74

Potato and Mustard Mash _____ 55:82

Potato Galettes _____ 54:63

Potato Latkes with Apple Sauce and Crème Fraiche _____ 54:93

Potato Salad _____ 56:121

Saffron Potatoes _____ 54:74

Tandoori Aloo (potatoes) _____ 55:103

Tomato, Pumpkin and Potato Gratin _____ 53:64

Tray-Baked Provençal Fish and Potatoes _ 55:114

Warm Roasted Potato and Shallots with Mustard Dressing _____ 57:70

White Root Vegetable Soup with Walnuts and Goat's Cheese _____ 54:71

PROSCIUTTO - see bacon, ham, prosciutto and pancetta

PRAWNS - see also seafood

Black Rice, Kaffir Lime Leaf and Prawn Salad _____ 56:84

Butterflied Grilled Prawns with Miso and Coriander Dressing _____ 57:73

Portuguese Seafood Soup with Saffron Potatoes _____	54:74
Salt Grilled Prawns with Parsley, Lemon and Garlic Salsa _____	53:81
Spanish Rice with Chorizo and Prawns _____	54:112
Tandoori Prawns _____	52:58

PUDDINGS – see cold desserts, warm desserts

PUMPKIN

Amaranth, Red Quinoa and Pumpkin Salad _____	56:77
Crispy Spiced Pumpkin and Sunflower Seeds _____	55:101
Pumpkin Mash _____	54:112
Pumpkin, Ginger and Coriander Soup _____	55:101
Roast Pork Fillet with Pumpkin Mash and Apple Salad _____	54:112
Thai Roasted Pumpkin Soup _____	54:74
Tomato, Pumpkin and Potato Gratin _____	53:64

RADISHES

Shaved Raw Salad _____	53:102
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RAISINS AND SULTANAS

Caramel, Pear and Raisin Swirls _____	54:81
Sherry Raisin Chocolate Brownie _____	55:86

RASBERRIES AND STRAWBERRIES

Balsamic Strawberries and Cream Sponge _____	56:95
Coconut and Lime Ice Cream with Raspberries and Mango _____	57:101
Free-Form Fresh Strawberry Tarts _____	57:77
Fruit Tartlets _____	52:85
Raspberry and Custard Croissant Puddings _____	55:114
Strawberry and Lemon Tart _____	56:109
Strawberry and Meringue Fool _____	57:118
Vanilla Yoghurt Panna Cotta with Fresh Berries _____	56:114
Wine Jelly Jewels with Summer Fruits _____	52:82

RHUBARB

Rhubarb Ice Cream with Roast Rhubarb _____	56:113
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RICE

Black Rice, Kaffir Lime Leaf and Prawn Salad _____	56:84
Coconut and Turmeric Rice _____	57:117
Coconut Rice _____	54:111
Ginger rice _____	55:64
Spanish Rice with Chorizo and Prawns _____	54:112
Tandoori Lamb with Coconut Rice _____	54:111

RICOTTA – see also cheeses

Artichoke, Salami and Ricotta Lasagna _____	53:102
Cherry, Lemon and Ricotta Bombolini _____	52:85
Ricotta and Orange Hotcakes _____	55:97
Whipped Ricotta and Feta with Honey and Walnuts _____	57:105

ROCKET

Kohlrabi and Rocket Salad with Caper Dressing _____	57:70
Minted Pea and Rocket Soup _____	54:71
Shaved Raw Salad _____	53:102
Steak and Rocket Sandwiches _____	52:92

RUM

Churros with Rum and Coconut Caramel Sauce (GF) _____	54:77
Roasted Apples with Rum and Allspice _____	55:101

SAFFRON

Chicken with Saffron, Fennel and Orange _____	53:75
Portuguese Seafood Soup with Saffron Potatoes _____	54:74
Saffron Potatoes _____	54:74

