

WATTLESEED

Wattleseed is a nutritious roasted grain (acacia seeds) which boasts an amazing coffee, chocolate, hazelnut flavour. Edible wattleseed comes from a small number of acacia trees which bear edible leguminous seed pods, and which were traditionally used as food by Aboriginal Australians.



Acacias have a special significance for Australians, as it is the blossom of the golden wattle that has been adopted as the nation's floral emblem. Australian acacias were called 'wattle' because the early colonists included their thin branches and trunks with mud and clay in the construction of houses, a method known in Europe as 'wattle and daub'. For over 6000 years aboriginal people used to parch and mill wattleseed from around 100 species of Acacia, to make a coarse flour which was then baked into seed cakes.

Wattleseed is one of those iconic Australian bush foods that is used in everything from pavlova to bread. It flavors sweet dishes such as ice-creams, sorbets, mousse, yoghurt, cheesecakes and whipped cream. It is delicious in pancakes and goes well with breads.

Wattleseed complements chicken, lamb and fish, especially when a small amount is blended with ground coriander seed, lemon myrtle leaf and salt to taste. Sprinkle this over the food before cooking and then pan-fry, grill or barbecue the meat. The wattleseed adds a subtle barbecued note.

WATTLESEED PANCAKES



INGREDIENTS

- 1 1/2 cups milk
- 1 egg
- 1 tsp vanilla
- 1 1/2 cups flour
- 1/4 baking powder
- 2 tbsp sugar
- 1 tbsp Wattleseed, finely milled to flour
- Butter for cooking pancakes in

INSTRUCTIONS

1. In a small bowl/pouring jug, mix the egg, vanilla and milk.
2. Sift the flour, wattleseed and baking powder into a medium bowl, then stir in the sugar.
3. Make a well in the center of the flour mixture, then add the wet ingredients and whisk until combined. (If mixture is too thick or you want a thinner pancake or crepe, add some more milk.)
4. Heat a large non-stick frying pan. Add butter to coat the pan. Pour your pancakes, leaving until bubbles form on the surface before flipping over.
5. Serve with your favorite fruits, yogurt, cream, or syrup.

RHUBARB, HAZELNUT & WATTLESEED FRIENDS



RHUBARB, HAZELNUT AND WATTLESEED FRIENDS

- 1 batch baked rhubarb (recipe on back)
- 1/3 cup plain gluten free flour
- 1 2/3 cup icing sugar/powdered sugar
- 3/4 cup hazelnut meal
- 3/4 cup almond meal
- 1 tsp ground wattleseed
- 5 egg white
- 170g butter, melted and slightly cooled
- Zest of 1 lime and extra icing sugar for serving

INSTRUCTIONS

1. Preheat oven to 350 degrees and grease a friand pan/muffin pan
2. Sieve the gluten free flour, both nut meals, icing sugar and wattleseed into a bowl.
3. In a separate bowl, whisk the egg whites until just foaming.
4. Add the butter to the dry ingredients and mix until combined.
5. Next add the eggs and fold gently until incorporated.
6. Fill the friand or muffin pan 1/2 full. Top each friand with 1 or 2 lengths of the baked rhubarb.
7. Place into the center of the oven and bake for 25-30 minutes or until golden brown.
8. Leave to cool in pan for 15 minutes before turning out.

*If you cannot find wattleseed, replace with roasted ground coffee.

*If you do not have rhubarb, substitute with a few frozen raspberries or some halved strawberries.

WALNUT, DARK CHOCOLATE & TAHINI SWIRL BANANA BREAD WITH WATTLESEED



INGREDIENTS

- 2 large very ripe or over-ripe bananas, mashed
- 3 eggs
- 3/4 cup natural yogurt
- 1/2 cup olive oil
- 2 cups self-raising flour
- 1 cup cane sugar
- 1 1/4 tsp baking powder
- 1 tsp ground cardamom
- 1 tsp wattleseed
- 1 large banana, no black marks for decorating the top
- 1 handful of toasted walnuts
- 1/3 cup of light colored tahini (store-bought is fine)
- 1 1/4 cup dark chocolate

- Toasted coconut shavings to decorate
- 2 tbsp cane sugar plus 1/2 tsp ground cinnamon mixed together

INSTRUCTIONS

1. Preheat oven to 350 degrees F. Grease and line a standard loaf tin with parchment paper. Make sure to grease the inside of the parchment paper with a little olive oil to prevent the bread from sticking.
2. Whisk the eggs scantily in a small bowl. In a large bowl, combine the mashed bananas with the whisked eggs. Add the yogurt and oil. Beat together for about 20 seconds.
3. Next stir in the flour, sugar, baking powder, cardamom, wattleseed, and mix well.
4. Gently fold in half of the chocolate bar shards and nearly all the walnuts. Pour into the prepared tin.

INSTRUCTIONS (continued)

5. Grab a spoon and swirl the tahini into the top of the mixture.
6. Take the unblemished banana in its skin and slice it down the middle. Carefully peel back the skin, keeping the banana halves intact. Place the two pieces of banana spooning each other. They should resemble two half-moons facing each other, one slightly higher than the other.
7. Stud the bread with the remaining chocolate shards. Scatter any remaining walnuts on top. Sprinkle the banana halves with the cinnamon sugar mixture. And lastly, sprinkle the toasted coconut over the top of the loaf.
8. Bake for 50-60 minutes or until knife/toothpick comes out clean. It will be a large loaf, so make sure to test the middle. Once fully cooked, leave to cool in the tin on a wire rack.



TAHINI RECIPE

- 1 cup hulled sesame seeds
- 2-4 tbsp olive oil
- Pinch of salt

INSTRUCTIONS

1. Toast the sesame seeds over medium-low heat in a saucepan. Stir constantly until seeds become fragrant and very lightly colored (not brown). Takes about 3-5 minutes.
2. Transfer seeds to a baking sheet or large plate and cool completely.
3. Add sesame seeds to the bowl of a food processor and pulse for about a minute until a crumbly paste.
4. Add 3 tbsp of the oil and process for 2-3 minutes more. Make sure to scrape the bottom and sides of the food processor a couple of times. Check the tahini's consistency. It should be smooth, not gritty, and should be pourable. You may need to process for another minutes or add the additional tablespoon of oil.
5. Taste the tahini for seasoning, then add salt to taste. Process 5-10 seconds to mix in.
6. Store tahini covered in the fridge for one month. You may notice it separates over time, like a natural peanut butter would. If this happens, give the tahini a good stir before using.

PEAR CIDER AND LIME BAKED RHUBARB

- 1 bunch rhubarb
- 2 tbsp pear cider
- Zest of 1 lime
- 2 tbsp caster sugar

INSTRUCTIONS

1. Preheat oven to 300 degrees
2. Cut rhubarb into 1-1.25 inch pieces
3. Place rhubarb on shallow roasting pan/sheet in a single layer.
4. Evenly sprinkle over caster sugar, lime zest and pear cider.
5. Cover the roasting pan/sheet with tin foil and place in middle of oven.
6. Roast for 25 minutes covered or until slightly soft, then roast uncovered for 7-8 minutes.
7. Remove from oven and cool.

