

Breakfast Menus

Hot Breakfast

Arrival on the Table

Selection of Danish Pastries, Mini Muffins, Sliced Fresh Fruits, Orange and Apple Juice

Hot Plated Breakfast served to each guest to include;

Crispy Wood Smoked Bacon, Scrambled Eggs, Herb and Parmesan Baked Tomato and Toasted Baguette

Poached Eggs, Double Smoked Leg Ham, English Muffin and Hollandaise Sauce

Char-Grilled Spanish Chorizo Sausage, Poached Egg, Roasted Tomatoes and Toasted Ciabatta Bread

Smoked Salmon, Scrambled Egg, Tomato Salsa and Toasted Turkish Loaf

Roasted Vegetable Frittata, Sauteed Spinach and Swiss Mushrooms, Roasted Tomato and Basil Sauce

3 Cheese Double Baked Souffle, Crispy Bacon, Baby Spinach and Roasted Cocktail Tomato

On Arrival;

Selection of Danish Pastries and Mini Muffins

Sliced Fresh Fruits of the Season

Orange Juice and Apple Juice

Freshly Brewed Coffee and T2 Tea Selection

Additional

Roasted Macadamia Nut and Cranberry Muesli, Berry Puree and Greek Vanilla Yoghurt Cups

Cocktail Breakfast

Please select 5 breakfast canapés to be served;

Mixed Berry, Vanilla Yoghurt and Muesli Shots

Spinach and Ricotta Frittata

Roasted Tomato and Bacon Tarts

Ham and Cheese Brioche

Smoked Salmon and Scrambled Egg Mini Toasts

Mini Pizzettes: Spanish Sausage, Tomato and Swiss Cheese

Fresh Strawberry and Honey Mascarpone Tarts

Warm Miniature Buttermilk Pancakes, Caramelised Banana and Maple Syrup

Orange Juice

Freshly Brewed Coffee and T2 Tea Selection

Morning and Afternoon Tea

Coffee break

Freshly Brewed Coffee
T2 Tea Selection and Orange Juice

With your choice of the following:

Assorted Cookies
Danish Pastries; Mixed Berry, Vanilla Custard, Spiced Apple and Cinnamon Walnut
Mini Muffins; Apple and Butterscotch, Double Chocolate, Blueberry and Orange and Poppy Seed
Freshly Baked Buttermilk Scones, Beerenberg Preserves and Whipped Vanilla Cream
Mixed Berry and White Chocolate Cupcakes
Low Fat Muesli Slice
Carrot and Walnut Loaf
Fresh Fruit Platters
Fresh Fruit Smoothies
Chocolate Break; Double Chocolate Brownie Slice & Chocolate Caramel Slice
Mini Strawberry and Fresh Fruit Tartlets
SA Break Villies Pastries and Farmers Union Iced Coffee

To end

Antipasto Platters
A selection of Fine Australian Cheese
Freshly Baked Savoury Pastries from
Assorted Dips Platters from

High Tea

Traditional Finger Sandwiches
Freshly Baked Savoury Pastries
Freshly Baked Buttermilk and Raison Scones
Mini Honey Mascarpone and Strawberry Tartlets
Fresh Fruit Fondue Skewers
Beerenberg Preservatives and Whipped Vanilla Cream
Selection of T2 Teas, Freshly Brewed Coffee and Juices

All prices are subject to change at the National Wine Centre's discretion, dependent on market fluctuations.

