



A-Z Glossary

Sour + Salt

Combining coarse salt with surprising sour sours like pickled ginger, sour cherry, dried mango and lemon zest results in a lively finishing flavour that lends brightness and texture to dishes.



Sea salt is a mineral comprising mainly sodium chloride and is found in the sea. It is one of the most loved seasonings throughout human history and has been sourced around the world for centuries. Sea salts differ in colour and flavour depending on the minerals in the local water and how and where they are harvested.

Grey salt, also called **sel gris** and **Celtic sea salt**, is the everyday favourite of the Old World sea salts. It is sold in flakes or as a powder-fine salt. The grey colour comes from minerals on the bottom of the salt pan, where the moist crystals are raked up after the sun has evaporated the sea water.

Fleur de sel comes from a renowned salt-producing region in France and is a favourite amongst chefs. It is pale in colour and considered an elegant finishing salt—the crystals that make fleur de sel are raked more delicately and they do not touch the bottom of the salt pan. Across the globe in Hawaii, **red-orange and black sea salts** are coloured with minerals from local clay and charcoal. Another black salt is **Cyprus flake salt**, which has large, pyramidal crystals and comes from the Mediterranean Sea, where it is dried in lava beds and coloured with activated charcoal.

Sour is one of the five tastes (sour, bitter, sweet, salty and umami). When something is sour, it is generally known to have a taste experience produced by acids, and is sharp, biting, tart, or tangy. The sour taste is present in a variety of foods including citrus, vinegars, and pickled, preserved and fermented foods.

Citrus is a common term for a class of flowering plants in the rue family. The name citrus was derived from the Greek word for cedar and citrus fruits are known as agrumes, which means 'sour fruits' e.g. lemons, limes.

Vinegar comes from the French word, *vin aigre*, which translates into 'sour wine.' Vinegar is created from the fermentation of ethanol and the key ingredient is acetic acid, which gives it an acidic taste. It is commonly used in salad dressings, tomato sauce, mustard, mayonnaise, chutneys and marinades. Vinegar, generally, has a long shelf life due to its acidic and self-preserving nature. There are many vinegar varieties and flavours such as balsamic, red and white wine vinegar.

Pickling is the process of preserving food in either vinegar or salt brine. When pickling in vinegar, very few bacteria survive due to the acidic nature of vinegar. Pickling in salt brine encourages fermentation, which is the growth of 'good' bacteria, meaning the food is less vulnerable to spoilage. Pickling began over 4000 years ago as a way to preserve food for out-of-season use and for long journeys, especially by sea. Today, pickling is done not only to preserve food but also used in cooking to add flavour to vegetables, fruits, seafoods and meats.

Fermented food refers to foods that have undergone the chemical conversion of sugars into ethanol. The process is used to produce alcoholic beverages such as wine, beer, and cider. Fermentation is also used:

- in the leavening of bread—which is when dough is left in a warm place to ferment. The yeast in the dough causes fermentation and expansion of the dough or batter.
- as a means to produce lactic acid in sour foods such as sauerkraut, dry sausages, kimchi, and yoghurt.



Sour citrus

Blood orange
Clementine
Kumquats
Lemon
Lime
Orange
Pink grapefruit
Tangerine
Tamarind
Yuzu

Sour vinegars

Apple cider vinegar
Balsamic vinegar
Coconut vinegar
Fruit vinegars
Herb vinegars
Palm vinegar
Red wine vinegar
Rice vinegar
Sugar cane vinegar
White wine vinegar

Pickled sour sours

Pickled vegetables such as beetroot, cabbage, carrots, cauliflower, cucumbers, eggplant, garlic, ginger, onion, radish, squash, tomato

Pickled fruits such as apples, citron, mango, papaya, pineapple, plums

Fermented sour sours

Bean-based such as miso, soy sauce, soybean paste, tempeh
Vegetable-based such as kimchi, sauerkraut
Fruit-based such as cider, vinegar, wine
Dairy-based such as cheese, yoghurt
Fish-based such as fish sauce, shrimp paste
Meat-based such as chorizo, jamon, salami



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Liquid Revolution

Fresh purees blend with bold spices and herbs to intensify the flavour of sauces, dressings and more, providing a fun and delicious way to enjoy an extra serving of fruits and vegetables.



