

riverland foodie

FREE \ 2023 \ VOLUME 3



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



ANGOVE

SINCE 1886

FAMILY WINEMAKERS

Bookmark Avenue, Renmark | Ph (08) 8580 3148
angove.com.au | cellarsales@angove.com.au



our region



ACKNOWLEDGMENT

Produced by
Taylor Group Media.

Cover Photo:
Hotel Renmark
Chocolate Torte with Berry
Compote and Double Cream

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riverland foodie

THE Riverland is a region packed full of mouth-watering food and drink, with an abundance of restaurants, cafes, bakeries, cellar doors and local produce ready to be explored.

This third 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, and their 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 through the Riverland Eats section, giving locals and visitors a diverse range of options when making the

hard decision of choosing where to dine.

From pizzas, warming roast packs, pub meals, and a range of seafood options, to local grazing platters and vegan delights, there is sure to be something for everyone's taste.

We hope this publication will give visitors a reason to keep coming back to try these fantastic businesses, or perhaps inspire our local readers to take themselves on a food tour in their own backyard.

This edition has delicious recipes for food and drinks from local businesses, plus a healthy, warming meal to inspire home cooking using fresh produce.

Our seasonal produce section offers a mix of five in-season fruits and vegetables to work into your winter meals this year, with some surprising

fun facts about each of them.

Information on how to turn your passion for food into a career as a chef or cook, plus tips on living and eating sustainably, can also be found in this year's edition.

Compiling this magazine for the third year has been a passion project for the team at Taylor Group Media, and it is one that has excited all of us – and inspired us to try new and exciting foods.

We know what an amazing place for food the Riverland is and we want to spread the word.

Supporting local businesses has never been more important and we hope this magazine will encourage people to eat and enjoy our wonderful local creations.

Happy eating!





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NATURAL
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As our valued customers we thank you for supporting our 150+ co-operative Australian almond growers who supply Almondco.



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almondco.com.au | 19895 Sturt Hwy, Renmark

Monday-Thursday: 8.30am-4.30pm | Friday: 8am-4pm
Saturday: Closed | Sunday: Closed
Closed Public Holidays



BERRI VISITOR INFORMATION CENTRE

Whether you're looking for tourism information, local produce or some unique artwork - come in and see us! Stocking products from local Riverland suppliers and artists you are sure to leave happy. Whatever the occasion, we have something for everyone.

www.visitberribarmera.com.au | 08 8582 5511



DELICIOUS RAW HONEY AND HONEYCOMB PRODUCED IN BACKYARD HIVES ACROSS THE RIVERLAND

Taste the seasonal nectar collected by local bees and turned into scrumptious mixed blossom honey. Stockists Renmark Visitor Information Centre, Riverland Country Style Meats, Cinnamon Grove, Riverland Wine Centre, Berri North Meat Store, Barmera VIC, Lakes Café, Bonney View Bakery, Banrock Station and Illalangi.

halfbarrelhoney.com | 0410 505 345



GLENVIEW POULTRY FARM

With 55 years 'eggs'perience, we know our eggs are the best. Pick up a pack of local eggs from any supermarket along with many other locations throughout the Riverland.

glenviewpoultryfarm.com.au | 0415 205 458



LITTLE GREEK KITCHEN

At Little Greek Kitchen, Greek desserts are our speciality - but you should taste our Pavlovas too! Made to order we've got you covered for any occasion. Using traditional recipes, Little Greek Kitchen delivers authentic delicious desserts.

0413 301 408 | find us on facebook



PREMIUM SCHNITZELS

Plaza Quality Meats supply a large range of quality meats, including our premium schnitzels to suit any schnitty lover's taste buds. Visit us to try our pork, beef, chicken or Italian crumbed schnitzels.

08 8582 2428 | find us on facebook



QUIRKEYCOTS

The Quirkes grow and produce Australian Dried Apricots (Quirkeycots) on their orchards in the Riverland. Quirkeychocs are made with 100% Australian dried apricot centres then coated in a premium milk or dark chocolate.

www.quirkeycots.com.au | sales@quirkeycots.com.au



SALENA ESTATE - LOCK 4 DISTILLERY

Grown out the front of Lock 4 Distillery's cellar door, this gin highlights a favourite Australian native plant in a new way. The Lilly Pilly berries are front and centre in this gin. Finishing with slightly sweet musk characters, this gin is as stunning as it is delicious.