Light Working Lunches

The following menus are served as a stand up style Buffet Menu

Option One

Assorted Freshly Made Finger Sandwiches
Fine Australian Cheeses with a Selection of Lavosh and Olive Grissini,
Quince Paste, Riverland Muscatels and Dried Fruits
A selection of Soft Drinks, Chilled Orange Juice and Spring Water
Freshly Brewed Coffee and T2 Tea Selection

Option Two

Baguettes and Turkish Loaves with Assorted Gourmet Fillings
Fine Australian Cheeses with a Selection of Lavosh and Olive Grissini,
Quince Paste, Riverland Muscatels and Dried Fruits
Platters of Seasonal Fruit
A selection of Soft Drinks, Chilled Orange Juice and Spring Water
Freshly Brewed Coffee and T2 Tea Selection

Option Three

Select two items from the following:

Lamb Rogan Josh
Lamb Korma
Butter Chicken
Thai Red Chicken Curry
Chicken Cassiatore, Capsicum, Tomato and Olives
Beef Stroganoff
Malaysian Beef Curry
Beef Ravioli, Olive, Chilli, Sundried Tomato and Basil Sauce
Spinach and Ricotta Cannelloni with Roasted Tomato and Basil Sauce (V)
Seafood Stir-fry, Thick Asian Noodles and Greens
Sri Lankan Fish Curry

Served with:

Steamed Rice
Warmed Wood Oven Rolls
Selection of fresh Garden Salads
Cheese and Dried Fruit platters
Fresh Seasonal Fruit platters

minimum of 40 people

Light Working Lunches

The following menus are served as a stand up style Buffet Menu
Vegetarian options available

Option Four

Select four items from the following:

Moroccan Lamb Cutlets and Caponata
Tandoori Lamb Cutlets with Raita
Piri Piri Chicken Skewers
Chilli Coconut Chicken, Sweet Chilli and Lime Aioli
Chermoula Chicken Chops, Preserved Lemon and Mint Yoghurt
BBQ Minute Steaks, Chimichurri Sauce
Red Wine and Garlic Marinated Minute Steaks
Mexican Beef Burgers, Spiced Tomato Salsa
Thai Style Baked Fish Fillets, Palm Sugar and Chilli Glaze
BBQ Prawn Skewers, Citrus Remoulade

Served with:

Warmed Wood Oven Rolls
Scallop potatoes
Selection of Fresh Garden Salads
Fine Australian Cheeses with a selection of Lavosh and Olive Grissini, Quince Paste,
Riverland Muscatels and Dried Fruit
Fresh Seasonal Fruit Platters
Chefs selection of Petite Dessert Selection, Fruit Tarts, Éclairs, French Pastries and
Mousses

minimum of 50 people

To End

At the Bar

An Assortment of freshly baked pizzas (see Concourse café menu)

Antipasto Platters

A selection of cured meats, marinated vegetables, pickled squid, cherry bocconcini, spinach and ricotta frittata, olives, grissini sticks

Medium (20/30 people) **Large** (40/50 people)

Cheese Platters

Fine Australian Cheeses with a selection of Lavosh and Olive Grissini, Quince Paste, Riverland Muscatels and Dried Fruit

Medium (20/30 people) **Large** (40/50 people)

Meze Platters

Assorted dips, marinated feta and olives, toasted flat bread

Medium (20/30 people) **Large** (40/50 people)

Substantial Items

Tempura baby Whiting, Chips, citrus aioli

Butter Chicken and Pilaf rice

Stir fried prawn and noodle boxes

Mini beef burgers, Swiss Cheese and Tomato Chutney

Mini hot dogs, chorizo, caramelised onion and provolone cheese

Lamb Korma, spiced rice and riata

(minimum 20 guests)

Tapas and Meze Menu

Tuna Ceviche, fresh lime and Spanish Onion

Chicken Harissa parcels

Lamb Kofta

Grilled Chorizo Sausage

Moroccan spiced Eggplant, tomato and Haloumi tarts, salsa verde

Roasted Pumpkin and provolone arancini

Grilled wood oven bread and minted yoghurt

(platter per table)

All prices are subject to change at the National Wine Centre's discretion, dependent on market fluctuations.

