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— source of supply in Melbourne.
Tonka beans are native to South America, but the beans Cuddy uses are grown in Indonesia.

They combine flavour elements of marzipan, tobacco and vanilla, and pack a punch flavour-wise, but Cuddy prefers an understated effect. He places them whole into milk to allow them to infuse their flavour to make a tonka bean ice-cream; and *ditto with the bean into a miso sauce that he serves with duck.*

Available: Imports of France, Unit 6/38 Thornton Crescent, Mitcham. By appointment; phone 9872 3945.

5. Polish fine barley

PATRICK Craig, from Malvern restaurant Maris, has always liked barley, but until recently he has restricted the chunky, chewy grain's use to hearty main dishes.

Four months ago, Craig stumbled upon a Polish barley in a little continental butcher.

"This barley is much finer than the traditional version," he says. "It cooks more quickly, is more delicate and has a smoother mouthfeel. The full barley might lean a bit towards rustic-style dishes, whereas this one is a lot more elegant."

Craig uses the fine barley in an entree dish at Maris. It is braised with chicken stock and porcini mushrooms and cooked until it resembles a wet risotto. It's served in a bowl with charred quail meat and a duck egg on top.

Available: Malvern Continental butchers and delicatessen, 79 Glenferrie Road, Malvern; phone 9509 1078

6. Myoga

found it last year while searching for "something different and unusual" to complement sushi dishes at the restaurant, and loved it immediately.

"It's really clean and tangy and fresh without having that strong, almost aggressive, ginger taste," he says. "Sometimes we use it whole as a garnish, sometimes as an alternative to pickled ginger with sashimi, and we also thinly slice it and serve it with scallops, and it gives a really nice fresh, gingery zing without that harshness at the back."

Lambie especially likes the fact that it does its job on the plate without a chef having to be overly clever with its preparation. **Available:** He uses Japanese wholesale supplier Jun Pacific, but believes it would be available at more local grocers than people realise.

7. Sea parsley/sea celery

APIUM prostratum grows along much of Victoria's coastline, just above the high tide line. Ryan Sessions from Port Fairy's Merrijig Inn first learned of the bright green coastal herb 12 months ago when he was researching wild foods.

"It's a really interesting taste," he says. "Not an acquired taste like some of these foraged things can be, but just a nice combination of parsley and celery."

Hence the name. It goes by either — or both. "It's also got a nice saltiness, and a bit of a mild tang, too," says Sessions, who uses it just as he would parsley, mainly in seafood dishes, perhaps whole as a garnish, or pureed with onion, garlic and lemon juice, or added to a

dominant element, more an accompaniment," he says. **Available:** He says sea parsley is prevalent around the back beach dunes of Port Fairy and that the South Beach area is a virtual market for coastal sea herbs.

8. Korean aged black garlic

NICOLAS Poelaert won *The Age Good Food Guide's* Young Chef of the Year award as much for his courage to do things differently as for his flair with food. His endless quest for quality recently unearthed an aged black garlic from Korea, which is normal garlic put through an extended drying process until it turns black.

"The drying changes the look, the colour and the taste of the garlic," he says. "Its texture becomes really soft; you can just squash it between your fingers and it becomes a paste. The flavour is really intense, really sweet and rich. It still tastes of garlic but there are also liquorice, balsamic vinegar, mushroom and even barbecue sauce elements in there."

Poelaert employs the multi-hued flavour profile of aged black garlic in a simple emulsion of egg, oil and salt, which accompanies a wagyu beef dish at Embrasse. **Available:** Oliveria, Prahran and selected fruit and vegetable stores, including some at Prahran and Victoria markets.

9. Bastourma

NUMBER 8's Michael Bannerman first came across bastourma — a Middle Eastern, air-dried beef flavoured with fennegreek and chilli

in the 1990s. But he rediscovered it while for local produce to be dishes designed to accompany restaurant's vast wine

"I was really pleased to find this local mass says. "It suits our palate and its mild spiciness crisp white wine that like a chardonnay or a

Bannerman has served bastourma wrapped in and roasted with celery. He plans to use it to add an interesting prawns and white fish. Available: Melbourne, 419 Victoria Street, Br Vic Delicatessen, stall Queen Victoria Marke

10. Jicama

JICAMA is a South American vegetable that appears at Vue de Monde. It's a vegetable, also known as used in a number of dishes for centuries, at Monde is one of the few it in Melbourne.

The restaurant's cr its raw form (it becomes when cooked) and prau unique texture and flau chef Andy Harmer says ingredient not well kn use in European cuisin that extra element of a plate."

Vue de Monde rec jicama diced with mas braised abalone, water yuzu bubbles. It has al in a salad, served with braised in ginger and Available: Asian gro