

SEABELLE

Restaurant & Bar

A glossary of commonly used bush foods

Macadamia Nut (*Macadamia spp*) or Bauple Nut as they are known locally. 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.



Macadamia Nut

Bunya Nut (*Araucaria bidwillii*) have a sweet nutty taste and are often used as a substitute for meat due to the high levels of protein.



Bunya Nut

Pepper Berry (*Tasmannia lanceolata*) The berry of the native pepper shrub is endemic in Tasmania and Victoria but is found as far north as the blue mountains. They have a strong spicy peppery taste which dissipates quickly while cooking, leaving a subtle pepper taste.



Pepper Berry

Lemon Myrtle (*Backhousia citriodora*) A native rainforest tree, this is a dense shrub or compact evergreen tree 3 to 8m, having dark green elliptical leaves to 10cm in length, giving off a strong lemon scent when crushed.



Lemon Myrtle

Cinnamon Myrtle (*Backhousia myrtifolia*) A relative of lemon myrtle which is prolific around Fraser island but is found as far south as New South Wales. Cinnamon myrtle is often used as a spice in cooking due to its aromatic cinnamon taste. It contains up to 80% elemicin oil which is also a significant flavouring component in common nutmeg.



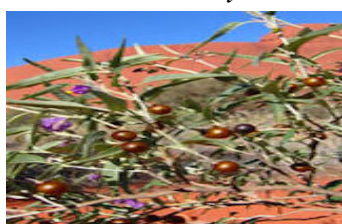
Aniseed Myrtle

Aniseed Myrtle (*Backhousia anisata*) A relative of the Lemon Myrtle with a delicate, delightful, subtle, aniseed flavour that is not overpowering.



Bush Tomato

Bush Tomato (*Solanum centrale*) Also known as “desert raisin”, or “kutjera” this small berry is collected by Aborigines in the central desert region of Australia and it is related to the tomato family, tasting of tamarillo and caramel.



Bush Tomato

Lemon Aspen (*Acronychia acidula*) Found from Sydney to the Far North in rainforest, this fruit has a sharp, unique tangy citrus flavour and is pale yellow in colour.



Lemon Aspen

Wild Lime (*Citrus aurantifolia*) Limes are about 3 to 4 cm in diameter, oval to nearly globular in shape, often with a small apical nipple : the peel is thin greenish yellow when the fruit is ripe. The pulp is tender, juicy and very acidic. It grows in Australian Northern dry regions.



Wild Lime

Finger Lime (*Citrus australasica*) Grows in subtropical and dry rainforests in the coastal borders of Queensland and New South Wales. The finger lime has also adopted the name “caviar lime” due to the small citrus balls on the inside of the fruit.



Finger Lime

Native Rosella (*Hibiscus heterophyllus*) This scarlet coloured petal fruit has a crisp rhubarb and berry flavour, widely used by colonists in jam.



Native Rosella

Red Quandong (*Santalum acuminatum*) 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.



Red Quandong

Midyim Berry (*Austromyrtus dulcis*) Low, spreading, mounded shrub. Masses of small, white, fluffy flowers that form on the leaf axils in spring and summer. Fruit is round, white, soft, and has an aromatic sweet flavour.



Midyim Berry

Muntharry (*Kunzea pomifera*) Found in South Australia along the Coorong and south east coast and particularly on Kangaroo Island, this berry is also called “Muntries” with a Granny Smith apple flavour.

Creek Lilly Pilly (*Syzygium smithii*) Creek Lilly Pilly 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.



Creek Lilly Pilly

Native Peppermint (*Mentha australis*) Slender spreading herb with four-angled stems. The leaves are aromatic, narrow, broad or spear-shaped ; 2-5cm in length.

Wattleseed (*Acacia pycnantha*) Aborigines collect certain varieties of Acacia seeds west of the Great Divide. Once roasted and crushed give off a coffee “aroma”



Wattleseed