SAGE

Chicken Braised in Milk, Lemon and Sage _____	53:69
Chicken, Sage and Vermouth Skewers _____	53:72
Pork, Parmesan and Sage Saltimbocca _____	52:64

SALADS, MEAT AND FISH

Black Rice, Kaffir Lime Leaf and Prawn Salad _____	56:84
Charred Broccoli, Chicken and Cos Salad with Caesar Dressing _____	57:97
Farro, Broad Bean and Lamb Salad _____	56:83
Freekeh, Smoked Chicken and Artichoke Salad _____	56:78
Lamb Rump with Roasted Carrot and Mint Salad _____	53:110
Pork Chops with Grape, Feta and Walnut Salad _____	53:109
Smoked Chicken, Mango and Avocado Salad _____	53:72
Spice-Roasted Chicken with Cucumber Salad _____	56:119
Steak Bruschetta with Eggplant and Tomato Salad _____	53:109
Will's Devil Salad _____	56:113

SALADS, VEGETABLE

'Baked' Caprese Salad _____	53:61
Amaranth, Red Quinoa and Pumpkin Salad _____	56:77
Apple Salad _____	54:112
Asparagus and Leek Salad _____	57:70
Buckwheat Noodle and Roasted Tomato Salad with Hoisin and Sesame Dressing _____	57:102
Chickpea and Herb Salad _____	54:65
Chickpea Salad _____	52:107
Crushed Cucumber, Blackberry and Pistachio Salad _____	57:69
Cucumber Salad _____	52:57
Cucumber Salad _____	56:119
Eggplant and Tomato Salad _____	53:109
Fennel and Horseradish Coleslaw _____	54:88
Grape, Feta and Walnut Salad _____	53:109

Green Bean and Buckwheat Salad _____	56:81
Green Bean and Potato Salad with Capers, Basil and Pine Nuts _____	52:73
Green Tomato and Roasted Walnut Salad _____	53:61
Iceberg Wedges with Blue Cheese Dressing _____	54:94
Kohlrabi and Rocket Salad with Caper Dressing _____	57:70
Mixed Salad Plate _____	52:110
Mixed Tomato Salad with Smoked Paprika Dressing _____	53:64
Mixed Tomato Salad with Soy and Sesame Dressing _____	52:77
Mozzarella and Avocado Salad _____	57:117
Potato Salad _____	56:121
Raw Beetroot, Red Cabbage and Lentil Salad _____	56:119
Raw Indian Spiced Cauliflower Salad with Coriander and Almonds _____	54:101
Raw Zucchini, Asparagus and Apple Salad with Shredded Mozzarella and Toasted Buckwheat _____	57:95
Roasted Baby Carrot and Avocado Salad _____	52:73
Roasted Carrot and Mint Salad _____	53:110
Roasted Carrot, Lentil and Haloumi Salad _____	57:98
Shaved Raw Salad _____	53:102
Shaved White Salad with Wasabi Vinaigrette _____	52:77
Spicy Capsicum and Cracked Wheat Salad _____	52:107
Spinach and Baby Beet Salad _____	56:107
Sweetcorn, Yellow Tomato and Pearl Barley Salad _____	52:77
Tomato, Fennel and Mozzarella Salad with Herb Dressing _____	57:70
White Bean, Witlof and Fennel Salad _____	56:70

SALMON

Barbecued Soy and Ginger Salmon _____	52:57
Blackberry and Gin Cured Salmon _____	57:69
Hot Smoked Salmon, White Bean and Horseradish _____	57:105
Thai Green Curry Salmon 'Burgers' _____	57:115
Thai Salmon Cakes with Spicy Capsicum and Cracked Wheat Salad _____	52:107

SAVOURY SAUCES, SALSAS AND TOPPINGS – see also butters, dressings and mayonnaises

