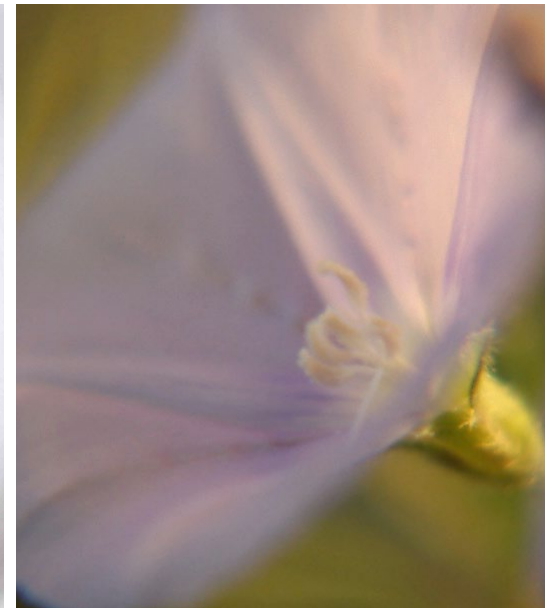

SUSAN STITT FOOD:
THE PURE TASTE - OF SPRING



THE PURE TASTE OF SPRING

Its getting warmer, the buds of flowers are out, the leaves are coming back, and the air turns to fragrant. Its fun to think the summer's coming, but the great thing about spring, is the awakening of the fresh new season vegetables, the return of the salad and aromatic.

Its time to turn down the ovens, pack away the big pots, keep a few grains, and put together some new and unique ideas to herald the new season. When it is spring I don't actually cook as much. I mix flavours with the raw produce. I start to depend on the flavour of the produces indigency, and I then add to it to make it more complex, but never to overshadow.

The secret is to bring out the flavour, make new relationships. In food and flavour, it is great to surprise, and to grab someone's attention, by making something extremely simple, but powerful in its impact on the palette

This menu and its recipes are easy and flirtaceous. They titillate, coerce, and please....



MENU

Alaskan crab, bbq'd pork spring rolls in rice paper

Crispy snapper white bread sandwich, rough tartare, crispy parsley and cos lettuce shred

Micro radish, fennel, pecorino, celery, kingfish crudo

Spikey hot lime mussels, cold coconut water, pepper, coriander

Apple, onion, mint salad, crispy salt fried white fish corn taco's

Steamed cold potato, pickled fennel, onion, pureed garlic, arugula, lemon zest salad

Smashed broad beans, quinoa, chicken, mint, feta salad

Boiled eggs in cups, rocket, pine nut, pecorino, puree drip, fried bread

Cos lettuce, lemon myrtle mayonnaise, pepper- grilled rare tuna

Red pepper, cucumber, yoghurt crusted quail, and sour dough crumbs

Pickled cucumbers, steamed hot smoked trout, spinach, cold poached egg white

A salad of puy lentils, watercress, toasted flaked almonds, crispy skinned chicken

Watercress, walnut oiled risini, sweet potato chips, cold shredded pork belly

Shaved zucchini, fennel, preserved lemon, quinoa, raw tuna

Figs, poached chicken breast, celery salt, lime oil

Green and white beans, roast tomato, crushed walnuts, egg white whipped mayonnaise

Fresh tomato, feta toast, green and black olives, baked fennel

three lettuce, quail eggs, chipotle ceasar dressing, oven crisped biltong

Soy roasted eggplant, flame smoked tomato, white onion, fried parsley

Cold lemongrass custard, coconut crunchy shrimp, flash fried sweet chillis

Baby green asparagus and snap peas, celery, parmesan rigatoni

Iceberg lettuce, green basil goddess, pickled baby onions

Grilled green vegetable's, red rice, lemon crushed broad beans, macerated flat leaf parsley

Quinoa, brazil nuts, micro greens, deep fried currants, goat's fetta toast

Tempura onions, roasted cauliflower, raisons, cashews, steamed kingfish

MENU

Minted fetta, cottage cheese, raw almonds, pan grilled dried fruits, carrot, beetroot, watercress salad

Warm avocado soup, crispy fried buttered shrimp

Pea, feta, watercress soup

Prawn, saffron, Sardinian pasta soup

Lentil, kale, cumin soup

Parsley soup puddle, floating crab cakes

Risotto of wild mushrooms, garlic crema, tempura flora

Caserrecci pasta, raw tuna, crispy pancetta, garlic, olive oil creamed basil

Steamed asparagus shards, lemon oil, salt

Char grilled asparagus, hot smashed boiled egg, grated lemon rind

Roasted red root vegetables, chicken breast stuffed with onion sourdough, chilli gravy and peppers

Crispy quail breasts, puy lentils, whole onions, chipotle shaved celery

Steamed kifer potatoes, garlic mayonnaise, salted rare sirloin, spring mushroom stew, chive ash

Baked salmon, fried salmon skin. Pork flavours, fried chipped beetroot, sweet celery

Shrimp mashed potato, truffle oil, crispy fried mint peas

Sticky rare tuna belly, broad beans, lemon rind, baby roast onions

Crispy ocean trout, grilled artichokes, burnt lemon butter, three onion poppyseed scones

Salt roasted spatchcock, sesame braised eggplant, soy, onions, shallots, ginger

Black sesame blue eyed cod, wasabi rice, endamame paste, ponzu dressed micro leaves

Tumeric roasted lamb shoulder strips, char grilled oily eggplant, lemon rind, feta, pomegranate

Rare new york cut grain fed steak, braised black beans, tomato, white wine, mild chillis

MENU

Roast chicken, hot crushed borlotti beans, paprika cous cous with white onion, parsley, almonds

five hour lamb, red miso, snow pea leaves, ginger watercress

Slow cooked organic chicken, carrots, celery, white onion, potato, onion and mint puree

Apple celery sorbet

Caramel, egg yolk, sour cream ice cream cone, silver sprinkles

Cinnamon chai, iced coffee, cinnamon shortbread sticks

Passionfruit sponge, coconut icing, vanilla lemon verbena cream

Papaya, coconut cream ice cream

Vanilla, ginger, pear cream tart

Lime tart, marscapone sorbet

Passionfruit jelly, passionfruit custard, basil cream

Hot Lemon cake, sticky icing, cold caramel apples

Buckwheat pancake, sugared almonds, burnt brown sugar almond cream

Burgundy chocolate cake, whipped cream

White chocolate soup, sesame shortbread