Check out the recipe section for a delicious cocktail idea.

www.lock4distillery.com.au | 08 8584 1333



ZERO WASTE, PLASTIC-FREE SHOPPING MADE SIMPLE

Buy as little or as much as you need from our waste-free pantry.

Choose from a huge range of herbs, spices, seeds, grains and confectionary. Available in-store and online.

Monday - Saturday 10am-4pm

Illalangi.com.au | keryn@illalangi.com.au

Healthy but packed with flavour

During winter, it is easy to get home on a cold and rainy day and want nothing to do with the kitchen or cooking healthy, nutritious and veggie-packed food.

But comforting, delicious and nutritious winter warmers need not be feared.

This recipe for piri-piri chicken made in one dish and served with couscous is perfect during winter to help fill you up and warm you from the inside, while also providing dietary benefits.

Packed with veggies, protein and smoky, spicy flavours, the one-pot meal offers more than meets the eye.

Couscous is an easy way to get a number of vitamins and minerals into your system, including immune-supportive selenium. This mineral acts as an essential antioxidant and plays an important role in thyroid function and hormone production.

Although not a complete protein, couscous does contain a good source of plant-based protein and wholemeal varieties are a great source of fibre to support digestive health.

Notes: Think about incorporating some extra seasonal produce such as carrots (vitamin K1), brussels sprouts (vitamins C, K and B6) or broccolini (vitamin A) into the dish 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.

Recipe source:
Chrissy Freer, nutrition editor, taste.com.au



HEALTHY ONE PAN PIRI-PIRI CHICKEN

PREP	COOK	SERVES
10 MINS	20 MINS	4 PEOPLE

NUTRITION:
387 calories per serve

INGREDIENTS:
1 tsp smoked paprika
1 tsp ground cumin
1 tsp dried oregano leaves
1/4 tsp dried chilli flakes
2 (about 500g) chicken breast fillets, halved horizontally
2 small zucchinis, sliced
175g mini capsicums, deseeded, halved
1 tbsp no-added-salt tomato paste
400g can cherry tomatoes
2 tsp white balsamic condiment
140g (2/3 cup) wholemeal couscous
160ml (2/3 cup) boiling water
250g green beans, steamed, halved lengthways (optional)
Lime wedges, to serve

Step One

In a small bowl combine paprika, cumin,

oregano and chilli. Sprinkle spice mixture over the chicken.

Step Two

Heat a drizzle of oil (extra virgin olive oil is recommended) in a pan over medium heat. Add capsicum and cook, stirring for 2 minutes or until it begins to soften. Stir in tomato paste. Add tomatoes and 125ml (1/2 cup) of water. Bring it to the boil before reducing the heat to low and simmer for 6 to 7 minutes, or until slightly reduced.

Step Three

Combine couscous and boiling water in a heatproof bowl. Cover and set aside for 3 to 4 minutes to absorb. Meanwhile, add chicken, zucchini and balsamic to the pan. Simmer for 5 minutes or until chicken is cooked through.

Step Four

Fluff absorbed couscous with a fork before dividing between plates. Add chicken and vegetables to plate. Serve with steamed green beans and lime wedges.



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Shop 5/6 Renmark Square, Renmark
(08) 8586 4441



Seasonal produce for winter sustenance

Winter is a time for hearty meals, comfort food and – best of all – some of the greatest fruit and vegetables are back in season and in plentiful supply.

For a boost in vitamins and an extra bit of nutrition as the weather cools down, the below selection of seasonal fruit and vegetables might be just what you need.