Apple Sauce _____	54:93
Ball Park Mustard Barbecue Sauce _____	52:101
Blue Cheese Dressing _____	54:94
Caper, Anchovy and Rosemary Sauce _____	52:63
Chilli Dipping Sauce _____	52:96
Coriander Dipping Sauce _____	52:64
Crème Fraîche Dressing _____	53:61
Crispy Bacon and Chickpea Crumbs _____	54:94
Edamame Bean, Wasabi and White Miso _____	57:107
Fresh Apple and Herb Chutney _____	55:99

Green Herb and Lemongrass Salsa Verde	52:102
Green Olive Chimichurri	52:92
Green Peppercorn and Horseradish Hollandaise	54:63
Gremolata	53:72
Herb and Caper Sauce	54:109
Hot and Sweet Dipping Sauce	55:97
Hot Smoked Salmon, White Bean and Horseradish	57:105
Kale with Anchovies and Capers	57:107
Mediterranean Salsa	54:60
Olive and Herb Salsa	53:109
Parmesan and Herb Dressing	54:59
Parsley, Lemon and Garlic Salsa	53:81
Pine Nut Gremolata	53:83
Roasted Capsicum Piri Piri Salsa	54:65
Roasted Eggplant with Tamarind and Lime	57:105
Sicilian Salsa	56:119
Smoked Paprika Aioli	54:99
Smoked Paprika Dressing	53:64
Smoky Barbecue Sauce	52:101
Spring Onion, Wasabi and Ginger Dressing	54:59
Tahini Sauce	52:61
Tahini, Yoghurt and Garlic Sauce	55:113
Whipped Ricotta and Feta with Honey and Walnuts	57:105
White Bean and Tuna Hummus	56:119
Yoghurt Sauce	53:67

SAUSAGES, CHORIZO, SALAMI

Artichoke, Salami and Ricotta Lasagna	53:102
Braised Squid with Chickpeas and Chorizo	55:73
Chicken, Pea and Chorizo Risotto	53:69
Chorizo Sausage and Green Olive Chimichurri Rolls	52:92
Italian Sausage Meatball Sliders	54:88
Italian Sausage, Broccoli and Pea Frittata	57:113
Spanish Rice with Chorizo and Prawns	54:112
Will's Devil Salad	56:113
Winter Vegetable Soup with Sizzled Sausages	55:111

SEAFOOD - see also prawns

Barbecued Soy and Ginger Salmon	52:57
Black Rice, Kaffir Lime Leaf and Prawn Salad	56:84
Blackberry and Gin Cured Salmon	57:69
Braised Squid with Chickpeas and Chorizo	55:73
Butterflied Grilled Prawns with Miso and Coriander Dressing	57:73
Cajun Fish with Orange and Black Olive Couscous	54:109
Crispy Calamari and Smoked Paprika Mayo Sliders	52:95
Devilled Fish with Potato Salad	56:121

Fennel-Seared Tuna	56:70
Fresh Oysters with Granita	57:88
Hot Smoked Salmon, White Bean and Horseradish	57:105
Mackerel on Sourdough Toasts with Pine Nut Gremolata	53:83
Market Fish with Crushed Potatoes, Peas and Mint	52:110
Market Fish with Olive and Herb Salsa	53:109
Monkfish Saltimbocca	57:91
Mussels with Spiced Israeli Couscous	53:112
Portuguese Seafood Soup with Saffron Potatoes	54:74
Salt Grilled Prawns with Parsley, Lemon and Garlic Salsa	53:81
Smoked Fish Rillettes	56:64
Spanish Rice with Chorizo and Prawns	54:112
Steamed Mussels with Caper and Herb Vinaigrette	56:64
Tamarind and Ginger Spiced Fish with Fresh Apple and Herb Chutney	55:99
Tandoori Prawns	52:58
Thai Green Curry Salmon 'Burgers'	57:115
Thai Salmon Cakes with Spicy Capsicum and Cracked Wheat Salad	52:107
Tray-Baked Provençal Fish and Potatoes	55:114
Tray-Baked Seafood with White Beans and Capsicum	57:113
White Bean and Tuna Hummus with Soft Eggs	56:119