Lunch & Dinner

Entrees

Seafood

Citrus poached King Prawns, Mango and Mint, Chilli Jam
Barbequed King Prawns, Crab, Tomato and Pickled Avocado, Lemon Agrumato
Poached King Salmon, Citrus and Native Lime Salad
Chargrilled Baby Squid with Spanish Chorizo, Roasted Tomato, Olive Rocket and Lemon Oil
Thai Snapper and Prawn Cake, Pea Vine Salad and Citrus Aoili

Lamb / Pork

Harrisa Lamb, Middle Eastern Vegetable Tart, Preserved Lemon Yoghurt
Cider braised Pork Belly, Seared Sea Scallops, Apple and Fennel Remoulade

Vegetarian

Goats Cheese, Roasted Red Pepper, Kalamata Olive Tapenade, Caponata Tart, Tomato and Basil Oil

Poultry/Game

Tandoori Baked Chicken, Spiced Chickpea and Pickled Eggplant Salad
Charred Chilli Coconut Chicken, Palm Sugar and Citrus Dressing
Wood Smoked Venison, Goats Curd Panna Cotta, pickled Beetroot & Watercress Salad

Pasta

Roasted Pumpkin Ravioli, Sundried Tomato and Basil Spinach, Feta, Kalamata Olives and Roasted Tomato and Basil Sauce
Spinach and Ricotta Cannelloni, Roasted Tomato and Basil Sauce, Shaved Parmesan and Pesto
Saffron linguine, Chilli Barbequed Prawns, Pine Nuts, Confit Fennel and Mascarpone Cream

Additional Options

Six Oysters Six Ways

Pickled Ginger and Shallot
Cucumber and Chive
Citrus and Fennel
Finger Lime Bubbles
Panzanella
Soy, Mirin and Salmon Caviar

Tasting Plate

Citrus poached SA King Prawns, Mango and Mint Salad, Chilli Jam
Goats Cheese, Roasted Market Peppers, Caponata Tart
Spencer Gulf Oysters, Outback Lime, Citrus and Shaven Fennel

Breads

Mini Ciabatta Rolls, Middle Eastern Spiced Nuts, Caramel Balsamic and Extra Virgin Olive Oil
Assorted Marinated Olives, Chick Pea Puree, Garlic and Parmesan Baked Flat Bread

All prices are subject to change at the National Wine Centre's discretion, dependent on market fluctuations.

Lunch & Dinner

Main Course

Beef

Grilled Rib Eye of Beef, Pumpkin and Semolina Gnocchi, Braised Spinach and Truffled Peas

Beef Fillet, Garlic Roasted and Herb Potato Puree, Shiraz and Forest Mushroom Jus

Beef Fillet, Thyme and Prosciutto Hash, Red Wine and Balsamic Roasted Onions and Tomato Pesto

Asian Peppered Beef Fillet, Wasabi and Crispy Shallot Mash, Roasted Shitake and Sweet Soy Jus

Sirloin of Beef, Roasted Parsnip Puree, Sweet Vinegar Vegetables and Horseradish Cream

Poultry/Game

Chicken Breast, Three Cheese and Chorizo Risotto, Roasted Red Pepper and Sweet Corn

Garlic and Oregano Rubbed Chicken Breast, Baked Polenta, Blistered Tomatoes, Feta and Pesto

Grilled Chicken Breast, Zucchini and Speck Fritter, Tomato and Shallot Chutney

Soy and Ginger Glazed Duck Breast, Confit leg, Braised Cabbage and Black Bean Salsa

Pork

Honey Sage Pork Loin, Fondant Potato, Baby Spinach with Balsamic Apple Glaze

Lamb

Lamb Rack, dried Tomato and Herb Risotto, Chilli Mint Peas & Rosemary Oil

Roasted Lamb Rack, Haloumi & Green Olive Tart, Tabouli Salad

Moroccan Lamp Rump Vegetable Tangine, Pearl Cous Cous & Yoghurt Sauce

Seafood

Baked Snapper Fillet Roasted Fennel and Saffron Risotto, Deep Sea Squid and Citrus Salsa