ORANGE

Oranges are one of the most popular fruits in the world, and in the Riverland we are lucky to have a supply of the delicious, juicy citrus fruit during the winter months. It is no secret that oranges taste amazing, but they are also beneficial in a variety of ways. Regular consumption has been associated with several health benefits, including improved heart health, decreased inflammation, and a reduced risk of kidney stones. 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:

Orange zest is not only flavourful, it is also packed with antioxidants. The juice of an orange is also high in antioxidants and micronutrients like vitamin C, folate and potassium.



LEEK

The leek is an ancient crop related to the onion, with a mild, sweet and onion-like flavour. Widely used in soups, stews and pies, the humble leek is a good complement to potatoes. Another healthy vegetable packed full of vitamins and minerals, leeks are very high in vitamins A and K and are good sources of vitamin B6, folate, iron, calcium and manganese. They are also high in fibre and antioxidants, and low in calories.

Fun fact:

People have been consuming leeks for almost 6000 years. They are native to the Middle East and the eastern Mediterranean areas.



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:

Cauliflower means 'cabbage flower' because it is a flower that is yet to fully develop. They are related to broccoli, brussels sprouts and cabbage.



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 is the reason people grew up to hate the vegetable. They are 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

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. Apples are high in fibre, vitamin C and various antioxidants, and with an abundant amount of varieties to choose from, there is an apple for everyone. Eating an apple whole and unpeeled is the best way to get the most out of the fruit.

Fun fact:

Approximately 7500 varieties of apple are grown worldwide – imagine trying to pick from all of those in your local supermarket or grocer.

ORGANIC | VEGAN | NATURAL | HOLISTIC



**RIVERLAND
Health Foods**

**FITNESS & SPORT | Protein • Pre-Workout • Recovery • Muscle
SUPPLEMENTS | Women & Men's Health • Vitamins • Stress • Immune
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BODY CARE & BEAUTY | Skin • Nail • Hair • Makeup • Hygiene • Soaps
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OPEN HOURS

Mon to Fri 9am to 5.30pm | Saturday 9am to 12noon

20 Wilson Street, Berri

8582 1883



Meet me Riverside

OPEN FOR MEALS 7 DAYS A WEEK. THE A-LA-CARTE MENU HAS STARTERS, TRADITIONAL FAVOURITES AND SELECTION OF MAINS, PLUS LIGHT LUNCH OPTIONS.

Our chefs pride themselves on using fresh and locally sourced produce where possible. They are passionate about delivering the best-quality food and showcasing the best produce that the Riverland has to offer. Make sure to try one of our eat local dishes. We also have club classics such as chicken or beef schnitzel, battered butterfish and more.

 **Renmark**
Club

Murray Avenue, Renmark | 8586 6611 | www.renmarkclub.com.au



STARTING FROM

\$6.50

PIZZAS

Wide range of the Riverland's best pizzas!
Available in slices, small, medium, large and family.
See our full menu online or instore today.

"Our pizzas are delicious!"

Mon - Thurs: 9am - 9pm
Fri & Sat: 9am - 10pm
Sun: 10am - 8:30pm

8584 6104
7-11 East Tce, Loxton
loxtonzpizzabar.com.au



\$10⁸⁰

SINGLE FISH PACK

Renmark Fish and Chips is conveniently located behind the Hotel Renmark, offering a range of great quality food to eat in or takeaway.

"Great quality food and friendly service"

Everyday: 11am - 8pm

0498 697 501
121 Fifteenth St, Renmark
facebook.com/renmarkfishandchips



FROM

\$15

ROAST PACKS

Prepared daily. Try chicken, pork, lamb and beef.
Served with a medley of veg and gravy.

"Have a roast night, every night!"

Mon - Fri: 7am - 6pm
Saturday: 7am - 1pm

8586 6688
38 Renmark Ave, Renmark
facebook.com/riverlandcountrystylemeats



\$15

STEAK SANDWICH WITH THE LOT

Not only do we serve the Riverland's best and only Charcoal Chicken, we think our steak sandwich is pretty awesome too.

"It's a charcoal thing"

Monday: 11am - 8.30pm
Tuesday: Closed
Wednesday: 4pm - 8.30pm
Thurs, Fri, Sat: 11am - 8.30pm
Sunday: 4pm - 8.30pm

0416 860 148
37 Renmark Avenue, Renmark



\$20

LOADED BATTERED PATATAS

Handcut Riverland potato wedges, topped with chilli beans or jackfruit, guacamole, pico de gallo, corn and bean salsa, chipotle aioli, herbs and lime.

