



FOOD SERVICE PRODUCT GUIDE

dirty(y) 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, minimal processing (as far as the product allows). Tried and tested, in high rotation on our work bench.

KABULI CHICKPEAS | Wimmera, Victoria

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.

BABY RED LENTILS | Yorke Peninsula, South Australia

Our baby red lentils grown by the Schillings on the property in Cunliffe where Mark & Merridee reside. 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 around 20 mins without soaking and have a "fresh hay" accent. They are great in summer salads and lighter meat and poultry dishes. They can be sprouted (as they're not hulled).

ROYAL BABY BLUE LENTILS | Wimmera, Victoria

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 a 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.

SUNSET RED MASOOR DAL | Wimmera, Victoria

A hulled and split 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.

BENGAL GOLD CHANA DAL | Central Queensland, Mixed Origin

A desi chickpea 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.

PEARL WHITE PEAS | Yorke Peninsula, South Australia

From the 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.



FOOD SERVICE PRODUCT GUIDE

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 around 50 mins until majority of the water is absorbed for softer peas.

HULLED HEMP SEEDS | Tasmania, mixed origin, from a network of growers

Grown by 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 salad, as a garnish or for a pesto.

UNFILTERED RAW URBAN HONEY | (various locations) South Australia

A story of time and place; each harvest tells a story of the bees and their environment, seasonal variations, flowering plants and the time and pollination trends. Bees foraging in multi flora environments, each with a unique mix of pollen and nectar from various flora types, resulting in honey with a depth in flavour that cannot be met by single flora honey. Ethically and sustainably harvested; extracted and maintained at an optimal hive temperature no greater than 32°-35°C and then naturally allowed to settle and cap, no excess processing or filtering and then portioned within a few days. Our current harvest is completely chemical free.

DELICATE WAKAME FLAKES | Storm Bay, Tasmania

Seasonal / currently unavailable. We hope to return this product to our range mid-Spring.

TIPS & TRICKS

Cook times for our pulses vary by harvest. We offer an indicative cook time for an 'al dente' finish but recommend a quick test-run in your own kitchen.