



riverland foodie

FREE \ \ 2022 \ \ VOLUME 2

The Cellar door awaits

The Angove family were pioneers of the Riverland, establishing the region's first winery and distillery in Renmark in 1910.

Today, the family continues its commitment to excellence. Angove Family Winemakers is Australia's leading organic grape grower and winemaker, while the St Agnes Distillery and Barrel Halls develop and nurture premium brandy with age statements of 3 to 40 years along with Blind Tiger Organic Gin. It is also the home of Stone's Original Green Ginger wine.

Visitors are welcome to taste a range of premium, multi-award-winning Angove wines at the cellar door, located right in the beating heart of the winery.

The cellar door is open 7 days a week and regularly hosts local artists and jewellery designers in addition to offering local produce for sale.

Tours of the St Agnes Distillery are also available, with bookings required in advance.

We look forward to welcoming you soon.

Our Cellar Door is open
10am - 5pm
Monday to Friday
& 11am - 4pm
Saturday & Sunday



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our region



ACKNOWLEDGMENT

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WELCOME TO RIVERLAND FOODIE

The Riverland is an exciting place to live, visit and explore for a multitude of reasons – but a stand-out has to be the food.

This region offers many alluring eateries, enough to keep holiday-makers satisfied and coming back for more.

An abundance of restaurants, hotels, cafés and bakeries make the Riverland a taste destination, but a big part of that success are the growers who yield high-quality, fresh produce.

This second edition of the Riverland Foodie magazine celebrates local businesses that work hard to offer locals and travellers amazing, delicious food to delight the senses.

Our Riverland Pantry section showcases these tucked-away and humble producers, whose products can be found in Riverland cafés, visitor information centres, and served at restaurants and hotels.

Our magazine shines a spotlight on these eating establishments, giving locals and visitors a diverse range of options when making the hard decision of choosing where to dine.

We hope this publication will help give visitors a reason to keep coming back to try these fantastic businesses.

Or perhaps it will inspire our local

readers to take

themselves on a food tour in their own backyard.

This edition has a delicious curry recipe, tried and tested by our own Hugh Schuitemaker, using fresh ingredients from the Riverland.

A seasonal produce update might inspire you to try different winter fruit and vegetables, or surprise you with the fun facts about each one.

We also have a healthy, hearty lentil and vegetable curry to satisfy your cravings for fresh vegetables and the need to warm your body and soul during winter.



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Our 100% Pure & Crunchy Almond Butter is made with almonds right here on our farm in the Riverland. Head over to our website www.thealmondfarmer.com for the Almond Satay recipe featured in this delicious photo and other healthy food ideas.

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Whether you're looking for tourism information, local produce or some unique artwork – come in and see us! We have a great variety of local produce from nuts, fruits, sauces, ice cream, vinegars, oils to beautiful artworks, candles and giftware. Whatever the occasion we have something for everyone.
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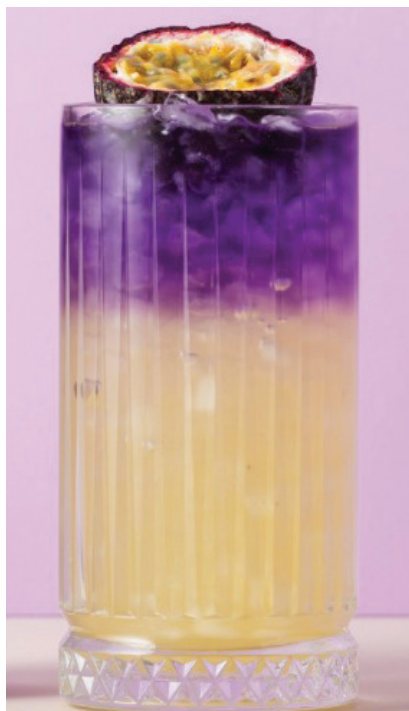
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riverland recipes

APERITIFS



Pine Violet

Ingredients

45ml 23rd Street Distillery Violet Gin

90ml Pineapple juice

15ml Lemon Juice

1. Shake pineapple juice and lemon juice on ice
2. Double strain into a highball glass filled with crushed ice
3. Using the back of a spoon, layer the Violet Gin on top



Corner of 23rd Street and Renmark Avenue,
Renmark South Australia 5341
T 08 8586 8500
E visitor.centre@23rdstreetdistillery.com.au
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23RD
ST.