All around the globe, chefs are moving away from rich, cream-based sauces and gravies and using juicing and pureeing techniques with fruits and vegetables to create nutrient-rich and texture-rich sauces ideal for cooking. Spices and herbs are key to making these dishes taste great.

Vegan diets are a type of vegetarian diet, where only plant-based foods are eaten. The following foods can be included in a vegan diet: fruit, vegetables, breads, cereals, grains, legumes (e.g. lentils, chickpeas, dried beans), soy products, nuts and seeds.

The following foods are excluded in a vegan diet: meat, poultry, fish, seafood, dairy products, eggs, animal fats and gelatine.

Like any eating plan that restricts certain food groups, a vegan diet needs careful planning to ensure that nutritional requirements are met.

Protein-rich vegan foods

The Dietitians Association of Australia (DAA) suggests the following foods are good plant sources of protein:

- Legumes (dried beans, peas and lentils)
- Nuts
- Seeds
- Soy products
- Wholegrain breads and cereals (particularly amaranth and quinoa)

Calcium-rich vegan foods

The DAA suggests the following foods are good plant sources of calcium:

- Calcium-fortified soy products
- Hard tofu
- Almonds
- Unhulled tahini (sesame seed paste)
- Green leafy vegetables such as kale and Asian greens (e.g. bok choy, Chinese broccoli).





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Smoked Spices

Smoking spices and herbs deepens their flavour and aroma, adding richness and smokiness to meals and drinks.



Smoking is no longer just a cooking method, it adds flavour. It's not about smoking the whole dish, but about smoking elements of it such as herbs, spices and seeds and adding these to dishes to create smokey notes the natural way.

Spices suitable for smoking

- Black pepper
- Cinnamon (quill and ground)
- Chillies (flakes and powder)
- Cloves
- Mixed pickling spice
- Onion powder
- Paprika
- Sea salt
- Whole allspice

Herbs suitable for smoking

- Coriander root
- Oregano
- Rosemary
- Thyme

Seeds suitable for smoking

- Caraway
- Cardamom pods
- Coriander
- Cumin
- Fennel
- Mustard

To smoke spices, herbs or seeds

Ingredients:

Up to 4 tablespoons of your preferred ground herb or spice
 Up to 1 cup of your preferred whole spices, herbs or seeds

Smoking ingredients:

1 cup fine mesquite wood chips

Method:

1. Spread 1 cup fine mesquite wood chips in cast-iron frypan or wok.
2. Heat on high heat for 10 minutes, or until wood chips start to smoke.
3. Reduce heat to low.
4. Place small baking rack on top of wood chips.
5. Spread spices, herbs or seeds in small, shallow disposable aluminium tray. Place tray on rack.
6. Cover frypan or wok with lid. (In order to keep the smoke in, lid should cover frypan or wok tightly. If necessary, place aluminium foil over frypan or wok first then cover with lid.)
7. Smoke for 30 minutes.
8. Turn heat off and let stand until cooled.

Please note:

It is possible to smoke the spice, herb and seeds at the same time within a small, shallow disposable aluminium tray.



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Cookies Reimagined

Spiced cookie flavours take new forms in imaginative desserts that redefine 'milk and cookies'.



A classic dessert receiving innovative makeovers is the humble cookie (biscuit) — the number one scratch-made dessert. This trend also amplifies a thirst for new milks that are emerging, including dairy alternatives and plant-based milks such as coconut milk.

Milk alternatives to watch

- Almond milk
- Coconut milk
- Macadamia milk
- Rice milk
- Soy milk

Cookies around the world

New Zealand Afghan biscuit is baked with cornflakes and topped with chocolate icing and walnuts, making it soft and rich with a touch of crunch from the cornflakes.