SEMOLINA

Semolina and Chocolate Pudding	56:81
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SESAME

Buckwheat Noodle and Roasted Tomato Salad with Hoisin and Sesame Dressing	57:102
Hoisin and Sesame Dressing	57:102
Mixed Tomato Salad with Soy and Sesame Dressing	52:77
Peanut and Sesame Crumble	54:74
Soy and Sesame Dressing	52:77

SILVERBEET, CHARD AND KALE

Baked Kale and Parmesan Chips	53:82
Bean, Kale and Bacon Soup	53:112
Cauliflower, Kale and Mint Tabbouleh	57:98
Kale with Anchovies and Capers	57:107
Mushroom, Silverbeet and Feta Frittata	53:109
Quinoa, Silverbeet and Two Cheese Tart	56:83
Shaved White Salad with Wasabi Vinaigrette	52:77

SKEWERS - see kebabs and skewers

SMOKED FISH

Hot Smoked Salmon, White Bean and Horseradish	57:105
Smoked Fish Rillettes	56:64

SOUPS

Bean, Kale and Bacon Soup	53:112
Cauliflower Soup with Blue Cheese Toasts	54:101
Fresh Minty Pea Soup with Crispy Prosciutto	56:111
Mexican Chicken Soup	54:69
Minted Pea and Rocket Soup	54:71
Moroccan Lamb Shank and Barley Soup	54:69
Portuguese Seafood Soup with Saffron Potatoes	54:74
Pumpkin, Ginger and Coriander Soup	55:101
Smoked Ham Hock, Barley and Vegetable Soup	55:78
Thai Roasted Pumpkin Soup	54:74
White Root Vegetable Soup with Walnuts and Goat's Cheese	54:71
Winter Vegetable Soup with Sizzled Sausages	55:111

SOY SAUCE

Barbecued Soy and Ginger Salmon	52:57
Mixed Tomato Salad with Soy and Sesame Dressing	52:77
Soy and Chinese 5 Spice Pork on Bok Choy	54:60
Soy and Sesame Dressing	52:77
Spicy Fried Grains with Eggs and Soy	56:77
Steak with Soy and Wasabi Braised Mushrooms	55:111

SPINACH

Chicken and Spinach Meatballs on Tomato and Beans	53:69
Spice-Crusted Lamb Rack with Spinach and Baby Beet Salad	56:107
Spinach and Baby Beet Salad	56:107

STONE FRUIT - APRICOTS, CHERRIES, PEACHES

Apricot and Almond Amaretti (GF)	57:84
Apricot and Vanilla Sorbet	52:82
Apricot, Cointreau and Hazelnut Marshmallow	57:80
Cherry Sauce	52:85
Cherry, Lemon and Ricotta Bombolini	52:85
Fresh Peach and Orange Tiramisu	52:88
Fruit Tartlets	52:85
Mulled Prunes	55:104
Roasted Almond and Apricot Panforte	53:96

STRAWBERRIES - see raspberries and strawberries

SWEETCORN

Chunky Sweetcorn and Red Capsicum Relish	52:61
Miso and Sake Glazed Sweetcorn	52:58
Sweetcorn, Yellow Tomato and Pearl Barley Salad	52:77

SWEETS

Apricot, Cointreau and Hazelnut Marshmallow _____	57:80
Chewy Salted Caramels _____	54:81
Coconut Ice – Raspberry, Vanilla and Chocolate _____	57:85
Fig and Whisky Chocolate Truffles _____	55:86
Ginger & Almond Rocky Road _____	55:94
Honeycomb (hokey pokey) _____	56:91
Mixed Berry, Rosewater and Crushed Meringue Marshmallow _____	57:80
Pretzel and Popcorn Caramel Clusters _____	57:83
Salted Caramel, Whiskey and Dark Chocolate Truffles _____	57:75
Sweet and Spicy Caramel Corn _____	54:82