"100% vegano Mexicano"

Head to our Facebook page to find out where we will be serving from next!

0431 161 512
facebook.com/elgringosmexican





\$20

MOUNTAIN PEPPER AND LEMON CALAMARI

Jimmy's Cruisin' Kitchen is a family owned business run by the Symeonakis Family. Perfect for food truck pop-ups or function and event catering.

"It's one of our best sellers"

Check out our socials or get in touch to see where we're next appearing.

0412 841 415
facebook.com/jimmyscruisinkitchen
instagram.com/jimmyscruisinkitchen



\$20

SLOW COOKED LOXTON LAMB SPARE RIBS

Lamb ribs, marinated in hoisin, honey, ginger and star anise, then slow braised for eight hours. Served with charred sugarloaf cabbage.

"Tender fall of the bone with a hint of sweetened chilli"

Breakfast 7 days a week
Dinner Wednesday to Saturday

8582 1692
1329 Old Sturt Hwy, Berri
earthrestaurant.com.au



\$20

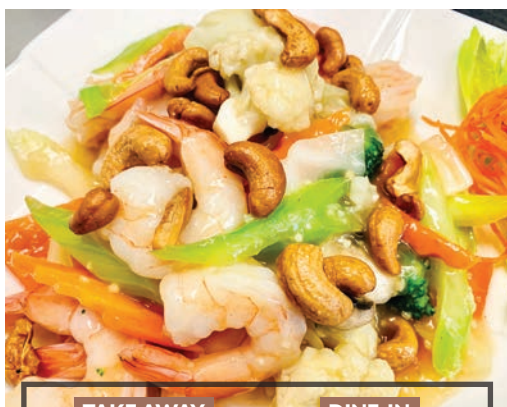
TRADIE'S MEAL DEAL

Introducing our latest meal deal... It's the Tradie's Meal Deal... One yiros, lamb, chicken or pork, chips and a soft drink. For only \$20. Now that is great value !!!

"King of yiros"

Monday & Tuesday: 9am - 5.30pm
Wednesday & Thursday: 9am - 6pm
Friday & Saturday: 9am - 7pm
Sunday: 10am - 3pm

(08) 8586 4566
Renmark Ave, Renmark
riverlandsunfresh.net.au



TAKE AWAY \$20⁵⁰ DINE-IN \$25⁹⁰

PRAWNS WITH CASHEW NUTS

Beautiful large King prawns with a variety of fresh vegetables with a sprinkle of cashew nuts.

"Enjoy authentic Chinese food, dine-in or take-away"

Lunch: Wednesday to Sunday
11.30am - 2pm
Dinner: Tuesday to Sunday
5pm - 9pm

8586 6065
114 Renmark Avenue,
Renmark SA 5341



HALF DOZEN \$21 DOZEN \$36

OYSTERS KILPATRICK

Oysters topped with bacon and an easy, flavorful sauce, it's one delicious combination served on rock salt with a slice of lemon and oyster sauce.

"As tasty as it looks"

Monday - Saturday
6pm - 12am

(08) 8586 6854
210 Renmark Ave, Renmark
citrusvalleymotel.com.au



\$21⁹⁵

BIG DELISH BREAKFAST

Available from 6am to 7.20pm. Includes bacon, eggs, toast, tomato, sausage, hash brown.

"It's big, it's delish!"

6am - 10pm / 7 days

8541 2444
12905 Sturt Hwy, Waikerie
viewpointcafe.com





\$22

TWO BATTERED FISH FILLETS, SALAD & CHIPS

Enjoy a locally sourced Woolshed Brewery Summer ale for an additional \$3.

"What more could you want while looking out over the River?"

Monday to Friday:
8am - 4pm
Saturday & Sunday:
8am - 3pm

8582 4309
19 Riverview Dr, Berri
riverjacks.com.au



\$24

CARBONARA

Our special homemade carbonara sauce with crispy rollbush bacon, pecorino cheese and egg.

