



## FOOD SERVICE PRODUCT GUIDE

dirty inc founded by Simon Bryant (Chef) in 2010. A curated range of highly nutritious wholefoods; recent harvests sourced from trusted networks. Sustainable by nature, appellation specific (single origin), with minimal processing (as far as the product allows). Tried and tested, in high rotation on our work bench. “Get dirty” and read more at [www.dirtyinc.com.au](http://www.dirtyinc.com.au)

### **dirty Kabuli Chickpeas | Wimmera, Victoria**

**Also available as essentials kabuli chickpeas 650g**

Kabuli chickpeas are the bigger boys of the chickpea world, compared with the smaller desi (the little Indian variety). Chickpeas need to be soaked overnight in plenty of cold water before cooking. If you forget this step, a ‘hot soak’ can be done of the day. Chickpeas make a great addition to summer salads, pasta dishes, winter braises and soups; can be roasted for crunch, or sprouted. (*2013 delicious Produce Awards national finalist.*)

### **dirty Baby Red Lentils | Yorke Peninsula, South Australia [Available SA]**

**Also available essentials 650g [Available SA & NSW]**

Our baby red lentils grown by the Schillings are our little guys (well, in comparison to the larger variety of lentil in our range – the big red bolt lentil). Our lentils may look brown – but are red on the inside. We don’t hull, (take the skin off) as it’s a good source of dietary fibre, lowers the GI and has a fair bit of flavour. These lentils are delicate in flavour, cook in 20 mins without soaking and have a “fresh hay” accent. They are great in summer salads and lighter meat and poultry dishes.

### **dirty Big Red Lentils | Yorke Peninsula, South Australia [Available NSW]**

Our medium-size red lentil grown by our own Mark Schilling. We haven’t hulled them so they are brown on the outside but red underneath. Our big reds have a more robust flavour and are a great accompaniment to meat and game; they make a good lentil patty and are perfect in bold summer salads, winter braises and soups; so versatile they can be roasted or sprouted. Our go-to lentil for food service, with skins sturdy enough to hold up to a cook (20 - 30 mins) and chill, then reheat for service.

### **dirty Royal Baby Blue Lentils | Wimmera, Victoria**

**Also available essentials Little Green Lentils 650g**

Our baby blues have a speckled steely blue appearance at first glance, but once cooked these lentils will show their true colour and style, as they are in fact a Grampians French green or du puy style lentil – the (royal) aristocrat of the lentil world. They tend to hold their shape well in cooking and have a slight peppery and nutty flavour.

### **dirty Sunset Red Masoor Dal | Wimmera, Victoria**

**Also available essentials Split Red Lentils 650g**

A hulled and split Australian red lentil. These lentils are known for their fast cook time no need to strain when cooked; they will be nestled in a puddle of golden syrupy water; the grains will burst, be soft, and earthy. Great for classic Indian cooking, winter soups and braises.

## **dirty Bengal Gold Chana Dal | Central Queensland**

### **Also available essentials Split Yellow Chickpeas 650g**

An Australian desi chickpea that has been split and lightly polished. An overnight soak is required prior to cooking. Once cooked, there's no need to strain – the dal will be nestled in a puddle of golden syrupy water; the grains will burst, be soft, earthy, and sweet like corn. Chana has a very low GI, is high in fibre and easily digestible. It is the raw ingredient of besan – just pop in a spice grinder to make your own besan flour for pakoras.

## **dirty Jade Green Peas | Wimmera, Victoria**

A type of field pea, high in protein and complex carbohydrates that hold their shape and skins well during cooking. Soak in plenty of cold water in the fridge overnight before cooking. Drain the soak water and add 2 times their volume of cold water, simmer approx. 35 mins for al dente, or 50 mins until majority of the water is absorbed for softer peas.

## **dirty Pearl White Peas | Yorke Peninsula, South Australia**

From Yorke Peninsula, these peas are a type of field pea, high in protein, and complex carbohydrates and fibre. White pearl peas require soaking overnight and will cook to al dente in around 20 mins. They're great for a luxury pea and ham soup, as an addition to cous cous or pasta dishes, or an interesting twist on a summer salad.

## **dirty Delicate Wakame Flakes | Storm Bay, Tasmania**

### **Available as 25g and 500g**

A premium, wild grown, king of seaweeds from the clean, pristine waters of Storm Bay. Its gentle artisan style hand harvesting has a positive environmental impact as this centuries old food is considered an invasive species in the Tasman sea. This sea superfood is a perfect addition to any diet as there are few things we can eat that has the high nutritional value and ongoing health benefits as wakame. Pop in hot water for a few seconds to rehydrate, or add to a soup just before serving. The flakes can be fried in hot oil for a few seconds to crisp. These flakes make great addition to salads, stir fries, soups, broths, and other savoury dishes. A little goes a long way, as a general guide 1g per person ideal for most dishes.

## **dirty Hulled Hemp Seeds | Tasmania**

From a trusted network of farmers across Tasmania where the rich alluvia soil and climate provides near-perfect growing conditions for hemp cultivation, these seeds are hulled using a heat-free process which maintains the integrity of the essential fatty acids and other valuable nutrients. High in healthy fats (omega 3 & 9) with over 30% highly digestible protein, these little seeds pack a real punch. Their subtle nutty flavour makes them a versatile addition to any number of dishes. We add to smoothies and salads, as a garnish or for a pesto.

## **dirty Unfiltered Raw Urban, Mixed Flora Honey | Various Adelaide Metro [Available SA]**

Although the term has become greatly misused in the industry, our honey is truly raw; with the chemical structure and beneficial enzymes of the honey protected to ensure its nutritionally sound. Our honey is cool temperature extracted and then naturally allowed to cap and settle; no excess processing or filtering and then bottled within a few days.

dirty raw honey is an unfiltered pure mixed flora honey. Hives (some from rescued swarms) dotted throughout urban Adelaide ensure each appellation has its own unique characteristics. Our honey embraces the diversity of the unique mixed flora of each region and offers a depth of flavour that cannot be met by single flora honey.

True to each unique appellation, our honey comes only from hives in that suburb. There is no topping-up or adding-in of other local or imported honeys. It may be a combination of more than one hive BUT it is 100% local and batched according to suburb.

We have honey from various locations in and around Adelaide including but not limited to: Adelaide Metro (various locations), Brompton, Burnside, Unley, Parkside, St Peters, Heathpool, Hahndorf, and Woodside.

Please head to our [buy dirt\(y\)](#) page for details of how to get dirt(y)