SWEET SAUCES, SYRUPS AND TOPPINGS

Cherry Sauce _____	52:85
Chocolate Ganache _____	53:104
Coconut Caramel Sauce _____	54:77
Cream Cheese icing _____	56:102
Mulled Prunes _____	55:104
Oaty, Coconut and Spice Crumble _____	55:104
Raspberry Coulis _____	53:95
Spice-Infused Honey _____	55:97
Toffee Sauce _____	52:82
Whiskey and Honey Cream _____	55:78

TARRAGON

Bacon-Wrapped Chicken with Feta and Tarragon _____	53:70
Mustard and Tarragon Roast Chicken _____	52:112
Tarragon and Dijon Mustard Chicken _____	56:70

TARTS, SAVOURY

Goat's Cheese Tarts _____	57:91
Quinoa, Silverbeet and Two Cheese Tart _____	56:83

TARTS, SWEET

Brown Sugar Custard Tart _____	56:95
Chocolate and Coffee Macaroon Tart (GF) _____	53:91
Chocolate Custard 'Palmier' Tarts _____	56:72
Free-Form Fresh Strawberry Tarts _____	57:77
Fruit Tartlets _____	52:85
Hazelnut, Chocolate and Raspberry Macaroon Torte _____	57:75
Salted Caramel & Peanut Butter Chocolate Tarts _____	55:89
Strawberry and Lemon Tart _____	56:109

THYME

Pear Cider and Thyme Braised Chicken _____	55:71
Warm Thyme Pide _____	52:63

TOMATOES

'Baked' Caprese Salad _____	53:61
Avocado, Tomatoes and Grilled Ciabatta _____	52:92
Buckwheat Noodle and Roasted Tomato	

Salad with Hoisin and Sesame Dressing _____	57:102
Chicken and Spinach Meatballs on Tomato and Beans _____	53:69
Eggplant and Tomato Salad _____	53:109
Green Beans with Sizzled Cherry Tomatoes _____	53:70
Green Olive, Beef and Cherry Tomato Pasta _____	52:109
Green Tomato and Roasted Walnut Salad _____	53:61
Kofta with Tahini Sauce and Tomato Salsa _____	52:61
Mixed Tomato Salad with Smoked Paprika Dressing _____	53:64
Mixed Tomato Salad with Soy and Sesame Dressing _____	52:77
Oven Roasted Tomato and Fennel Jam _____	53:60
Pork Stir-Fry with Oyster Sauce, Tomatoes and Cashew Nuts _____	52:108
Puttanesca Pasta _____	53:60
Roasted Green Beans and Tomatoes _____	57:115
Steak Bruschetta with Eggplant and Tomato Salad _____	53:109
Sweetcorn, Yellow Tomato and Pearl Barley Salad _____	52:77
Tomato and Chilli Relish _____	52:92
Tomato Salsa _____	52:61
Tomato, Basil and Feta Rolls _____	53:102
Tomato, Fennel and Mozzarella Salad with Herb Dressing _____	57:70
Tomato, Pumpkin and Potato Gratin _____	53:64
Will's Devil Salad _____	56:113

TUNA – see also fish, seafood

Fennel-Seared Tuna _____	56:70
White Bean and Tuna Hummus with Soft Eggs _____	56:119

VANILLA

Apricot and Vanilla Sorbet _____	52:82
Coconut Ice – Raspberry, Vanilla and Chocolate _____	57:85
Vanilla Yoghurt Panna Cotta with Fresh Berries _____	56:114