"Come into our café for all your Italian food experiences"

Thursday: 10am - late
Friday: 10am - late
Saturday: 8am - late
Sunday: 8am - 4pm

0487 145 059
19 Dalziel Road, Glossop
thelavendercafe.com.au



STARTING FROM

\$30

LOCAL GRAZING PLATTER/PICNIC BOXES

Sumptuous grazing boxes, packed to the brim with local gourmet goodness, matched with a selection of South Australian artisan cheese.

"The perfect way to graze the Riverland"

Order 24/7 at illalangi.com.au
for next day collection
Pick up in-store
Monday - Saturday 10am - 4pm

0427 419 037
keryn@illalangi.com.au
illalangi.com.au



\$31

CHICKEN SCHNITZEL PARMIGIANA

Crispy chicken schnitzel topped with Napolitana sauce and mozzarella cheese, served with chips and your choice of salad or vegetables.

"The ultimate pub favourite"

Open 7 days
Breakfast: 7am - 10am (11am: Sat & Sun)
Lunch: 12noon - 2pm
Dinner: 6pm - 8pm (8:30pm: Fri & Sat)

8582 1411
Riverview Drive, Berri
berrihotel.com.au



\$32⁹⁰

TAMARIND COD

Locally farmed Murray Cod, served in a warm tamarind sauce and topped with a fresh herb salad.

"Authentic and fresh Thai food"

Thursday: 4pm - 8.30pm
Friday to Tuesday: 11am - 8.30pm
Wednesday: Closed

(08) 8586 4439
35 Renmark Avenue, Renmark
facebook.com/
NuisthaikitchenRenmark



\$36

LEGENDS CHICKEN BREAST

Think about a succulent chargrilled chicken breast topped with garlic prawns and bacon served with chips and our amazing variety of salads...

"Now that is legendary!"

Tuesday - Sunday
Lunch: 12noon - 2pm
Dinner: 6pm - 8pm

(08) 8595 5005
2 Murtho Road, Paringa
paringahotel.com.au



Turn your passion for food into a career



THE Riverland is a great region to find new places to eat and drink, but it is also a place to learn and grow in a cookery pathway.

Studying to become a commercial chef, cook or kitchen hand is a smart, industry-forward way to start turning your passion into a career.

THE BASICS

The difference between a chef and a cook is that a chef takes on a more managerial role and has specialised tasks such as coming up with a menu, or monitoring food costs and orders. A cook is in charge of what they do best – cooking – and turning ingredients into beautifully plated, delicious food.

CHEF

So many different types of chef roles exist, including managerial types such as chef-owner, who is a chef that starts their own restaurant; chef de cuisine, or head chef, who oversees all aspects of the kitchen; sous chef, the second in command who runs the kitchen in the head chef's absence; and a senior chef, who is assigned one specialty on the menu that they excel in, also known as a station chef.

Other types of chefs specialise in specific areas of cookery. There is generally no hierarchy between them as each is an expert in their respective field.

Pastry chefs, or a patissier, is either the only person or the most senior person in the pastry department, preparing pastries, breads and desserts, and may be in charge of creating the whole dessert menu.

Sauce chefs, also known as a saucier or saute chef, prepare the sauces for multiple dishes.

This is a position mainly found in French cuisine.

Fish chefs, or poissonier, are in charge of finding, preparing and cooking seafood for menu items, while a meat chef, or rotisseur, does the same for all meat dishes.

Vegetable chefs, or entremetier, handle vegetables included in various dishes on the menu, and may also be responsible for some soup and egg dishes.

COOK

Cooks usually occupy entry-level positions in a kitchen and experience training and guidance from specialised chefs. They are likely to cook by following recipes and flow between the different cook positions as needed.

Responsibilities of a cook differ depending on what type of cook you are hired to be.

Line cooks get experience from the position and learn different cooking styles by completing a number of tasks and are sometimes required to do other tasks such as plating, taking orders or cutting vegetables.