Seared Yellow Fin Tuna Steamed New Potatoes and Nicoise Vegetables

Pan fried Barramundi Fillet, Yellow Corn and Cauliflower Puree, Pancetta and Salsa Verde

Atlantic Salmon Fillet, Crusted Lemon Peppered Potatoes, Grilled Vegetable Salad and Citrus Gremolata

Lunch & Dinner Sides; with compliments

Please select two items from the list below:

Steamed Seasonal Vegetables
Mustard and Herb Roasted Chat Potatoes
Steamed Asian Greens
Fresh Garden Salad, aged Balsamic Dressing
Honey Roasted Pear, Wild Rocket, Shaved Parmesan and Walnut Salad
Seeded Mustard and Red Wine Vinaigrette
Indian spiced Pumpkin, Sweet Potato and Chickpeas
Roasted Mediterranean Vegetables, Feta and Basil Oil

Dessert

Saffron Crème Brulee, Orange and Almond Syrup Cake
Warmed Bitter Chocolate Brownie, Salted Macadamia Nut Ice Cream and White Chocolate Fudge Sauce
Roasted Hazelnut and Vanilla Biscotti Crusted Double Chocolate Torte, Espresso Paste
Baked Lemon and Lime Tart, Burnt Caramel, Freeze Dried Raspberries and Cream
Turkish Delight Panna Cotta, Rose Water Jelly and Persian Fairy Floss
Coconut Macaroon, Passionfruit Mascarpone Cream Cheesecake, Strawberries and Honey Syrup
Warmed Caramelised Apple and Frangipane Tart, Vanilla Bean Ice Cream

Trio of Dessert

Warmed bitter Chocolate Brownie, salted Macadamia nut Ice Cream and White Chocolate Fudge Sauce
Roasted Hazelnut and Vanilla Biscotti Crusted Double Chocolate Torte, Espresso paste
Baked Lemon and Lime Tart, burnt Caramel, freeze dried Raspberries and Cream

Freshly Brewed Coffee, T2 Tea Selection and Housemade Chocolates
(Inclusive with all Lunch and Dinner Menus)

All prices are subject to change at the National Wine Centre's discretion, dependent on market fluctuations.

Lunch & Dinner

Antipasto Selection

Platters to the table

Included on the plate is a selection of sliced Prosciutto, Virginian Ham, Sopressa and Grissini

Select Five items from the following:

Marinated Feta Cheese

Baby Spinach, Ricotta and Olive Frittata

Lime and Chilli pickled Squid

Rosemary and Balsamic button Mushrooms

Sweet and Sour Pickled Vegetables

Pesto Baby Bocconcini

Lemon Peppered Artichoke hearts

Garlic and Basil roasted Capsicums and Sun Dried Tomatoes

Roasted Cumin and Fennel seed Giant Olives

Dolmades

Feta filled Sweet Peppers

Seafood Selection

2 pieces of each per person

Freshly shucked South Australian Oysters

Spencer Gulf King Prawns

Blue Swimmer Crabs

Sliced Smoked Salmon

Condiments

All prices are subject to change at the National Wine Centre's discretion, dependent on market fluctuations.

Buffet Menu

Antipasto Selection

selection of sliced continental meats

Marinated Vegetables, Pickled Mushrooms, Spinach and Ricotta Frittata, Chilli and Lime Baby Octopus, baby Bocconcini and Pesto balls, Fennel and Cumin seed Roasted Olives

Bread

Assorted sliced and continental loaves

Salads

Tandoori Chicken Caesar salad

Thai Beef Noodle Salad

Greek with Olives and Feta, Balsamic dressing

Baby Potato, Seeded Mustard and Chive Sour Cream

Hot Fork Dishes

Please select two items from the following;