VEGETABLES – see also individual vegetables, salads

'Baked' Caprese Salad _____	53:61
Amaranth, Red Quinoa and Pumpkin Salad _____	56:77
Asparagus and Leek Salad _____	57:70
Asparagus, Avocado and Poached Egg Tartines _____	57:115
Avocado, Tomatoes and Grilled Ciabatta _____	52:92
Baked Kale and Parmesan Chips _____	53:82
Baked Potatoes _____	54:107
Baked Potatoes with Smoked Chilli Beans and Poached Eggs _____	55:113
Beetroot Chips _____	53:82
Cauliflower Croquettes _____	54:99
Cauliflower Pizza Crust (GF) _____	54:99
Cauliflower Pizza Crust with Prosciutto,	

Buffalo Mozzarella, Pine Nuts & Basil (GF) _____	54:99
Cauliflower Soup with Blue Cheese Toasts _____	54:101
Cauliflower, Kale and Mint Tabbouleh _____	57:98
Charred Broccoli, Chicken and Cos Salad with Caesar Dressing _____	57:97
Chunky Sweetcorn and Red Capsicum Relish _____	52:61
Crispy Baked Potato Skins _____	54:60
Crispy Potatoes _____	56:123
Crispy Spiced Pumpkin and Sunflower Seeds _____	55:101
Crushed Cucumber, Blackberry and Pistachio Salad _____	57:69
Cucumber Salad _____	56:119
Duck Fat Potato and Onion Galette _____	56:67
Eggplant 'Croutons' _____	53:61
Eggplant and Tomato Salad _____	53:109
Fennel and Horseradish Coleslaw _____	54:88
Fettuccine with Fennel, Peas and Basil _____	56:121
Freekeh, Smoked Chicken and Artichoke Salad _____	56:78
Fresh Minty Pea Soup with Crispy Prosciutto _____	56:111
Green Bean and Potato Salad with Capers, Basil and Pine Nuts _____	52:73
Green Beans with Sizzled Cherry Tomatoes _____	53:70
Green Olive, Beef and Cherry Tomato Pasta _____	52:109
Green Tomato and Roasted Walnut Salad _____	53:61
Italian Sausage, Broccoli and Pea Frittata _____	57:113
Kale with Anchovies and Capers _____	57:107
Kohlrabi and Rocket Salad with Caper Dressing _____	57:70
Lamb Steaks with Eggplant and Chickpea Salad _____	52:107
Market Fish with Crushed Potatoes, Peas and Mint _____	52:110
Minted Pea and Rocket Soup _____	54:71
Miso and Sake Glazed Sweetcorn _____	52:58
Mixed Capsicums and Borlotti Beans _____	53:100
Mixed Tomato Salad with Smoked Paprika Dressing _____	53:64
Moroccan Chickpea, Beetroot and Mint Burgers _____	52:95
Mozzarella and Avocado Salad _____	57:117
Mushroom Toad in the Hole _____	54:111
Mushroom, Silverbeet and Feta Frittata _____	53:109
Pork Cutlets with Parmesan Roasted Cabbage _____	55:109
Portuguese Seafood Soup with Saffron Potatoes _____	54:74
Potato and Mustard Mash _____	55:82
Potato Galettes _____	54:63
Potato Latkes with Apple Sauce and Crème Fraiche _____	54:93
Potato Salad _____	56:121

