
SUSAN STITT FOOD:
MANFOOD
A TASTE FOR ADVENTURE



MANFOOD

You know who you are. There is s a group of you, going on a man break. Need a few tasty, but easy ideas for food to get or make on location. Open your i-pad, and there it is. . . .

These are delicious dining solutions, for eating, away. We've scoured the world for local ideas and made them simple, to eat, on location.

You are going to eat: market garden, hand picked, in – ground, sea farmed, line – caught, hand made, slow cooked, home cultured, deep sea fished, world resourced. There will be, bespoke pizza, island aged beef, steamed Alaskan crab claws, micro

oysters, wicked desserts, artisan ground bread, refreshing salads, deep sea fish cakes, hand toasted muesli, home-made pasta, slow cooked camping, spit roasted pork, remote island fire pit grilling, hand cut duck fat chips, salt crusted rib-eye, six beast sausage.

Be it on a surfing trip, camping lakeside, fishing, four wheel driving, golf, deer netting, mountain climbing, skiing, or simply, watching the football. You're going to eat; this is a book of ideas from men, for men. Enjoy.



MENU

New frontier pink petrol shooter

Gin rocket

No-thanks marguerita

Lime, vodka, ginger crush

Grilled bread wedge with whole egg and sour cream

Fire toasted muesli, vanilla milk, fruit

Chopped cos lettuce, pecorino, crisp wild beef jerky, green oil

Line caught Trevally sashimi, soy sauce

Home shucked rock Oysters, red vinegar and onion

Steamed Alaskan crab claws. Butter with salt chives, and saffron

Hot boiled prawns, pepper, olive oil, lime

Homemade chorizo, sweet chilli

Onion soup, all cheese toast

Mirin and pepper soaked tuna Carpaccio, wasabi mayonnaise

Breaded oysters, lemon, celery salt

Line caught coral trout tempura, lemon, mirin juice

Reef Speared lobster, white vinegar, black pepper

River trout, cherry wood smoked, with butter and brandy, fresh bread

Wood fired damper bread, homemade beans and bacon

Rough cheddar grilled sandwich, Smokey pickles and onions

Deep-sea cod cakes, English mustard mayonnaise

Soy soaked tuna Carpaccio, wasabi mayonnaise

Broad beans, radish, onion, feta, capers, iceberg lettuce

Salmon sashimi, burnt sesame sushi rice wasabi mayonnaise

Hand cut smoked meats, cheese, and oily toasted bread, jarred pickles

On-the-fire potted river fish risotto

Shredded chicken, three bean rice, lime pickle

MENU

Breaded crab and schnapper sausages, burnt pumpkin wedge, basil drip

Hot Smoked trout, potatoes, garlic, mint, salt

Crab meat, chilli, garlic linguine, lemon

Schnapper ragu, onions, capers, parsley, mint, spaghetti

Spicy noodles, crispy skinned chicken, ginger and shallot oil, extra chilli

Back paddock Bolognese, rigatoni, chunky cheese melt

Bacon, pork belly, roast pork sandwich, wild rocket, tomato jam, thick bread

Singe pan wagyu meatball, rough tomatoes, mustard

Barramundi sandwich, rough tartare, greens

Rough cut duck fat chips, black gravy, cheese curd

Fire pit Egg and bacon soft bread, mixed grill

Lamb sandwich, tomatoes, mustard, greens, stewed spicy red pepper

Slow cooked beef cheeks, root vegetables, smooth mash

Salt-crusted rib eye on a board, baton potatoes, caper, cornichon mustard seed

Beer floured onion rings, sirloin in soy, honeyed cinnamon whole carrot

Roasted whole chicken, garlic bread stuffing, maple gravy, smashed kiplers

Steamed whole fish in onions and garlic, sesame rice roll, sticky soy

Red goat curry with heat, whole grains, baked onions, sweet cucumbers

Green lobster curry, jasmine rice, hot pan-fried greens

Chicken rolled tamales, corn, and jalapeno, dirty meat rice

Texan red and white balsamic oaked ribs with maple sugar and tomato rice

Wagyu sliders, Gruyere cheese, southern onions, hot bread bun

Beer battered all fish fry, red mayonnaise, limes and lemons

Slow cooked whole duck, sticky peach and figs, three-nut rice, saffron beans

Bbq lamb shoulder and vegetables, sliced on burnt harissa eggplants, green tahini, grains

8 hour pork belly, roasted everything, pan melted tomatoes and onions

Corn spoon bread, roast pork with trimmings, sour cream, chives and wilted greens

MENU

Pepper and salted flame veal chop, smashed burnt pumpkin, hot mustard cream

Grass fed chunky beef sausages, four onion pan gravy, smokey burnt tomatoes and garlic

sSx beast sausages, bread, tomato, olive oil, bacon salad

'Ocean catch' fish pie, mustard flavours, pastry, potatoes, and peas

Sliced bistecca steak, dry roasted potato, mint butter, garlic oiled greens

Full blood wagyu, parsnips, ginger, horseradish, oily leaves

Easy - A meat pie, puff crust, smashed white vegetables, sauce

Hot banana bread bars

Frozen kick butt banana vodka cream

Express coffee ice cream

Hot vanilla cake with melted apples and ice cream

Potted hot shortbread, pouring chocolate

Easy chocolate almond bark

Smashed meringues, flooded berry cream

Cold creamy cheesecake, vanilla pear smash

Apple vanilla cake bake, sugar crust

jar of fruit stew, vanilla frozen egg cream











