



Flavours of Fraser – Bush Tucker

Bush tomatoes from the central desert have a strong, rich flavour which travels to the ocean to enhance the taste of king prawns and rich, sweet Illawarra plums from the east coast spice up barbecued chicken.

Wild limes and lemon aspen flavour deserts and cocktails while lemon myrtle tempura battered tofu is just one of the dishes to set the vegetarian taste buds alight. Or for a unique approach to bush tucker sample a Rosella daiquiri or wild lime margarita in Seabelle, as the sun goes down on another Fraser day.

A Glossary Of Commonly Used Bush Foods

Aniseed Myrtle A relative of the lemon myrtle with a delicate, delightful, subtle aniseed flavour that is not overpowering.

Bunya Nut Or Bauple nuts as they are known locally, have a sweet nutty taste and are often used as a substitute for meat due to the high levels of proteins.

Bush Tomato Also called "Desert Raisin" or "Akudjura", this small berry is collected by Aborigines in the central desert region of Australia and is related to the tomato family, tasting of Tamarillo and Caramel.

Davidson Plum A sharp tangy fruit which is commonly used in desserts and sauces. It is found in rainforest pockets on the east coast of Australia.

Illawarra Plum The Illawarra plum is found scattered along the east coast of Australia and the pulp of this fruit rich and sweet.

Kakadu Plum Found from Katherine to the Kimberly, this plum has the world's highest recorded fruit content of vitamin C, with a mild apricot flavour makes an excellent marinated pickle.

Lemon Aspen Found from Sydney to the far north in the rain forest, this fruit has a sharp, unique tangy, citrus flavour and is pale yellow in colour.

Lemon Myrtle A native rain forest tree, with a unique lemon & lime flavour.

Lillypilly The lillypilly is found on the east coast. It is primarily used in jams and sauces or eaten plain when ripe. Early settlers used some species to make wine.



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Macadamia Nut Australia's contribution to world agriculture. The macadamia nut has an extremely hard shell. The effort is well worth it as these nuts are prized all over the world for their unique flavour.

Muntharry Found in South Australia along the Coorong and south east coast, this berry is also called "Muntries" and has a Granny Smith apple flavour.

Paper Bark The paper bark is a versatile plant with many uses. It was common to use the bark to wrap food before cooking. The leaves have medicinal values for clearing head colds and sinuses.

Pepperberry The berry of the native pepper shrub is endemic in Tasmania and Victoria, they have a strong spicy peppery taste which dissipates quickly while cooking, leaving a subtle pepper taste.

Quandong Also called "Desert Peach" this fruit is high in vitamin C and is common in South Australia and arid areas of Australia, with a tart apricot and peach flavour.

Rosella This scarlet coloured petal fruit has a crisp rhubarb and berry flavour, widely used by colonists in jam.

Warrigal Greens Used as a spinach substitute by Captain Cook in 1770. This spinach like sprawling ground cover plant is found all over Australia on inland and coastal salt flats.

Wattle seeds Aborigines collect certain varieties of Acacia seeds west of the Great Divide. The seeds are dry roasted and ground to harvest the exceptional hazel nutty - coffee like flavour.

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