Tandoori style Chicken, Butter sauce and steamed rice

Chicken White Wine Vegetable Casserole and steamed rice

Lamb Korma, ground Cashew, Yoghurt and steamed rice

Lamb Rogan Josh and Basmati

Slivers of Beef, Button Mushrooms, Pearl Onions and Red Wine Jus and steamed rice

Chicken or Beef Cannelloni, Chilli, Olive, Basil, Roasted Tomato Sauce

Spinach and Ricotta Ravioli with Roasted Tomato and Basil sauce

Asian Vegetable Stir fry with Hokkien Noodles and Chilli Soy dressing

Hot Carvery items

Select one item from the following:

Garlic and Rosemary rubbed Roast Lamb, Mint Pea Pesto

Roast Turkey, Orange and Macadamia nut stuffing, Cranberry Glaze

Roast Loin of Pork, Crackling and Apple Chutney

Herb and Mustard Crusted Beef Sirloin and Shiraz Glaze

Dessert

A fine selection of petite Cakes, Tortes, Tarts

Fresh seasonal Fruit Platters

Australian Cheeses with Lavosh and Quince Paste

Tea, Coffee and Chocolates

minimum number of 50 guests

You may like to include the following items to compliment the buffet;

Smoked Salmon, Oysters and Prawns

Additional Hot Fork Dish



Degustation Menu

Canapé

Lobster Sashimi, Pickled Watermelon Tian

Appetiser

Blue Swimmer Crab Tortellini, Lemongrass and Tomato Broth, Candied Fennel and Soft Herb Salad

Entree

Cider Braised Pork Belly, Seared Sea Scallops, Apple and Thumb Fennel Remoulade

Main Course

Darling Downs Wagyu MB +7, Parsnip, Potato Mille-feuille Truffle Caviar and Smoked Speck

Cheese

Cloth aged Limestone Coast Callendale Cheddar, Air Dried Plum Paste and Almond Lavosh

Dessert

Saffron Creme Brulee, Orange and Almond Syrup Cake

Petite Fours

 served with

Freshly Brewed Coffee and T2 Tea Selection

All prices are subject to change at the National Wine Centre's discretion, dependent on market fluctuations.

SA Themed Dinner Menu

Entree Tasting Plate

Citrus Poached SA King Prawns, Mango and Mint Salad, Chilli Jam
Hindmarsh Valley Goats Curd, Roasted Market Peppers, Caponata Tart
Spencer Gulf Oysters, Outback lime, Citrus and Shaved Fennell

Main Course (choice)

Please select two of the following:

Line Caught SA Gulf Waters Snapper, Blue Swimmer Crab Risotto, Pickled Market
Vegetable Salad

Greenslades Free Range Chicken, Herb Salted Roast Potatoes, Sweet Corn and Crispy
Pancetta

Murraylands Premium Angus Beef Fillet, Roasted Pumpkin Semolina Gnocchi, Golden
Shallots and Red Wine Herb Butter

South East Coast Lamb Rack, Fondant Potato, Rosemary and Parmesan Crust, Smoked
Tomato and Olive jus

Dessert

Saffron Crème Brulee, Riverland Orange and Willunga Almond Syrup Cake.

Cheese Platter (to the table)

Cloth Aged Limestone Coast Cheddar and Barossa Valley Washed Rind, Adelaide Hills
Quince Paste, Angus Park Dried Fruits, Riverland Muscatels and Poppy Seed Lavosh

Freshly Brewed Coffee, T2 Tea Selection and Housemade Chocolates

All prices are subject to change at the National Wine Centre's discretion, dependent on market fluctuations.