Prep cooks, or kitchen hands, revolve around kitchen basics like chopping ingredients, finishing prep lists (tasks that need to be performed in a commercial kitchen on a particular day), labelling containers in storage, and cleaning countertops.

REASONS TO BECOME A CHEF

While many inclined to a career in cookery would already have their reasons, namely a passion for food and creation, others might still be thinking about why they should look into a career as a chef, or cook.

With dining establishments all over the world you can work anywhere as a chef, cook or kitchen hand in a wide range of establishments such as restaurants, hotels, motels, clubs, or cafes. You could even work as a chef on a cruise ship, allowing you to visit and experience the cultures of multiple countries.

STARTING YOUR CAREER

At TAFE SA's Berri campus, multiple options are available for study to get your career started without leaving the region, including:

- Certificate II in Cookery – A nationally recognised four-month (full time) course leading to a career in commercial kitchens, learning basic cookery and food preparation to gain industry skills.
- Certificate III in Commercial Cookery – A comprehensive 12-month course to become a commercial cook. Learn about kitchen operations and safety, menu planning and preparation, and a wide range of techniques with meat, seafood, cakes, pastries and desserts.
- Certificate IV in Kitchen Management – Boost your existing career as an experienced cook or chef, or gain high-end commercial cookery skills in this 18-month course. Gain suitable industry experience and go on to work as a chef, chef de partie or sous chef.

Whatever your cookery career goals are in 2023 and beyond, TAFE SA can help you achieve them by delivering high-quality education and training.

A range of courses are also available to study online if your circumstances are not suitable to on-campus study.

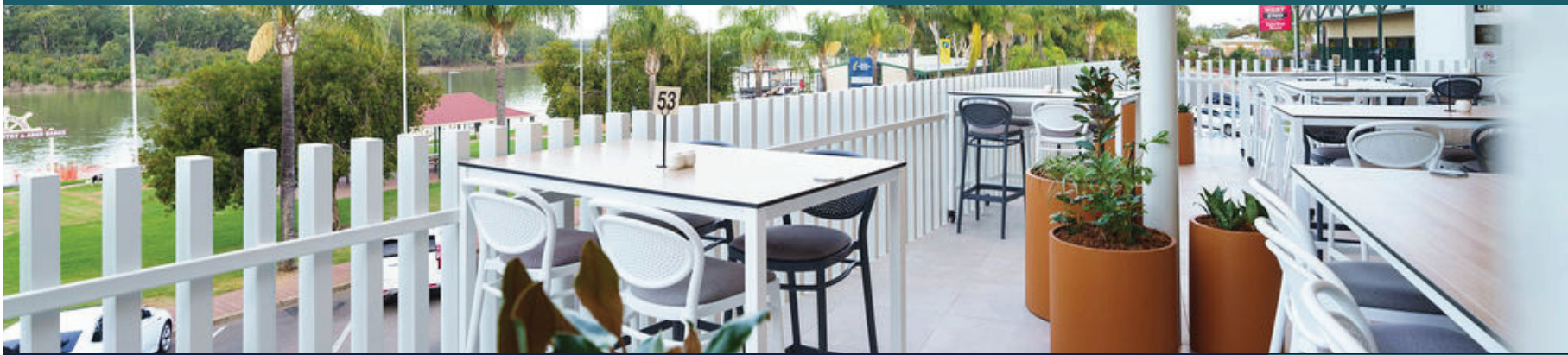
LEARN IT.

Like being creative in the kitchen?
With strong industry links and expert lecturers, TAFE SA will help you turn your passion for cooking into a career.

STUDY COOKERY AT TAFE SA.

WORK IT.

RTO: 41026 | CRICOS: 00092B | THE: PRV14002



NANYA

TERRACE DECK BISTRO

At Hotel Remark we are proud of South Australia, particularly the Riverland and its amazing food. Stone fruit, citrus, nuts, freshwater fish, wine, spirits and beer are some of the local Riverland produce.

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

All-day dining is available in The Main Bar, boasting a generous beer garden and character-filled main bar. It's an ideal place to meet up and offers a wide selection of pub classic meals with salad bar and a great choice of beverages.