DESSERT



Teagan Dyer (Chef)

Local Produce Jujube Pudding

Ingredients

250gm Local dried jujubes
(Black Sheep Produce, Loxton)

385ml Water

1TSP Baking soda

120g Butter

240g Brown sugar

2 Eggs

120g Pinnaroo Farms

wholemeal flour

120g All-purpose flour

½ TSP Salt

¾ TSP Baking powder

¼ Almondco Crushed almonds

CARAMEL SAUCE

180g Brown sugar

150g Thickened cream

75g Butter

½ TSP Salt



PUDDING

1. Preheat your oven to 170 degrees.
2. Place jujubes, water and baking soda in a heavy pot and bring to the boil, boil until jujubes are soft.
3. Once cooled place jujube mixture into blender and blend into a chunky paste.
4. Cream together sugar and butter, once creamed add 1 egg at a time until combined.
5. Mix dry ingredients together in separate bowl, add half of dry ingredients into the creamed sugar, start folding and add your jujube mix, slowly add the remainder of your dry ingredients until all is combined.
6. Add your mixture into a lined tin and bake at 170 degrees for 30 minutes.

CARAMEL SAUCE

1. Add all of your ingredients into a heavy pot and bring to the boil.
2. Allow to cool slightly before serving with your pudding.


Big River
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seasonal produce



CAULIFLOWER

Cauliflower has changed from an ignored vegetable left in crispers to go soft and brown, to a popular, trendy vegetable found on restaurant menus around the world. With a mild taste and a great crunch factor, the vegetable is perfect for raw snacking. It becomes wonderfully nutty and caramelised when roasted, and is great for adding flavour to creamy soups. It's a heart-friendly vegetable, is packed with antioxidants, and helps maintain good gut health by being high in fibre.

Fun fact:

While the florets are the most popular (and most delicious) part of the vegetable, the stem is good to snack on too, or chop it up with the leaves and add to a homemade veggie broth.

PUMPKIN

Rich in vitamin, minerals and antioxidants, pumpkin is a delicious and healthy winter vegetable that can be prepared many ways. Most people can't think of winter without thinking about a bowl of hot pumpkin soup with a side of crusty bread, slathered with butter. Pumpkin is so versatile, with popular cooking choices including roasting and, of course, soups – but it can also be steamed, mashed and pureed.

Fun fact:

Pumpkin seeds are nutritional powerhouses – you'd never guess such small little seeds could pack a punch. They're full of protein, zinc, magnesium, manganese and vitamin C, and are a powerful source of fibre.

BRUSSELS SPROUTS

Among some of the most powerful cold weather superfoods, brussels sprouts are packed with immunity-boosting vitamins C, K and B6. Gone are the days of mushy, overcooked, boiled brussels sprouts – because we all know that's the reason people grew up to hate the vegetable. They're versatile and best when roasted, grilled, steamed or even fried. When prepared correctly, the super vegetable is crisp, with a sweet and nutty flavour.

Fun fact:

Brussels sprouts taste sweeter after exposure to a frost, making them the perfect vegetable to be harvested all winter long.

APPLE

Apples are high in fibre, vitamin C and various antioxidants, and with an abundant amount of varieties to choose from, there's an apple for everyone. Usually eaten raw, apples are crunchy, sweet and oftentimes juicy – but they make a great addition to baking and even some savoury meals. They are considered nutrient-dense, with beneficial elements such as fibre, potassium, and vitamins C, K, E, B1 and B6. Eating an apple whole and unpeeled is the best way to get the most out of the fruit.

Fun fact:

Apples float because they are 25 per cent air, making them the perfect fruit to bob for in barrels of water.

ORANGE

Oranges are one of the most popular fruits in the world, and in the Riverland we are lucky enough to have a plentiful supply of the delicious, juicy citrus fruit during the winter months. It's no secret that oranges taste amazing, but they're also beneficial in a variety of ways. Potassium helps support a healthy heart and the high levels of vitamin C can have positive effects on skin. Oranges are usually best eaten freshly peeled or segmented to retain nutrient value, but they are also great in juices, baked into cakes, or cut up in salads for a fresh zing.

Fun fact:

An orange with a green tinge is actually riper. As oranges ripen, the heat of the sun draws out chlorophyll and slowly turns the fruit from orange to green. Some people say greener oranges are even more flavourful.

BULK FOODS GOOD FOOD FOR GOOD HEALTH



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Health Foods

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comfort food for your heart and soul

Comfort food is something everybody yearns, from time to time.

For some people, it may be their favourite chocolate, and for others it could be something from their childhood.

But what about comfort food that is beneficial for your heart?

A good curry is something many people look towards when wanting to get comfort out of food, and sometimes there is nothing better than an easy lentil curry, that combines comfort and health.

Lentils are high in protein and fibre, as well as being low in fat, making them a healthy substitute for meat. They are also full of folate, iron, phosphorus and potassium, meaning they are packed with many of the nutrients your body needs.

