



## product information

January 2019

### **kabuli chickpeas** | Yorke Peninsula, South Australia

Grown by the Schilling Family in Kadina, our kabuli chickpeas are the bigger boys of the chickpea world, compared with the larger desi (which are the little Indian variety). Chickpeas need to be soaked overnight in plenty of cold water. For cooking, discard the soak water and add 3 times their volume of cold water, bring to the boil and simmer for 45 mins. If you forget to soak, check the website for tips on how to 'hot soak'. Chickpeas make a great addition to summer salads, pasta dishes, winter braises and soups and can be sprouted (or cooked) to make hummus.

*2013 delicious Produce Awards national finalist.*

### **baby red lentils** | Yorke Peninsula, South Australia

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 25 mins without soaking and have a "fresh hay" accent. They are great in summer salads and lighter meat and poultry dishes.

### **big red bolt lentils** | Yorke Peninsula, South Australia

Bolts are a medium-size red lentil grown by the Schilling Family. Again we haven't hulled them so they are brown on the outside but red underneath. Our bolts have a more meaty, robust flavour (than the baby reds) 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.

### **pearl white peas** | Yorke Peninsula, South Australia

From the Schilling Family on 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.

### **aquadulce broad beans** | Kangaroo Island, South Australia

Aquadulce broad beans are an heirloom variety. Broad beans require soaking overnight; then cook for 40 mins or until desired texture is achieved. These beans will add heartiness to winter stews, soups but also make a super summer dip or can be roasted and salted for a healthy snack.

### **royal baby blue lentils** | Rupanyup, Victoria

Our baby blues have a steely blue appearance at first glance but once cooked these lentils will show their true colour and style, as they are in fact a French green or du puy style lentil - the aristocrat of the lentil world. No need to soak, just cook in 5 times their volume of cold water and simmer for 15 mins or until tender. The baby blues tend to hold their shape well in cooking and have a slight peppery flavour and are great added to summer salads, winter braises or soups.

## **sunset red masoor dal | Wimmera, Victoria**

Our sunset red masoor dal is a split Australian baby lentil which has been hulled (skin removed). To cook, add dal to 3 times their volume of cold water, bring to a simmer and it will be ready in 12 minutes. There is no need to pre-soak, no need to strain - it will be nestled in a puddle of golden syrupy water; the grains will burst, be soft, earthy and sweet. Great for classic Indian cooking, winter soups and braises, or light summer salads.

## **bengal gold chana dal | Central Queensland**

dirt(y) Bengal gold chana dal is an Australian desi chickpea that has been split and lightly polished. Because it's a chickpea, not a lentil, it requires a soak. Chuck dal in plenty of cold water overnight, drain dal and add twice their volume of cold water to cook. Bring to a simmer for 30 minutes. If you have a pressure cooker, there's no need to soak and your dal will cook in around 6 - 10 minutes. 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. Great for classic Indian cooking, winter soups and braises, and light summer salads.

## **delicate wakame flakes | Storm Bay, Tasmania**

dirt(y) wakame is a premium, single origin, wild grown king of seaweeds from the clean, pristine waters of Tasmania's 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.

Our dirt(y) wakame makes a great addition to salads, stir fries, soups, broths and other savoury dishes - and a little goes a long way, as a general guide 1g per person ideal for most dishes.

## **fresh frozen wakame | Storm Bay, Tasmania [available Adelaide only for chefs]**

Our fresh wakame is harvested, blanched in brine and then snap-frozen, during a short season from Jul/Aug to early spring. To use the wakame, pop in boiling water and it will turn emerald green. The top leaves are more tender, the bottom bigger flavour. The thick stem is good in stocks (it has a fair bit of natural agar), but you can julienne it and still put in a dish. The fronds of one whole plant are in a bag. At this stage, only available wholesale to chefs in Adelaide - from Mise en Place Gourmet.

## **raw pressed red skin peanut oil | Kingaroy, Queensland**

Our red skin peanuts are grown in Kingaroy - the Peanut Capital of Australia, and pressed in Victoria by Martin Cheney - Australian Harvest. We low temperature press as this is an authentic, artisan-style process that captures all the intensity of our peanut's flavour and aroma; it is a simple process that's energy efficient, water-wise and produces little wastage.

We use all natural high Oleic Peanuts, the healthiest of all peanuts, with a higher level of mono-unsaturated fats and Omega 9. Peanut oil withstands slightly higher temperatures without burning. More highly refined peanut (and other nut oils) may have higher flashpoints, but lose nutrients and flavour in processing. But we reckon we've struck a good balance between flavour and heat stability in cooking.

The label of our raw pressed red skin peanut oil includes the "season" of the oil. We sell only recent harvests as we don't add stabilisers to extend shelf life;

(naturally short with nuts) and recommend using as close to harvest/pressing as possible.

*2014 delicious Produce Awards national finalist*

**please note |** in our endeavour to provide this year's harvest, product appellations may change from time to time. Please ask for an updated production information sheet for the latest on product origins