BOOK NOW

8586 6755



WWW.HOTELREMARK.COM.AU



riverland recipes... plan



GARNISH WITH
DEHYDRATED
LILLY PILLIES



Lilly Collins

Ingredients

60ml Lock 4 Lilly Pilly Gin
30ml Lemon Juice
30ml Simple Syrup
Top with soda water
Lilly Pillies to garnish

1. Add all ingredients to large wine glass
2. Add ice and stir
3. Garnish with dehydrated Lilly Pillies

Cod crudo, pickled pineapple, yuzu ponzu, radish coriander

PICKLED PINEAPPLE

¼ pineapple peeled and finely diced
¼ cup apple cider vinegar
tbsp water
tbsp freshly squeezed lime juice
Pinch Murray River pink salt
10 coriander leaves sliced
½ chilli de-seeded and diced

1. Place the vinegar, water, lime juice and salt in a pan and warm through.
2. Place pineapple in a glass jar with chilli and coriander. Pour over pickling juice, leave for 24 hours.
3. Store in fridge.

YUZU PONZU

¼ cup yuzu juice
¼ cup soy sauce
tbsp mirin
Zest of 1 lemon

1. Place all ingredients in a bowl and whisk until combined, store in a sauce bottle.

RADISH CORIANDER

Finely sliced radish
10 freshly picked coriander leaves
Pink salt
Riverland olive oil

160gm finely sliced Riverland farmed Murray cod.

TO PLATE

Neatly place cod in a row on your serving plate, drizzle some yuzu ponzu over fish.

Top with pickled pineapple, sprinkle over radish, coriander leaves and pink salt.

Finish by drizzling some olive oil over the dish.



SERVES 2

Salena
ESTATE
SOUTH AUSTRALIA

WE BOTTLE THE BEST OF OUR REGION
naturally

(08) 8584 1333 | WWW.SALENAESTATE.COM.AU
837 BOOKPURNONG ROAD, BOOKPURNONG

f i t p

 **earth**
RESTAURANT

1079 Old Sturt Hwy, Berri SA 5343
www.saltandpeppercatering.com.au

 **Lips** 

Lips Gelato: 0400 884 993 Earth Restaurant: 8582 4775

your next gathering



Thai Prawn Stir-fry

Ingredients

16 prawns
1 red capsicum large chunky diced
1 green capsicum large chunky diced
1 yellow capsicum large chunky diced
1/2 red onion chunky diced
1 tsp Chinese 5 spice
2 tsp crushed ginger
2 tsp fish sauce
2 tsp Chinese cooking wine
2 tsp sesame oil

SERVE WITH STEAMED
JASMIN RICE

1. Get a wok smoking hot and toss in the above ingredients. Toss continually until prawns are almost cooked and veg is tender.
2. Then add 2 tbsp kecap manis 6 tbsp sweet chilli sauce
3. Toss until prawns are fully cooked and sauce is mixed through.
4. Serve with steamed Jasmin rice, garnish with toasted sesame seeds and spring onion.

Mulberry Sour

Ingredients

60ml 23rd Street Mulberry Gin
15ml VOK Triple Sec
15ml Cawseys Sugar Syrup
30ml Lemon Juice
30ml Aqua Faba or 1 Egg White

1. Pour all ingredients into an empty cocktail shaker and shake.
2. Add one scoop of ice and shake.
3. Double strain into a coupe glass.
4. Garnish with a sprig of fresh rosemary.
5. Enjoy!



GARNISH
WITH A SPRIG
OF FRESH
ROSEMARY



Corner of 23rd Street and Renmark Avenue,
Renmark South, Australia 5341
T 08 8586 8500
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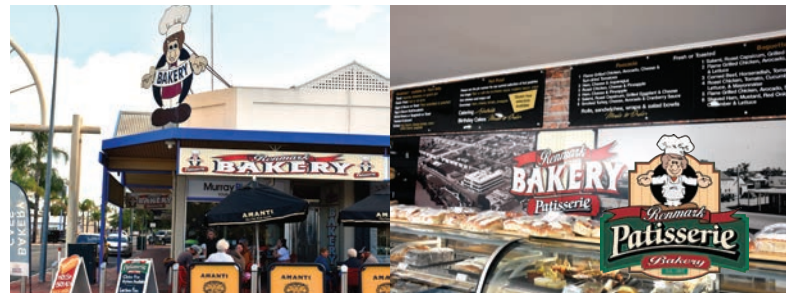
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Renmark Avenue, Renmark | 8586 6156