Cocktail Menu

Cold Canapés

Asian BBQ Chicken Salad, Mango, Mint and Chilli
Assorted Sushi Rolls, Seafood and Vegetarian
Confit Cherry Tomato and Balsamic Onion Tart
Duck Liver Pate, Quince Jelly and Toasted Brioche
Grilled Sour Dough, Smoked Salmon & Pickled Daikon
Harrisa Spiced Beef Roll, Preserved Lemon & Mango Relish
Mini Bruschetta, Tomato, Onion, & Feta
Olive Crisps, Salmon Tartare & Herb Mascarpone
Roasted Duck & Cashew Nut Cold Rolls
Smoked Kangaroo, Caponata & Rocket Pesto Flan
Vegetarian Cold Rolls & Dipping Sauces

Hot Canapés

Chicken & Pork Dumplings, Coriander & Sesame Oil
Goats Cheese, Rocket & Beetroot Relish Tartlet
King Island Beef Pie, Tomato Pickle
Maple Baked Bacon & Semi Dried Tomato Tarts
Mini Pizzettes, Tomato, Olive Tapenade, Bocconcini & Basil Pesto
Salt & Peppered Chicken Skewers, Lemon Balsamic
Satay Marinated Chicken & Peanut Sauce
Asian Flavoured Prawn Skewers, Palm Sugar and Lime Dressing.
Steamed Thai Fish Cake, Sweet Chilli & Mint
Sundried Tomato, Olive & Provolone Risotto Cakes
Szechuan Peppered Beef, Lime & Chilli Aioli
Tandoori Chicken Pizzettes & Raita
Vegetarian Spring Rolls, Chilli Plum Sauce

All prices are subject to change at the National Wine Centre's discretion, dependent on market fluctuations.

Cocktail Menu

Dessert Canapés

Citrus Curd Meringue Tarts
Hazelnut & Cappuccino Brulee Shots
Banana Honey Mascarpone Tarts
Caramelised Apple & Pear Crumble
Assorted Mini Ice Creams & Gelatos

Substantial Items

Tempura Baby Whiting & Chips, Citrus Aioli
Butter Chicken & Pilaf Rice
Stir Fried Prawn & Noodles
Mini Beef Burgers & Tomato Chutney
Mini Hot Dogs, Chorizo, Caramelised Onion & Provolone Cheese
Lamb Korma, Spiced Rice & Raita
Harrisa Lamb Cutlets & Preserved Lemon Gremolata
Spinach & Ricotta Cannelloni Roasted Tomato Sauce & Pesto
Oyster Bar (Price on Application)

Additional Options

You may like to consider these extra options to compliment your cocktail menu:
Antipasto Platter to include the following:

Sliced Prosciutto, Virginian Ham, Sopressa & Grissini and a selection of 5 items from the following:

Marinated Feta Cheese
Baby Spinach, Ricotta & Olive Frittata
Lime & Chilli Pickled Squid
Rosemary & Balsamic Button Mushrooms
Sweet & Sour Pickled Vegetables
Pesto Baby Bocconcini
Lemon Peppered Artichoke Hearts
Garlic & Basil Roasted Capsicums & Sun Dried Tomatoes
Roasted Cumin & Fennel Seed Giant Olives
Dolmades
Feta Filled Sweet Peppers

Medium (20/30 people) **Large** (40/50 people)

Cheese Platter to include the following
Fine Australian Cheeses with a Selection of Lavosh and Grissini, Quince Paste,
Riverland Muscatels and Dried Fruits

Medium (20/30 people) **Large** (40/50 people)



SA Themed Cocktail Menu

To Start

Local Wood Oven Bread & Regional Olive Oils,
Saltbush Dukkah & Caramel Balsamic

Cold Canapés

Spencer Gulf Oyster, Outback Lime, Citrus and Shaved Fennel

Hindmarsh Valley Goats Curd, Roasted Market Peppers, Caponata Tart

Inman Valley Freshwater Crayfish, Green Papaw and Mango Salad

Smoked Adelaide Hills Venison, Sour Cherry Chutney

Seared Yellow Fin Tuna, Pickled Diakon, Salmon Pearls

Hot Canapés

Paperbark Baked SA Pink Snapper, Lime and Grain Mustard Dressing

Charred Limestone Coast HARRISA Lamb, Tahini and Mint Yoghurt

Grilled Lemon and Lime Salted BBQ SA Prawn, Citrus Aioli

Kangaroo Island Haloumi Mini Pizzas, Willunga Olives and Adelaide Plains Oven Dried
Tomato