Pumpkin Mash _____	54:112
Pumpkin, Ginger and Coriander Soup _____	55:101
Puttanesca Pasta _____	53:60
Quinoa, Silverbeet and Two Cheese Tart _____	56:83
Raw Beetroot, Red Cabbage and Lentil Salad _____	56:119
Raw Indian Spiced Cauliflower Salad with Coriander and Almonds _____	54:101
Raw Zucchini, Asparagus and Apple Salad with Shredded Mozzarella and Toasted Buckwheat _____	57:95
Roasted Baby Carrot and Avocado Salad _____	52:73
Roasted Carrot and Mint Salad _____	53:110
Roasted Carrot, Lentil and Haloumi Salad _____	57:98
Roasted Eggplant with Tamarind and Lime _____	57:105
Roasted Feta, Mixed Olives and Capsicums _____	53:81
Roasted Green Beans and Tomatoes _____	57:115
Saffron Potatoes _____	54:74
Shaved Raw Salad _____	53:102
Shaved White Salad with Wasabi Vinaigrette _____	52:77
Smoked Chicken, Mango and Avocado Salad _____	53:72
Spicy Capsicum and Cracked Wheat Salad _____	52:107
Spinach and Baby Beet Salad _____	56:107
Sweetcorn, Yellow Tomato and Pearl Barley Salad _____	52:77
Tandoori Aloo (potatoes) _____	55:103
Thai Roasted Pumpkin Soup _____	54:74
Thai Salmon Cakes with Spicy Capsicum and Cracked Wheat Salad _____	52:107
Tomato, Basil and Feta Rolls _____	53:102
Tomato, Fennel and Mozzarella Salad with Herb Dressing _____	57:70
Tomato, Pumpkin and Potato Gratin _____	53:64
Tray-Baked Provençal Fish and Potatoes _____	55:114
Tray-Baked Seafood with White Beans and Capsicum _____	57:113
Twice Baked Cauliflower Soufflé _____	54:104
Warm Roasted Potato and Shallots with Mustard Dressing _____	57:70
Wasabi Braised Mushrooms _____	55:111
White Root Vegetable Soup with Walnuts and Goat's Cheese _____	54:71
Will's Devil Salad _____	56:113

WALNUTS

Apple, Whiskey and Walnut Streusel Cake _____	55:78
Grape, Feta and Walnut Salad _____	53:109
Green Tomato and Roasted Walnut Salad _____	53:61
Parmigiano-Reggiano, Honey and Walnuts _____	53:86
Pork Chops with Grape, Feta and Walnut Salad _____	53:109
Walnut and Chocolate Ganache Biscuits (GF) _____	53:104

Walnut and Ginger Cake with Fresh Bananas and Caramel Glaze (GF) _____	54:79
Whipped Ricotta and Feta with Honey and Walnuts _____	57:105
White Root Vegetable Soup with Walnuts and Goat's Cheese _____	54:71

WARM DESSERTS AND PUDDINGS

Apple Pie with Cinnamon Pastry _____	54:91
Cherry, Lemon and Ricotta Bombolini _____	52:85
Chocolate and Spiced Pear Pudding _____	54:112
Churros with Rum and Coconut Caramel Sauce (GF) _____	54:77
Orange and Golden Syrup Upside Down Puddings _____	53:114
Raspberry and Custard Croissant Puddings _____	55:114
Roasted Apples with Rum and Allspice _____	55:101
Semolina and Chocolate Pudding _____	56:81
Steamed Chocolate Pudding _____	55:91

WASABI

Basil, Wasabi and Lime Granita _____	57:88
Edamame Bean, Wasabi and White Miso _____	57:107
Rump Steak with Spring Onion, Wasabi and Ginger Dressing _____	54:59
Shaved White Salad with Wasabi Vinaigrette _____	52:77
Spring Onion, Wasabi and Ginger Dressing _____	54:59
Steak with Soy and Wasabi Braised Mushrooms _____	55:111
Wasabi Braised Mushrooms _____	55:111
Wasabi Vinaigrette _____	52:77

WINE, RED AND WHITE

Chicken with Parmesan, Wine and Rosemary _____	57:115
Red Wine and Pomegranate Molasses Braised Duck _____	55:68
Wine Jelly Jewels with Summer Fruits _____	52:82

YOGHURT

Falafel Chicken Schnitzel with Tahini, Yoghurt and Garlic Sauce _____	55:113
Tahini, Yoghurt and Garlic Sauce _____	55:113
Vanilla Yoghurt Panna Cotta with Fresh Berries _____	56:114
Yoghurt Sauce _____	53:67

ZUCCHINI

Raw Zucchini, Asparagus and Apple Salad with Shredded Mozzarella and Toasted Buckwheat _____	57:95
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