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riverjacks.com.au | 8582 4309



RIVERLAND COUNTRY STYLE KITCHEN

We are a cafe with great new style cooking, with an old-school charm. Our array of in-store recipes, sweets, cakes and coffee really does set us apart. From quiches, homemade pies and salad wraps, to soups just the way mum makes. Tempt your taste buds and see for yourself.

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sassycoffeecaravan@hotmail.com | 0409 281 071



THE COUNTRY BAKEHOUSE

Established in 1985, The Country Bakehouse is the Riverland's award-winning bakery. With a passion for supporting locals, we are committed to supplying fresh goods daily. Now open from 7am, Monday – Saturday.

32 East Terrace, Loxton | 8584 6663



THE PLANT-BASED FOOD MOVEMENT'S IMPACT

Adapting a plant-based diet, or at least reducing the amount of meat you eat, can be good for you and the planet.

While it tends to be associated with dietary decisions, those who strive to be more plant-based in their lifestyle apply the philosophy to their entire way of life.

This means they make informed and conscious decisions when it comes to what they eat, buy, and wear to benefit animals, humans and the environment.

Plant-based products use fewer natural resources and put less pressure on the planet, with meat accounting for 60 per cent of all greenhouse gases produced by food production and causing twice as much pollution as plant-based foods.

Plant-based meat alternatives and vegan options can be found on supermarket shelves and café or restaurant menus, so if you are looking to make the switch, there is no time like the present to give it a try.

Eating and buying sustainably

We all enjoy the food we buy at local supermarkets or green grocers, but have you ever thought about where the food you are eating comes from?

Keeping sustainability in mind while shopping can make a positive difference to our overall ecological footprint, more than our home energy use and transport combined.

While thinking about the sustainability of every piece of food you put in your mouth can be hard, an easy way around it is to consider categories of foods and to support businesses that are taking a sustainable approach to growing, farming and producing food.

A big piece of the puzzle is food miles, or the distance food has travelled to get to your plate. Research has shown the average shopping basket in Australia has travelled 70,000km, with food miles increasing by 140 per cent since 1992.

Why are food miles bad? The longer food has to travel, the more fossil fuels will be emitted to get it to its destination.

Food packaging and labels may be misleading when trying to shop sustainably and reduce food miles:



PRODUCT OF AUSTRALIA
Each significant ingredient comes from Australia and all or almost all of the processing happens here too.



MADE IN AUSTRALIA
The product has been substantially transformed in Australia and at least 50 per cent of the production costs have been incurred here. However, a product with this label could still have some ingredients, such as meat, sourced from elsewhere.



MADE IN AUSTRALIA FROM LOCAL AND IMPORTED INGREDIENTS
In this description, whichever comes first is the greatest proportion of the food's ingredients.

How to reduce food miles?
The good news is it is easy

to reduce food miles by shopping local to get the freshest produce. Eat whole foods more than processed, try to grow your own food in the garden, or buy and eat in-season foods.

Find local produce through farmer's markets or green grocers. If you generally shop at bigger supermarkets, try to visit independent ones like IGA or Foodland.

Another thing we should all think about is how to reduce food waste.

Whether it be produce that never leaves the farm, food lost during transport, or wasted in our homes or businesses, food waste has significant economic and environmental impacts.

According to the Federal Government's Department of Climate Change, Energy, the Environment and Water, one third of the world's food is wasted and 25 per cent of water used in agriculture is used to grow food that is ultimately wasted. This means one discarded burger is the water equivalent of a 90-minute shower down the drain.

In Australia, food waste costs the economy around \$36.6bn a year and accounts for approximately 3 per cent of the country's annual greenhouse gas emissions.

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