Murraylands Angus Beef Pie Floater, Green Pea Puree and Tomato Pickle

Glossary

Aioli - a garlic mayonnaise

Amaretto - is a sweet almond-flavoured liqueur of Italian origin

Anglaise - french for vanilla sauce, made with egg yolk, cream and sugar

Antipasto - an italian starter for a meal; normally a cold assortment of salami, cheese, sea-food and vegetables

Basil Pesto - this is made of fresh basil, garlic, olive oil, pine nuts and parmesan cheese

Caponata - this sicilian side dish is made of eggplant, onions, tomatoes, olives, capers, vinegar,

Chorizo - a spicy spanish pork sausage

Compote - fresh or dried fruits poached in spiced sugar syrup

Confit - slow braised item often cooked and preserved in its own fat or olive oil

Crème brulee - a rich egg custard topped with caramelised sugar (hard crack)

Crostini - thin sliced bread toasted brushed with olive oil

Cumin and turmeric

Gnocchi - Italian plural for ' dumplings', typically of mashed potatoes, but also of semolina

Goats curd - coagulated goat's milk; used to make cheese

Gow Gee - a chinese dumpling made from rice flour and is crescent shaped

Gratin - french dish of sliced potatoes and thinly sliced onions, sautéed in butter

Grissini - generally pencil-sized *sticks* of crispy dry bread

Grumato - is an extra virgin olive oil made by combining whole citrus fruit with leccino olives

Harrisa - a fiery north african condiment usually made from dried chillies, garlic, olive oil and cumin

Jus- usually refers to the pan juices from a piece of meat used to sauce it on the plate

Glossary

Moroccan Spice -A mixture of fresh coriander, parsley, sweet paprika, cayenne pepper, cumin & turmeric

Nicoise -A salad, originating from the French town of Nice, usually consisting of tomatoes, olives, garlic, green beans and capers

Palm Sugar -Palm sugar was originally made from the sugary sap of the Palmyra palm or

Pancetta -Italian Style air dried belly of pork cured with salt & spices

Panna Cotta -Italian for 'cooked cream', cold set dessert

Parfait -A dessert made of cream, eggs, sugar, and flavouring frozen together

Polenta -Yellow or white coarse granular meal made from corn

Preserved Lemon -Lemons preserved in salt and lemon juice

Ragout -Is a thick, hearty stew of French origin

Raita -Combined chopped vegetables, often tomato, onion and cucumber, in thick creamy yoghurt flavoured with spices such as cumin and coriander

Ratatouille -Is a traditional French Provençal stewed vegetable dish

Rocket -British/Australian word for arugula, a nutty, spicy green leaf lettuce

Saffron -Fragrant, thread-like, hand-picked stigmas of the autumn Crocus sativus plant

Salsa Verde - A cold condiment of coarsely chopped or processed parsley, capers, garlic, vinegar, anchovies and olive oil

Serrano Ham -A dried-cured Spanish ham similar to Prosciutto

Shallot -A bulb related to the onion and garlic which has a mild onion-like flavour

Sopressa -Italian dry-cured salami

Sour Dough -Sour fermented dough used as leaven in making bread

Tabouleh -A Lebanese salad made of softened bulgur (cracked wheat) tossed with chopped parsley, mint, diced tomato and seasoned with lemon juice

Tamarind -The fruit of this tree; the pulp is used prominently in Indian cooking

Tangine -A Moroccan spicy vegetable or meat stew slowly cooked in a clay pot

Tapenade -A Provençal condiment of a thick olive paste made from olives, capers, lemon juice, olive oil and seasoning