Australian and New Zealand Anzac biscuit was originally called a 'soldier's biscuit' during World War I, when Australian and New Zealand soldiers' mothers and wives sent the biscuits to the troops overseas. The Anzac biscuit can be chewy or hard and is made with rolled oats, coconut and golden syrup. Today, it is known as Australia's national biscuit and is baked in April in honour of Anzac Day on April 25.

Italian biscotti, also called 'cantucci' by Italians, traces its origins to Roman times, when it was eaten as nourishment during long journeys and was a diet staple in the Roman army. The twice-baked crunchy cookie can be flavoured with nuts, seeds, and fruit and is traditionally dunked in sweet wine. Italians today enjoy biscotti with wine or coffee.

Danish butter cookie is generally made with just butter, flour and sugar. A butter cookie is crisp and comes in all kinds of shapes, including circles, squares, rings or pretzels, and designs, such as plain, marbled or checkered. These cookies are made and sold in tin boxes in Denmark and are exported to other countries.

United States chocolate chip cookie was originally called a 'chocolate chunk cookie'. The chocolate chip cookie — a chewy, gooey, and often crunchy cookie made with chocolate chips — was invented in 1937 by Ruth Graves Wakefield, who ran the Toll House Restaurant in Whitman, Massachusetts.

United Kingdom custard cream was named the tastiest biscuit in the United Kingdom and is often paired with a cup of tea. Created about 100 years ago, this cream-coloured cookie is filled with a custard-flavoured cream and designed with swirly baroque ferns reminiscent of the Victorian era.

Greek koulourakia is named after its twisted shape. This golden-brown butter cookie is flavoured with vanilla and sprinkled with sesame seeds. It can be twisted into shapes such as a figure eight, a hairpin twist, a braided circle, a wreath, a horseshoe, or a Greek letter. It is traditionally eaten at Easter in Greece.

German lebkuchen/pfefferkuchen is called either lebkuchen, meaning gingerbread, or pfefferkuchen, meaning pepper cookie. This cookie is softer than the traditional gingerbread cookie. It can be rectangular or round and has a sweet, slightly nutty taste. It is generally made with spices of aniseed, coriander, cloves, ginger, cardamom and allspice, giving it a spicy aroma, and with nuts, including almonds, hazelnuts, and walnuts, to give it a little crunch.

French macarons we know today are a little different from the original Italian macaron: an almond meringue cookie, crisp on the outside and soft on the inside. The Italian macaron arrived in France in 1533, when the pastry chefs of Catherine de Medici, who were seeking refuge during the French Revolution, earned their housing by baking and selling macarons. French macarons, which are light and crisp, were invented in the 20th century by Pierre Desfontaines Ladurée, who thought to join two meringues and fill them with ganache. Today, macarons come in many colours and flavours, such as raspberry, pistachio, chestnut, basil lime, and white chocolate. The original French macaron combined two almond meringues, filled with chocolate ganache.





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Middle Eastern mezze

Dips, spreads and tapas plates are a delicious introduction to the tastes and textures of Middle Eastern cuisine.



Mezze is a selection of small dishes served to accompany drinks as a course or as appetisers before the main dish.

Popular Middle Eastern mezze

- Cabbage rolls
- Chicken and beef skewers
- Dips such as baba ghanouj and hummus
- Dolmades
- Falafels
- Flavoured and spiced flat breads and pita breads
- Lebabs
- Koftas
- Marinated olives
- Marinated seafood
- Pickled vegetables
- Salads such as tabbouleh
- Samboosak (small meat pie)
- Spiced lamb cutlets
- Spicy sausages

Middle Eastern cooking traditionally uses a vast array of spices, from staples like cumin, coriander, turmeric and mint to exotic blends like ras el hanout, shawarma and harissa.

Harissa is a North African chilli paste, sauce or dry blend with chillies blended with spices and herbs such as garlic and coriander.

Ras el hanout is a Moroccan spice blend of cinnamon, cumin, black and red peppers and turmeric.

Shawarma is a Middle Eastern street food favourite spice blend made with cumin, black pepper, allspice, cinnamon, turmeric and ginger and can be used as a spice rub on grilled or roasted chicken, beef or lamb.



A - Z Glossary Sources

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