This healthy, hearty lentil vegetable curry is simple to make and packed with veggies, making it good for your heart, and your soul too.

Notes: Think about incorporating some seasonal produce such as carrots (vitamin A), capsicum (vitamin C), pumpkins (vitamin B2) and tomatoes (vitamin E) into your curry too. Not only are these vegetables currently in season, meaning they will be fresh and flavourful, but they are also packed with nutrients that will keep your immune system strong and healthy during these colder months.



LENTIL VEGETABLE CURRY

Ingredients:

2 tbsp sunflower oil
2 medium onions, cut into rough wedges
4 tbsp curry paste
850ml vegetable stock
750g frozen vegetables (substitute for fresh, seasonal vegetables)
100g red lentils
200g basmati rice
Turmeric
Handful of raisins
Parsley
Poppadums and mango chutney, to serve



Step one

Heat the oil in a large pan. Add the onions and cook over a high heat for about eight minutes or until they are golden brown. Stir in the curry paste and cook for one to two minutes. Slowly pour in a little of the stock so it sizzles, scraping any bits from the bottom of the pan. Gradually pour in the rest of the stock.

Step two

Stir the frozen vegetables, cover and simmer for five minutes. Add the lentils and simmer for a further 15-20 minutes or until the vegetables and lentils are cooked.

Step three

While the curry is simmering, cook the rice according to the packet instructions, adding the turmeric to the cooking water. Drain well.

Step four

Season the curry with salt, toss in a handful of raisins and chopped parsley, then serve with the rice, and even add poppadums and chutney.

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good food good vibes

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At the Hotel Renmark, we are proud of South Australia, particularly the Riverland and its amazing food. Stone fruit, citrus, nuts, fresh-water fish, wine, spirits and beer are some of the many examples of local Riverland produce.

Being spoilt for choice, we want to promote fresh and local. Classical cooking with French influences, using seasonal produce. With a constantly changing menu to utilise ingredients at the peak of their harvest, while still serving pub classics.

Dining is available in the Renmark Hotel's main bar, a traditional Australian front bar, boasting a generous beer garden and a character-filled main bar. It's an ideal place to meet up and offers a wide selection of pub classic meals and a great choice of beverages.

New restaurant opening before
the end of 2022.



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Club

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riverland coffee shop



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9 McCoy Street, Waikerie | (08) 8471 7580



butter chicken

Fragrant and spicy, yet approachable for all ages, this dish has gained a reputation as one of the most popular Indian curries in the world.

Made with the help of a close friend, and with chicken supplied by our friends at Warburton's Butchers in the Renmark Square shopping centre, this recipe contains the perfect blend of spices to transport you to your favourite curry house, and just needs to be served with some rice, naan, and pickles.



Marinade:

1 tablespoon fenugreek leaves
1/4 cup (60ml) plain Greek yoghurt
1 tablespoon garam masala
2 teaspoons salt
1-inch piece fresh ginger, peeled and finely grated
1kg boneless, skinless chicken thighs, cut into bite-size pieces

Sauce :

2 tablespoons fenugreek leaves
2 teaspoons chilli powder
2 teaspoons ground cardamom
teaspoon ground clove
1 tablespoon garam masala
1 tablespoon salt
200g canned tomatoes
300ml water
2 tablespoons canola oil
1 medium white onion, peeled and diced
1-inch piece of ginger, peeled and thinly sliced
4 cloves garlic, roughly chopped
4 tablespoons unsalted butter
Heavy cream (to serve)

1. In a medium bowl stir together yoghurt, garam masala, salt, grated ginger, and ground fenugreek leaves.
2. Add chicken thigh pieces to bowl and toss with marinade until evenly coated. Transfer chicken to a baking sheet, arranging the pieces in a single, even layer.
3. Cook in oven at 220C, checking the chicken frequently to ensure it's not burning, until it is charred in spots and is fully cooked through. Remove from oven and set aside.
4. Heat canola oil over medium-high heat until shimmering. Add onions and cook, stirring occasionally, until they have completely broken down.
5. Add ginger and garlic to pot and cook, stirring constantly, until quite fragrant, about 1 minute. Add ground spice mixture.
6. Add tomatoes and their juices plus 1 cup (240ml) water and, using the back of wooden spoon, crush the tomatoes.
7. Bring to a boil, then reduce heat to maintain gentle simmer. Cook, stirring occasionally, until tomatoes are completely broken down and liquid has reduced, about 40 minutes.
8. Blend contents of the sauce until completely smooth. Add butter and cream, and blend until completely emulsified.
9. Add reserved broiled chicken along with any juices in the sheet pan to sauce and stir until chicken is well incorporated and warmed through.

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